



MATURE AGE ENTRY EXAMINATION
FACULTY OF HEALTH SCIENCES
Nursing paper: 2019
Question Paper [2]

SURNAME:

FIRST NAME:

REGISTRATION NUMBER

DATE OF THE EXAMINATION.....03 AUGUST, 2019

EXAMINERS: ASHIPALA S., UDJOMBALA H., NGHIFIKWA L., SHIFIONA N., UUKULE N

GENERAL INSTRUCTIONS

- 1. This Question Paper consists of seven (7) pages inclusive of the cover page**
- 2. All questions are compulsory**
- 3. All questions must be answered on this paper on the space provided for on the right hand side of each page of the question paper.**
- 4. No any other/extra answer book is to be handed in.**
- 5. Please write clear!**

DURATION : 2 HOURS

MARKS : 60

UNIVERSITY OF NAMIBIA Examinations

ACADEMIC YEAR: 2019

SECTION A: ETHICS AND PROFESSIONALISM

Answer all the questions

Select the most correct answer from the given alternatives regarding professional regulation of nursing. Write the correct number in the space provided on the right side of each question.

	Question	Answer
1	Nursing ethics refers to: 1. The unique knowledge base of nursing 2. Moral philosophy of behavior or conduct 3. A special ability to provide nursing care 4. A unique and integrated discipline 5. A study field that covers both the arts and the sciences (1)	
2	Confidentiality in nursing practice means nurses 1. Never divulge information of patients to others 2. Trust patients to tell them the truth about personal matters 3. Give forethought and seek assistance from colleagues involved in care 4. Address conflict by upholding the rule of confidentiality 5. Tell patients the truth about their illness (1)	
3	Human dignity as a nursing value is defined as 1. Upholding moral, legal and humanistic principles 2. Respect for individual worth and uniqueness 3. Possession of same rights, privilege or position 4. A sense of deep satisfaction 5. Adhering to truthful facts and reality (1)	
4	Human rights means 1. Patients need to receive the health care they ask for 2. Patients have certain duties to fulfill before receiving nursing care 3. Rights of persons are absolute and should not be violated 4. All persons have reciprocal obligations created by rights 5. Nurses have to decide on the behalf of patients (1)	

5	Identify three (3) Attributes that a good nurse must possess. (3)	
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SECTION B: MATERNAL AND CHILD HEALTH CARE/ MIDWIFERY SCIENCE

QUESTION 1

State whether the statements below are TRUE or FALSE. Write the answer in the space provided on the right side of each question.

	STATEMENT	ANSWER
1	The effects of tobacco smoking during pregnancy include spontaneous abortion. (1)	
2	Vaginal bleeding is one of the indications of vaginal examination during pregnancy. (1)	
3	The organ which undergo the greatest changes during pregnancy and labour is the abdomen (1)	

QUESTION 2

Choose the most correct answer from the alternatives provided. Write only the correct letter in the space provided on the right side of each question

	QUESTIONS	ANSWER
1	LNMP stands for: a) Labour not making progress b) Last normal menstrual period c) Legal natural mother's parity d) Last normal maternal period (1)	
2	Constipation during pregnancy can be prevented by all, except a) Decreased fluid intake b) Adequate roughage in diet c) Regular toilet routine d) Adequate exercise (1)	

3	A normal umbilical cord consists of a) One vein and one artery b) Two veins and one artery c) Two veins and two arteries d) Two arteries and one vein (1)	
4	The most important cause for sore nipples is: a) Feeding too long b) Lack of nipple preparation during pregnancy c) Poor attachment d) Baby's suck is too long (1)	

QUESTION 3

FILL IN THE MISSING WORD(S)

3.1	The normal fetal presentation is	(1)	
3.2	An area where three or four sutures meet is called	(1)	
3.3	The union of male sperm and female ovum is known as.....	(1)	
3.4	The permanent cessation of menstruation is known as	(1)	

QUESTION 4

	QUESTION	ANSWER
4.1	Mention any four (4) functions of the placenta (4)	

[15]

SECTION C: GENERAL NURSING SCIENCE

Answer all the questions

1	Define the following concepts	ANSWER
	1.1 Health (2)	
	1.2 Patient (2)	
2	State whether the below statements are true or false and give reasons for your choice	ANSWER
2.1	It is right to inform patient about his/her condition. (2)	
2.2	Patient should take part in his/her own care plan. (2)	
2.3	A nurse should ignore when patient is complaining. (2)	
2.4	A TB patient should occasionally cover his/her mouth when coughing (2)	
3	Give three (3) reasons why you think patients' records are kept? (3)	

[15]

SECTION D: COMMUNITY HEALTH NURSING

Answer all the questions

1	What is the meaning of each of the following abbreviation	ANSWER
	What are the meaning of each of the following abbreviation	
	1.1 PHC (1)	
	1.2 FP (1)	
	1.3 ART (1)	
2	State whether the below statements are true or false	Answers
2.1	Hygiene is the practice of keeping yourself and your surrounding clean. (1)	
2.2	Sanitation is the safe collection, storage, treatment and disposal of human waste. (1)	
2.3	When washing hands it is preferable to use soap from a pump dispenser, because such soap cannot be easily contaminated (1)	
2.4	HIV infection is not a sexual transmitted infection. (1)	
2.5	New-born babies should be vaccinated against TB (1)	
2.6	Children under the age of 15 months should receive Vitamin A to prevent malaria (1)	
3	FILL IN THE MISSING WORD(S)	
3.1	In a community meeting, one of the roles of the Secretary is to -----(1)	
3.2	Which family planning method can be used to prevent HIV and STI----- (1)	
3.3	Emergency contraceptives are sometimes called----- (1)	
3.4	First aid kit should be stored at ----- (1)	
3.5	Name any two waterborne disease (2)	

[15 marks]

SECTION E: MENTAL HEALTH NURSING

Choose the one (1) alternative that best answers the questions. Write only the correct letter in the space provided on the right side of each question

	COLUMN A	COLUMN B	ANSWER
1	Which of these situations is most likely to cause workplace stress?	A. Regular rest breaks B. Having too much responsibilities C. A strong management structure D. A short morning travel (1)	
2	Moodiness, short temper, and agitation describe which of the following symptoms:	A. Cognitive B. Physical C. Emotional D. Behavioural (1)	
3	-----involves coping with your feelings and expressing them in a positive way.	A. Mental Health B. Emotional Health C. Physical Health D. None of the above (1)	
4	What is an example of emotional abuse?	A. Shaking B. Slapping C. Hitting D. Threatening (1)	
5	What is empathy?	A. The ability to feel what others feel, to put yourself in someone else's place B. The ability to feel sorry for someone else's troubles and problems C. The ability to feel happy when others are feeling extremely happy D. The ability to feel overwhelmed by the situation (1)	
6	Anything that causes stress is called a (n)	A. Adrenaline B. Stress management C. Stressor D. Distress (1)	
7	Which of the following is a good way to respond to constructive criticism?	A. Make excuses B. Show appreciation C. Get angry D. Blame others (1)	

[1 x 7 =7 MARKS]

TOTAL MARKS: [60]

End of paper



MATURE AGE ENTRY EXAMINATION
FACULTY OF HEALTH SCIENCES
Nursing paper: 2019
Question Paper [1]

SURNAME:

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EXAMINERS: ASHIPALA S., UDJOMBALA H., NGHIFIKWA L., SHIFIONA N., UUKULE N

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UNIVERSITY OF NAMIBIA EXAMINATIONS

ACADEMIC YEAR: 2019

SECTION A: ETHICS AND PROFESSIONALISM

Answer all the questions

Select the most correct answer from the given alternatives regarding professional regulation of nursing. Write the correct number in the space provided on the right side of each question.

	QUESTIONS	ANSWER
1	Nursing in Namibia is being regulated by the following institution: 1. The Registered Nurses Council of Namibia 2. The Health Professional Council of Namibia 3. The Allied Health Professional Union of Namibia 4. The Nursing Council of Namibia (1)	
2	Treating all patients without discrimination refers to: 1. Justice 2. Honesty 3. Confidentiality 4. Integrity (1)	
3	The right of the patient to be treated according to his or her human value and worthiness is called; 1. Dedication 2. Right of life 3. Human dignity 4. Privacy (1)	
4	Nursing ethics refers to: 1. The unique knowledge base of nursing 2. Moral philosophy of behaviour or conduct 3. A special ability to provide nursing care 4. A unique and integrated discipline (1)	
5	Nursing has a scope of practice because: 1. Its practitioners are licensed to do all activities 2. Its practitioners are permitted to carry out surgical operations in remote clinics 3. It has set limits, boundaries and parameters for practice 4. Nursing is continually extending nurses s responsibilities (1)	
6	Outline three (3) qualities of a professional nurse (3)	

[8]

SECTION B: MATERNAL AND CHILD CARE/ MIDWIFERY SCIENCE

Answer all the questions

QUESTION 1

State whether the statements below are True or False. Write the answer in the space provided on the right side of each question.

	STATEMENT	ANSWER
1	The postnatal examination is only done to women who delivered their first child. (1)	
2	Smoking is discouraged during pregnancy because it can adversely affect the baby. (1)	
3	It is normal for a new-born baby to be born with yellow eyes and skin. (1)	

(1x3=3)

QUESTION 2

Choose the most correct answer from the alternatives provided. Write only the correct letter in the space provided on the right side of each question

	QUESTIONS	ANSWER
1	The first menstruation period in a woman's life is called (a) Menarche (b) Menopause (c) Puberty (d) Amenorrhoea (1)	
2	Which of the following does not benefit a midwife when documenting clinical care on maternity records? a) Evidence of care b) Reflect practice c) Communication of information to other health care providers d) Prevent contamination from patient to patient (1)	
3	Which hormone stimulate ovulation: a) Oestrogen b) Progesterone	

	c) Follicle stimulating hormone d) Luteinizing hormone (1)	
4	The exclusively breastfed infant, should be routinely supplemented with: a) Iron b) Water c) None of the above d) Both of the above (1)	

(1x4=4)

QUESTION 3

FILL IN THE MISSING WORD(S)

3.1	According to the MoHSS policy on breastfeeding, the new-born baby should be exclusively breastfed for months. (1)	
3.2	The pouch in which the testes are carried is called..... (1)	
3.3	What does the abbreviation eMTCT stands for?..... (1)	
3.4	The first breast milk is called ----- (1)	

(1x4=4)

QUESTION 4

	QUESTION	ANSWER
4.1	State four (4) aims of abdominal examination during pregnancy (4)	

[15]

SECTION C: GENERAL NURSING SCIENCE

Answer all the questions

1.	Define the following concepts:	ANSWER
	1.1 Nursing (2)	
	1.2 Sickness (2)	
2.	State any four (4) general functions of a nurse. (4)	
3.	Give any three (3) ways on how infection can spread in the hospital. (3)	
4.	Bed -making is one of the procedures done in the hospital. What do you think are the purposes of making patients' beds? (4)	

[15]

SECTION D: COMMUNITY HEALTH NURSING

Answer all the questions

1	What are the meanings of each of the following abbreviation	Answers
	1.1 STIs (1)	
	1.2 DOT (1)	
	1.3 MUAC (1)	
2	State whether the below statements are true or false	Answers
2.1	WHO define adolescent as the population in the age group between 6-18 years old. (1)	
2.2	In Namibia blood transfusion has not been reported as one of the modes of HIV transmission. (1)	
2.3	Hepatitis A is contagious and is spread through faecal contamination. (1)	
2.4	Hepatitis A is easily spreading in areas with overcrowding, poor hygiene and sanitation (1)	
2.5	Children should be vaccinated against pneumonia (1)	
2.6	During childhood immunization measles is given at 9 months only (1)	
3	FILL IN THE MISSING WORD(S)	
3.1	People who are at high risk of getting HIV are advised to to lower their chances of getting infected (1)	
3.2	The benefits of including starch and fibre in your diet is to reduce the risk of (1)	
3.3	The function of water in the body is to ----- (1)	
3.4	The chance of TB transmission increases with being exposed to the (1)	
3.5	The National HIV Sentinel Survey (NHSS) is conducted every in order to determine the HIV prevalence among pregnant women attending antenatal care (ANC) clinics at public facilities throughout the country. (1)	
3.6	Deworming for all children above one year should be given a year (1)	

[1x15=15 MARKS]

SECTION E: MENTAL HEALTH NURSING

State whether the statements below are True or False. Write the answer in the space provided on the right side of each question.

	STATEMENT	ANSWER
1	Mental health is defined as a constant feeling of contentment (happiness) (1)	
2	The stigma of mental illness is based upon lack of understanding, plus lack of educational contact with a person living with mental illness, multiplied by fear of the unknown (1)	
3	As a friend, you cannot do anything for a person with mental health problems. (1)	
4	Mental illness is caused by personal weakness (1)	
5	People with mental illness are not more violent and dangerous than the general population. (1)	

Choose the most correct alternative from the following statements below. Write the answer in the space provided on the right side of each question

	COLUMN A	COLUMN B	ANSWER
6	"Mental Health" refers to:	A. Achieving a period of 12 – 18 months without a psychotic episode B. Striking a balance in all aspects of your life – social, physical, spiritual, economic, mental C. A constant feeling of happiness (1)	
7	Who is most likely to get a mental illness?	A. People with stressful job B. Poor, uneducated people C. Anyone, regardless of intelligence, social class or income level (1)	

[1x7=7 MARKS]

TOTAL MARKS: [60]

End of paper