

SRI DEVARAJ URS COLLEGE OF NURSING



TAMAKA, KOLAR – 563 103

I / II/ III/ IV B.Sc(N)/M.Sc(N) / P.B.B.Sc(N)

Internal Assessment Test - I / II/ III

Internal	Examination
Class	

Name: Diya Victor Roll No. 40

Subject: Adult Health Nursing Date of Test:

Max. Marks:

DATA

Q. No.	^{N.E} Marks (Long Essay)	Q. No.	^{Short Ans} Marks (Short Essay)	Q. No.	^{Long Ans} Marks (Short Answers)	Q. No.	^{Short Ans} Marks (Multiple Choice Questions)
1	1	1	2	1	9	1	4-5
2	1	2	2	2		2	4-5
3	1	3	2				
4	1	4					

Total Marks Scored.....

Date of Result.....

28
30

.....
Signature of the Student

.....
Principal

.....
Signature of the Teacher

Principal
Sri Devaraj Urs College of Nursing
Tamaka, Kolar-563103

I MCQ.

1. Varicella
2. Tuberculosis.
3. Pneumonia.
4. Common cold.

II. Long essay

D. Meningitis

a) Definition

Meningitis is an inflammation of the meninges, the protective membranes covering the brain and spinal cord. It can be caused by infectious agents such as bacteria, viruses, fungi, or parasites, or by non-infectious causes like autoimmune disorders or certain medications.

Causes

- Bacterial meningitis.
- Neisseria meningitidis
- Streptococcus pneumonia
- Haemophilus influenzae
- Listeria monocytogenes.

- HIV
- fungal meningitis.
- Autoimmune disease
- Cancer.
- Mumps virus.
- Certain medications.
- Viral meningitis.

Pathophysiology.

Pathogens attach themselves to nervous epithelium and enter the bloodstream



Bacteria that are able to survive in circulation enter the CSF through the choroid plexus of the lateral ventricle



Bacteria multiply rapidly in subarachnoid space (SAS)



Multiplication and lysis of bacteria by bactericidal antibiotic causes the release of bacterial cell wall component



These compounds stimulate the formation of the inflammatory cytokines interleukin-1 and tumor necrosis factor by monocytes, macrophages and microglial cells



Altered blood-brain barrier permeability



Formation of purulent exudate in SAS



Large numbers of leukocytes in the SAS add to the purulent exudate and obstruct the flow of CSF



Adhesion of leukocytes to the cerebral capillary endothelial cells increases their permeability and allows plasma protein to leak through open intercellular.



Results in brain edema and increase in intracranial pressure

b) Mode of Transmission

- Bacterial and viral meningitis
- Spread through respiratory droplets. (cough)
- Close personal contact
- Contaminated food.
- Fungal meningitis
- Parasitic meningitis.
- Inhalation of fungal spores from the environment.

Clinical Manifestation of meningitis

- Classic Triad (bacterial meningitis)
- Neck stiffness
- Fever
- Altered mental status
- Seizures
- Headache
- Sleepiness or difficulty waking
- Nausea and vomiting.

c) Medical Management

- early administration of antibiotics
- penicillin G in combination with one of the cephalosporins.
- Dexamethasone

Nursing Management

- Instituting infection control precautions until 24 hours after initiation of antibiotic therapy
- Assisting with pain management due to overall body aches and neck pain.

- Assisting with getting rest in a quiet, darkened room.
- Implement interventions to treat the elevated temperature, such as antipyretic agents and cooling blankets.
- Encouraging the patient to stay hydrated either orally or peripherally
- Ensuring close neurologic monitoring

III Short essay

1. Bronchial asthma

Definition

Bronchial asthma is defined as a chronic inflammatory disorder of the airways that causes airway hyper-responsiveness, intermittent airflow obstruction, and reversible bronchospasm, usually triggered by allergens, infections, exercise or irritants.

Causes

a) Allergic asthma

- dust mites, pet dander.
- pollen, molds.
- foods

B.) Non allergic

- Respiratory tract infections.
- Cold air, smoke.
- Air pollution.
- Medications.

Mode of transmission

Asthma is not contagious. It cannot be transmitted from one person to another. However, the tendency to develop asthma may be inherited.

Clinical Manifestations

- Wheezing.
- Shortness of breath.
- Coughing.
- Chest tightness or pressure.
- Increased respiratory rate.
- Prolonged expiration.

Medical management

- Bronchodilators.
- Anti-inflammatory drugs.
- Leukotriene receptor antagonists.
- Mast cell stabilizers.

- Oxygen therapy.
- Nebulization or metered-dose inhalers with spacers.

Nursing Management

- Assess respiratory status.
- Monitor breath sounds, SpO₂.
- Positioning.
- Administer medication as prescribed.
- Monitor for signs of respiratory distress.
- Avoid triggers.
- Health education.
- Teach patient about education.
- Encourage fluid intake.

2.) Polio

Definition.

Polio is a highly contagious disease caused by poliovirus. It mainly affects the nervous system. Polio can also result in permanent paralysis.

Pathophysiology

Poliovirus enters the body (GI tract)



Binding with the cell membrane



Hijacking the host cells machinery and replication



Spread to tonsils, lymphoid tissue, and cervical & mesenteric lymph nodes



Multiplication of virus



Absorption into bloodstream



Distribution of virus throughout the body

Clinical manifestation

Minor symptoms

Headache, Vomiting, fever, fatigue

Major symptoms

Muscle weakness, paralysis, muscle pain, difficulty in breathing.

Medical management

- Adequate rest
- Mechanical ventilation
- Antibiotic for UTI
- Hot application to ease muscle aches and spasms

Nursing management

- Maintain patency of the airway
- Keep the tracheostomy tray ready at the patients bed side.
- Provide enough fluids to prevent fecal impaction.
- Provide NA feeding if needed
- Frequently check BP.
- Use foot board to prevent foot drop.

III Short answers

1. Empyema.

- Definition → A condition where pus accumulations in the pleural space (btw lung and chest wall)

- Causes → Often due to pneumonia, lung abscess or trauma.

- Symptoms → Chest pain, fever, shortness of breath, cough.

- Treatment → Antibiotics, drainage of pus

Emphysema

- Definition → A chronic lung disease characterized by damage to the alveoli in the lung
- Causes → long-term exposure to lung irritants
- Symptoms → Shortness of breath, wheezing, coughing
- Treatment → Medications, oxygen therapy, ~~but~~ lifestyle change

2. Mumps

Definition

mumps is a viral infectious disease that primarily affects the salivary glands

Causes

- Viral infection
- Transmission

Symptoms

- Swollen salivary glands
- fever
- headache
- muscle aches
- fatigue

Prevention

- Vaccination: MMR

3) Pleural effusion

Definition

It is a medical condition characterized by accumulation of excess fluid in the pleural space (between the lung and chest wall)

Causes

- Infection
- Heart failure
- Cancer
- Trauma

Symptoms

- Shortness of breath
- fever
- fatigue
- Cough

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Internal	Examination
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Name: Prerna PA Roll No. 5

Subject: Nursing Care Date of Test: 28/8/25

Max. Marks:

DATA

Q. No.	Marks (Long Essay)	Q. No.	Marks (Short Essay)	Q. No.	Marks (Short Answers)	Q. No.	Marks (Multiple Choice Questions)
1	1	1	2	1	9		
2	1	2	2	2	9		
3	1	3	2				
4	1						

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mlq

mlq

1) AS Auscultation

2) Diagnosing

3) nasal cannula

4) more than one of the above

5) long essay

Oxygenation

Oxygenation is the biological and physiological process by which oxygen (O_2) is supplied to tissue of the body made available for cellular respiration.

> Explanation of Oxygenation

Overview of the process

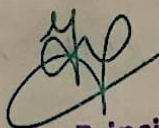
Oxygenation primarily occurs in lungs specifically alveoli, which are tiny air sacs surrounded by capillaries. When we inhale air enters the lungs and reaches the alveoli.

Oxygen Transport

Once oxygen enters the blood, binds hemoglobin protein within blood cells.

> Oxyhemoglobin

> Deoxyhemoglobin.



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Cellular Oxygenation

The tissue level oxygen is released from hemoglobin and diffuses into cell

methods of oxygen administration. devices

Nasal Cannula. Oxygen therapy is a medical treatment used to provide supplemental oxygen to individual have low oxygen level than blood due to various medical conditions.

Nasal Cannula

venturi mask

Simple face mask

non-rebreather mask

Bag-Valve mask

mechanical ventilator

High-flow nasal cannula

Nasal Cannula

Nasal Cannula is a lightweight flexible tube with two small prongs that are inserted into nostrils.

Simple face mask

A plastic mask that covers nose and mouth connected to an oxygen source. It delivers higher oxygen concentration than a nasal cannula.

Non-Rebreather mask

A face mask a reservoir bag attached and one-way valve that prevent exhaled air from entering reservoir providing high concentration of oxygen.

Venturi mask

A specialized mask that uses color-coded adapters delivers precise oxygen concentration.

High-flow nasal cannula

A specialized system that delivers warm humidified oxygen at high flow rates through nasal cannula.

Bag-Valve Mask

A manual resuscitator self-inflating bag face mask and an oxygen reservoir.

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Chest physiotherapy

- Explain the procedure to the patient to reduce anxiety and ensure cooperation
- Ensure privacy and comfort
- Gather equipment: Pillows, Percussion, Cough Suction, equipment Patient Cane, Clean Scentations and tissue of specimen
- Check vital signs and oxygen saturation before beginning

→ Positioning the patient

Position the pt based on the lung segments being treated. Use the cane to assist in changing Scentation

- Sitting upright for upper lobes.

Percussion

Use cupped hands rhythmically clap over the chest wall, breast, abdominal organ

Per done percussion 2-5 minutes.

Deep Breathing

- Deep breath and perform effective coughing to expel loosened secretion
- Encourage huff coughing if a strong cough

Respiratory and Count

- Monitor vital signs, oxygen levels and the pt response
- Note the amount, color, and consistency of sputum
- Breathe sound check for improvement

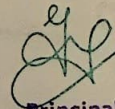
Goals

IV
Short
Answer

Short term goal - These are objective. You aim to achieve the near future. Usually within days weeks or a few months.

Long term goal - These are goals that

take longer time to accomplish. Often several months or years.



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9 Hygiene

Contd. influencing hygiene hygiene is influenced by personal habits education access to clean water clean shelter cultural practices Living Condition.

10 Parenteral nutrition

is the measured delivery of nutrients directly into the bloodstream through vein by passing the digestive system. It is used when person cannot eat or absorb nutrients through the gastrointestinal tract.

6 Pressure ulcer?

Assessment of pressure ulcer is an essential part of pt care, especially for individuals who are immobile or have limited sensation.

Assessment helps to determine stage of ulcer monitor healing and guide effective treatment.

Location of ulcer

Location of the ulcer, such as sacrum, buttocks, heels, elbow and hips, these are common. Pressure points especially pt who bedridden are vulnerable.

Staging of ulcer

The national pressure injury advisory panel classifies pressure ulcers into 4 stages based on the depth and extent of tissue damage.

Purpose of pressure ulcer

- Identify pressure and degree of pressure ulcer
- Monitor progression of healing of existing ulcer
- Guide clinical decision making and planning care plans
- Promote further education on development on new ulcers
- Evaluate risk factors pt - specific needs.

Principles

Systematic assessment and ongoing

visual inspection

Objective measurement

Pressure ulcer is essential for effective management prevention of complications and improved pt outcomes through understanding of risk factors.

Identification and education to minimize the impact of pressure ulcer enhance quality of care.

7
Nursing Diagnosis is a clinical judgment made by nurse about pt response and potential health problems of life processes.

Nursing Diagnosis

Medical diagnosis: focuses on identifying disease
Nursing diagnosis: focuses on how the disease affects the pt's daily life and response.

Nursing diagnosis: Focus on how the disease affects the pt's daily life and response.

Core

- Provide individualized care
- Nurses communicate clearly and effectively
- Quality of care

Types of Diagnoses & Nursing

Actual Diagnosis

Describes current / existing problems based on signs and symptoms.

Risk Diagnosis

Identifies problem that pt is at risk of developing.

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Health Promotion Diagnosis

Focus focuses on improving overall health and wellness

Syndrome Diagnosis

Cluster of actual risk diagnosis
Directed to others together

Possible Diagnosis

A tentative diagnosis requiring more data to confirm

Process

Assessment

Analysis

Diagnosis

Implementation

Evaluation

■ Critical thinking and
decision-making

- Patient Safety by identifying risk early
- Interdisciplinary Collaboration
- Evidence based practice
- Autonomously and professionally

Nursing Diagnosis is a vital tool in
modern nursing care bridging the
gap between pt assessment and
effective individualized interventions.
It enables nurses to ~~not~~ recognize
and address the full spectrum of
pt needs - not just the disease
but human response to illness.
Systemic / holistic and evidence based
improving pt outcome and
quality of care


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