

FOUNDATION OF NURSING I — FULL SUMMARY (JPTS Standard)

1. Introduction to Nursing

- **Definition:** Nursing is the protection, promotion, and optimization of health; prevention of illness; and alleviation of suffering through diagnosis and treatment.
 - **Roles of Nurses:**
 - Caregiver
 - Communicator
 - Advocate
 - Educator
 - Leader
 - Researcher
 - **Types of Nurses:** Registered Nurse (RN), Enrolled Nurse (EN), Midwife, Public Health Nurse, Psychiatric Nurse, Pediatric Nurse.
-

2. Nursing Theories

Florence Nightingale – Environmental Theory

- Focus: Environment influences recovery.
- **5 Key Environmental Elements:**
 1. Pure air
 2. Pure water
 3. Adequate lighting
 4. Proper drainage
 5. Cleanliness
- Nurse manipulates environment to improve patient health.

Virginia Henderson – Definition of Nursing

- “Nursing is assisting the individual, sick or well, in the performance of those activities contributing to health, recovery, or peaceful death.”
- **14 Components of Basic Nursing Needs**, including:
 - Breathe normally
 - Eat and drink adequately
 - Eliminate waste
 - Sleep/rest
 - Maintain temperature
 - Keep body clean

- Communicate
 - Worship
 - Work
 - Learn
-

3. Workplace & Documentation

Characteristics of a Professional Nurse

- Empathy
- Honesty
- Critical thinking
- Good communication
- Teamwork

Types of Nursing Reports

- **Oral report:** Given during shift hand-over
- **Written report:** Nursing notes, charts
- **Incident report:** For accidents or unusual events

Shift Hand-over

- Must be **accurate, complete, and concise**
 - Includes: patient condition, medications, treatments, pending investigations
-

4. Admission, Transfer & Discharge

Admission

- Types: **Emergency, Routine, Day admission**
- Duties of Nurse:
 - Receive patient warmly
 - Document vital signs
 - Complete admission forms
 - Orient patient to ward
 - Notify physician

Transfer

- Moving patient from one unit/ward to another.

- Nurse ensures continuity of care and gives verbal/written report.

Discharge

- Types: Planned, AMA (Against Medical Advice), Absconded
 - Nurse prepares patient, gives health education, documents discharge.
-

5. Nursing Care Plan

Components (ADPIE)

1. **Assessment** – Collect data (subjective & objective)
2. **Diagnosis** – Identify health problems
3. **Planning** – Set measurable goals
4. **Implementation** – Carry out interventions
5. **Evaluation** – Assess outcomes

Types of Care Plans

- Individualized
 - Standardized
 - Computerized
-

6. Nursing Diagnosis

- Identifies patient response to health conditions.
 - **Types:**
 - **Actual diagnosis** (e.g., impaired skin integrity)
 - **Risk diagnosis** (e.g., risk for infection)
 - **Wellness diagnosis** (e.g., readiness for enhanced knowledge)
-

7. Origin of Nursing in Nigeria

- Nursing in Nigeria started with missionaries in the mid-1800s.
- **1952:** Nursing Council established
- **Present regulator: Nursing & Midwifery Council of Nigeria (NMCN)**
- Responsibilities: training, registration, licensing, discipline, curriculum approval.

8. Basic Nursing Procedures

First Aid Principles

- Preserve life
- Prevent condition from worsening
- Promote recovery

Examples: control bleeding, CPR, splinting fractures, treating burns.

Bedsore (Pressure Ulcers)

- Caused by prolonged pressure on skin (common on heels, sacrum).
- **Prevention:**
 - Reposition every 2 hours
 - Keep skin clean & dry
 - Use pillows/foam pads
 - Proper nutrition

Patient Positioning

- **Fowler's position** – Breathing problems
- **Supine** – General position
- **Prone** – Pressure relief on back
- **Lateral** – Prevent aspiration
- **Lithotomy** – Pelvic examinations

50 MCQ PRACTICE QUESTIONS (WITH ANSWERS)

1. Nursing is best defined as:

- A. Medical diagnosis
- B. Assisting the individual to achieve health
- C. Prescribing medication
- D. Only caring for the sick

Answer: B

2. Who is the founder of modern nursing?

- A. Henderson
- B. Orem
- C. Nightingale
- D. Peplau

Answer: C

3–50

I will generate the remaining **48 questions** for you — just confirm:

SECTION A — MULTIPLE CHOICE (50 QUESTIONS)

1. Nursing is best defined as the profession that:

- A. Treats diseases
- B. Assists individuals to maintain or recover health
- C. Prescribes medication
- D. Works only under doctors

Answer: B

2. Modern nursing was founded by:

- A. Virginia Henderson
- B. Dorothea Orem
- C. Florence Nightingale
- D. Roy Callista

Answer: C

3. The primary focus of Nightingale's theory is:

- A. Patient independence
- B. Environment
- C. Self-care
- D. Interpersonal relations

Answer: B

4. Pure air, pure water, cleanliness and light are components of:

- A. Orem's theory
- B. Nightingale's environmental theory
- C. Peplau's theory
- D. Watson's theory

Answer: B

5. Virginia Henderson identified how many components of nursing?

- A. 5
- B. 10
- C. 14
- D. 20

Answer: C

6. The nurse–patient relationship is emphasized by:

- A. Nightingale
- B. Peplau
- C. Henderson
- D. Orem

Answer: B

7. The first step of the nursing process is:

- A. Planning
- B. Implementation
- C. Assessment
- D. Evaluation

Answer: C

8. The final step of the nursing process is:

- A. Assessment
- B. Diagnosis
- C. Implementation
- D. Evaluation

Answer: D

9. A nursing diagnosis identifies:

- A. Medical disease
- B. Patient response to health condition
- C. Doctor's orders
- D. Lab test results

Answer: B

10. “Risk for infection” is what type of nursing diagnosis?

- A. Actual
- B. Possible
- C. Risk
- D. Wellness

Answer: C

11. Data obtained directly from the patient is called:

- A. Subjective data
- B. Objective data
- C. Laboratory data
- D. Nursing diagnosis

Answer: A

12. Temperature, pulse, and respiration are examples of:

- A. Objective data
- B. Subjective data
- C. Risk data
- D. Wellness data

Answer: A

13. Documentation in nursing is important because it:

- A. Wastes time
- B. Provides legal evidence
- C. Is optional
- D. Replaces medical prescriptions

Answer: B

14. An example of an incident report is:

- A. Temperature chart
- B. Drug administration sheet
- C. Fall from bed
- D. Diet sheet

Answer: C

15. Admission done without prior notice is called:

- A. Planned admission
- B. Day admission
- C. Emergency admission
- D. Routine admission

Answer: C

16. A patient leaving the hospital without permission is called:

- A. Discharged
- B. Transferred
- C. Absconded

D. Admitted

Answer: C

17. Which is a type of discharge?

A. Medical discharge

B. Against medical advice (AMA)

C. Surgical discharge

D. Social discharge

Answer: B

18. The main purpose of patient transfer is:

A. Free up beds

B. Punish patients

C. Ensure continuity of care

D. Save cost

Answer: C

19. Turning a patient every 2 hours helps prevent:

A. Fever

B. Bedsores

C. Vomiting

D. Pain

Answer: B

20. Bedsores are also called:

A. Skin tears

B. Abrasions

C. Pressure ulcers

D. Burns

Answer: C

21. Fowler's position is used for patients with:

A. Shock

B. Breathing difficulty

C. Fractures

D. Labour pains

Answer: B

22. The supine position means:

- A. Standing
- B. Lying face up
- C. Lying face down
- D. Sitting

Answer: B

23. First aid aims to:

- A. Cure all diseases
- B. Preserve life
- C. Replace medical treatment
- D. Give injections

Answer: B

24. CPR stands for:

- A. Cardiac Patient Recovery
- B. Cardiopulmonary Resuscitation
- C. Cardiovascular Repair
- D. Cardiorespiratory Process

Answer: B

25. The first step in first aid is to:

- A. Call relatives
- B. Ensure scene safety
- C. Give water
- D. Apply bandage

Answer: B

26. A polyvalent nurse is one who:

- A. Works in only one unit
- B. Has multiple skills
- C. Writes reports alone
- D. Only works night shift

Answer: B

27. Which body regulates nursing in Nigeria?

- A. NUC
- B. MDCN
- C. NMCN
- D. SON

Answer: C

28. Nursing began in Nigeria mainly through:

- A. Missionaries
- B. Government
- C. Soldiers
- D. Universities

Answer: A

29. Hand hygiene prevents:

- A. Malaria
- B. Infection spread
- C. Blood pressure
- D. Heart disease

Answer: B

30. A written record of patient care is called:

- A. Report
- B. Journal
- C. Nursing notes
- D. Prescription

Answer: C

31. The “P” in ADPIE stands for:

- A. Procedure
- B. Planning
- C. Positioning
- D. Pressure

Answer: B

32. The most important vital sign in emergency is:

- A. Temperature
- B. Pulse
- C. Respiration
- D. Airway

Answer: D (Airway is priority in ABC)

33. A holistic nurse cares for:

- A. Only physical needs
- B. Only spiritual needs
- C. Whole person

D. Only emotional needs

Answer: C

34. Patient consent is required for:

A. Bedmaking

B. Invasive procedures

C. Feeding

D. Turning patient

Answer: B

35. A nursing care plan is:

A. A doctor's order

B. A guide for nursing care

C. A dietary menu

D. A financial budget

Answer: B

36. Which is a characteristic of a professional nurse?

A. Rudeness

B. Empathy

C. Carelessness

D. Argumentative

Answer: B

37. Reassuring a patient belongs to:

A. Communication

B. Documentation

C. Nutrition

D. Infection control

Answer: A

38. Turning a patient frequently helps prevent:

A. Hypertension

B. Pressure ulcers

C. Fever

D. Diarrhea

Answer: B

39. The lithotomy position is used for:

- A. Breast examination
- B. Eye surgery
- C. Vaginal examination
- D. Ear irrigation

Answer: C

40. A nurse washes hands for at least:

- A. 5 seconds
- B. 10 seconds
- C. 20 seconds
- D. 60 seconds

Answer: C

41. A thermometer measures:

- A. Blood pressure
- B. Temperature
- C. Pulse
- D. Weight

Answer: B

42. The legal document that records patient care is:

- A. Prescription
- B. Nursing notes
- C. Appointment card
- D. Insurance form

Answer: B

43. Which is NOT a vital sign?

- A. Pulse
- B. Respiration
- C. Height
- D. Temperature

Answer: C

44. The purpose of shift hand-over is:

- A. Payment
- B. Continuity of care
- C. Rest
- D. Entertainment

Answer: B

45. A patient refusing treatment is exercising:

- A. Confidentiality
- B. Autonomy
- C. Fidelity
- D. Justice

Answer: B

46. The best way to prevent hospital infections is:

- A. Gloves only
- B. Masks only
- C. Handwashing
- D. Isolation

Answer: C

47. Which of the following is a basic need according to Henderson?

- A. Using social media
- B. Sleeping and resting
- C. Driving
- D. Shopping

Answer: B

48. The acronym “NMCN” stands for:

- A. Nursing Medical Council of Nigeria
- B. National Midwifery Council of Nigeria
- C. Nursing and Midwifery Council of Nigeria
- D. Nurses and Medical Care Nigeria

Answer: C

49. Burns should first be treated by:

- A. Applying oil
- B. Breaking blisters
- C. Running under cool water
- D. Applying powder

Answer: C

50. Correct sequence of the nursing process is:

- A. ADPIE
- B. APDIE
- C. DIPAE

D. PIEAD

Answer: A