



نموذج (A.)

2021/2022	Subject: Fundamental Nursing
Final Exam	First Year (Credit hours)
Date:-11 /1 /2022	Total Marks:100
Time Allowed: 3 Hours	Assist prof /Hayat Mohamed &Dr .EL-Saida Gamal &Dr .Sheren Eltahry

All questions should be answered

Part I

(32 degree)

Read the following statement carefully, then write (T) if statement is true and (F) if the statement is false.

1	The closing of the mitral and tricuspid valves is the S1 sound.	
2	Pulse deficit is the difference between the apical and radial rate	
3	Eupnea is another word for difficulty breathing	
4	Antagonist effect is occurs when the combined effect of two medications is greater than the effect of the medications given separately	
5	Side effect of medication is develop after a medication accumulates in the blood due to impaired metabolism or excretion	
6	Medical asepsis refers to practices that limit the spread of pathogens	
7	A person that is dehydrated will experience a low blood pressure	
8	Pharmacokinetics are describing the action of the body on the drug	
9	The core temperature is typically 1°F to 2°F (0.6°C to 1.2°C) higher than surface temperature	
10	Inflammatory response is one of natural barriers to protect human body from would-be germ	
11	Stress causes release of corticosteroids and adrenalin, which leads to catabolism and sleeplessness.	
12	Nutrients is substances in food that your body needs to function properly throughout the day.	
13	Fats are converted into amino acids	
14	Chronic lack of sleep can alter ability to perform daily functions such as driving.	
15	Inorganic nutrients build and maintain body tissues and regulate body processes.	
16	Trans fat raise cholesterol and increase risk of heart disease.	
17	The adult stage spends only about 25 % of total sleep time in REM.	
18	Vitamin A – healthy skin and normal vision.	
١٩	Somnambulism is a condition characterized by complex motor activity, usually culminating in leaving the bed and walking	



20	Overweight if he or she is below the ideal BMI of 20 to 25 kg per meters squared.	
21	Fifteenth to Nineteenth Century was the golden era for nursing profession.	
22	Environmental determinants are factors affect health.	
23	Life long, irreversible change called chronic disease.	
24	Spectrum of health classify negative, as the appearing of complications.	
25	Onion is the type of food that causes distention.	
26	Anticoagulants causes gastrointestinal bleeding.	
27	Toddler can control defecations at 18 months.	
28	When person is self-directed that mean, he maintains emotional health.	
29	Wellness (good health) is consistent state.	
30	The involuntary elimination of bowel content called fecal impaction.	
31	Nurses who provide care to newborn and children called family nurse.	
32	Osteoporosis is common health problem with female old people.	

Part II (26 degree)

Choose the correct answer: -

1- Who is responsible for patient safety?

- a. Doctors
- b. Nurses
- c. Patients_
- d. Everyone

2- the most effective way to prevent the spread of infection?

- a. Covering mouth when cough
- b. washing hands
- c. Wearing a face mask_
- d. All of the above

3-.....is regulate body processes.

- a. Minerals
- b. Vitamins
- c. Protein
- d. Fat

4- All of the drugs that affect sleep EXEPT:-

- a. Antidepressants
- b. Narcotics
- c. Beta-blockers
- d. Insulin



5- For which of the following clients would the nurse take an apical pulse rather than a radial pulse?

- a. A client in shock
- b. A client with no existing baseline data
- c. A client with a dysrhythmia
- d. A client less than 24 hours after surgery

6- A nurse has taken the vital signs on a 30-year-adult. The results are pulse 80, respiratory rate (RR) 18, blood pressure 110/80, temperature 37.5, and SpO₂ 97%. How should the nurse describe the respiratory rate?

- a. Tachypnea
- b. Hyperventilation
- c. Kussmaul's respirations
- d. Eupnea

7- When auscultating a blood pressure on an older man, on two separate visits, the nurse records the blood pressure as 166/102 mm Hg on visit one and 164/98 mm Hg on visit two. How should the nurse interpret these findings?

- a. Stage 1 hypertension
- b. Stage 2 hypertension
- c. Stage 3 hypertension
- d. High normal

8- A nurse is providing wellness teaching to a 72-year-old client with a new diagnosis of hypertension. Which of the following should the nurse recommend?

- a. The client should go from a lying to a standing position gradually.
- b. The client should aim to reduce sodium intake to approximately 1200 mg per day.
- c. The client should avoid all stressful situations.
- d. The client should aim to participate in moderate to vigorous intensity aerobic physical activity at least 1 hour a week.

9- The nurse is caring for a client who is a carrier of a chronic infection. To prevent the spread of the infection to other clients and health care providers, the nurse emphasizes interventions that do which of the following?

- a. Eliminate the reservoir
- b. Block the portal of exit from the reservoir
- c. Block the portal of entry into the host
- d. Decrease the susceptibility of the host



10- The student nurse is starting a placement on a medical surgical unit. The student understands that the most effective nursing action for controlling the spread of infection includes which of the following?

- a. Performing hand hygiene before and after client contact
- b. Wearing gloves and masks for all client care
- c. Implementing isolation precautions
- d. Administering broad-spectrum prophylactic antibiotics

11- In the chain of infection, the term "susceptible host" refers to:

- a. An individual who has not performed hand hygiene.
- b. An individual who is immune compromised, elderly, young, or one with chronic conditions.
- c. An individual who did not utilize PPE
- d. The individual who hosts the reservoir.

12- The nurse is preparing to administer sublingual nitroglycerine to a client who has chest pain. The nurse understands that nitroglycerine is given sublingually to avoid first pass effect. Which of the following pharmacokinetic processes is affected by first pass effect?

- a. Absorption
- b. Distribution
- c. Excretion
- d. Metabolism

13- Peak is -----

- a. Time at which a medication reaches its highest effective concentration
- b. Time it takes after a medication is administered for it to produce a response
- c. Time for serum medication concentration to be halved
- d. Time during which the medication is present in concentration great enough to produce a response

14- An adverse drug reaction is -----

- a. The expected physiological response that a medication causes.
- b. The unintended, undesirable, and often unpredictable severe responses to medication.
- c. The predictable and often unavoidable secondary effects produced at a usual therapeutic dose.
- d. a medication accumulates in the blood because of impaired metabolism or excretion.



15- define as, the nurse determines the patients progress toward attainment of outcome.

- a-Assessment
- b-Diagnosis
- c-Implementation
- d-Evaluation

16- Patient who has major financial problems during treatment needs

- a-Physician
- b-Nurse educator
- c-Social worker
- d-Pharmacist

17- who meets the learning needs for patient and care givers

- a-Nurse counselor
- b-Nurse researcher
- c- Nurse educator
- d-Nurse care providers

18- Florence Nightingaleduring establishment nursing profession.

- a- Reformed the hospitals
- b-Maintain hygiene and sanitation
- c- Use women in nursing career
- d-Invented medicine

19- person who have high level of faith, hope, and commitment this consider he has

- a-Physical health
- b- Emotional health
- c- Social health
- d-Spiritual health

20- Man 60 years old, have blood pressure 160/ 100 mmHg ,for the last two weeks this man consider atof health spectrum .



- a-Ideal level
- b- Positive level
- c- Negative level
- d- Level of disability

21-, is phycological concept refers to how strongly people believes they have control over situation and experiences that affects their lives.

- a- Life style
- b- Locus of control
- c- Health believes
- d- Self esteem

22- Preventive measures that forestall the onset of illness or injury this called

- a-Primary prevention
- b-Secondary prevention
- c-Tertiary prevention
- d-Health promotion

23- The term morbidity refers to

- a-Death
- b-Illness
- c- Chronic disease
- d-Wellness

24- Through abdominal palpation, for detecting Problems related to elimination the normal finding is

- a-Firm
- b- Mass
- c- Soft
- d-Distended

25- Pain is classified as

- a-Acute disease
- b-Chronic disease



- c- Illness
d-Wellness

26-, is the type of food which decrease constipation

- a-Cabbage
b-Parsley
c-Rice
d-Bread

Part III (10 degree)

Match the statement in column "A" with the corresponding term in column "B".

A	B
1- high-frequency, low-amplitude, irregular waves.	(A) - Alpha waves
2- high-amplitude waves that is common in children but rare in adults.	(B) - K-complexes
3- low-frequency, high-amplitude, regular waves common in deep sleep	(C)-Theta waves
4- These occur in the drowsy stage	(D)- Beta waves
5-peaked, irregular wave forms that occur in the earlier phases of sleep	(E) - Delta waves
6-helps keep proper body fluid balance.	(F)- Vitamin A
7-helps transport oxygen through the bloodstream.	(G)- Vitamin C
8- Healthy skin and normal vision.	(H)- Calcium
9-builds strong bones and teeth.	(I)- Iron
10-healthy teeth, gums, bones& helps heal wounds.	(J)- Sodium



Part IV(11 degree)

Complete the following questions

1-Mention factors affecting sleep?

- a. b. c.
- d. e. f.

2-List safety hazards in the healthcare facility?

- a. b. c.
- d. e. f.



Part III

(15 marks)

Answer the following questions

1. When should measure a patient's vital signs? (5 marks)

- On admission to a health care facility
- When assessing a patient during home care visits
- In a hospital on a routine schedule according to the health care provider's order or hospital standards of practice
- Before and after a surgical procedure or invasive diagnostic procedure
- Before, during, and after the administration of medication or therapies that affect cardiovascular, respiratory, or temperature-control functions
- Before, during, and after a transfusion of blood products
- When a patient's general physical condition changes (e.g., loss of consciousness or increased intensity of pain)
- Before and after nursing interventions influencing a vital sign (e.g., before a patient previously on bed rest ambulates or before a patient performs range-of-motion exercises)
- When a patient reports nonspecific symptoms of physical distress.

2. A primary health-care provider orders penicillin V potassium 250 mg by mouth every 6 hours for a patient with a staphylococcal infection. The pharmacy provides penicillin V potassium 125 mg per 5 mL. How much solution should the nurse administer? Record your answer using a whole number. (5 marks)

Use ratio and proportion to answer the question.

Desire 250 mg

=x mL Have 125 mg 5 mL

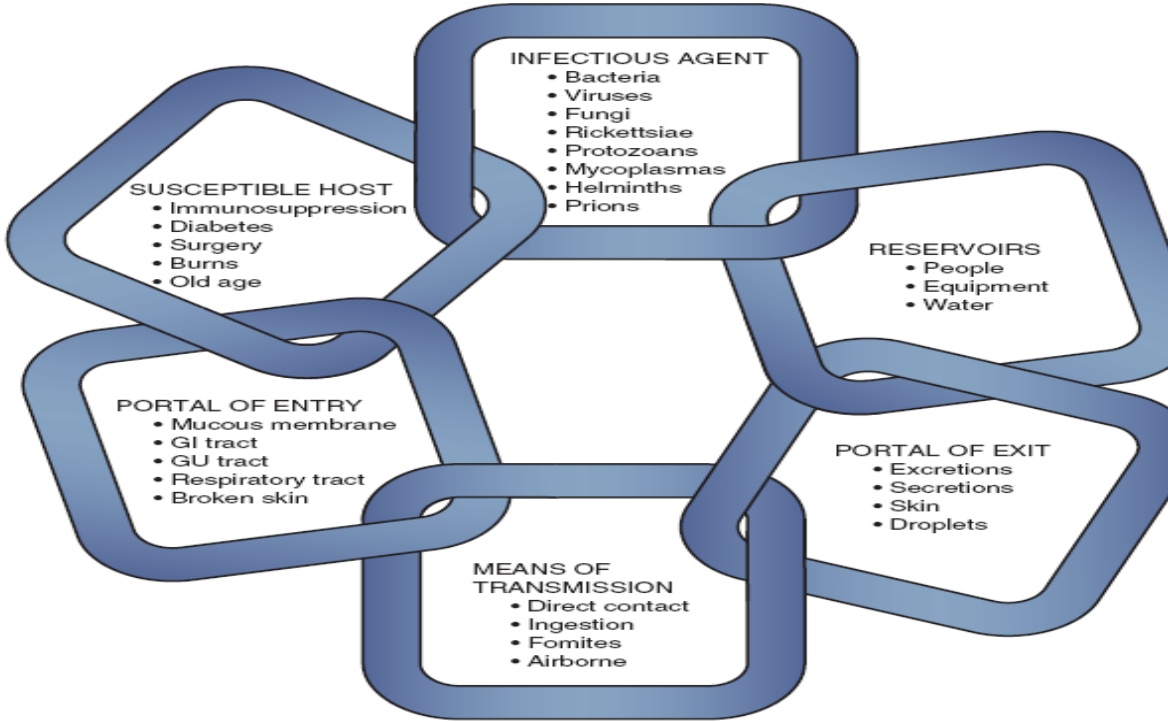
$$125x = 250 \times 5$$

$$125x = 1,250$$

$$x = 1,250 \div 125$$

$$x = 10 \text{ mL}$$

Draw the chain of infection and mention examples in each point of chain of infection (5 marks)





4-Write the measures that promote the bowel elimination (6 degree)

- Increase fibers intake -**
- Consume water -**
- Increase fluid intake -**
- Be inactive -**
- Avoid food causing intestinal distention -**
- avoid street food**
- wash vegetables and fruits before eating**
- avoid raw meat , raw eggs .**

Good Luck

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