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UNIVERSITY EXAMINATIONS 2023/2024

FIRST YEAR SECOND SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF
SCIENCE IN NURSING

NND 3126: FUNDAMENTALS OF NURSING PRACTICE I

DATE: APRIL 2024

TIME: 3 HOURS

INSTRUCTIONS: *All questions are compulsory*

Ensure that all your answers are properly numbered

Part 1 Multiple Choice Questions (MCQs): Write the correct answer on the space provided in the answer booklet. Each MCQ is one mark.

Part 11: Short Answer Questions-Answer questions following each other on the answer booklet

Part 111: Long Answer Questions-Answer the questions on the answer booklet.

SECTION A: Multiple Choice Questions (20 MARKS)

1. Nursing during the dark ages:
 - a) Became a respected vocation
 - b) Was untaught and instinctive
 - c) Declined to its lowest level
 - d) Improved due increased social awareness
2. "Nursing is the diagnosis and treatment of human responses to health and illness". This definition was given by?
 - a) American Nurses Association (ANA), 1995
 - b) International Council of Nurses
 - c) Florence Nightingale, 1858

- d) Kenyan Nursing Council, 1987
3. "The goal of nursing is to put the patient in the best condition for nature to act upon him". This was stated by?
- a) Virginia Henderson
 - b) Jean Watson
 - c) Marta Rogers
 - d) Florence Nightingale
4. One of the goals of Betty Neuman's health care systems model is:
- a) Maintenance of system equilibrium.
 - b) Assisting the client to achieve the highest level of self-care.
 - c) Promoting internal and external stimuli that influence the client's well-being.
 - d) To heal the client and make the bed available for sicker clients.
5. A theorist whose model emphasizes how individuals choose and bear responsibility for patterns of personal health is?
- a) Madeleine Leneinger
 - b) Rosemary Parse
 - c) Jean Watson
 - d) Calista Roy
6. Which of the following statements provides the best explanation for describing nursing as a practice discipline?
- a) Nursing focuses on performing the professional role.
 - b) It takes time and experience to become a competent nurse.
 - c) Research and theory development is a central focus.
 - d) Nurses function as members of a team who form a practice group.
7. The nurse questions a doctor's order of an analgesic (pain medication, due to it's large dosage). The nurse is acting as a?
- a) Change agent
 - b) Client advocate
 - c) Case manager
 - d) Collaborator
8. The process through which a student nurse learns how to fit into the nursing profession by learning the rules defining relationships, the behavior expected of a nurse, and to see the world in a manner similar to other nurse is known as:
- a) Case management.

- b) Professionalization.
 - c) Socialization.
 - d) Governance.
9. All the following are functions of National Nurses Association of Kenya (NNAK) except?
- a) Mobilize global nursing knowledge and resources to address local healthcare priorities
 - b) To advise the profession through research and evidence-based practice,
 - c) To influence health and social policy in the country
 - d) To make laws that regulate the profession
10. The primary purpose of the "Professional Nursing Standards" in nursing practice is?
- a) Assigning tasks to nurses based on their level of expertise
 - b) Documenting nursing procedures for insurance purposes
 - c) Defining the expectations and criteria for professional nursing practice
 - d) Evaluating the nurses' personal lives and behaviours
11. A new nursing student is disappointed because classes so far are focused on topics such as communication and planning, and she wanted to be a nurse to "provide care." This nursing student is describing which role of the nurse?
- a) Teacher
 - b) Client advocate
 - c) Caregiver
 - d) Counselor
12. A nurse states that she loves working in pediatrics ward because she likes children. This is an example of:
- a) Values
 - b) Dignity
 - c) Respect
 - d) Fidelity
13. A nurse is caring for a client who decides not to have surgery despite significant blockages in his coronary arteries. This is an example of which of?
- a) Fidelity
 - b) Autonomy
 - c) Justice
 - d) Nonmaleficence
14. Which clinical scenario is an example of non-maleficence and unintentional harm?
- a) Not looking a wheelchair and transferring a client into the wheelchair

- b) Catching a client who is falling and bruising the client's arm
 - c) A client's allergic reaction to a prescribed medication
 - d) Administering oxygen at 6 L/min to a client when the order is for 2 L/min
15. The nurse is teaching a client who is facing a difficult healthcare choice. Which should the nurse identify as the intended goal of this action?
- a) Empowerment
 - b) Enabling
 - c) Informed consent
 - d) Codependency
16. Which is an example of a secondary prevention health care service?
- a) Health care providers' offices
 - b) Weight control programs
 - c) Blood pressure clinics
 - d) Rehabilitation hospitals
17. During emergency situations, critical thinking enables nurses to?
- a) Establish teamwork with other disciplines.
 - b) Maintain a calm demeanor.
 - c) Meet the physician's needs.
 - d) Recognize important cues
18. The nursing process?
- a) A skill essential to safe, competent, skillful nursing practice
 - b) A type of thinking that results in the development of new ideas and products
 - c) A critical thinking process for choosing the best actions to meet a desired goal
 - d) A systematic, rational method of planning and providing individualized nursing care
19. The practitioner orders "out of bed" for a patient. How is the nurse functioning when moving this patient out of bed to a chair?
- a) Dependently
 - b) Independently
 - c) Collaboratively
 - d) Interdependently
20. When prioritizing care for a group of patients, the nurse should focus on which patient first?
- a) The patient with the least severe condition
 - b) The patient who arrived at the hospital most recently
 - c) The patient with the highest acuity or instability

d). The patient with the most demanding family

PART 11: SHORT ANSWER QUESTIONS 40 MARKS

- a) Using examples, explain four factors that influence contemporary nursing practice (8 marks)
- b) Outline four criteria for a profession (4 marks)
- c) State how nursing meets each of the criteria outlined above (4 marks)
- d) Compare the problem solving process and the Nursing process (5 marks)
- e) Enumerate six roles of the Nursing Council of Kenya (6 marks)
- f) Outline the benefits of evidence based practice in nursing (5 marks)
- g) Describe the ethical decision making process (8 marks)

PART 111: LONG ANSWER QUESTIONS 40 MARKS

1. During your first hospital placement orientation tour, the nursing services manager states that the facility utilizes two models for delivering patient care in different wards; Functional Nursing and Primary Nursing.
 - a) Describe the characteristics of each of the two models under the following subheadings (10 marks)
 - i. Definition
 - ii. State two advantages
 - iii. State two disadvantages
 - b) Using examples, describe the four scope of nursing for a nurse working in a hospital (10marks)
2. While working in a medical ward in the hospital, a patient is brought in a semi-conscious state. He has a long standing history of poorly managed diabetes.
 - a) Outline three importance of theory in nursing practice (3 marks)
 - b) State three assumptions of Henderson's nursing need theory (3 marks)
 - c) Describe how the nurse would assist a patient to meet the 14 fundamental needs (14 marks)