

To be completed by the candidate

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**UNIVERSITY OF COLOMBO, SRI LANKA**

**FACULTY OF NURSING  
FIRST YEAR EXAMINATION IN NURSING – SEMESTER II- 2016/2017**

**FN 1215 Health Assessment  
(Two (02) Hours)**

Answer all the questions

**(This question paper consists 02 questions and 04 pages**

**Important Instructions to Candidates**

- If a page or a part of this question paper is not printed, please inform the supervisor immediately.
- Enter Your Index Number on all pages of the answer script.
- In each of multiple- choice questions mark the correct responses with a “x” on the separate sheet provided.
- Structured Essay Type: Write the answers to these questions in the papers provided.

Under no circumstances may this question paper or part of this question paper, used or unused, be removed from the examination hall by a candidate Electronic devices capable of storing and retrieving text, including electronic dictionaries and mobile phones are not allowed.

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**Index no.**



**UNIVERSITY OF COLOMBO, SRI LANKA**

**FACULTY OF NURSING  
FIRST YEAR EXAMINATION IN NURSING – SEMESTER I- 2016/2017**

**FN 1420 Fundamentals of Nursing 1**

**(Three (03) Hours)**

Answer all the questions

**(This question paper consists 06 questions and 07 pages)**

**Important Instructions to Candidates**

- If a page or a part of this question paper is not printed, please inform the supervisor immediately.
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Question Number	Marks
1	
2	
3	
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6	
<b>Total</b>	

## Part A: Multiple Choice Questions

Answer all questions.

Select the most suitable answer and mark on the answer sheet.

1. Definition of 'Nursing' (1973) is given by International Council of Nurses (ICN). The definition was drafted by
  - A. Virginia Henderson
  - B. Florence Nightingale
  - C. Dorathea Orem
  - D. Abraham Maslow
  - E. Calista Roy
  
2. Which of the following correctly provides the four main concepts of meta paradigm for nursing?
  - A. Nursing process, nursing diagnosis, nursing theory, nursing research
  - B. Person, environment, health, nursing
  - C. Assessment, diagnosing, planning, evaluation
  - D. Individual, family, group, community
  - E. Theory, practice, education, attitudes
  
3. Which of the following is not considered as a practice-based discipline?
  - A. Physics
  - B. Psychology
  - C. Nursing
  - D. Management
  - E. Sociology
  
4. Which of the following activities is an example of health promotion?
  - A. Administering vaccines
  - B. Giving a bed bath
  - C. Preventing accidents in home environment
  - D. Performing diagnostic procedures
  - E. Assisting to fulfil patients' needs
  
5. Which of the followings would be an external stress?
  - A. High environmental temperature
  - B. Changes in hormonal level
  - C. Fear of dark
  - D. Having an infection of the intestine
  - E. Decreasing blood glucose

6. “A group of related ideas or statements” can be defined as a
- A. Philosophy
  - B. Conceptual frame work
  - C. Theory
  - D. A paradigm
  - E. Concept
7. Which of the following is an example of primary prevention activity?
- A. Antibiotic treatment of suspected urinary tract infection
  - B. Occupational therapy to assist a client in adapting to his home environment
  - C. Nutrition counselling for young adults with a strong family history of high cholesterol
  - D. Giving Naso- Gastric feeding for elderly clients
  - E. Maintaining sterility in wound dressing.
8. Which of the following assistive devices is appropriate to reduce friction when assisting the immobilized patients to moving up in bed?
- A. Arm splints
  - B. Trapeze bar
  - C. Side rails
  - D. Trochanter rolls
  - E. Foot Boards
9. The patient with a history of abuse tells the nurse that she scared of her future and about her family life. Which of the following roles of the nurse guides to promote the wellness of this patient?
- A. Responsibility
  - B. Advocacy
  - C. Confidentiality
  - D. Accountability
  - E. Empathy
10. The process of communication by which one person reveals information about himself or herself to another is:
- A. Restating
  - B. Self- disclosure
  - C. Reflection
  - D. Sharing perceptions
  - E. Efficacy

11. A professional nurse is committed to the principle of autonomy. This ethical principle guides the nurse to:

- A. Treat each patient in an equal manner
- B. Keep any promises made to a patient or another professional caregiver
- C. Prevent, harmful actions to a patient
- D. Provide the information and support a patient needed to make decisions
- E. 'Do no harm' either intentionally or unintentionally to a client

12. Which of the following can be considered as a Violence?

- A. Falling from the bed due to negligence
- B. Mal practice
- C. Abandonment of a child
- D. Physical Assaults
- E. Defects in equipment

13. The nurse in charge has experienced, self-directed, matured nurses in her ward. Which type of leadership style she should follow?

- A. Democratic
- B. Authoritarian
- C. Laissez faire
- D. Bureaucratic
- E. Transformative

14. The health educator started his session after providing a questionnaire. Then he repeated some of the information while doing the lecture. What are the principles of health education he has followed?

- A. Reinforcement and interest
- B. Motivation and reinforcement
- C. Interest and reinforcement
- D. Credibility and Known to unknown
- E. Known to unknown and reinforcement

15. The nutritionist delivered a lecture on diabetic diet to the patients in Diabetic clinic. Which of the following answers correctly describes 3Ss of health education with respect to this scenario?

- A. Soil is the nutritionist, Seed is information, Sower is the patients
- B. Soil is the information, Seed is nutritionist, Sower is patients
- C. Soil is the diabetic diet, Seed is nutritionist, Sower is the information
- D. Soil is the patients, Seed is information, Sower is the nutritionist
- E. Soil is the information, Seed is nutritionist, Sower is the diabetes

(50 Marks)

## **Part B: Structured Essay Questions.**

**This section comprised 03 questions. Answer all the questions.**

01. Nurses are professionals who need to maintain the professionalism in caring.

1.1 Define the term 'profession'. (05 Marks)

1.2 List five characteristics of a profession. (10 marks)

1.3 Briefly describe Maslow's Hierarchy of needs giving examples for each level.

(15 Marks)

1.4 List two (02) nursing theorist and briefly describe their theory. (20 marks)

02. 60year old Mrs Amarasinghe was admitted to your ward with fractured leg. She complaint difficulty in breathing. As a team, nurses, doctors and other staff worked together to assist the patient.

2.1 Describe five (05) advantages of team work in health care. (20 marks)

2.2 Briefly describe how 'reflectivity' improves patient care in your ward. (20 marks)

2.3 State the purposes of using following comfort devices.

Trochanter roles, hand roles, sand bags, foot boards, bed cradles (10 marks)

03. The 'Patients' Bill of Rights' is the legal document that defines the rights of the patient.

3.1 Briefly describe the objectives of this document? (10 marks)

3.2 Briefly discuss the importance of this document? (10 marks)

3.3 Giving reasons list (06) actions a nurse should do to ensure the patients' rights.

(30 marks)