



**University of Ruhuna - Faculty of Allied Health Sciences**

**Department of Nursing**

**1<sup>st</sup> Year 1<sup>st</sup> End Semester Examination (new curriculum)**

**Fundamentals of Nursing - FON 1144 (SEQ)**

**July 2018**

**Duration: Two hours**

**Index Number .....**

**Answer for all questions.**

**1.**

You are a Nursing Officer, working in a surgical ward. You have to do discharge teaching to a Diabetic patient about the disease and to maintain a "Healthy Life Style".

**1.1 List five (5) various causes for diseases. (30 marks)**

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**1.2 What is the "WHO" (World Health Organization) definition of "Health"? (20 marks)**

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2. (20 marks) Define Nursing according to the Statement of Virginia Henderson. (20 marks)

2.1 Define Nursing according to the Statement of Virginia Henderson. (20 marks)

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2.2 List five (5) qualities of a profession. (10 marks)

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2.3 Write five (5) differences between a profession and the other occupations. (10 marks)

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2.4 Mention five (5) important roles and functions of a nurse in the clinical setting. (10 marks)

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3.

3.1

3.1.1 How will you instruct a patient to perform below mentioned breathing exercises?

a. Pursed lip breathing

(15 marks)

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b. Diaphragmatic breathing

(21 marks)

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**3.1.2 List four (4) other measures to promote breathing.**

**(14 marks)**

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**3.2**

**3.2.1 List five (5) factors that determine the nutritional needs of an individual.**

**(20 marks)**

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**3.2.2 Mention the delivery routes of nutritional support for adults.**

**(8 marks)**

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**3.2.3 What is diet therapy?**

**(12 marks)**

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4.2.1 List the phases of nursing process.

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4.2.2. Briefly outline how you would provide an "orientation to the ward" to a newly admitted patient.

(15 marks)

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4.2.3 Bed sores are a serious complication of a long term bed ridden patients. Briefly describe nursing interventions which are performed for a patient with bed sore.

(15 marks)

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4.2.4. List four (4) other complications of long term bed ridden patients (except bed sores).

(10 marks)

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