**King Saud University**

**College Of Nursing**

**NUR 123 Sample Exam**

1. The four major concepts in nursing theory are the

A. Person, Environment, Nurse, Health

B. Nurse, Person, Environment, Cure

C. Promotive, Preventive, Curative, Rehabilitative

**D. Person, Environment, Nursing, Health**

**Rationale:**This is an actual board exam question and is a common board question. Theorist always describes The nursing profession by first defining what is NURSING, followed by the PERSON, ENVIRONMENT and HEALTH CONCEPT. The most popular theory was perhaps Nightingale’s. She defined nursing as the utilization of the persons environment to assist him towards recovery. She defined the person as somebody who has a reparative capabilities mediated and enhanced by factors in his environment. She describes the environment as something that would facilitate the person’s reparative process and identified different factors like sanitation, noise, etc. that affects a person’s reparative state.

2. The act of utilizing the environment of the patient to assist him in his recovery is theorized by

**A. Nightingale**

B. Benner

C. Swanson

D. King

**Rationale:** Florence nightingale do not believe in the germ theory, and perhaps this was her biggest mistake. Yet, her theory was the first in nursing. She believed that manipulation of environment that includes appropriate noise, nutrition, hygiene, light, comfort, sanitation etc. could provide the client’s body the nurturance it needs for repair and recovery.

3. For her, Nursing is a theoretical system of knowledge that prescribes a process of analysis and action related to care of the ill person

A. King

B. Henderson

C. **Roy**

D. Leininger

**Rationale:**Remember the word “ THEOROYTICAL “ For Callista Roy, Nursing is a theoretical body of knowledge that prescribes analysis and action to care for an ill person. She introduced the ADAPTATION MODEL and viewed person as a BIOSPSYCHOSOCIAL BEING. She believed that by adaptation, Man can maintain homeostasis.

4. According to her, Nursing is a helping or assistive profession to persons who are wholly or partly dependent or when those who are supposedly caring for them are no longer able to give care.

A. Henderson

B. **Orem**

C. Swanson

D. Neuman

**Rationale:** In self care deficit theory, Nursing is defined as A helping or assistive profession to person who are wholly or partly dependent or when people who are to give care to them are no longer available. Self care, are the activities that a person do for himself to maintain health, life and well being.

5. Nursing is a unique profession, Concerned with all the variables affecting an individual’s response to stressors, which are intra, inter and extra personal in nature.

A. **Neuman**

B. Johnson

C. Watson

D. Parse

**Rationale:** Neuman divided stressors as either intra, inter and extra personal in nature. She said that NURSING is concerned with eliminating these stressors to obtain a maximum level of wellness. The nurse helps the client through PRIMARY, SECONDARY AND TERTIARY prevention modes. Please do not confuse this with LEAVELL and CLARK’S level of prevention.

6. The unique function of the nurse is to assist the individual, sick or well, in the performance of those activities contributing to health that he would perform unaided if he has the necessary strength, will and knowledge, and do this in such a way as to help him gain independence as rapidly as possible

A. **Henderson**

B. Abdellah

C. Levin

D. Peplau

**Rationale:** This was an actual board question. Remember this definition and associate it with Virginia Henderson. Henderson also describes the NATURE OF NURSING theory. She identified 14 basic needs of the client. She describes nursing roles as SUBSTITUTIVE : Doing everything for the client, SUPPLEMENTARY : Helping the client and COMPLEMENTARY : Working with the client. Breathing normally, Eliminating waste, Eating and drinking adquately, Worship and Play are some of the basic needs according to her.

7. Caring is the essence and central unifying, a dominant domain that distinguishes nursing from other health disciplines. Care is an essential human need.

A. Benner

B. Watson

C. **Leininger**

D. Swanson

**Rationale:** There are many theorist that describes nursing as CARE. The most popular was JEAN WATSON'S Human Caring Model. But this question pertains to Leininger's definition of caring. CUD I LIE IN GER? [ Could I Lie In There ] Is the Mnemonics I am using not to get confused. C stands for CENTRAL , U stands for UNIFYING, D stands for DOMINANT DOMAIN. I emphasize on this matter due to feedback on the last June 2006 batch about a question about CARING.

8. Caring involves 5 processes, KNOWING, BEING WITH, DOING FOR, ENABLING and MAINTAINING BELIEF.

A. Benner

B. Watson

C. Leininger

D. **Swanson**

**Rationale:** Caring according to Swanson involves 5 processes. Knowing means understanding the client. Being with emphasizes the Physical presence of the nurse for the patient. Doing for means doing things for the patient when he is incapable of doing it for himself. Enabling means helping client transcend maturational and developmental stressors in life while Maintaining belief is the ability of the Nurse to inculcate meaning to these events.

9. Caring is healing, it is communicated through the consciousness of the nurse to the individual being cared for. It allows access to higher human spirit.

A. Benner

B. **Watson**

C. Leininger

D. Swanson

**Rationale:** The deepest and spiritual definition of Caring came from Jean watson. For her, Caring expands the limits of openess and allows access to higher human spirit.

10. Caring means that person, events, projects and things matter to people. It reveals stress and coping options. Caring creates responsibility. It is an inherent feature of nursing practice. It helps the nurse assist clients to recover in the face of the illness.

A. **Benner**

B. Watson

C. Leininger

D. Swanson

**Rationale:** I think of CARE BEAR to facilitate retainment of BENNER. As in, Care Benner. For her, Caring means being CONNECTED or making things matter to people. Caring according to Benner give meaning to illness and re establish connection.