

# **THE NATIONAL UNIVERSITY OF LESOTHO**

**B.SC NURSING EXAMINATION**

**COURSE CODE: NRS4301**

**COARSE NAME: COMMUNITY HEALTH NURSING**

**JANUARY 2024                      MARKS:100                      TIME: 3HOURS**

**INSTRUCTIONS:**

- 1. ANSWER FIVE (5) QUESTIONS IN THIS PAPER**
- 2. QUESTION ONE in SECTION ONE is compulsory**
- 3. ANSWER ANY FOUR QUESTIONS IN SECTION TWO**
- 4. NOTE MARKS ALLOCATED TO EACH QUESTION.**

## SECTION ONE

Each item carries 1 mark in this section

### Question 1

**Instruction:** For items 1.1 through 1.10, write **ONLY** a letter that corresponds with a correct answer from listed options. E.g. **1. a** (i.e. do not rewrite the statements)

**1.1** Which of the following serves as response to demands of continual readjustment within a system?

- a. Adaption process
- b. Entropy
- c. Feedback
- d. Negentropy

**1.2** All functions listed below are true of a community with geographic boundaries EXCEPT

- a. Socialisation of members
- b. Provision of access to social participation by members
- c. Production, distribution, & consumption of goods & services
- d. an emotional bond of belonging because of common interests and beliefs

**1.3** A systems approach is identified by:

- a. Defined roles for member according to level of maturity so as to facilitate survival
- b. Both verbal and non-verbal communication in facilitating interaction among adjacent parts
- c. Processes involved in exchange of matter, energy or information with the environment, control of multiple exchanges, and internal processes
- d. Transition into the next level in time.

**1.4** Client oriented roles do not include being:

- a. Educator
- b. Counsellor
- c. Referral Resource
- d. In an intimate, and emotional relationship

**1.5** Which of the following actions should be performed by the nurse upon discharging a patient from a healthcare facility?

- a. Coordinate future care for the patient
- b. Writing a discharge order for the patient
- c. Writing any orders for future home visit that may be necessary for the patient
- d. Sending patient's record to attending physician

**1.6** The two factors that combine to give nurse a unique place within health care delivery system are:

- a. Time and money
- b. Doctors and clients
- c. Hospitals and doctors
- d. Needs and resources

**1.7** A population of the elderly cannot access healthcare. Which functions of nursing may have the greatest impact?

- a. Begin to provide to provide transportation to local elderly to clients to increase access
- b. Advocate for elderly by lobbying the legislature
- c. Teach elderly clients to seek healthcare in the surrounding area
- d. Report the need for access to the physician in the area

**1.8** Which of the following cognitive skills would a nurse need to ensure epi-alertness and continuity of care?

- a. The knowledge of how to communicate patient priorities and related plan of care as the patient is transferred between settings
- b. The ability to provide technical nursing assistance to meet the needs of patients and families
- c. The ability to establish trusting professional relationships with patient, family caregivers, and healthcare professionals in different settings
- d. Commitment to securing the best setting for care to provide for the patients and the best coordination of resources to support the level of care needed.

**1.9** Which of the following statements is accurate concerning the characteristics of a community health nurse in home care nurse?

- a. Clinical skills are less important in a home care setting than in a hospital
- b. The nurse should not make independent decisions about patient care
- c. The increased autonomy of the nurse reduces the nurse's legal risks
- d. Physical assessment, nursing diagnoses, and infection control are all part of the nurse's role

**1.10** Which of the following activities would be performed by a CHN in the pre-entry phase of the home visit?

- a. The nurse gathers all supplies that may be needed for patient care
- b. The nurse develops a rapport with the patient and family
- c. The nurse determines the desired outcomes , makes assessments, and plans and implements care
- d. The provides teaching to promote independence in self-care

**Instruction:** For items 1.11 through 1.15, write a letter **T** or **F** to indicate that a given statement is **true (T)** or **false (F)**. E.g. **1.19 T (i.e. do not rewrite the statements)**

**1.11** Community is: a group of people between whom there is some type of bond, who engage in interaction with each other and who function collectively in regard to common concerns. It is characterized by Public interest as opposed to private or special interests

**1.12** Geopolitical communities – have defined geographic and jurisdictional boundaries. It also includes specifically defined boundaries which are either spatial or time related or both

**1.13** Communities of problem ecology cut across territorial bounds of one or more geopolitical communities as it delineates that locale in which a particular problem exists

**1.14** Community of Solution is similar to Community of interest orientation because they are characterized by relational bond, shared interests or goals.

**1.15** A health facility located within a given community would have vertical relationship with that community because the facility solves health concerns and a community has different views concerning health.

**Instruction:** For items 1.16 through 1.20, you are required to fill in missing words **only; (i.e. do not rewrite the statements)**

1.16 As a..... CHN consciously or unconsciously demonstrates behaviour to others who will perform a similar role.

1.17 .....is invaluable aid in building relationships and designing family interventions that will not conflict with family values

1.18 As a ,..... CHN Serve as initial point if contact between client & agency

1.19 Speaking for people who cannot speak for themselves or acts on their behalf makes a CHN an .....

1.20 Nuclear conjugal families are composed of .....

## **SECTION TWO**

**Instruction :** Answer any **FOUR** questions in this section. Each question carries **20 Marks**

## **QUESTION 2**

Community health nursing is defined as; Science and art that help man to adapt successfully to his environment, to live a life relatively free of disease and to achieve successfully his biological, psychological & chronological potential. In line with this definition discuss the role of a community health nurse in any five (5) stages of development. **(20 marks)**

## **QUESTION 3**

Elaborate on the following attributes of community health nursing:

- Group orientation (2)
- Orientation to health rather than illness (2)
- Involvement in interdisciplinary collaboration (2)
- Promotion of client participation in health care (2)
- General and comprehensive rather than a limited approach to health care (2)
- Emphasis on continuing rather than episodic care (2)
- Concern for environmental factors (2)
- Recognition of the need for comprehensive health planning (2)
- Commitment to client advocacy (2)
- Autonomy of both the nurse and the client (2)

**(20 marks)**

## **QUESTION 4**

Assessment phase is recognized as an important standard of practice. Discuss how you would collect data about the community as a client in a systematic and continuous manner. **(20 marks)**

## **QUESTION 5**

Explain with examples why you would support adoption of Selective Primary Health Care (SPHC) for Lesotho. **(20 marks)**

## **QUESTION 6**

Discuss how you would apply Maslow's hierarchy of needs when analysing functionality of a re-settling community. **(20 marks)**