



UNIVERSITY OF JAFFNA, SRI LANKA  
FACULTY OF ALLIED HEALTH SCIENCES

FIRST YEAR FIRST SEMESTER EXAMINATION IN B.SC. (HONS.) IN NURSING - 2019

NURNP 1133 NURSING PRINCIPLES & PROCEDURES I - PAPER II

Date: 24.04.2021

Time: 02 Hours.

**ANSWER ALL SIX QUESTIONS**

1. While performing skin assessment for an immobile patient, you noticed the signs of bed sore, but the skin is intact.
  - 1.1. Mention the stage of bed sore for this patient at present (05 Marks)
  - 1.2. Explain, how bed sore develop for this patient (25 Marks)
  - 1.3. List the signs and symptoms that to be expected in this patient. (20 Marks)
  - 1.4. If the patient is in prolonged lying on supine position, list the sites which are susceptible for bed sore formation. (20 Marks)
  - 1.5. How will you educate the care giver to prevent further advancement of bed sore for this patient. (30 Marks)
  
2.
  - 2.1. Explain the factors influencing on personal hygienic care of a patient. (40 Marks)
  - 2.2. Explain the personal hygienic measures that would help to prevent the spread of respiratory infections from one patient to another. (30 Marks)
  - 2.3. Write any four (4) basic scientific principles which involve in hygienic procedures. (20 Marks)
  - 2.4. List five (5) preliminary assessments that to be conducted by a nurse before doing a bed shampooing for a patient. (10 Marks)
  
3.
  - 3.1. Mention all the vital signs and its normal range for an adult. (20 Marks)
  - 3.2. List the factors influencing in variations of blood pressure. (25 Marks)
  - 3.3. Enumerate the abnormal respirations. (30 Marks)
  - 3.4. A nurse should maintain the body mechanics while doing nursing care. Briefly explain the importance of maintain body mechanics. (25 Marks)

- 4.
- 4.1. Briefly explain about the mechanism of Thermolysis. (25 Marks)
- 4.2. Mention the routes which are contraindicated for taking body temperature in the following situations:
- 4.2.1. Patient had oral surgery (05 Marks)
- 4.2.2. An infant with high fever (05 Marks)
- 4.2.3. A patient with persistent cough (05 Marks)
- 4.2.4. Febrile fits (05 Marks)
- 4.3. Briefly describe the fever mechanism. (25 Marks)
- 4.4. Explain the nursing measures to reduce fever. (30 Marks)
- 5.
- 5.1. List the patients who need special attention on mouth care. (25 Marks)
- 5.2. Explain how to prevent formation of calculus. (25 Marks)
- 5.3. Briefly explain how the following problems arise due to poor oral hygiene:
- 5.3.1. Dental caries (25 Marks)
- 5.3.2. Periodontitis (25 Marks)
- 6.
- 6.1.
- 6.1.1. Explain why diabetic patients are at risk of developing foot ulcer. (25 Marks)
- 6.1.2. Explain the self-care of foot for a patient with Diabetes. (30 Marks)
- 6.2.
- 6.2.1. List the common sleeping problems. (15 Marks)
- 6.2.2. Explain the factors influencing on sleep-wake cycle. (30 Marks)

