
SCHOOL OF HEALTH AND NATURAL SCIENCES
EXAMINATION FOR DIPLOMA IN NURSING YEAR 1

SUMMATIVE EXAMINATION (SEMESTER 1)

ACADEMIC SESSION 2012; SEMESTER 1

SND 1201: PRINCIPLES AND PRACTICE OF NURSING I

FEBRUARY 2012

TIME: 2 hours

This question booklet contains two sections.

Section A

FIFTY Multiple Choice Questions (MCQ)

Answer ALL questions in Section A using the multiple choice answer sheet provided.

Section B

ONE Essay Question (SEQ)

Answer ALL questions in Section B using the answer booklets provided.

At the end of the examination, all the answer booklets, multiple choice answer sheets and the examination booklet must be fastened together to be placed in the box provided.

[This paper contains FIFTY MCQ and ONE SEQ question
Printed on THIRTEEN pages]

Section A: 50 Marks

Answer ALL Multiple Choice Questions.

1. Mr. Kwok was admitted to the ward because of spinal injury. Nurse Maria is assigned to care for Mr. Kwok. Mr. Kwok would like to change his position on the bed. The most appropriate technique to turn Mr. Kwok is
 - A. side rolling
 - B. log rolling
 - C. mechanical lift
 - D. pulling and pushing

2. The principle that nursing assists clients with 14 fundamental needs was introduced by
 - A. Jean Watson
 - B. Dorothea Orem
 - C. Virginia Henderson
 - D. Florence Nightingale

3. Standing posture can be unstable because
 - A. wider base of support
 - B. narrow base of support
 - C. lower center of gravity
 - D. closer the line of gravity to the base of support.

4. Nurse Mazleena is assigned to position Mrs. Voon. Nurse Mazleena follow the principles of body mechanic while positioning Mrs. Voon. The purpose of using body mechanic is to
 - A. increase fatigue and risk of injury
 - B. increase the energy consumption
 - C. reduce body musculoskeletal functioning
 - D. maintain balance and proper body alignment

5. A nurse is reinforcing the proper hand washing procedure to a student nurse. The most important hand washing principle that need to be adhered throughout the procedure is to
- A. rinse hands from the forearm to the fingers
 - B. hands lower than forearm during hand washing
 - C. dry the hands from the forearm down to the fingers
 - D. scrub for 5 seconds using a rubbing and circular motion
6. A nurse is implementing measures to prevent the spread of infection to other clients. The nurse understands that which of the following is the best way to prevent the spread of infection?
- A. Use proper hand washing techniques
 - B. Use sterile technique with all procedures
 - C. Never stop in the middle of performing a procedure
 - D. Read the policy and procedure manual before performing treatment
7. An older client who has not been hospitalized previously is extremely anxious after hospital admission. The most appropriate nursing intervention to minimize stress of hospitalization is to
- A. keep visitors to the minimum number possible
 - B. keep the door open and room lights on at all times
 - C. admit the client to a room far away from the nurse's counter
 - D. allow the client to have as many choices related to care as possible
8. A nurse is carrying out an order for a 24-hour urine collection for Madam Mary with suspected kidney disorder. The following are appropriate actions to ensure proper collection of the urine EXCEPT
- A. refrigerate the container or place it on ice
 - B. save all voidings after the first one in the 24-hour period
 - C. ask Madam Mary to void at the end time and add this specimen to the container
 - D. ask Madam Mary to void at the start time and place this specimen in the container

9. A stage four pressure ulcer is considered to be
- A. partial-thickness skin loss involving epidermis and/ or dermis
 - B. area of red, pink or mottled skin that does not blanch with fingertip pressure
 - C. full-thickness skin loss that looks like a deep crater and may extent to the fascia
 - D. full-thickness skin loss with extensive tissue necrosis or damage to muscle, bone or supporting structures
10. Nurse Jenny is giving a bed bath to Madam Tan who is on strict bed rest. To safely increase venous return, Nurse Jenny bathes Madam Tan's extremities by using
- A. light strokes from proximal to distal areas
 - B. long, firm strokes from distal to proximal areas
 - C. short, firm strokes from distal to proximal areas
 - D. firm, circular strokes from proximal to distal areas
11. A client is at high risk of injuring herself. A nurse is determining the need to place a vest restraint on a client, but the client does not want a vest restraint applied. The best nursing action is to
- A. contact the doctor
 - B. apply the restraint anyway
 - C. use alternative of restraints such as wrist restraint
 - D. administer medication that may cause the client to sleep
12. "Madam Sally will walk to the end of the corridor without assistance in 5 days." This is an example of
- A. long-term goal
 - B. short-term goal
 - C. nursing diagnosis
 - D. nursing intervention
13. A nurse is interviewing Mrs. Lee about potential hazards in the home environment. Which of the following items in the home if identified by Mrs. Lee is an indication that Mrs. Lee requires instruction about home safety?
- A. well arranged furniture
 - B. areas of rugs on the stairs
 - C. carpeted stairs secured with carpet tacks
 - D. clothes hamper at the end of the hallway

14. A nurse is collecting data regarding the client's risk for falls. The factor that put the client at added risk for falls is
- A. use of non-skid shoes
 - B. use of sleeping medications
 - C. use of night light along the hallway
 - D. home modifications with hand rails
15. A nurse needs to collect a midstream urine specimen from a female client. The most appropriate nursing action to avoid contamination of the urine specimen is to
- A. cleanse the urethra with antiseptic solution using upward strokes
 - B. instruct client to urinate into the bedpan and transfer the urine into the container
 - C. instruct client to urinate directly into the container after perineal care
 - D. ensure that the fingers avoid touching the inside of the collection container
16. An adult respiration rate of less than 12 respirations per minute is called
- A. tachypnea
 - B. tachycardia
 - C. bradypnea
 - D. bradycardia
17. A continuous whistling sound during exhalation when air moves through narrowed airway is known as
- A. crackles
 - B. dyspnea
 - C. wheezing
 - D. orthopnea
18. Mrs. Lim, 58-year-old was admitted to the ward after an accident. She exhibit alternating periods of deep and shallow breathing and apnea lasting for 15 seconds. The breathing pattern manifested by Mrs. Lim is known as
- A. apnea
 - B. bradypnea
 - C. hypoventilation
 - D. cheyne-Stokes respiration

19. The difference between the systolic and diastolic pressure is called
- A. blood pressure
 - B. pulse pressure
 - C. mean pressure
 - D. venous pressure
20. Miss. Tan, 55-year-old, was admitted to the emergency room. The nurse takes her blood pressure in the left arm: 200/118 mmHg. The most appropriate immediate action to be implemented is to
- A. notify the doctor
 - B. check the blood pressure in the right arm
 - C. inquire about the presence of kidney disease
 - D. recheck the blood pressure in the same arm within 30 minutes
21. Madam Mary complained of feeling giddy. When the nurse checks her blood pressure, it is 80/50 mmHg. The most priority intervention that a nurse should implement is to
- A. reassure Madam Mary
 - B. elevate the foot of the bed
 - C. inform the nurse-in-charge
 - D. give Madam Mary a cup of warm drink
22. The most common pulse site use to obtain a pulse rate is
- A. radial
 - B. brachial
 - C. femoral
 - D. temporal
23. As part of cardiac assessment, the nurse need to auscultate the apex beat. To perform this assessment, the nurse has to palpate the location of the apical pulse. The correct location of the apical pulse is at the
- A. left axillary line at the level of fifth intercostal space
 - B. left axillary line at the level of second intercostal space
 - C. left midclavicular line at the level of fifth intercostal space
 - D. left midclavicular line at the level of second intercostal space

24. Mrs. Choo was admitted to the ward because of intestinal infection. She complained of flatulence. The most appropriate nursing intervention to prevent flatulence is to encourage
- A. soft diet
 - B. carbonated drinks
 - C. less usage of straw while drinking
 - D. cabbage, beans and onions in her dietary regime
25. NREM sleep consists of four stages. The stage where the sleep lasts only about 10 to 15 minutes, the eye are generally still, the heart and respiratory rates decrease slightly is
- A. stage 1
 - B. stage 2
 - C. stage 3
 - D. stage 4
26. Miss Lai complained of constipation. Doctor prescribed enema for Miss Lai. The most appropriate position when administering an enema is
- A. prone
 - B. left lateral
 - C. right lateral
 - D. dorsal recumbent
27. The purpose of administering enema is to
- A. prevent paralytic ileus
 - B. relieve colon obstruction
 - C. soothe anorectal condition
 - D. prepare intestine for diagnostic test
28. Ms. Wong was admitted to the medical ward because of constipation. The most appropriate nursing interventions for Ms. Wong is to
- A. encourage Ms. Wong to limit fatty foods
 - B. administer enema whenever she experience constipation
 - C. encourage Ms. Wong to drink at least 8 glasses of water per day
 - D. consume laxative medication whenever she experiences constipation

29. Ms. Wendy, 18-year-old student just moved in to her hostel a week ago. She is experiencing problem with her regular defecation. The most appropriate strategy to promote regular defecation for Ms. Wendy is to
- A. provide a commode for Ms. Wendy
 - B. encourage her to consume low fiber food
 - C. advise Ms. Wendy to limit her physical activity
 - D. advise Ms. Wendy to defecate when the urge comes
30. Mrs. Chan has involuntary leakage of stool. She expressed that her clothing is soiled several times a day. Mrs. Chan is experiencing
- A. diarrhea
 - B. flatulence
 - C. constipation
 - D. incontinence
31. Madam Chong's urine sample was sent to the laboratory for examination. Her urine specimen result revealed that high specific gravity (SG). Madam Chong is most likely having
- A. dehydration
 - B. overhydration
 - C. low blood sugar
 - D. high blood sugar
32. The term dysuria is referring to
- A. low urine output
 - B. pain during urination
 - C. large volume of urine output
 - D. presence of blood in the urine
33. Madam Chong has urge incontinence. The signs and symptoms the nurse expect to find in Madam Chong is
- A. frequent dribbling of urine
 - B. inability to empty the bladder
 - C. loss of urine when coughing
 - D. involuntary urination with minimal warning

34. Ryan, 15-year-old student sustained ankle sprain while playing basketball. Cold compress was applied to the affected area. The purpose of cold compress application is to
- A. increase supply of oxygen and metabolites for wound healing
 - B. reduce supply of oxygen and metabolites for wound healing
 - C. reduce blood flow to the affected area by vasodilatation
 - D. reduce blood flow to the affected area by vasoconstriction
35. Nurse Jane is preparing the patient's unit for new admission. The most appropriate preparation of patient's unit for new admission is
- A. prepare unit after arrival of patient
 - B. prepare the unit upon arrival of patient
 - C. ensure equipment adequate and functioning
 - D. ensure unit location according to doctor's preference
36. The nurse documents an entry regarding patient care in the patient's medical record. When checking the entry, the nurse notices some incorrect information. The most appropriate action the nurse should implement is
- A. cover up the incorrect information with a black marker pen
 - B. use correction fluid to cover up the incorrect information
 - C. erase the error completely and write in the correct information
 - D. draw a line through the incorrect information and initial the change
37. In the nursing process, the activities in the implementation phase
- A. doing, delegating, planning
 - B. doing, recording, delegating
 - C. doing, delegating, evaluating
 - D. doing, delegating, diagnosing
38. The end result of data collection and analysis is
- A. prepare the care plan
 - B. evaluating the plan of care
 - C. carrying out the plan of care
 - D. identifying actual or potential health concerns

39. An example of an objective assessment data is
- A. pain
 - B. excited
 - C. body temperature
 - D. numbness of hands
40. Mrs. Goh was admitted to the ward because of diarrhea. Dr. Hew ordered stool for culture and sensitivity. The instruction to be given to Mrs. Goh when collecting stool specimen is
- A. discard toilet paper onto the stool
 - B. defecate in a clean toilet bowl
 - C. after defecation, patient may void on the stool
 - D. after defecation, patient is advised not to void on the stool
41. Mr. Tan complained of insomnia. The most appropriate nursing intervention to enhance the quality and quantity of sleep for Mr. Tan is to
- A. ensure the bed linen is smooth, clean and dry.
 - B. encourage Mr. Tan to do exercise 2 hours prior bed time
 - C. offer a cup of hot coffee to Mr. Tan 2 hours prior to bed time
 - D. administer sleeping medication whenever Mr. Tan complain of insomnia
42. Mr. Rama was admitted to the ward because of skin disease. The correct measure to maintain confidentiality of the Mr. Rama's records is to
- A. keep health record at client's bedside
 - B. discuss Mr. Rama's record at the nurses' counter
 - C. allow family members to read Mr. Rama's medical record
 - D. limit the access to medical record only to the staff directly involved in his care
43. Mrs. Lee was admitted to the ward because of ear pain. Dr. Jenny would like to perform ear examination for Mrs. Lee. The most appropriate instrument to use during assessment of the ear is
- A. spatula
 - B. otoscope
 - C. torch light
 - D. ophthalmoscope

44. A condition where the affected individual obtains sufficient sleep at night but still cannot stay awake during the day is called
- insomnia
 - parasomnia
 - narcolepsy
 - hypersomnia
45. Mrs. Lim complained of difficulty in passing urine. Nurse Jess apply heat compress over Mrs. Lim's lower abdomen. The most appropriate nursing responsibility to be implemented during the application of heat therapy is to
- monitor blood pressure and pulse rate closely
 - observe the skin for any signs of discoloration such as bluish
 - remove heat therapy immediately if Mrs. Lim complains of hot
 - reassure Mrs. Lim that the heat therapy is not allowed to be remove during the therapy
46. Mrs. Lydia was allowed for discharge after three days of hospitalization. Following are discharge planning for Mrs. Lydia EXCEPT
- inform Mrs. Lydia regarding time of discharge
 - teach Mrs. Lydia on discharge medications regime
 - assist Mrs. Lydia to change to her own attire and pack all belongings
 - request Mrs. Lydia to sign the At Own Risk Discharge (AOR) form upon discharge
47. Puan Aminah, 50-year-old was admitted to the ward because of chest infection. Puan Aminah complained of difficulty in breathing. The most appropriate position for Puan Aminah is
- | | | |
|---|--------------|---------------|
| A | A | left lateral |
| B | C | high Fowler's |
| C | B | right lateral |
| D | D | trendelenberg |
48. Madam Mary 77-year-old, suffered a stroke and unconscious. She breathed through her mouth. The most appropriate nursing diagnosis for Madam Mary is
- disruption of the lips related to unconsciousness
 - self-care deficit: oral hygiene related to lack of knowledge
 - impaired oral mucous membrane related to ineffective oral hygiene
 - impaired ability to perform oral hygiene related to unconsciousness

49. During discharge planning, the nurse is teaching the client how to maintain a sleep diary. The most appropriate advice to be given to the client is to

- A. do not list the bedtime rituals before bed
- B. list only the prescribed medications taken during the day time
- C. document the activities the client perform 6 to 10 hours before going to bed
- D. document the consumption of caffeinated beverages and alcohol and amount of those beverages

50. A nurse is planning a seminar on promoting sleep. The most appropriate information to be included in the seminar is

- A. deal with office work or family problems before bed time
- B. establish a regular bedtime and wake-up time for all days of the week to enhance biological rhythm
- C. get adequate exercise during the day to reduce stress, but avoid excessive physical exertion 1 hour before bedtime
- D. establish a regular, relaxing bedtime routine before sleep such as reading, listening to soft music or taking a cool shower

Section B (25 marks)

Answer ALL Essay Questions

1. Mr. Chan, 70-year-old bedridden, was admitted to the ward because of fever.
 - a) Explain SEVEN nursing interventions in order to assist Mr. Chan to maintain a normal body temperature. (7 marks)
 - b) Explain SIX nursing interventions to prevent pressure ulcer development. (12 marks)

After two weeks of hospitalization, doctor diagnosed Mr. Chan with infected pressure ulcer.

 - c) Explain THREE universal precautions that need to be implemented when nursing Mr. Chan to prevent nosocomial infection. (6 marks)

