



“Investing in Africa’s future”

COLLEGE OF HEALTH, AGRICULTURE AND NATURAL SCIENCES

DEPARTMENT OF PUBLIC HEALTH AND NURSING

SNS1203: FUNDAMENTALS OF NURSING

END OF SEMESTER EXAMINATION

APRIL/MAY 2026

LECTURER: DR A KAPFUNDE

DURATION: 3HOURS

INSTRUCTIONS

Answer all questions in section A (40 marks)

Section B: Answer any three question each question is 20 marks

DO NOT repeat material.

Write legibly.

SECTION A: ANSWER ALL QUESTIONS. (40 Marks)

ENCIRCLE THE MOST APPROPRIATE ANSWER

1. A philosophy is a _____
 - a) A book of rules
 - b) Ones beliefs
 - c) Ideas of human beings
 - d) A statement of beliefs and values
2. Which step is missing from the following nursing process steps: assessment, planning, implementation and evaluation?
 - a) Rounding care
 - b) Treatment
 - c) Diagnosis
 - d) Health education
3. A concept is a _____
 - a) An idea
 - b) An object
 - c) A model
 - d) A thought
4. _____ in 1952 developed the theory of interactive process
 - a) Florence Nightingale
 - b) Hilde gard peplau
 - c) Dorothy Johnson
 - d) Dorothy oren
5. A bed cradle is used for _____
 - a) For a patient with difficulties in breathing
 - b) For a patient with burns
 - c) For a patient with backpains
 - d) For a patient with problems of the neck
6. Gloves should be worn during
 - a) Bed making
 - b) Touching any patient
 - c) Answering a phone in a ward
 - d) Sweeping the floor
7. Autoclaving is the best method of _____
 - a) Sterilizing instruments

- b) Disinfecting instruments
- c) Cleaning instruments
- d) Decontaminating instruments

8. _____ came up with the concept of activities of daily living.

- a) Nancy Ioper
- b) Dorothy Orem
- c) Florence Nightingale
- d) Virginia Henderson

9. A client's record should always have _____

- a) Name of the patient
- b) Consent
- c) History
- d) Nursing diagnosis

10. When rinsing hands after washing, the hands are

- a) Kept lower than forearms
- b) Kept higher than forearms
- c) Kept at the same level
- d) Kept tilted sideways

11. The nursing diagnosis is the _____

- a) Clinical judgement about individuals
- b) Doctor's judgement about individuals
- c) Problems one has
- d) Major findings in the investigations

12. _____ is a key component in minimizing the spread of diseases in the hospital

- a) Isolation
- b) Hand washing
- c) Use of disinfectants
- d) Use of antiseptics

13. Wellness is described as a state of _____

- a) Being unhealthy
- b) Having a pathological disorder
- c) In which all aspects of a
- d) State of failing to perform society function

14. _____ is a good example of a disinfectant

- a) Dettol
- b) Phenol

- c) Methylated spirit
- d) Hydrogen peroxide

15. The main emphasis in the basic human needs model is to _____

- a) Have a positive dynamic state
- b) Have a holistic view of health
- c) Focus on Maslow's hierarchy of needs
- d) Treat everyone equal

16. Some metabolic changes that can arise as a result of immobility include:

- a) Urinary stasis
- b) Pressure ulcers
- c) Gastro intestinal upsets
- d) Orthostatic hypotension

17. The common sites for checking the pulse rate include all these EXCEPT:

- a) Temporal
- b) Carotid
- c) Radial
- d) Jugular

18. The minimum period of time, one can decontaminate objects is _____

- a) 10 minutes
- b) 30 minutes
- c) 20 minutes
- d) 15 minutes

19. Physiologically pressure ulcers result from

- a) Ischaemia
- b) Friction
- c) Vaso constriction
- d) Embolism

20. A bed bath is very suitable for _____ patients

- a) Unconscious
- b) Bed ridden
- c) Elderly
- d) The children

21. The normal body temperature ranges between

- a) 36 to 38C°
- b) 36 to 37.5C°
- c) 36 to 38.5C°
- d) 36 to 39C°

22. The danger of keeping instruments in chlorine is _____
- a) Corrosion
 - b) Over decontamination
 - c) Bacteria may start growing
 - d) Damage
23. Protective isolation's main purpose is to protect patients who are
- a) Infectious
 - b) Have low immunity
 - c) Those who request
 - d) Those who are very sick
24. The normal pulse rate ranges from
- a) 80 – 100 beats/min
 - b) 60 and 100 beats/min
 - c) 80 – 110 beats/min
 - d) 60 – 70 beats/min
25. Both sterilization and high level disinfection procedures are not effective without prior
- a) Decontamination
 - b) Cleaning
 - c) Rinsing
 - d) Disinfection
26. Sterile packs can be kept on the shelf not longer than
- a) 2 weeks
 - b) 3 weeks
 - c) 4 weeks
 - d) 1 week
27. The following are common sites for checking the body temperature EXCEPT:
- a) Axilla
 - b) Tympanic membrane
 - c) Temporal
 - d) Vaginal
28. _____ is the third step in processing soiled linen.
- a) Pre – soaking
 - b) Washing
 - c) Rinsing
 - d) Drying

29. The systolic pressure is the first sound heard when blood is pumped from the heart, this signifies
- a) Opening of the valves
 - b) The contraction of the ventricles
 - c) The closer of the valves
 - d) The peripheral resistance of the aorta
30. Stress affects blood pressure by affecting the _____ system.
- a) Sympathetic
 - b) Parasympathetic
 - c) Endocrine
 - d) Hormones
31. The blood pressure which is created when the heart contract is called.....
- a) Systolic blood pressure
 - b) Diastolic blood pressure
 - c) Serial blood pressure
 - d) General blood pressure
32. Diastolic blood pressure on average in an adult person is.....
- a) 80mmHg
 - b) 60 mmHg
 - c) 150mmHg
 - d) 90mmHg
33. The instrument used to measure blood pressure is called.....
- a) Sphygmomanometer
 - b) Sphgmomanometer
 - c) Syphgmomanometer
 - d) Sphygimomanometer
34. The following are the contents of a nursing report **EXCEPT**;
- a) Correct spelling is vital
 - b) Use universally accepted abbreviations
 - c) Use locally made abbreviations
 - d) Name of reporting officer should appear
35. is the procedure done in urine incontinent patient to prevent bed sores
- a) Carbonization
 - b) Auscultation
 - c) Catheterization
 - d) Percussion
36. The instrument used to measure specific gravity is:
- a) Urinogen
 - b) Urinometer
 - c) Glucometer

- d) Urinal
37. Immersing instruments completely into 0.5% chlorine solutions for 10 minutes is called.....
- a) Disinfection
 - b) Disinfectant
 - c) Decontamination
 - d) Sterilization
38. The type of fever where the temperature has a wide range of variations between morning temperature and evening temperature and never reaches normal is known as
- a) Remittent fever
 - b) Hectic fever
 - c) Intermittent fever
 - d) Low-grade fever
39. Which one of the following is a principle of infection prevention?
- a) Eat main meals three times a day
 - b) Recap a needle before discarding
 - c) Rinse instruments before soaking in Jik
 - d) Consider everyone infectious
40. The following describes the types of fever **EXCEPT**;
- a) Remittent fever
 - b) Interleukal fever
 - c) Continuous fever
 - d) Relapsing fever

SECTION B: ANSWER ANY 3 QUESTIONS (60 MARKS)

QUESTION 1

Discuss the significance of good lighting in the safety of patients in a ward. (20)

QUESTION 2

Discuss how a nurse can meet the basic needs of their patient using the following sub-headings:-

- a) Psychological needs (10)
- b) Safety and security (5)
- c) Hygiene (5)

QUESTION 3

- a) Outline importance of bathing in illness. (4)

b) Explain 4 types of baths in nursing giving their indications and nursing considerations for each (16)

QUESTION 4

Discuss the role of a nurse in infection prevention and control in the hospital (20)

END OF PAPER