

**NATIONAL UNIVERSITY OF LESOTHO
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF NURSING**

NRS 4305-ADOLESCENT HEALTH

JANUARY 2024

MARKS: 100

TIME: 3 HOURS

INSTRUCTIONS:

- 1. There are four (4) questions in this paper.**
- 2. Answer all questions.**
- 3. Answer each question on a new page.**
- 4. Write legibly.**

QUESTION 1

For the following multiple choice questions, select the most correct answer. Do not rewrite the whole statement (e.g 1.11 C)

1.1 According to the WHO, adolescence refers to the period between.....

- A) 10 and 19 years
- B) 13 and 19 years
- C) 12 and 18 years
- D) 13 and 21 years

1.2 What services should be offered by adolescent-friendly clinics?

- A) Services related to sexuality and pregnancy only
- B) They should not provide mental health care services
- C) They should meet all the health needs of adolescents
- D) Services that focus more on girls to prevent early pregnancies

1.3 What change during puberty typically happens first for girls?

- A) Pubic hair growth
- B) Increase in fat on abdomen and thighs
- C) Menstruation
- D) Breast development

1.4 The nurse is assessing an adolescent patient for signs of risk of suicide. Which statement by the patient requires immediate intervention?

- A) "I've got a plan on how to get out of this life."
- B) "People are such a drain on my life."
- C) "All I do is disappoint everyone."
- D) "I wish I had a better life."

1.5 According to Erikson's Stages of Psychosocial Development, the adolescent is in the _____ vs. _____ stage with a goal to develop _____.

- A) Identity vs. Role Confusion; fidelity
- B) Industry vs. Inferiority; competence
- C) Intimacy vs. Isolation; fidelity
- D) Integrity vs. Despair; competence

1.6 A 15-year-old female patient is struggling with body image. She verbalizes that she is not happy with how she looks and feels "ugly". Which of the following factors can affect an adolescent's body image?

- A) Academic performance
- B) Birth order

- C) Media
- D) Competitive sports

1.7 A 15-year-old is seen at a healthcare facility for facial acne. When counseling him, you would teach him that the basic cause of his acne is

- A) Vitamin deficiency from an inadequate diet
- B) Lack of showering adequately after gym class
- C) Activation of androgen hormones
- D) Eating junk food

1.8 A 17-year-old girl needs to increase her iron intake but is concerned about weight gain. Which of the following will be the best choice of foods?

- A) Egg white, brown bread
- B) Green leafy vegetables, organ meats
- C) Mafi (sour milk), red grapes
- D) Chicken, pumpkin seeds

1.9 The period in which physical changes relating to sexual maturation take place is called.....

- A) Identity diffusion
- B) Adolescent turmoil
- C) Puberty
- D) Teenage

1.10 A 13-year-old girl has recently begun menstruating. She is active in sports at school. Increased intake of which of the following micro nutrients should the nurse recommend to the girl to prevent anemia associated with menstruation?

- A) Vitamin D
- B) Iron
- C) Zinc
- D) Vitamin C

(TOTAL = 10 MARKS)

QUESTION 2

2.1 Discuss any six (6) factors associated with early sexual debut among adolescents. (18 marks)

2.2 Describe health risks faced by pregnant adolescents and their unborn babies, (Mention three (3) points each). (12 marks)

2.3 Discuss any five (5) factors that may hinder getting a prompt and correct diagnosis of STIs in Adolescents. (15 marks)

(TOTAL = 45 MARKS)

QUESTION 3

3.1 Describe any five (5) barriers to utilization of health care services by adolescents. (10 marks)

3.2 Identify any five (5) gender inequalities among teens that still exist in our communities and indicate how each can be addressed. (15 marks)

(TOTAL = 25 MARKS)

QUESTION 4

Read the scenario below and answer question 4.1

You are a member of a committee that advocates for Adolescents health rights and you are trying to convince Basotho to sign a petition seeking the legalization of abortion. You have been given a slot on Radio Lesotho to try and convince them.

4.1 Describe ten (10) health challenges that result from the criminalization of abortion. (20 Marks)

(TOTAL = 20 MARKS)