

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

SECOND YEAR EXAMINATION FOR MASTER OF SCIENCE IN NURSING

NUMS 842: ENDOCRINOLOGY NURSING

STREAMS: Y2S1

TIME: 3 HOURS

DAY/DATE :

Instructions

Answer Question one and any other three other questions

Question one (40 Marks)

A 73-year old man with type 2 diabetes mellitus (T2DM) is being evaluated at the diabetes clinic after checking in for routine assessment. He manages his condition using insulin and following the recommended lifestyle changes:

- a) Explain the pathophysiology of type 2 diabetes mellitus (6 marks)
- b) Describe the standard criteria for the diagnosis of diabetes mellitus (6 marks)
- c) State any six (6) basic elements of review assessment that the above client may undergo in a comprehensive diabetes clinic (6 marks)
- d) State any five (5) indications of insulin therapy in type 2 diabetes mellitus (5 marks)
- e) Outline the specific nursing instructions for the client on insulin therapy (5 marks)
- f) Metformin is the most commonly prescribed oral hypoglycemic agent for the management of T2DM: Explain its mechanism of action and state three (3) advantages of using it (4 marks)
- g) Explain the relationship between the status of individual body mass and type 2 diabetes mellitus (5 marks)
- h) State three (3) reasons why the global prevalence of T2DM is highest among the noncommunicable diseases category (3 marks)

Question two (20 Marks)

A 45-year-old man who has hyperthyroidism with a very large goitre is being evaluated in the surgical clinic for possible thyroidectomy:

- a) Describe the major clinical manifestations of hyperthyroidism and their specific relief methods (8 marks)
- b) State four (4) diagnostic features of hyperthyroidism (4 marks)
- c) Briefly describe the perioperative nursing management for the client undergoing thyroidectomy (8 marks)

Question three (20 Marks)

A 24-year-old woman presents to outpatient department with progressive weight gain, fatigue, amenorrhea, and worsening acne. She is unable identify when her symptoms began precisely, but she reports that without a change in her diet she has noted a 10-kg weight gain over the past 5 months. She has been amenorrheic for several months. On examination she is noted to have truncal obesity with bilateral purplish striae across both flanks. Cushing's syndrome is suspected.

- a) Define Cushing's syndrome and briefly describe its pathophysiology (6 marks)
- b) State other major clinical manifestations of Cushing's syndrome apart from what the above patient presented with (4 marks)
- c) Describe the appropriate nursing management of the above client (10 marks)

Question four (20 Marks)

Infertility is a common problem affecting many couples: Describe infertility under the following subheadings:

- a) Definition and types (4 marks)
- b) Common causes (8 marks)
- c) Medical management (8 marks)

Question five (20 Marks)

Adrenocortical insufficiency (Addison's disease) occurs when adrenal cortex function is inadequate to meet the patient's need for cortical hormones:

- a) State four (4) common causes of Addison's disease (5 Marks)
- b) Describe any four (4) major clinical manifestations of Addison's disease (8 marks)
- c) Medical management of Addison's disease includes cortical hormone replacement therapy. Describe the nursing management of the client on corticosteroid therapy (8 marks)

END
