



(Knowledge for Development)

KIBABII UNIVERSITY

**UNIVERSITY EXAMINATIONS 2021/2022
ACADEMIC YEAR**

FIRST YEAR FIRST TRIMESTER

MAIN EXAMINATION

FOR BACHELOR OF SCIENCE IN NURSING DEGREE

COURSE CODE: NUR 113

**COURSE TITLE: FUNDAMENTAL CONCEPTS IN NURSING PRACTICE 1
(THEORY AND PROFESSIONALISM)**


DATE: 28/01/2022

TIME: 02:00PM

INSTRUCTIONS TO CANDIDATES

Answer ALL Section one (1) MULTIPLE CHOICE QUESTIONS and ALL Section two (2) SHORT ANSWER QUESTIONS and any one (1) section THREE (3) LONG ANSWER QUESTION.

TIME: 3 Hours

This paper consists of 7 printed pages. Please Turn Over 
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SECTION ONE: MULTIPLE CHOICE QUESTIONS (50 MARKS)

1. Self-care deficit theory was proposed by:
 - a) Virginia Henderson
 - b) Betty Neuman
 - c) Imogene King
 - d) Dorothea Orem

2. A nursing instructor is teaching nursing students about principles of ethics in health care, and she tells them that the utmost important principle to observe while taking care of patient is doing no harm. The principle of Ethics she described here is:
 - a) Beneficence
 - b) Justice
 - c) Non- maleficence
 - d) Respect for autonomy

3. A public hospital of developing country is having a large number of unreported incidents of needle stick injuries and workplace violence and no reporting system and compensation for health care providers is in place for such incidents. In contrast patients are well protected against harassment and spread of Hepatitis B and C infections. Victims of maleficence here are:
 - a) Communities
 - b) Employees
 - c) Families
 - d) Patients

4. A 75 years old male patient suffering from metastatic cancer of prostate is admitted in hospice for palliative comfort care. He requests doctor to increase the dose of narcotics analgesics to relieve his pain and suffering. Physician is reluctant to increase the dose as patient is already having maximum possible dose of analgesics and further increase in dose will only hasten patient's death. Under the Rule of Double Effect (RDE), to maximize comfort and to decrease pain and suffering, analgesics' dose could be increased. Physician can take decisions only if it satisfies the following:
 - a) Proportionality between good effect and the bad effect.
 - b) The nature of the act and agent's intention
 - c) The distinction between means and effects.
 - d) All a, b and c conditions must be fulfilled to justify that benefits outweigh harm.

5. The purpose of the Code of Ethics for Nurses is to:
 - a. Make sure there was a document in place to support any disciplinary action that needed to be acted upon.
 - b. Develop a guide for carrying out nursing responsibilities in a manner consistent with quality in nursing care and the ethical obligations of the profession.
 - c. Separate nursing from other healthcare disciplines as one to uphold the highest standards of patient care.
 - d. Make sure that nurses were legally covered in case of malpractice.

6. To respect a client's personal space and territoriality, the nurse:
 - a) Avoids the use of touch.
 - b) Explains nursing care and procedures.
 - c) Keeps the curtains pulled around the clients bed.
 - d) Stands 8 feet away from the bed, if possible.

7. Nurses agree to be advocates for their patients. The practice of advocacy calls for the nurse to:
 - a) Seek out the nursing supervisor in conflicting situations.
 - b) Work to understand the law as it applies to the client's clinical condition.
 - c) Assess the client's point of view and prepare to articulate this point of view.
 - d) Document all clinical changes in the medical record in a timely manner.

9. Cultural awareness is an in-depth self-examination of one's:
 - a) Background, recognizing biases and prejudices.

- b) Social, cultural, and biophysical factors.
 - c) Engagement in cross-cultural interactions.
 - d) Motivation and commitment to caring.
10. The nurse is obligated to follow a physician's order unless:
- a) The order is a verbal order.
 - b) The order is illegible.
 - c) The order has not been transcribed.
 - d) The order is an error, violates hospital policy, or would be detrimental to the client.
11. The nurse practice acts are an example of civil law.
- a) True
 - b) False
12. The distribution of nurses to areas of "most need" in the time of a nursing shortage is an example of:
- a) Utilitarianism theory
 - b) Deontological theory
 - c) Justice
 - d) Beneficence
13. Which statement would best explain the role of the nurse when planning care for a culturally diverse population? The nurse will plan care to:
- a) Include care that is culturally congruent with the staff from predetermined criteria.
 - b) Focus only on the needs of the client, ignoring the nurse's beliefs and practices.
 - c) Blend the values of the nurse that are for the good of the client and minimize the client's individual values and beliefs during care.
 - d) Provide care while aware of one's own bias, focusing on the client's individual needs rather than the staff's practices
14. What should the nurse do when planning nursing care for a client with a different cultural background? The nurse should:
- a) Allow the family to provide care during the hospital stay so no rituals or customs are broken.
 - b) Identify how these cultural variables affect the health problem
 - c) Speak slowly and show pictures to make sure the client always understands.
 - d) Explain how the client must adapt to hospital routines to be effectively cared for while in the hospital.
15. Nurses are bound by a variety of laws. Which of the following descriptions of types of law is correct?
- a) Statutory law is created by elected legislatures, such as the state legislature that defines the Nurse Practice Act (NPA)
 - b) Regulatory law provides for prevention of harm to the public and punishment when those laws are broken.
 - c) Common law protects the rights of the individual within society to fair and equal treatment.
 - d) Criminal law creates boards that pass rules and regulations to control society.
16. The nurse is working with parents of a seriously ill newborn. Surgery has been proposed for the infant, but the chances of success are unclear. In helping the parents resolve this ethical conflict, the nurse knows that the first step is:
- a) Exploring reasonable courses of action.
 - b) Collecting all available information about the situation.
 - c) Clarifying values related to the cause of the dilemma.
 - d) Identifying people who can solve the difficulty.
17. As well as taking a holistic approach, nurses ensure the care they provide is _____.
- a) of a quality acceptable to the nurse
 - b) of a quality acceptable to the patient
 - c) of the highest quality
 - d) of a good quality

18. Nurses work _____.
a) independently
b) as part of a multidisciplinary team
c) in partnership with patients
d) all of these
19. Behaving in a professional manner is _____.
a) helpful in nursing
b) fundamental in nursing
c) a good idea in nursing
d) not important in nursing
20. Patients value nurses who _____.
a) care for them as individuals
b) make them feel more comfortable
c) make them feel less afraid
d) all of these
21. Alice is on her second placement and has been working with a registered nurse who she thinks is not providing good care to patients. What should she do?
a) Tell the Registered Nurse about her concerns.
b) Tell her university lecturer about her concerns.
c) Tell the nurse in charge of the placement area about her concerns.
d) all of these
22. Throughout your nursing course you are expected _____.
a) to act as an independent and professional learner
b) to do as you are told
c) not to ask questions
d) not to speak out if you see poor practice
23. Managing yourself effectively throughout your nursing programme is _____.
a) not necessary in order to do well
b) not important
c) crucial to successfully completing the course
d) too difficult to achieve
24. What type of research is most likely to produce data in the form of words?
a. Qualitative
b. Quantitative
c. Mixed methods
d. Systematic review
25. Ethics is said to _____.
a. give us clear answers as to what is right
b. give us clear answers as to what is wrong
c. encourage us to explore different perspectives
d. pass judgement
26. Nurses should _____.
a. ignore their personal values when acting in a professional role
b. uphold professional values but be aware of personal values
c. be aware of professional values and always act on personal values
d. act according to their own beliefs and values
27. An ethical dilemma is _____.
a. where a decision is required but different values seem to conflict and it is not possible to uphold both
b. where the required course of action is clear
c. any situation where a decision has to be made
d. a state of misunderstanding
28. A utilitarian approach to ethics is concerned with _____.
a. what motivates us to act in particular ways
b. the consequences of our decisions
c. maximising the good/ benefit and minimising the harm that arises from our

- decisions
 - d. egocentric approach
29. A consequentialist approach to ethics is concerned with _____.
- a. the values that underpin our decisions
 - b. the results of our decisions
 - c. our duties
 - d. the difference between right and wrong
30. Autonomy is concerned with _____.
- a. respecting people's right to be self-determining
 - b. stopping people making their own decisions
 - c. making sure that people make the right decisions
 - d. not giving information
31. Ethical decision making frameworks _____
- a. give us the answers to ethical dilemmas
 - b. are all the same
 - c. provide us with different frameworks to help us identify key issues and arrive a plan of action with a clear rationale
 - d. All of a, b and c
32. The unique function of the nurse is to assist the individual, sick or well, in the performance of those activities contributing to health that he would perform unaided if he has necessary strength, will and knowledge, and do this in such a way as to help him gain independence as rapidly as possible
- a) Henderson
 - b) Abdellah
 - c) Levin
 - d) Peplau
 - e) Imogene King
33. Leininger suggests nursing information be derived from individuals within the group being treated. This information is called
- a) Ethnic
 - b) Emic
 - c) Ethic
 - d) Etic
34. The research method used to discover largely covert, complex, and generally hidden care knowledge in cultures or subcultures is called
- a) Ethical nursing
 - b) Econursing
 - c) Ethnonursing
 - d) Emic nursing
35. When conducting interviews using Leininger's theory as a guide, researchers listen toto understand an informant's views, beliefs and practices
- a) Informed sources
 - b) Key informants
 - c) General informants
 - d) Subject informants
36. The behaviors, customs, arts and beliefs of a particular group of people are called
- a) Culture
 - b) Morals
 - c) Knowledge
 - d) Ideas
37. A nurse's ability to understand another person's culture, demonstrate knowledge of it, and accept and respect the difference between his/her culture and the client's is known as cultural:
- a. competence
 - b. sensitivity
 - c. awareness
 - d. motivation
38. Improper cultural competence can lead to:
- I. Stress for the patient.
 - II. Improper judgements about a patient
 - III. Better patient care

- a. I and II only
 - b. II and III only
 - c. I, II, and III
 - d. None of the above
39. Transcultural nursing implies:
- a) Using a comparative study of cultures to understand similarities and differences across human groups to provide specific individualized care that is culturally appropriate
 - b) Working in another culture to practice nursing within their limitations
 - c) Combining all cultural beliefs into a practice that is a non-threatening approach to minimize cultural barriers for all clients' equality of care
 - d) Ignoring all cultural differences to provide the best generalized care to all clients.
40. culturally competent nursing care means:
- a) effective, individualized care that demonstrates respect for the dignity, personal rights, preferences, beliefs and practices of the person receiving care while acknowledging the biases of the caregiver and preventing these biases from interfering with care provided
 - b) being alert to and having knowledge of cultural preferences, aspect or perspectives that may impact the healthcare experience
 - c) identifying cultural competence in knowledge based-care.
 - d) Judging and interpreting the behaviour of others in terms of their traditions and experiences as opposed to one's own experiences and traditions.
41. Which of the following is not an example of cultural barriers to nursing care?
- a) Trust in healthcare system
 - b) Fear or denial of death
 - c) Failure to see pattern of repeated illness as chronic condition
 - d) Lack of importance for family members in managing illness
42. A 6-month-old child from Nigeria was adopted by a Kenyan. The child's socialization into the Kenyan culture is best described as:
- a) Assimilation.
 - b) Acculturation.
 - c) Biculturalism.
 - d) Enculturation
43. A 46-year-old woman from Bosnia came to the Africa 6 years ago. Although she did not celebrate Christmas when she lived in Bosnia, she celebrates Christmas with her family now. This woman has experienced assimilation into the African culture because she:
- a) Chose to be bicultural
 - b) Adapted to and adopted the African culture
 - c) Had an extremely negative experience with the African culture
 - d) Gave up part of her ethnic identity in favor of the African culture
44. To enhance their cultural awareness, nursing students need to make an in-depth self-examination of their own
- a) Motivation and commitment to caring.
 - b) Social, cultural, and biophysical factors.
 - c) Engagement in cross-cultural interactions.
 - d) Background, recognizing her biases and prejudices
45. Which of the following is required in the delivery of culturally congruent care?
- a) Learning about vast cultures
 - b) Motivation and commitment to caring
 - c) Influencing treatment and care of patients
 - d) Acquiring specific knowledge, skills, and attitudes
46. A registered nurse is admitting a patient of French heritage to the hospital. Which question asked by the nurse indicates that the nurse is stereotyping the patient?
- a) "What are your dietary preferences?"
 - b) "What time do you typically go to bed?"
 - c) "Do you bathe and use deodorant more than one time a week?"
 - d) "Do you have any health issues that we should know about?"
47. Culture strongly influences pain expression and need for pain medication. However, cultural pain is:
- a) Not expressed verbally or physically.
 - b) Expressed only to others from a similar culture.
 - c) Usually more intense than physical pain.
 - d) Suffered by a patient whose valued way of life is disregarded by health providers

48. The nurse is learning about the impact of different cultures on nursing. Which are the benefits of culturally congruent care? Indicate True or False
- It will help the nurse to interact with different people in their language. False
 - It will help the nurse to interpret the needs of the patient who belongs to a different culture True
 - It will help the nurse to identify the similarities and differences of various patients across different cultures True
 - It will help the nurse to deliver the specific kind of health care that is expected from patients who belong to a different culture True
49. To enhance cultural awareness, which should the nursing students include in their self-examination?
- Motivation, culture, and commitment to caring
 - Social, cultural, and biophysical factors
 - Engagement in cross-cultural interactions
 - Background, personal biases, and prejudices
50. Culture is transmitted from one generation to the next through language, material objects, customs, institutions and if referred to as Cultural Transmission,
- True
 - False

SECTION TWO: SHORT ANSWER QUESTIONS (30 MARKS)

Answer ALL questions

- Define the following nursing care models (4 Marks)
 - Functional nursing model
 - Team nursing model
 - Primary nursing model
 - Total patient care model
- Giving examples differentiate between ethics and bioethics (5 Marks)
- List the rights of patients (5 Marks)
- The Nursing Council of Kenya (NCK) is a body corporate established by the Nurses Act Cap 257 of the Laws of Kenya to regulate standards of nursing & midwifery education and practice. State the functions of the Nursing Council of Kenya (6 Marks)
- Differentiate culturally congruent from culturally competent care (4 Marks)
- Explain three (3) cultural influences in health, illness and nursing care caring patterns (6 Marks)

SECTION THREE: LONG ANSWER QUESTIONS (20 MARKS)

Answer ONE question

- High ethical standards are necessary for healthcare. These standards fall under the umbrella of health or medical ethics, the field of applied ethics that is concerned with moral decision making applied to medical practices, research and policies. Describe the ethical principles (20 Marks)
- Culturally competent nursing care is an important concept when taking care of patient's/clients.
 - Explain the four (4) levels cultural competence in Nursing (8 Marks)
 - Describe how nurses can deliver competent nursing care (12 Marks)