SECTION A: Objective Questions

Circle the correct answer (20 marks)

1. Which of the following is **NOT** a degenerative disorder?
   (a) Trigeminal neuralgia.
   (b) Parkinson's disease.
   (c) Meningitis.
   (d) Bell's palsy.

2. Pain relief techniques for a patient suffering from trigeminal neuralgia exclude
   (a) applying cold compresses.
   (b) using a soft toothbrush.
   (c) administration of peripheral nerve blocks.
   (d) administration of muscle relaxants.

3. Which of the following nursing actions is most appropriate for the care of a patient with pheochromocytoma?
   (a) Encouraging patient to rest.
   (b) Regulating patient's fluid intake.
   (c) Maintaining fluid balance.
   (d) Monitoring blood pressure.

4. Which of the following conditions commonly occurs in patients with Cushing syndrome?
   (a) Depression.
   (b) Anxiety.
   (c) Psychosis.
   (d) Panic attacks.

5. Which of the following is NOT a risk factor to Hodgkin's lymphoma?
   (a) Alcoholism.
   (b) Mononucleosis.
   (c) Family history.
   (d) Age.

6. Which of the following is a common cause of generalised enlargement of lymph glands?
   (a) Lupus erythematosus.
   (b) Hodgkin's lymphoma.
   (c) Pheochromocytoma.
   (d) Addison's disease.

7. Which of the following nursing interventions relieves pain in a patient with lymphadenitis?
(a) Administration of antibiotics.
(b) Applying a warm compress.
(c) Applying a cold compress.
(d) Raising the affected part.

8. Which of the following is NOT a complication of lymphangitis?
(a) Necrosis.
(b) Bacteraemia.
(c) Cellulitis.
(d) Sepsis.

9. Measures to manage lymphedema **exclude**
(a) manual lymphatic drainage.
(b) restricting all forms of exercise.
(c) compression bandaging.
(d) meticulous skin care.

10. Which of the following interventions is appropriate for managing a patient with tendinitis?
(a) Avoid high calorie and fat diet.
(b) Take plenty of fluids and fruits.
(c) Rest, ice compression and elevation.
(d) Sleep on the side with legs straight.

11. A patient of tendonitis is advised to avoid
(a) calcium intake.
(b) alcohol intake.
(c) anti inflammatories.
(d) flexing affected joints.

12. Specific nursing interventions for managing a patient with gout **exclude**
(a) pain management.
(b) lifestyle modification.
(c) exercise of the affected joint.
(d) administration of urate-lowering medications.

13. Which of the following is a symptom of acute pyelonephritis?
(a) Urine retention.
(b) High blood pressure.
(c) Hypothermia.
(d) Flank pain.

14. Which of the following interventions does the nurse include in the plan of care for a patient with acute pyelonephritis?
(a) Discontinue antibiotics.
(b) Restrict sodium in the diet.
(c) Increase on the fluid intake.
(d) Encourage ambulation.

15. Which of the following assessments does the nurse perform frequently for a patient admitted with Addison's crisis?
(a) Urine for sugar.
(b) Neck distension.
(c) Body weight.
(d) Blood pressure.

16. Which of the following is an appropriate nursing care goal for a patient with Addison's disease?
(a) Self-care management.
(b) Improving nutritional status.
(c) Promoting early ambulation.
(d) Managing fluid volume.

17. Which of the following is the nurse's finding following an assessment on a patient with Cushings syndrome?
(a) Coarse skin.
(b) Hyperkalaemia.
(c) Truncal obesity.
(d) Hypotension.

18. A patient suffering from osteoporosis is NOT advised to
(a) Consume calcium and vitamin D.
(b) limit smoking.
(c) adhere to medication.
(d) perform physicals.

19. Which of the following instructions does the nurse include in the teaching of a patient with osteoarthritis?
(a) Maintain balance between rest and exercise.
(b) Consume a high carbohydrate diet.
(c) Keep affected joint immobilised.
(d) Consume a high protein and fat diet.

20. Which of the following dietary instructions does the nurse share with a patient with osteoporosis?
(a) Reduce fat intake to reduce weight.
(b) Increase intake of foods rich in calcium.
(c) Increase intake of fruits and vegetables.
(d) Reduce the intake of foods with sodium.

Fill in the blank spaces (10 marks)

21. A condition characterised by inflammation of connective tissue between the muscles and bones is called.....
22. An auto immune disease on the connective tissue affecting all organs is called.....
23. Chemical substances synthesised and secreted by specific organs or glands are known as.....
24. A condition resulting from over production of the growth hormone by the pituitary gland is called.....
25. A disorder characterised by cystic dilatation of kidney tubules is known as .....
26. Involuntary movement associated with abnormal posturing of limbs is called.....
27. An acute viral infection characterised by painful cutaneous vesicles on the skin is called.....
28. A chronic inflammatory skin disorder characterised by abnormal proliferation of epidermal cells is.....
29. A condition characterised by excessive secretion of aldosterone is known as.....
30. Inflammation of fluid filled sacs between the bone and tendon is known as .....

Answer Sections B and C in the answer booklets provided

SECTION B: Short Essay Questions (10 marks)

31. Outline five (5) risk factors for urinary tract infections. **(5 marks)**

32. Outline five (5) interventions nurses implement for a patient with a neurological disorder. **(5 marks)**

SECTION C: Long Essay Questions (60 marks)

33. (a) State ten (10) signs and symptoms of hyper aldosteronism. (5 marks)

(b) Describe with rationale ten (10) specific nursing interventions implemented in the first 72 hours of admission for a patient with hyper aldosteronism. (10 marks)

(c) Outline five (5) complications of hyper aldosteronism. (5 marks)

34. (a) Describe five (5) stages of Parkinson's disease. (10 marks)

(b) Explain ten (10) coping measures the nurse teaches the family and a patient with Parkinson's disease. (10 marks)

35. (a) List ten (10) signs and symptoms of rheumatoid arthritis. (5 marks)

(b) Describe with rationale ten (10) nursing interventions that are performed on a patient with acute rheumatoid arthritis in the first 48 hours of admission. (10 marks)

(c) List five (5) complications of rheumatoid arthritis. (5 marks)

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