

NATIONAL UNIVERSITY OF LESOTHO

FACULTY OF HEALTH SCIENCES

BSC. NURSING EXAMINATION

NRS 3305: NURSING OF ADULTS WITH ACUTE MEDICAL CONDITIONS

JANUARY 2024

MARKS: 100

TIME: 3 HOURS

INSTRUCTIONS:

- 1. This paper consists of 9 pages including cover page.**
- 2. Answer all questions.**
- 3. Answer each question on a new page.**
- 4. Number your answers correctly**
- 5. Write legibly.**
- 6. Figures in brackets indicate marks allocated for each question**

SECTION A

QUESTION 1

1. Asthma is caused by;
 - a) Virus
 - b) Bacteria
 - c) Fungi
 - d) None of the above

2. Asthma can be triggered by;
 - a) House dust mite
 - b) Emotional and environmental factors
 - c) Emotional factors only
 - d) Environmental factors only

3. Asthma causes;
 - a) Dilation and inflammation of the airways in the lungs
 - b) Constriction and inflammation of the lungs
 - c) Inflammation of the lungs
 - d) Dilation of the airways

4. Asthma is common in which age group?
 - a) Children under 5
 - b) Children between 5 and 10
 - c) People between 10 and 30
 - d) People above 30

5. Pulmonary embolism is;
 - a) An infectious disease
 - b) A medical emergency
 - c) A type of cancer
 - d) An autoimmune disease

6. The term haemoptysis refers to presence of blood in;
 - a) Urine
 - b) Vomit
 - c) Cerebro spinal fluid
 - d) Sputum

7. Pneumonia is;
 - a) A type of cancer

- b) Another name for bronchitis
 - c) A form of hepatitis
 - d) A lung infection
8. The term emphysema refers to;
- a) A collection of pus in the sinuses
 - b) A collection of pus in the lungs and pleural cavity
 - c) A ruptured diaphragm
 - d) A massive hemorrhage
9. The term ischemia refers to restriction of blood supply to;
- a) Heart
 - b) Tissues
 - c) Liver
 - d) Kidneys
10. Which of the following is the most common symptom of myocardial infarction?
- a) Hemorrhage
 - b) Edema
 - c) Dyspnea
 - d) Chest pain
11. Which of the following conditions is mostly likely to cause myocardial infarction?
- a) Coronary artery thrombosis
 - b) Diabetes mellitus
 - c) Renal failure
 - d) Cerebrovascular accident
12. Diverticula are;
- a) Small raptures in the wall of digestive tract
 - b) Small pouches in the wall of the mouth
 - c) Small pouches in the wall of digestive tract
 - d) Large pouches in the wall of digestive tract
13. Insulin is a;
- a) type of fat
 - b) carbohydrate
 - c) hormone
 - d) food source
14. The most common cause of hyperthyroidism is;
- a) Grave's disease

- b) A toxic nodular goiter
 - c) A solitary toxic thyroid adenoma
 - d) Thyroiditis
15. Antiembolic stockings can help to reduce;
- a) Thromboembolism
 - b) Pain
 - c) Pressure sores
 - d) Contractures
16. Which of the following describes the distinctive clinical manifestation of tonsillitis?
- a) Fatigue
 - b) Hot potato voice
 - c) Persistent Headache
 - d) Running nose
17. After which test should the nurse observe the patient for symptoms of a pneumothorax?
- a) Thoracentesis
 - b) Pulmonary function test
 - c) Ventilation-perfusion scan
 - d) Positron emission tomography (PET) scan
18. The nurse receives an evening report on a patient who underwent posterior nasal packing for epistaxis earlier in the day. What is the first patient assessment the nurse should make?
- a) Patient's temperature
 - b) Level of the patient's pain
 - c) Drainage on the nasal dressing
 - d) Oxygen saturation by pulse oximetry
19. What does the nurse teach the patient with intermittent allergic rhinitis is the most effective way to decrease allergic symptoms?
- a) Undergo weekly immunotherapy.
 - b) Identify and avoid triggers of the allergic reaction.
 - c) Use cromolyn nasal spray prophylactically year-round.
 - d) Use over-the-counter antihistamines and decongestants during an acute attack.
20. When obtaining a health history from a patient suspected of having early TB, what manifestations should the nurse ask the patient about?
- a) Chest pain, hemoptysis, and weight loss
 - b) Fatigue, low-grade fever, and night sweats
 - c) Cough with purulent mucus and fever with chills
 - d) Pleuritic pain, nonproductive cough, and temperature elevation at night

21. Which condition contributes to secondary pulmonary arterial hypertension by causing pulmonary capillary and alveolar damage?
- a) Chronic Obstructive Pulmonary Disease
 - b) Sarcoidosis
 - c) Pulmonary fibrosis
 - d) Pulmonary embolism
22. Which characteristic describe unstable angina?
- a) Usually precipitated by exertion
 - b) Unpredictable and unrelieved by rest
 - c) Occurs only when the person is recumbent
 - d) Usually occurs in response to coronary artery spasm
23. A patient who has been vomiting for several days from an unknown cause is admitted to the hospital. What should the nurse anticipate will be included in collaborative care?
- a) Oral administration of soup and tea
 - b) IV replacement of fluid and electrolytes
 - c) Administration of parenteral antiemetics
 - d) Insertion of a nasogastric (NG) tube for suction
24. What are characteristics of gingivitis?
- a) Formation of abscesses with loosening of teeth
 - b) Caused by upper respiratory tract viral infection
 - c) Shallow, painful vesicular ulcerations of lips and mouth
 - d) Infectious ulcers of mouth and lips as a result of systemic disease
25. How should the nurse teach the patient with a hiatal hernia or GERD to control symptoms?
- a) Drink 300 to 350ml of water with each meal.
 - b) Space six small meals a day between breakfast and bedtime.
 - c) Sleep with the head of the bed elevated on 4- to 6-inch blocks
 - d) Perform daily exercises of toe-touching, sit-ups, and weight lifting.
26. Malnutrition can be a big problem for patients with cirrhosis. The following nursing interventions can help to improve nutrient intake except;
- a) Oral hygiene before meals and snacks
 - b) Provide all foods the patient likes to eat
 - c) Improve oral intake by feeding the patient
 - d) Limit snack offers to when the patient is hungry

27. In discussing long-term management with the patient with alcoholic cirrhosis, what should the nurse advise the patient?
- A daily exercise regimen is important to increase the blood flow through the liver.
 - Cirrhosis can be reversed if the patient follows a regimen of proper rest and nutrition.
 - Abstinence from alcohol is the most important factor in improvement of the patient's condition.
 - The only over-the-counter analgesic that should be used for minor aches and pains is acetaminophen.
28. To prevent hyperglycemia or hypoglycemia related to exercise, what should the nurse teach the patient using glucose-lowering agents about the best time for exercise?
- Only after a 15-g carbohydrate snack is eaten
 - About 1 hour after eating when blood glucose levels are rising
 - When glucose monitoring reveals that the blood glucose is in the normal range
 - When blood glucose levels are high, because exercise always has a hypoglycemic effect
29. A patient with diabetes calls the clinic because she is experiencing nausea and flu-like symptoms. Which advice from the nurse will be the best for this patient?
- Administer the usual insulin dosage.
 - Hold fluid intake until the nausea subsides.
 - Come to the clinic immediately for evaluation and treatment.
 - Monitor the blood glucose every 1 to 2 hours and call if it rises over 150 mg/dL (8.3 mmol/L).
30. Which of the following is a non-modifiable risk factors for primary hypertension?
- Obesity
 - Ethnicity
 - Alcohol consumption
 - Inactivity
31. How is secondary hypertension differentiated from primary hypertension?
- Has a more gradual onset than primary hypertension
 - Does not cause the target organ damage that occurs with primary hypertension
 - Has a specific cause, such as renal disease, that often can be treated by medicine or surgery
 - Is caused by age-related changes in BP regulatory mechanisms in people over 65 years of age
32. _____ characterises neutrophils?
- Also called granulocytes
 - 50% to 70% of White blood cells
 - Arises from megakaryocyte
 - Increased in individuals with allergies

33. A patient is undergoing a contrast computed tomography (CT) of the spleen. What is most important for the nurse to ask the patient about before the test?
- a) Iodine sensitivity
 - b) Prior blood transfusions
 - c) Phobia of confined spaces
 - d) Internal metal implants or appliances
34. The diagnosis of heart failure is usually confirmed by:
- a) a chest x-ray.
 - b) an echocardiogram.
 - c) an electrocardiogram.
 - d) ventriculogram.
35. The strongest risk factor for the development of atherosclerotic lesions is:
- a) cigarette smoking.
 - b) lack of exercise.
 - c) obesity.
 - d) Stress
36. The results of a gastric analysis can be used to diagnose various disease states. An excess amount of acid can indicate the presence of:
- a) a duodenal ulcer.
 - b) gastric cancer.
 - c) a peptic ulcer.
 - d) pernicious anemia.
37. The most common site for peptic ulcer formation is the:
- a) duodenum.
 - b) esophagus.
 - c) pylorus.
 - d) Stomach
38. When thyroid hormone is administered for prolonged hypothyroidism, the nurse knows to monitor the patient for:
- a) angina.
 - b) depression.
 - c) mental confusion.
 - d) hypoglycemia.

39. Patients with hyperthyroidism are characteristically:
- a) apathetic and anorexic.
 - b) sensitive to cold.
 - c) emotionally stable.
 - d) sensitive to heat.
40. The most common type of goiter is etiologically related to a deficiency of:
- a) thyrotropin.
 - b) iodine.
 - c) thyroxine.
 - d) calcitonin.

(40Marks)

QUESTION 2

TRUE and FALSE

State if the following statements are true (T) or False (F). DO NOT RE-WRITE the whole statement.

- 2.1. Pulmonary perfusion is the actual flow of blood through the pulmonary circulation.
- 2.2. Women are at more risk to having laryngeal edema than men because they like sweet stuff.
- 2.3. Carbon monoxide poisoning can lead to respiratory alkalosis.
- 2.4. Causative agent of acute respiratory distress syndrome can be identified through sputum culture.
- 2.5. Once bronchial walls are obstructed, alveoli collapse.
- 2.6. The nurse's first action for someone with asthmatic attack will be to provide ventilation.
- 2.7. Conditions that block arteries of the lungs can lead to pulmonary hypertension.
- 2.8. The most common type of heart failure is the right side heart failure.
- 2.9. Cardiovascular system works hand-in hand with musculoskeletal and endocrine systems.
- 2.10. Nursing priority for someone with coronary heart disease is health education on lifestyle modification.

(10Marks)

SECTION B

QUESTION 3

Tefo comes to the ward where you are scheduled complaining of dysphagia and enlarged red tonsils. He has been diagnosed with Pharyngitis. Answer the following questions.

3.1 Develop any **five (5)** nursing diagnoses for Tefo. (10marks)

3.2 Describe any **two** nursing interventions for **each** of the diagnoses (20marks)

QUESTION 4

Mrs Tsietsi is a 72 year old woman who has been admitted today into the hospital where you are attached. She was admitted due to frequent and excessive urination, chronic oozing wound on the left leg and elevated blood sugar level. Answer the following questions

4.1 What would be Mrs Tsietsi's medical diagnosis? (2marks)

4.2 Mention any **two (2)** complications of this condition. (2marks)

4.3 Develop **two (2)** actual nursing diagnoses and **2** risk nursing diagnoses for Mrs Tsietsi. (8marks)

4.4 Provide **one** nursing intervention for each of the diagnoses above. (8marks)

THE END