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| **جامعــــة الملك سعود** | | **King Saud University** | | |
| **كلية التمريض** | | **College of Nursing** | | |
| **وكالة الكلية للشؤون الأك ديمية** | | **Vice Dean for Academic Affairs** | | |
|  | **ورقة الامتحــان** | |  |
| **Examination sheet** | |

**القسم الأول : PART 1 : -معلومات - Mid Term II**

**A: Information**

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| **اسم الطالب** | **Student Name :** |
| **الرقم الجامعي للطالب :** | **Student No**: |
| **اسم مدرس المقرر: د. عصمت جميعي،** | **Instructor name: Dr. , Dr. Essmat Geamey** |
| **السنة الدراسية :1434-1435** | **Academic year: 1434-1435** |
| **الفصل الدراسي :الاول** | **Semester: FIRST** |
| **اسم ورقم المقرر :الاختلافات الثقافية المتعلقة بالصحة**  **(471 تمض)** | **Module No. & Title**: SOCIOCULTURE VARIATOION REGARDING HEALTH (NUR 471) |
| **اليوم والتاريخ** | **Day & Date:** |
| **الوقت : ساعة** | **Time: 1 Hours** |

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| **درجة الامتحــــان : (20)** | **Examination Mark: (20)** |

**ب- إرشادات B -Guidelines**

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| **- الامتحان يتكون من ثلاث فئات من الأسئلة ومجموع العلامات ( 20)**  **- العلامة مكتوبة إزاء كل سؤال.**  **- يجب كتابة الإجابة بوضوح وتحديد رقم السؤال المتعلق بالإجابة.**  **. - يمنع منعاً باتاً الالتفات/ أو الكلام**  **-الغش خلال الامتحان تحت طائلة العقاب** | **-The exam consist of three categories and the total mark is (20 )**  **- Each question has its own mark beside it.**  **-The answer must be written clearly and writ the question number relevant to the answer.**  **- Student must not talk or cheat during the exam or He will be subject to penalty** |

**Part-I: Please read the following statements and choose the best answer: (5 Marks)**

**1-Culture shock is**

1. A psychological reaction that can occur when experiencing a culture for the first time
2. The honeymoon period experienced when introduced to a different way of life
3. A physiological reaction that can occur when experiencing a culture for the first time
4. A psychological reaction that can occur when overexposed to a culture different from your own

**2-The four basic stages of culture shock are:**

1. honeymoon, rehearsal, memorization and return
2. honeymoon, rejection, adjustment, reverse
3. honeymoon, rejection, reverse, at ease at last
4. honeymoon, rehearsal, rejection, at ease at last

**3-Why would people in the second stage of culture shock choose to spend all their time with people from their homeland?**

1. They are afraid to risk being uncomfortable with strangers and it is easier to stay with people from their own culture
2. They are afraid of skin diseases and want to hide from contact with foreigners
3. They feel that they can learn the new language by themselves and don't need contact with people from the new culture
4. They are only interested in going home

**4-**  **Which of the following statements is *true* about the nature of acculturation?**

* 1. High levels lead to better health.
  2. Lower levels lead to better health.
  3. Differing patterns within families may lead to conﬂict.
  4. Levels are inﬂuenced mostly by length of time in the other culture.

**5- Reverse culture shock occurs primarily because of the difficulty of**

1. Reintegration into the home society
2. Reintegration with friends and family members
3. Reintegration into the organization
4. lack of formal training within the organization

**6 Language is an unavoidable barrier for many patients in Saudi Arabia. What role do interpreters play in bridging the language gap?** Informal interpreters:

1. Can be helpful, but they lack the clinical foundation and experience of trained medical interpreters.
2. Make invaluable contributions to patient care.
3. Economical and convenient for nurses and patients.
4. Offer little help in communicating with patients.

**7-What is the most appropriate response when a patient’s behavior or comments during an interview trigger anger or negative emotions in the nurse?**

* 1. Confront the patient immediately.
  2. Recognize these emotions and maintain control.
  3. Ignore the comments and send another nurse to see the patient.
  4. End the visit and schedule a follow-up with another nurse.

**8- The most effective way for a nurse to enhance her understanding of a specific cultural group is to:**

1. Be oriented about traditional healers within the community.
2. Educate the specific cultural group about culture concepts of health and illness.
3. Treat all clients the same.
4. Use educational materials that are simplistic and have many pictures.

9-**Which of the following is unlikely to inﬂuence the nurse–patient relationship?**

* 1. The cleanliness of the ofﬁce.
  2. Physician’s bias toward patients.
  3. Past experiences of patients.
  4. Personal prejudices of patients against certain ethnic groups

**10- Relation with old culture becomes weaker at which stage of culture shock**:

1. First.
2. Second.
3. Third.
4. Fourth

**11-Honeymoon phase of culture shock is accompanied by feeling of**:

1. Enthusiastic.
2. Happy to learn.
3. Embarrassment.
4. Sense of humor.

**12- Which of the following non-Arabic speaking patients' best demonstrate an understanding of discharge instructions?**

a) Mrs. B nods her head up and down after each instruction is reviewed.

b) Mr. Y gives the “Okay” sign with his fingers after hearing the instructions.

c) Mr. S does not ask any questions once the instructions are reviewed but signs his name on the form.

d) Mrs. C, via a translator, asks appropriate questions and is able to provide a return demonstration of the instructions.

13- **Maintenance and reparative behaviors include one of the following :**

1. excessive sleeping, dreaming and fantasizing,
2. confused on job activities that
3. reject ones sense of self.
4. Decrease sleeping, dreaming and fantasizing,

**14-A person who returns to the former culture may experience reverse culture shock ,at which stage of culture shock**:

1. First.
2. Second.
3. Third.
4. Fourth

**15-** **Culture familiarity phase of culture shock is accompanied by feeling of:**

1. Enthusiastic.
2. Happy to learn.
3. Embarrassment.
4. Sense of humor

**16- Culture shock results in a stress syndrome caused by one of the following:**

1. Unfamiliarity to language and environment.
2. depression
3. security.
4. adjustment

**17- Causes of culture shock:**

1. Low expectations.
2. Intrapersonal incompetence.
3. Lack of role conflict
4. Inability to bargain for identity.

**18-** **One of the following among Physiological Symptoms of culture shock:**

1. Fear of being cheated or robbed
2. Fear of injury
3. Homesickness
4. Low energy level, Tired

**Part–II: Put (T) for the true statement and (F) for the false statement and correct the false one (4 Marks)**

|  |  |  |  |
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| Social support networks ameliorate a variety of stressors | F | T | 1- |
| Culture shock results in a stress syndrome caused by maladjustment in life.  ----------------------------------------------------------------------- | F | T | 2- |
| The initial phase of culture shock is accompanied by frustration.  ----------------------------------------------------------------------- | F | T | 3- |
| Maintenance and reparative behaviors are ways of  resisting the changes necessary for adjustment to the new culture | F | T | 4- |
| Successful adjustment depends on the availability of transition resources necessary for comfortable adaptation in the new culture | F | T | 5- |
| all individuals are equally prepared to accept the rigors of cultural shock | F | T | 6 |
| Withdrawal from relationships and conversations among psychological symptoms of culture shock | F | T | 6 |
| Participation in the daily life of the host culture is essential for cultural adjustment | F | T | 7 |
| Conflict management is central to cross-cultural adjustment, adaptation, and effectiveness. | F | T | 8 |

**Part V- Short essay: ( 7 Marks)**

**1-** **Boyle and Andrews (1989) propose that nurses need to assess eight areas reflecting cultural variation, and encourage the nurse to gather cultural data :list SIX of them**

**1--------------------------------------------------------------------------2---------------------------------------------------------------------------3---------------------------------------------------------------------------4---------------------------------------------------------------------------5---------------------------------------------------------------------------**

**2-Stressors which create culture shock during hospitalization are (4** Marks)

**1--------------------------------------------------------------------------------------------------------------------------------------------------------**

**2-------------------------------------------------------------------------------------------------------------------------------------------------------**

**3------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------**

**4--------------------------------------------------------------------------------------------------------------------------------------------------------**

***Good Luck***