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| Subject: Fundamental of nursing | Year 2021-2022 |
| **First year : 1st level** |  |
| Total Marks: 100 | Date: 6 / 6 /2021 |
| Dr. Hayat Mohamed & Dr Elsaida Gamal | Time allowed: 3 hours |

**“ALL Questions should be answered”. ( 100 Marks)**

**Part І ( 40 Mark)**

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

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| 1 | The closure of the pulmonic and aortic valves is S 2 | (T) (F) |
| 2 | Vital signs are used to evaluate health problems | (T) (F) |
| 3 | Rectal and tympanic membrane measurements are used to represent surface temperatures. | (T) (F) |
| 4 | Non shivering thermogenesis is the metabolism of brown fat to produce heat. | (T) (F) |
| 5 | Men usually have greater variations in their temperature than do women | (T) (F) |
| 6 | pyrexia is a core body temperature below the lower limit of normal | (T) (F) |
| 7 | The normal range for adults is considered to be between 36°C and 37.5°C | (T) (F) |
| 8 | Pulse and respirations are related since heart and lung functioning work together. | (T) (F) |
| 9 | Rhythm of pulse refers to the number of pulsations per minute. | (T) (F) |
| 10 | Sympathetic nervous system is caused increased pulse rate in response to various stimuli, including pain and anxiety. | (T) (F) |
| 11 | An ultrasonic Doppler device can be used to assess a peripheral pulse. | (T) (F) |
| 12 | Internal respiration is the process of taking oxygen into and eliminating carbon dioxide from the body. | (T) (F) |
| 13 | Pulse deficit is the difference between the apical and radial rate | (T) (F) |
| 14 | Eupnea is another word for difficulty breathing | (T) (F) |
| 15 | Control of ventilation are result reaction of the peripheral and central chemoreceptors in the aortic arch, carotid arteries and the medulla | (T) (F) |
| 16 | A person that is dehydrated will experience a low blood pressure | (T) (F) |
| 17 | Pulse oximetry is a noninvasive method used to measures oxygen saturation | (T) (F) |
| 18 | Chronic hypoxia is causes clubbing of the fingers. | (T) (F) |
| 19 | The pulse pressure is the difference between systolic and diastolic pressure | (T) (F) |
| 20 | Antagonist effect is occurring when the combined effect of two medications is greater than the effect of the medications given separately | (T) (F) |
| 21 | Side effect of medication is developed after a medication accumulates in the blood due to impaired metabolism or excretion | (T) (F) |
| 22 | Stage 4 in the sleep the person is easily aroused stimuli such as noise. | (T) (F) |
| 23 | Sleep is a state marked by reduced consciousness and diminished activity of the skeletal muscles. | (T) (F) |
| 24 | Pharmacokinetics are describing the action of the body on the drug | (T) (F) |
| 25 | Inflammatory response is one of natural barriers to protect human body from would-be germ | (T) (F) |
| 26 | The normal finding of abdominal examination through inspection is. Asymmetrical shape | (T) (F) |
| 27 | Life long, irreversible change called acute disease | (T) (F) |
| 28 | The end step during nursing care (activities) is evaluation | (T) (F) |
| 29 | Secondary prevention aims to specific protection and immunization | (T) (F) |
| 30 | The normal finding of abdominal examination through palpation is soft | (T) (F) |
| 31 | Person must gain self-esteem before getting safety | (T) (F) |
| 32 | Professional nurses could work at day care centers | (T) (F) |
| 33 | Good health is higher than wellness, in heath illness continuum | (T) (F) |
| 34 | During physical examination of bowel. Hypoactive means increase intestinal motility. | (T) (F) |
| 35 | Normal daily fluid intake is 1000-1500 ml/day, to promote person's bowel elimination | (T) (F) |
| 36 | Acute illness is usually characterized by rapid, onset and intense symptoms. | (T) (F) |
| 37 | Antidepressants drugs causes constipations. | (T) (F) |
| 38 | When person has self-directed that means, he maintains emotional health | (T) (F) |
| 39 | Culture is a factor affecting health. | (T) (F) |
| 40 | Illness and disease have the same meaning | (T) (F) |

**Part ІI (27 Mark)**

**Read the following statement carefully, and then choose one answer.**

**1. ---------------- is for assessing peripheral circulation.**

a-Carotid artery

b-Temporal artery

c-Brachial artery

d-Posterior Tibial

**2. ------------------- is caused by narrowing of the airways.**

a-Rhonchi

b-Stertor

c-Wheezes

d-Crackles

**3. ------------------------ is regulated the blood pressure**

a-The peripheral vascular resistance

b-Metabolism

c-The movement of skeletal muscles

d-Hormone

**4. 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

**5. 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

**6. 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

.

**7. 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

**8. 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

**9. 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.

**10. The proper name for an infection acquired by a patient in a health care facility is:**

a-pathogenic disease

b-nosocomial infection

c-drug resistant infection

d-toxic disease

**11-** **When nurse demonstrates patient common information and practice related to his health status. This considered**

a-Perform diagnostic

b-Consultation

c-Providing direct care

d-Patient teaching

**12- When patient feels change in appearance, that means ……………… alteration related to**

health status

a-Self-directed

b- Self efficiency

c- Self esteem

d- Self image

**13- The order of Maslow's hierarchy of needs, from bottom to top, is...**

a-Safety, Belonging-Love, Self-Actualization, Self-Esteem, and Physiological

b-Psychological, Security, Happiness, Ego, and Self-Realization

c-Physiological, Safety, Belonging-Love, Self-Esteem, and Self-Actualization

d-Physiological, Love, Self-Actualization, Esteem, Safety

**14-………………defined as. the involuntary elimination of bowel content**

a-Fecal impaction

b-Fecal incontinence

c-Constipation

d-Distention

**15- Nurses who provide care to newborn and children called**

a-Family nurse

b-School nurse

c-Emergency nurse

d-Pediatric nurse

**16- ……………………… who make patient's referral to desired medical institution .**

**a-**Nurse counselor

**b**-Nurse researcher

**c-** Nurse educator

**d**-Nurse care providers

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

1. Life style
2. Locus of control
3. Health believes
4. Self esteem

**18- Muscles weakness is classified as**

**a-**Acute disease

**b-**Chronic disease

**c-** Illness

**d**-Wellness

**19- The ………………. position is the best, to facilitate defecation**

a-Sitting

b- Squatting

c-Fowler

d-Simi fowler

**20- Hygiene care is daily activities, when person practices that mean he has**

a-Locus of control

b-Life style

c-Health believes

d-Self image

**21-Nurse who have three years of experience care with old people**

**This specialized area is**

a-Infection control

b-Administration

c-Geriatric nurse

d-Oncology nursing

**22**-**Patient after stroke needs**

a-Physical therapist

b-Pharmacist

c-Social worker

d-Speech therapist

**23- Nurse………….. own self-confident, must be assertive during practicing nursing care,**

a-Researcher

b-Leader

c-Counselor

d-Educator

**24- Thierry prevention aims to**

a-Prevent the occurrence of disease

b- Treatment, chronic disease

c-Restoration, rehabilitation of patient health

d-Screening among population

**25- Family and friends could accomplish …………**

a-Physiological

b- Love and belong

c-Self actualization

d-Employment

**26- ……………………is 4 years after baccalaureate of nursing science**

1. Associated degree in nursing
2. Diploma in nursing practice
3. Master degree in nursing
4. Doctorate in nursing

**27……………………… is responsible for continued development of nursing knowledge and practice through the investigation of health problems.**

1. Nurse counselor
2. Nurse researcher
3. Nurse manger
4. Nurse educator

Put the chosen answer in the question box

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**Part III ( 33 marks)**

**Answer the following questions**

**1-List the importance of sleep. (5 marks)**

**2. Draw and mention the five stages of the sleep cycle (6 marks)**

**3. Augmenting, 600 mg PO, is ordered. It is supplied as a liquid preparation containing 500 mg in 5 mL. How much does the nurse administer? (6 Marks)**

4-Mention characteristic of professional nurse ( 3. marks )

5-Define nursing professional (ANA 2010) ( 3marks )

6-Mention causes of diarrhea ( 5marks )

7-Write 2 two nursing diagnosis that follow problems related to bowel elimination (5 marks)

**Best wishes**