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Fundamental of Nursing

for GNM (1st Year)

As per INC Syllabus

Most Authentic & Updated Solved Question Papers

Solved Papers with Important Theory

2016-2005

Poonam Sharda

3rd Edition

JAYPEE

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Fundamental of Nursing
November 2016

Time: 3 Hours **Maximum Marks: 75**

Note: *Attempt all the questions. Attempt all parts of question at same place.*

1. **(a) Define the following terms:**
   i. Nursing
   ii. Health
   iii. Hospital acquired infection
   iv. Respiration
   v. Gingivitis
   (b) Enlist the qualities of a nurse
   (c) Discuss the various methods of physical exams. (5 + 5 + 5 = 15)

2. **(a) Define sterilization and enlist the various methods of sterilization.**
   (b) Which is the best method of sterilization?
   (c) Explain about the barrier in nursing care. (5 + 5 + 5 = 15)

3. **Write the Nursing responsibilities of the following:**
   (a) Collection of 24 hours urine.
   (b) While giving bed bath.
   (c) Oxygen inhalation. **(5 + 5 + 5 = 15)**

4. **(a) Discuss the importance of documentation in nursing.**
   (b) Enlist the principles to maintain records and reports.
   (c) Write about the various types of records to be maintained in hospitals. (5 + 5 + 5 = 15)

5. **Write short note of the following:**
   (a) Comfort devices or body mechanics
   (b) Handwashing or restraining
   (c) Urine analysis or oral medication (5 + 5 + 5 = 15)

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SOLVED QUESTION PAPER NOVEMBER 2016

1. (a) Define the following terms: **(5 + 5 + 5 = 15)**

i. Nursing
ii. Health
iii. Hospital acquired infection
iv. Respiration
v. Gingivitis

(b) Enlist the qualities of a nurse

(c) Discuss the various methods of physical exams. (5 + 5 + 5 = 15)

NURSING

Nursing is a dynamic, therapeutic and educative process in meeting the health needs of the individual, family and society.

HEALTH

It is defined as 'state of complete physical, mental, social and spiritual well-being, not merely an absence of disease or infirmity'.

HOSPITAL ACQUIRED INFECTION

A client develops an infection that was not present or was incubating at the time of admission to the health care setting.

RESPIRATION

It is the act of breathing. It is the process of taking in oxygen and giving out carbon dioxide. Respiration constitutes inspiration, expiration and a pause.

GINGIVITIS

It is an inflammation of the gums.

QUALITIES OF A NURSE

Refer paper 2008 question no 1(b)

VARIOUS METHODS OF PHYSICAL EXAMS

There are four methods for physical exam:

Inspection

It is the systematic visual examination of the clients. It involves observation of the color, shape, size, symmetry, position and movements. It also uses the sense of smell to detect odor and sense of hearing to detect sounds.

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General inspection of a client focuses on the following areas:

- Overall appearance of health or illness
- Signs of distress
- Body size
- Facial expression and mood
- Grooming and personal hygiene

Palpation

It is use of the hands and fingers to gather information through touch. It is the assessment technique, which uses sense of touch.

The hands and fingers are sensitive tools and can assess temperature, turgor, texture, moisture, vibrations, size, position, consistency, masses and fluid. The dorsum (back) of hand and fingers used to measure temperature. Vibration is palpated best with the palm of the hand.

The nurse's hands should be warm and fingernails short and the touch should be gentle and respectful.

Percussion

It is the examination by tapping the fingers on the body to determine the condition of the internal organs by the sounds that are produced.

Percussion provides information about the nature of an underlying structure. It is used to outline the size of an organ such as bladder or liver. There are two types of percussion, direct and indirect. Direct percussion is accomplished by tapping an area directly with the finger tip of the middle finger or thumb.

Auscultation

It is the process of listening the sounds that are generated within the body. Auscultation is usually done with the help of a stethoscope, when auscultating a part, that area should be exposed and should be quiet:

1. Pitch (ranging from high to low)
2. Loudness (ranging from soft to loud)
3. Quality (gurgling or swishing)
4. Duration (short, medium and long).

2. (a) Define sterilization and enlist the various methods of sterilization.
(b) Which is the best method of sterilization?
(c) Explain about the barrier in nursing care.

STERILIZATION AND ITS METHODS

Sterilization

It is the process by which an object becomes free of all the microorganisms including the spores.

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Methods of Sterilization

Boiling

Total immersion in boiling water at 100 °C for 10 minutes. It is a common or reliable method of disinfecting instruments.

Disinfection by Disinfectants

A chemical disinfectant acts by coagulating the bacteria protein or by changing the composition of protein so that no longer exists in the same form. It is also called as cold sterilization.

Fumigation

Total surface exposure to formaldehyde gas under conditions of control humidity, temperature and time exposure will destroy all vegetative forms of bacteria, viruses and most of the spores. It is also known as gas sterilization.

Ultraviolet Rays Sterilization

It is effective for disinfecting working surfaces and air inside the rooms.

Steam Under Pressure or Autocalving

It is effective, widely used, economical, one of the most effective method of destroying microorganisms. This method uses high-temperature pressure, humidity to destroy bacteria life. In an autoclave, steam is present under pressure to maintain the necessary high temperature for sterilization and it allows rapid penetration of articles packed in it.

BEST METHOD OF STERILIZATION

Autoclaving or Steam Under Pressure

This method is most commonly and widely used to destroy microorganism. In autoclaving, the steam should be at 15 lbs to 20 lbs/inch^2 pressure at 121 °C temperature for 30 minutes. This method is generally employed for surgical linens, gloves, gauze, cotton, etc.

BARRIER IN NURSING CARE

Barrier nursing or isolation technique is intended to confine the micro-organism within a given and recognized area. There are a number of isolation techniques and precautions used to prevent the spread of infection.

Respiratory Isolation

It is used when pathogens are spread on droplets from the respiratory tract. In this type of isolation, masks are generally worn by the nurses. Gowns are also worn when caring for the small infants because of the possibility

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of drooling by the infants. The nurse suffering from respiratory diseases should not attend to the client.

Enteric Isolation

Enteric isolation is indicated when the pathogens are transmitted in feces. For this type of isolation it is not necessary to wear a mask, but it is recommended that gloves and gowns should be worn while handling soiled articles.

The soiled articles such as linen should be disinfected before it is sent to washerman.

Wound and Skin Isolation

This type of isolation is for pathogens which are found in wounds and can be transmitted by the contact with the wounds. Strict isolation should be used while caring for client with abscesses, boils, infected burns, gas gangrene, rabies, tetanus, venereal disease, scabies, etc.

Blood Isolation

It is used to prevent transmission of pathogens that are found in the blood. Any equipment infected with blood should be carefully disinfected to prevent this type of infection.

Face Masks

Masks are generally used to prevent the spread of microorganisms to and from the client through the respiratory tract. Masks should be worn only once and then discarded to ensure effective filtering of microorganism. Masks should not be worn outside the unit. Masks need to cover both mouth and nose and fit snugly around the face to prevent the escape of microorganism around the sides.

Gloves

Gloves are used in the medical asepsis to protect the nurse from pathogens. Gloves used for this purpose are clean but need not be sterile. Gloves must be changed between the two activities.

3. Write the Nursing responsibilities of the following:

(a) Collection of 24 hours urine.
(b) While giving bed bath.
(c) Oxygen inhalation.

COLLECTION OF URINE SPECIMEN

Refer important theory question no 8

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NURSING RESPONSIBILITY WHILE GIVING BED BATH

Preliminary Assessment

- Check the physician orders to see the specific precautions if any.
- Asses the clients need for bathing.
- Assess client ability for self-care.
- Assess cardiorespiratory functioning.
- Check TPR and BP.
- Assess clients mental ability to follow directions.
- Check the clients preference for soap, powder, etc.
- Check all articles available in client unit or not.

Preparation of Articles

All needed equipment should be at hand and conveniently placed before beginning the procedure so as to avoid leaving the client unnecessarily until the entire procedure has been completed. Arrange articles in the order of use.

Preparation of the Client and Unit

- Explain the sequence of the procedure to the client and explain how the client can assist you
- Move the unnecessary items from the work area
- Place the articles needed conveniently on the bedside table.
- Adjust the height of the bed to the comfortable working of the nurse.
- Bring the client to the edge of the bed and towards the nurse to prevent overreaching
- Check the room temperature and warm it if necessary
- Close the windows if necessary and put off the fan to prevent draughts
- Provide privacy by the means of curtains.
- Remove the top bed linen or fanfold them to the foot end of the bed, leaving a sheet or bath blanked over the client
- Offer bedpan or urinal if necessary
- Keep the client flat if the condition permits. Remove extra pillows and bact rest
- Remove the personal clothing and cover the client with the bath blanket.

After Care of the Client and Articles

- Replace the clients personal clothing
- Straighten the bed linen
- Remove the bath blanket and put it for washing
- Change the bed linen if needed
- Offer a hot drink if permitted.
- Cut short the finger nails and the toe nails
- Comb the hair and arrange the hair
- Position the client for comfort and proper alignment.

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- Take all articles to the utility room.
- Disinfect the bath basin and the wash clothes.
- Send soiled linen into the laundry
- Wash hands
- Take opportunity to teach the client or his relatives about the personal hygiene.

OXYGEN INHALATION

- Check the proper O_2 cylinder or pipeline, no blockage in the catheter or no leakage to be present.
- Humidified O_2 should be given to avoid burning of mucous membrane.
- Give intermittent O_2 and not the continuous and as advised by the doctor.
- Check the improvement has taken place after O_2 administration or not.
- Do not use flaming items as match box, rubber toys or do not smoke at that area.
- Check the apparatus daily in order to meet in an emergency or its functioning conditions.

4. (a) Discuss the importance of documentation in nursing.
(b) Enlist the principles to maintain records and reports.
(c) Write about the various types of records to be maintained in hospitals.

IMPORTANCE OF DOCUMENTATION

Refer paper 2008 question no 3(a)

PRINCIPLES TO MAINTAIN RECORDS

Date and Time

Document the date and time of each recording. Record the time in the conventional manner, e.g. 9 AM to 3 PM, etc.

Correct Spelling

It is essential for accuracy in recording. In cause of doubt, check the dictionary and use the correct spelling.

Appropriateness

Record only information that pertains to the clients health problems and care.

Legal Prudence

Accurate and complete documentation give legal protection to the nurse and other health care personal and the client.

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Accuracy

Client's name and identification date must be written on each page of the clinical record.

Completeness

Document all information necessary to explain the events in a shift. Anyone reading the document should have a clear picture of what took place or is being described.

Conciseness

Good charting is concise and brief.

Legibility

Writing must be clear and easily readable by others.

Organization

Recording of information on the client record must follow a chronological order.

Timeliness

Documents in a timely manner can help avoid errors.

Corrections

Two types of corrections made to a record are correcting a written entry and adding an entry later when and error occurs, do not erase it.

Omissions

Blank space are not to be left on the chart.

Signature

A written signature must follow every entry into a client's record.

Confidentiality

All client's records kept confidential properly according to the policies of the agency.

VARIOUS TYPES OF RECORDS TO BE MAINTAINED IN HOSPITALS

Refer paper 2008 question no 3(b)

5. **Write short note of the following.**
   (a) Comfort devices or body mechanics
   (b) Handwashing or restraining
   (c) Urine analysis or oral medication.

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COMFORT DEVICES

Refer paper 2005 question no 4(b)

BODY MECHANICS

It is defined as using alignment, posture and balance in a coordinated effort to perform activities such as lifting, bending and moving. Correct body mechanics are essential and help avoid work-related musculoskeletal injuries, diminish excessive strain and fatigue and minimize the potential for client injury.

Importance of Good Body Mechanics

- Proper body alignment and posture prevent fatigue and deformities
- Good posture promotes normal physiological functions of the body. It aids in circulation and digestion
- It helps to maintain the balance of the body without undue strain on the body parts
- It contributes to one's beauty
- Good posture prevents the development of kyphosis, lordosis, scoliosis, etc.

Principles of Body Mechanics

- Proper balancing of all body parts helps to conserve energy.
- Stability of the body is maintained by having a greater base of support.
- Injury and strain on the lower back can be avoided by performing pelvic tilt before the activity.
- Facing the direction of work will help to avoid the chances of injury.
- Moving an object on a level surface requires less effort.
- Reducing friction between the object moved and the surface on which it is moved required less energy.
- Holding an object close to the body requires less energy than holding it farther away.
- Muscle strain can be avoided by using the strong leg muscles when lifting, pushing and pulling.
- Smooth continuous movement are easier and safer than sudden, sharp or uncontrolled movements.

HANDWASHING

The infection can be transferred from person to person by contaminated hands. Careful handwashing of the hands reduces the number of bacteria. Handwashing involves both mechanical and chemical action.

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Points to be Kept in Mind while Washing Hands

- Cut short nails, a long nail will give roof to the dirt and microorganism.
- Remove the jewellery of any type.
- Open the tap, wet the hands and forearm.
- Water should flow from the area of least contamination to the area of more contamination.
- Apply soap, rinse the soap before it is returned to the container.
- Wash hand thoroughly.
- Use brush to dislodge the dirt from under the nail beds.
- Rinse hands by keeping the hands well below the elbow level.
- Repeat the procedure to ensure thorough cleanliness.
- Turn off the water tap using a paper towel because the handle is contaminated.

URINE ANALYSIS

Color

Take a clean glass jar and pour urine into it and place it on a table against light, note the color, normally it is pale, yellow or amber color.

Appearance

After noting the color, inspect the whole urine for the presence of sediments of suspended articles. Normal urine is clear.

Odor

Normal urine has aromatic odor.

Reaction

To test urine reaction, normal urine is acidic in reaction.

Specific Gravity

Specific gravity of the urine is the relation of the weight of a known quantity of water.

Volume

Take a graduated jar and measure the urine.

ORAL MEDICATION

Refer paper 2008 question no 4(a)

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Fundamental of Nursing
for GNM (1st Year)

Salient Features

- This book is written with an intention, keeping in mind the basic requirements of first year nursing students
- Text related to Nursing for GNM with detailed explanation and important theory of the subject
- Includes solved question papers (2016–2005) with INC syllabus
- Helpful for students to prepare for the examination in an easy and meaningful way
- The book is designed in a comprehensive way to meet the needs of nursing students.

Nursing is an extremely rewarding profession. This book is a great guide for GNM 1st year nursing students on how to perform in the first year and get more material for gaining best achievement in final examination. This book has become like a best friend to the nurses, guiding them not only how to associate with the first year but also providing encouragement for the examination days.

Poonam Sharda is currently working as a Staff Nurse at Civil Hospital, Sangrur under NRHM Punjab, India. She has completed her Post Basic BSc Nursing in 2008 from Rattan Professional Education College (College of Nursing), Sohana, Mohali, Chandigarh. She has 6 years experience as a Nursing Tutor in two different schools of nursing—Guru Gobind Singh School of Nursing, Patran, Patiala and Mata Gujri School of Nursing, Sangrur.



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