**King Saud University**

**College of Nursing**

**NUR 212**

**2nd midterm**

**2nd semester/ 1435- 1436 H**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Course Title : Foundation of Nursing Science**

**Course Number: NUR. 212**

**Date : 9 /7/1436 H**

**Time Allowed: One hour**

**Course Instructors:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Student's Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Student's Number:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
|  **Score** | **Questions** |
| **Part 1 (T&F)** | **Part 2 (MCQ)** | **Part 3****essay** | **Total** |
|  **Allotted** | **2** | **4** | **9** | **15** |
|  **Obtained** |  |  |  |  |

**Total student grade:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Good Luck ☺**

**I- True & False Questions: Select the appropriate letter, circle (T) for true statement and circle (F) for false statement:**  (2 Marks)

|  |  |  |  |
| --- | --- | --- | --- |
| **No** | **Statement** | **T** | **F** |
| **1** | Diffusion is the movement of gases from an area of lower pressure to an area of greater pressure | **T** | **F** |
| **2** | In cellular respiration oxygen moves from the tissues to the blood | **T** | **F** |
| **3** | Pressure sore is easier to prevent than to treat  | **T** | **F** |
| **4**  | Ventilation means the exchange of oxygen from the alveolar space into the pulmonary capillary blood | **T** | **F** |

**II- Multiple choice questions: Circle the correct answer between A to D for each sentences: (4marks)**

1. **Tachypnea means:**
2. Normal respiration that is rhythmic, and effortless
3. Increase respiration rate and shallow breathing
4. Increase respiration rate and deep breathing
5. Decrease respiration rate with normal depth
6. **Respiration is regulated by respiratory control centers:**
7. In the brain
8. In the spinal cord
9. In the bronchiole
10. In the alveoli
11. **Nursing interventions to promote airway clearance include all the following EXCEPT:**
	1. Increase fluid intake
	2. Increase fiber intake
	3. Do not smoke cigarettes
	4. Use incentive spirometers
		* 1. **Thromophlebitis means:**
	5. Thrombosis in the artery
	6. Thrombosis in the vein
	7. Thrombosis in the lung
	8. Embolus lodges in the lung
12. **The purpose of elastic stockings after a surgical procedure is to:**
13. Prevent Varicose veins
14. Prevent muscular atrophy
15. Prevent contractures
16. Facilitate venous return to the heart
17. **A client has been on bed rest for several days. The client stands and the nurse notes that the client’s systolic pressure drops 20 mmHg. This is referred to as:**
18. Orthostatic hypotension
19. Rebound hypotension
20. Positional hypotension
21. Central venous hypotension
22. **Effect of immobility on respiratory system include:**
23. Orthostatic hypotension
24. Anorexia
25. Muscle atrophy
26. Bronchopneumonia
27. **Hypoxemia means decrease oxygen concentration:**
28. In blood
29. In cells
30. In tissue
31. All the above

**III . Answer All the Following Questions: (9 Marks)**

1. **List SIX nursing intervention to Prevent bed sores: (3 Mark)**
2. Identification of patients who are prone to development of pressure

 sores, e.g. emaciated patient, elderly, those with circulatory disorders.

1. Daily examination of those patients for signs of pressure sores.
2. Use an alternating pressure pad or mattress such as air or water mattress
3. Change patient position every two hour
4. Use a bed cradle to keep the weight of the bed blankets off the patient's

 feet to prevent heel sores.

1. Keep the patient's skin clean and dry.
2. Keep the bed clean, free from wrinkling and foreign bodies.
3. Avoid the use of alcohol for back rubs because alcohol dries the patient's

 skin and makes it prone to breakdown.

1. Provide the patient with adequate fluid and with a nutritious diet high in

 protein and vitamin C.

1. **List FIVE nursing intervention for patient with anorexia: (2.5 Marks)**
	* 1. Provide familiar food that the person likes
		2. Provide oral hygiene before mealtime.
		3. Provide small, frequent, easy digested food.
		4. Provide a tidy, clean environment that is free of unpleasant sights & odors.
		5. Encourage the patient to eat foods rich in protein.
		6. Relieve illness symptoms that depress appetite before mealtime; for example give analgesic for pain.
		7. Reduce psychological stress.
2. **list Four factors affecting oxygenation: (2 Mark)**
3. Environmental: altitude, heat and cold, air pollution
4. Lifestyle Factors: cigarette smoking, occupation, activity pattern
5. Health Status: e.g. diseases of the respiratory system
6. Exercise
7. Stress & emotions
8. Medication: e.g. narcotics
9. **Safety precautions for oxygen therapy use include:** **(1.5Mark)**
10. Place cautionary signs reading “No Smoking: Oxygen in Use” on the client’s door, at the foot or head of the bed, and on the oxygen equipment.
11. Instruct the client and visitors about the hazard of smoking with oxygen in use.
12. Make sure that electric devices (such as razors, hearing aids, radios, televisions, and heating pads) are in good working in order to prevent the occurrence of short-circuit sparks.
13. Avoid materials that generate static electricity, such as wool blankets. Cotton blankets should be used, and clients and caregivers should be advised to wear cotton fabrics.
14. Avoid the use of volatile, flammable materials, such as oil, alcohol, ether, and acetone (e.g., nail polish removed), near clients receiving oxygen.
15. Make known the location of fire extinguishers, and make sure personnel are trained in their use .materials that generates static.