



**UNIVERSITY OF JAFFNA, SRI LANKA**  
**FACULTY OF ALLIED HEALTH SCIENCES**  
**First year First semester Examination in BScHons(Nursing) – 2022/Proper 17<sup>th</sup> Batch**

**NURNP 1133 NURSING PRINCIPLES & PROCEDURES I - PAPER II**

**Date: 09.12.2023**

**Time: 02 Hours**

**ANSWER ALL SIX QUESTIONS**

1. A 82-year-old obese woman is bedridden for the past one month. she lies in bed in supine position for most of the time. She got urinary tract infection and has incontinence of urine. She is at risk of developing bedsore.
  - 1.1. List the predisposing factors of bedsore for this woman. (20 Marks)
  - 1.2. Mention the pressure points where the bedsore may develop for this woman. (20 Marks)
  - 1.3. List the early signs of bedsore. (10 Marks)
  - 1.4. Mention any other three (3) positions that can be provided to this patient to prevent bedsore. (15 Marks)
  - 1.5. Briefly explain the nursing measures to prevent the bedsore. (35 Marks)
2.
  - 2.1.
    - 2.1.1. What is meant by Vital Signs. (20 Marks)
    - 2.1.2. Explain the thermoregulatory mechanism of body temperature (30 Marks)
  - 2.2.
    - 2.2.1. Mention the contraindications for oral temperature. (30 Marks)
    - 2.2.2. List the temperature taking sites other than oral site. (20 Marks)
3.
  - 3.1. List the patients who require frequent mouth care. (25 Marks)
  - 3.2. Briefly explain the effects of neglected mouth. (40 Marks)
  - 3.3. Educate the patient on maintenance of good oral health. (35 Marks)

4.

4.1. Define pulse. (20 Marks)

4.2. List the common sites for checking pulse. (25 Marks)

4.3. Define the following terminologies:

4.3.1. Tachycardia (05 Marks)

4.3.2. Bradycardia (05 Marks)

4.3.3. Arrhythmias (05 Marks)

4.4. Explain the factors that can contribute to variation in pulse rate. (40 Marks)

5.

5.1. List the purposes of bedmaking. (20 Marks)

5.2. List five (5) indications for making special beds. (15 Marks)

5.3. Briefly explain the general principles involved in bedmaking. (35 Marks)

5.4. List ten (10) comfort devices and mention one usage of each of it (30 Marks)

6. Write short notes on:

6.1. Self- foot care for a Diabetic patient (50 Marks)

6.2. Nursing interventions to improve rest and sleep. (50 Marks)

