



FACULTY OF ALLIED HEALTH SCIENCES, UNIVERSITY OF RUHUNA
Department of Nursing
1st End Semester Examination – 2026 – Old Curriculum
NUR 1143 – Fundamentals of Nursing I – SEQ

Date: 16th of July 2026

Time: 11.00 am – 12.30 pm

Duration: 1 ½ hours

Index Number:

Answer all questions using the given space.

1.

1.1. Mr. M.A. Perera is a 55 years old male patient, who was taken to the ward 12 of the National Hospital, Galle at about 8.30 am, accompanied by his wife, with the complain of sudden episodes of vomiting, diarrhea and generalized body pain. You are the admission nurse that time in the ward 12.

1.1.1. List five (05) initial steps that you should follow as the admission nurse when admitting the patient. (20 marks)

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1.1.2. Mention five (05) relevant information that you need to obtain from the patient and the family members during history taking after the initial admission steps. (20 marks)

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1.1.3. Briefly explain the responsibilities of an admission nurse.

(30 marks)

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1.2. After few hours of admission, the patient made a request to discharge him due to his personal concern even though he is on his ongoing treatments and also without considering the medical advices.

1.2.1. What type of discharge Mr. Perera is subjected to?

(10 marks)

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1.2.2. Briefly explain the nursing responsibilities when handling this type of discharge mentioned in 1.2.1.

(20 marks)

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2. Mrs. Silva is a 75-year-old patient admitted to the medical ward following a stroke. She is very weak and bedridden patient. She has reduced sensation on the left side of his body and urinary incontinence. During morning care, the nurse notices a red area on her sacrum. The skin is not broken, but the area is warm and painful. These signs indicate a possible pressure ulcer.

2.1. Define pressure ulcer.

(10 marks)

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2.2. Identify the stage of the pressure ulcer in the scenario and give reasons.

(20 marks)

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2.3. Name three (03) other common sites where pressure ulcers can be occurred.

(15 marks)

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2.4. Identify five (05) risk factors for pressure ulcer development.

(25 marks)

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2.5. Briefly explain five (05) nursing interventions to prevent worsening of Mrs. Silva's pressure ulcer.

(30 marks)

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3. Mrs. Manel is a 32-year-old patient and a teacher who was admitted to the medical ward complaining of irritability, difficulty in concentrating, frequent headaches, and fatigue. She reported that for the past three months she has had difficulty falling asleep and wakes up several times during the night. She sleeps only 3-4 hours per night, drinks several cups of coffee, and uses mobile phone until midnight.

3.1. What is the most likely sleep disorder? (05 marks)

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3.2. Mention four (04) possible factors that affect her sleep pattern. (20 marks)

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3.3. Describe five (05) nursing interventions to improve her sleep quality. (30 marks)

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3.4. Mention three (03) possible consequences if this remains untreated. (15 marks)

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3.5. Define the following terms. (6x5 = 30 marks)

a. Bruxism

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b. Sleep apnoea

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c. Narcolepsy

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d. Enuresis

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e. Parasomnia

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