

PREBOARD EXAMINATION
NURSING PRACTICE I

Situation: ENTEROSTOMAL THERAPY is now considered a specialty in nursing. You are participating in the OSTOMY CARE CLASS.

1. During colostomy irrigation, the client complains of a cramping sensation with the fluid was introduced. Which of the following is a CORRECT nursing action?

- A. Temporarily stop the irrigation**
- B. Clamp the irrigating tube**
- C. Pinch or kink the irrigating tube temporarily**
- D. Continue the irrigation

2. When are the colostomy appliance best emptied?

- A. When there is the sensation of pressure**
- B. When there is the sensation of taste
- C. When there is the sensation of smell
- D. When it is full

3. The client asked the nurse, WHEN is the best time to perform irrigation? The nurse would answer:

- A. Early morning, before meals, upon arising
- B. Early morning, before meals
- C. Early morning
- D. Early morning, After meals**

4. The nurse is teaching a client how to irrigate his stoma. Which action indicates that the client needs more teaching?

- A. Hanging the irrigation bag 24" to 36" (60 to 90 cm) above the stoma**
- B. Filling the irrigation bag with 500 to 1,000 ml of lukewarm water
- C. Stopping irrigation for cramps and clamping the tubing until cramps pass
- D. Washing hands with soap and water when finished

5. The physician orders a stool culture to help diagnose a client with prolonged diarrhea. The nurse who obtains the stool specimen from the colostomy stoma should:

- A. take the specimen to the laboratory immediately.
- B. collect the specimen in a clean container.
- C. collect the specimen in a sterile container.**

D. perform a midstream clean catch collection.

6. You plan to teach Fermin how to irrigate the colostomy when:

- A. The perineal wound heals And Fermin can sit comfortably on the commode
- B. Fermin can lie on the side comfortably, about the 3rd postoperative day
- C. The abdominal incision is closed and contamination is no longer a danger
- D. The stools starts to become formed, around the 7th postoperative day**

7. When preparing to teach Fermin how to irrigate colostomy, you should plan to do the procedure:

A. When Fermin would have normal bowel movement

- B. At least 2 hours before visiting hours
- C. Prior to breakfast and morning care
- D. After Fermin accepts alteration in body image

8. When observing a return demonstration of a colostomy irrigation, you know that more teaching is required if Fermin:

- A. Lubricates the tip of the catheter prior to inserting into the stoma
- B. Hangs the irrigating bag on the bathroom door cloth hook during fluid insertion**
- C. Discontinues the insertion of fluid after 500 ml of fluid has been instilled
- D. Clamps of the flow of fluid when felling uncomfortable

9. You are aware that teaching about colostomy care is understood when Fermin states, "I will contact my physician and report:

- A. If I have any difficulty inserting the irrigating tub into the stoma."**
- B. If I noticed a loss of sensation to touch in the stoma tissue."
- C. The expulsion of flatus while the irrigating fluid is running out."
- D. When mucus is passed from the stoma between the irrigations."

10. You would know after teaching Fermin that dietary instruction for him is effective when he states, "It is important that I eat:

- A. Soft food that is easily digested and absorbed by my large intestines."
- B. Bland food so that my intestines do not become irritated."
- C. Food low in fiber so that there are fewer stools."
- D. Everything that I ate before the operation, while avoiding foods that cause gas."**

Situation: Informed consent is taken to assure that the client's autonomy is respected. As a nurse, you should know the principles and your responsibility in securing the informed consent.

11. Performing a procedure on a client in the absence of an informed consent can lead to which of the following charges?

- A. Fraud
- B. Assault and battery**
- C. Harassment
- D. Breach of confidentiality

12. Which of the following is the essence of informed consent?

- A. It should have a durable power of attorney
- B. It should have coverage from an insurance company
- C. It should respect the client's freedom from coercion**
- D. It should disclose previous diagnosis, prognosis and alternative treatments available for the client

13. Kristie, a 19 year old client, has been rushed to the hospital by his father due to severe head trauma and is now unconscious. To whom will the physician obtain the informed consent?

- A. The father**
- B. Kristie
- C. The physician
- D. There is no need for consent because this is an emergency

14. The main responsibility of the nurse when the physician obtains the informed consent is:

- A. Explain the procedure, alternatives, prognosis and diagnosis
- B. Listen to the physician's explanation
- C. Make sure that the client fully understood the instructions, the consent was given voluntarily, the signature is authentic and the client is competent when receiving the consent.
- D. Make sure that the client fully understood the instructions, the consent was given voluntarily, the signature is authentic and the client is competent when giving the consent.**

15. Autonomy is said to be the bioethical principle respected in Enlightened consent. If the nurse made sure that the client received enough information when the physician obtained the consent, asked and verifies if the client understood the procedure and informs the physician if the client have some questions with regards to the diagnosis, procedure, alternatives and prognosis, The nurse is playing which role?

- A. Mother surrogate
- B. Care provider
- C. Client Advocate**
- D. Collaborator

Situation: Nursing Organizations has been established to enhance growth of the profession as well as its members.

16. Established in 1896, This is the national professional organization of the United states of America.

- A. ANA**
- B. ICN
- C. PNA
- D. CNA

17. The largest and the most prestigious organization of Nurses, Wherein, This Federation is the collection of all national nursing organizations.

- A. ANA
- B. ICN**
- C. PNA
- D. CNA

18. Anastacia Giron Tupas presided in the founding of the PNA on:

- A. **September 2, 1922**
- B. September 2, 1927
- C. October 2, 1902
- D. October 2, 1922

19. Nurses in the Philippine government also felt the need to organize themselves, this leads to the creation of:

- A. National League of Government Nurses
- B. National League of Filipino Government Nurses
- C. **National League of Philippine Government Nurses**
- D. Philippine Government Nurses Association

20. The founder of NLPGN, during her lifetime, exemplified professional dignity, high level of intelligence and leadership ability, as well as moral integrity. She was a good model, who, like Florence Nightingale, initiated reforms and worked for the improvement of the nursing profession and health care in the Philippines. The name of the NLPGN Recognition award was also named after her:

- A. Anastacia Giron Tupas
- B. Francisca Delgado
- C. Annie
- D. **Annie Sande**

SITUATION: Nursing is a profession. The nurse should have a background on the theories and foundation of nursing as it influenced what is nursing today.

21. Nursing is the protection, promotion and optimization of health and abilities, prevention of illness and injury, alleviation of suffering through the diagnosis and treatment of human response and advocacy in the care of the individuals, families, communities and the population. This is the most accepted definition of nursing as defined by the:

- A. PNA
- B. **ANA**
- C. Nightingale
- D. Henderson

22. Advancement in Nursing leads to the development of the Expanded Career Roles. Which of the following is NOT an expanded career role for nurses?

- A. Nurse practitioner
- B. Clinical nurse specialist
- C. Nurse Researcher
- D. **Nurse anaesthesiologist**

23. The Board of Nursing regulated the Nursing profession in the Philippines and is responsible for the maintenance of the quality of nursing in the country. Powers and duties of the board of nursing are the following, EXCEPT:

- A. Issue, suspend, revoke certificates of registration
- B. Issue subpoena duces tecum, ad testificandum

C. Open and close colleges of nursing

D. Supervise and regulate the practice of nursing

24. A nursing student or a beginning staff nurse who has not yet experienced enough real situations to make judgments about them is in what stage of Nursing Expertise?

- A. Novice** B. Newbie C. Advanced Beginner D. Competent

25. Benner's "Proficient" nurse level is different from the other levels in nursing expertise in the context of having:

- A. the ability to organize and plan activities
B. having attained an advanced level of education
C. a holistic understanding and perception of the client
D. intuitive and analytic ability in new situations

SITUATION: The nurse has been asked to administer an injection via Z TRACK technique. Questions 6 to 10 refer to this.

26. The nurse prepares an IM injection for an adult client using the Z track technique. 4 ml of medication is to be administered to the client. Which of the following site will you choose?

- A. Deltoid B. Rectus femoris **C. Ventrogluteal** D. Vastus lateralis

27. In infants 1 year old and below, which of the following is the site of choice for intramuscular Injection?

- A. Deltoid B. Rectus femoris C. Ventrogluteal **D. Vastus lateralis**

28. In order to decrease discomfort in Z track administration, which of the following is applicable?

- A. Pierce the skin quickly and smoothly at a 90 degree angle**
B. Inject the medication steadily at around 10 minutes per millilitre
C. Pull back the plunger and aspirate for 1 minute to make sure that the needle did not hit a blood vessel
D. Pierce the skin slowly and carefully at a 90 degree angle

29. After injection using the Z track technique, the nurse should know that she needs to wait for a few seconds before withdrawing the needle and this is to allow the medication to disperse into the muscle tissue, thus decreasing the client's discomfort. How many seconds should the nurse wait before withdrawing the needle?

- A. 2 seconds B. 5 seconds **C. 10 seconds** D. 15 seconds

30. The rationale in using the Z track technique in an intramuscular injection is:

- A. It decreases the leakage of discolouring and irritating medication into the subcutaneous tissues**
- B. It will allow a faster absorption of the medication
- C. The Z track technique prevent irritation of the muscle
- D. It is much more convenient for the nurse

SITUATION: A Client was rushed to the emergency room and you are his attending nurse. You are performing a vital sign assessment.

31. All of the following are correct methods in assessment of the blood pressure EXCEPT:

- A. Take the blood pressure reading on both arms for comparison
- B. Listen to and identify the phases of Korotkoff's sound
- C. Pump the cuff to around 50 mmHg above the point where the pulse is obliterated**
- D. Observe procedures for infection control

32. You attached a pulse oximeter to the client. You know that the purpose is to:

- A. Determine if the client's hemoglobin level is low and if he needs blood transfusion
- B. Check level of client's tissue perfusion
- C. Measure the efficacy of the client's anti-hypertensive medications
- D. Detect oxygen saturation of arterial blood before symptoms of hypoxemia develops**

33. After a few hours in the Emergency Room, The client is admitted to the ward with an order of hourly monitoring of blood pressure. The nurse finds that the cuff is too narrow and this will cause the blood pressure reading to be:

- A. inconsistent
- B. low systolic and high diastolic
- C. higher than what the reading should be**
- D. lower than what the reading should be

34. Through the client's health history, you gather that the patient smokes and drinks coffee. When taking the blood pressure of a client who recently smoked or drank coffee, how long should the nurse wait before taking the client's blood pressure for accurate reading?

- A. 15 minutes
- B. 30 minutes**
- C. 1 hour
- D. 5 minutes

35. While the client has pulse oximeter on his fingertip, you notice that the sunlight is shining on the area where the oximeter is. Your action will be to:

- A. Set and turn on the alarm of the oximeter
- B. Do nothing since there is no identified problem
- C. Cover the fingertip sensor with a towel or bedsheet**
- D. Change the location of the sensor every four hours

36. The nurse finds it necessary to recheck the blood pressure reading. In case of such re assessment, the nurse should wait for a period of:

- A. 15 seconds
- B. 1 to 2 minutes**
- C. 30 minutes
- D. 15 minutes

37. If the arm is said to be elevated when taking the blood pressure, it will create a:

- A. False high reading
- B. False low reading**
- C. True false reading
- D. Indeterminate

38. You are to assessed the temperature of the client the next morning and found out that he ate ice cream. How many minutes should you wait before assessing the client's oral temperature?

- A. 10 minutes
- B. 20 minutes
- C. 30 minutes**
- D. 15 minutes

39. When auscultating the client's blood pressure the nurse hears the following: From 150 mmHg to 130 mmHg: Silence, Then: a thumping sound continuing down to 100 mmHg; muffled sound continuing down to 80 mmHg and then silence. What is the client's blood pressure?

- A. 130/80**
- B. 150/100
- C. 100/80
- D. 150/100

40. In a client with a previous blood pressure of 130/80 4 hours ago, how long will it take to release the blood pressure cuff to obtain an accurate reading?

- A. 10-20 seconds
- B. 30-45 seconds**
- C. 1-1.5 minutes
- D. 3-3.5 minutes

SITUATION : Nursing Research is used to develop new nursing knowledge in order to improve patient care.

41. A systematic, objective, process of analyzing phenomena importance to nursing is termed as:

- A. Nursing research**
- B. Research
- C. Scientific research
- D. Research process

42. Data observed by the use of the sense organs are called:

- A. Interval Data
- B. Empirical Data**
- C. Nominal Data
- D. Ordinal Data

43. The major reason for conducting nursing research is to:

A. Improve nursing care for clients

- B. Promote the growth of the nursing profession
- C. Document to cost effectiveness of nursing care
- D. Ensure accountability of nursing practice

44. The plan on how the study will be conducted is called:

- A. Design**
- B. Hypothesis
- C. Data collection
- D. Research process

45. If the researcher promised that the client's name will not be shared to anyone but some personal information is shared to the members of the research team and to the company sponsoring the research, the researcher is providing:

- A. Informed consent
- B. Anonymity**
- C. Data security
- D. Confidentiality

46. Which of the following is the most important reason why conducting a review of the related literature is performed first before conducting a research study?

- A. The research design can be copied from previous study
- B. A determination will be made about the existing knowledge in the identified problem area**
- C. An instrument may be uncovered that will be appropriate for the proposed study
- D. The feasibility of the study can be determined

47. A primary source of nursing research study is:

- A. An author that summarized or cited the work of the original researcher
- B. A description of the research study written by an author who observed the researcher
- C. A description of the research study written by the researcher who conducted the research study**
- D. A description of the research study written by the researcher who did not conduct the research study

48. If you will read a journal with a research article published and written by the researcher themselves, this is considered as which source of nursing research study?

- A. Primary**
- B. Secondary
- C. Tertiary
- D. None of the above

49. Out of curiosity, Glenda conducted a research to generate new knowledge. She wants to know The effect of breast implant in relation with the number of her suitor. This type of research is mainly:

- A. Pure**
- C. Applied

B. Technological

D. Qualitative

50. The researcher wants to know “What is the relationship between time spent on the simulator and operator error rate?” The best research method for this problem is:

A. Quantitative

C. Perspective

B. Cumulative

D. Qualitative

51. A research that is concerned with objectivity, tight controls and the ability to generalize the finding is called:

A. Quantitative

C. Perspective

B. Cumulative

D. Qualitative

52. DSJ wants to know how teachers in special education classes react to distance learning. The best type of research to be conducted in this case is:

A. Quantitative

C. Perspective

B. Cumulative

D. Qualitative

53. If you are to conduct a research, arrange the following in sequence from the first step of the research process to the last:

1. Select sample

4. Identify the problem 7. Select the design

2. Communicate findings

5. Determine the purpose 8. Review of literature

3. Analyze the data

6. Collect data 9. Formulate hypothesis

A. 4,5,8,7,9,1,6,3,2

C. 6,3,4,5,7,8,9,1,2

B. 4,5,8,9,7,1,6,3,2

D. 6,4,5,3,1,7,8,9,2

54. Variables in which the researcher has no control is termed as:

A. Independent

C. Threat

B. Dependent

D. Extraneous

55. The one that furnishes the predicted relationship between two or more variables is called:

A. Problem

C. Dependent Variable

B. Hypothesis

D. Independent Variable

SITUATION : Consider the following components of research:

I. "Recent research on this problem shows that woman post mastectomy develops chronic low self esteem problems that eventually lead to depression, According to.... (PJN, 2009: Abaquin, et al.)

II. The more positive the body Image of woman who has experienced a mastectomy, the higher is their self-esteem level.

III. "Is there a correlation between body Image and self esteem levels of women who have experienced mastectomy?"

IV. "Anxiety is termed as the fear of the unknown"

V. "Anxiety will be measured by using the levels of anxiety description and will be categorized as either MILD, MODERATE or SEVERE"

VI. Post mastectomy woman ages 30 to 50.

VII. 10 Post mastectomy woman ages 30 to 50 namely : Magda, Maria, Henerosa, Jade, Alena, Katrina, Magda, Violeta, Dana and Devita.

VIII. Aling Alena

IX. The relationship between Body Image and Self Esteem levels of woman post-mastectomy

X. Maslow noted two versions of esteem needs, a lower one and a higher one. The lower one is the need for the respect of others, the need for status, fame, glory, recognition, attention, reputation, appreciation, dignity, even dominance. The higher form involves the need for self-respect, including such feelings as confidence, competence, achievement, mastery, independence, and freedom.

XI. A miniature, trial version of the study was conducted before the actual research. This is to prevent any future disaster that might results from incorrect data analysis, data collection procedures and research design.

56. Which statement delivers the title of the research?

- A. II B. VI **C. IX** D. IV

57. Paragraph number X is your:

- A. Conceptual framework C. Review of related literature
B. Theoretical framework D. Introduction

58. Paragraph number IV is your:

A. Theoretical definition

B. Conceptual definition

C. Operational Definition

D. Description

59. Paragraph number V is your:

A. Theoretical definition

B. Conceptual definition

C. Operational Definition

D. Description

60. Which paragraph defines your target population or the group of interest?

A. VI

B. VII

C. VIII

D. IX

61. Which paragraph defines your subgroup chosen to represent your target population?

A. VI

B. VII

C. VIII

D. IX

62. Paragraph number VIII is your:

A. Sample

B. Subject

C. Population

D. Element

63. Paragraph number XI is your:

A. Design

B. Population

C. Introduction

D. Pilot Study

64. Which paragraph shows your problem statement?

A. I

B. II

C. III

D. IX

65. An appropriate title for this study is best shown by which paragraph?

A. I

B. II

C. III

D. IX

66. Which is your Independent variable?

A. Positive body image

B. Post mastectomy woman

C. Higher self esteem

D. Mastectomy

67. Which is your Dependent variable?

A. Positive body image

C. Higher self esteem

B. Post mastectomy woman

D. Mastectomy

68. Which variable is manipulated?

A. Positive body image

C. Higher self esteem

B. Post mastectomy woman

D. None

69. What is the best research design that you can use in this study?

A. Qualitative

C. Non Experimental

B. Experimental

D. Quantitative

70. Which paragraph Reviews the related literature?

A. I

B. X

C. XI

D. IX

SITUATION: Scientific Management was established in order to analyze and synthesize workforce to improve labour productivity. We believe that to accomplish a certain task, there is always a best move.

71. To perform a task with quality, speed and minimal waste of both resources and time are all characteristics of:

A. Thouroughness

B. Efficiency

C. Reliability

D. Analytic Sense

72. The core ideas that movements should be measured and the best motions should be used to perform a task at a greater speed and mobility are the root foundation of the Scientific theory of Management. Founded in 1880 by:

A. Lilian Gilbreth

B. Frank Gilbreth

C. Benjamin Graham

D. F.W.Taylor

73. A form of reactivity whereby subjects improve an aspect of their behavior being experimentally measured simply in response to the fact that they're being studied is known as the:

A. Hawthorne Effect

B. Horns Effect

C. Halo Effect

D. Pareto Effect

74. Planning, Organizing, Directing and Controlling are the four primary functions in management. This was introduced by:

A. Henry Fayol

B. Elton Mayo

C. Lilian Gilbreth

D. Douglas McGregor

75. Which of the following best described the Pareto principle developed by Joseph Juran?

- A. Specialization is needed for an individual to develop mastery and efficiency
- B. X are best lead using autocratic leadership while Y are lead using laissez fire
- C. For many events, roughly 80% of the effects come from 20% of the causes**
- D. Each worker should only report to one superior

Situation: Budgeting is an important part of a nurse managerial activity. The correct allocation and distribution of resources is vital in the harmonious operation of the financial balance of the agency.

76. Which of the following best defines Budget?

- A. Plan for the allocation of resources for future use**
- B. The process of allocating resources for future use
- C. Estimate cost of expenses
- D. Continuous process in seeing that the goals and objective of the agency is met

77. Which of the following best defines Capital Budget?

- A. Budget to estimate the cost of direct labour, number of staff to be hired and necessary number of workers to meet the general patient needs
- B. Includes the monthly and daily expenses and expected revenue and expenses
- C. These are related to long term planning and includes major replacement or expansion of the plant, major equipments and inventories.**
- D. These are expenses that are not dependent on the level of production or sales. They tend to be time-related, such as salaries or rents being paid per month

78. Which of the following best described Operational Budget?

- A. Budget to estimate the cost of direct labour, number of staff to be hired and necessary number of workers to meet the general patient needs
- B. Includes the monthly and daily expenses and expected revenue and expenses**
- C. These are related to long term planning and includes major replacement or expansion of the plant, major equipments and inventories.
- D. These are expenses that are not dependent on the level of production or sales. They tend to be time-related, such as rent

79. Which of the following accurately describes a Fixed Cost in budgeting?

- A. These are usually the raw materials and labor salaries that depend on the production or sales
- B. These are expenses that change in proportion to the activity of a business
- C. These are expenses that are not dependent on the level of production or sales. They tend to be time-related, such as rent**
- D. This is the summation of the Variable Cost and the Fixed Cost

80. Which of the following accurately describes Variable Cost in budgeting?

A. These are related to long term planning and include major replacement or expansion of the plant, major equipments and inventories.

B. These are expenses that change in proportion to the activity of a business

C. These are expenses that are not dependent on the level of production or sales. They tend to be time-related, such as rent

D. This is the summation of the Variable Cost and the Fixed Cost

Situation: The human body is a complex system of interrelated cells, tissues and organs that performs vital functions necessary to sustain life. Knowledge of basic anatomy is essential to understand how well our body adapts to the demands of life.

81. What gland secretes the human growth hormone or the somatotropin?

A. Hypothalamus

C. Anterior pituitary gland

B. Posterior Pituitary Gland

D. Liver

82. The gland responsible for synthesizing and producing vasopressin or anti-diuretic hormone is the:

A. Hypothalamus

C. Anterior pituitary gland

B. Posterior Pituitary Gland

D. Pancreas

83. RAAS or the rennin-angiotensin-aldosterone mechanism produces which effect in the body?

A. Vasodilation and increase sodium and water reabsorption

B. Vasoconstriction and decrease sodium and water reabsorption

C. Vasodilation and decrease sodium and water resabsorption

D. Vasoconstriction and increase sodium and water reabsorption

84. Hematopoiesis in a full grown adult occurs mainly in the:

A. Red bone marrow

C. Yellow bone marrow

B. Liver

D. Spleen

85. The respiratory center, which controls respiration, is located in the:

A. Medulla Oblongata

C. Hypothalamus

B. Pons Varolii

D. Lungs and Diaphragm

Situation – The managerial process is a very important tool that helps nurse manager in performing different

managerial tasks. The following questions test your knowledge on these managerial principles.

86. According to Katz, the 3 necessary fundamental skills of a manager are:

1. Technical
2. Human
3. Conceptual
4. Operational
5. Financial

A. 1,2,3 B. 1,3,4 C. 1,4,5 D. 3,4,5 E. 1,2,3,4,5

87. This skill deals with the ability to see individual matters as they relate to the total picture and to develop creative ways of identifying pertinent factors, responding to big problems and discarding irrelevant facts:

A. Technical B. Human **C. Conceptual** D. Operational

88. In this managerial skill, it deals with relating with people and how to deal with them:

A. Technical **B. Human** C. Conceptual D. Operational

89. This skill is the performance of an activity in a correct manner and right technique:

A. Technical B. Human C. Conceptual D. Operational

90. As an entry level manager, you are required to have atleast:

A. 9 units of graduate studies in nursing C. Master's degree in nursing
B. 1 unit of graduate studies in nursing D. 100 hours of continuing professional education

91. Vision states the:

- A. Future role and function**
B. The reason for existence
C. The belief of an agency
D. Things that the agency wants to achieve

92. Which of the following states the agency's belief. Values, ideals and purposes to achieve the agency's mission and goals?

A. Mission B. Vision **C. Philosophy** D. Goals and Objectives

93. Development of job description and qualifications of hospital personnel are all performed during which managerial phase?

- A. Planning **B. Organizing** C. Directing D. Controlling

94. Communication as well as coordination with various members of the health care team are performed during which managerial phase?

- A. Planning B. Organizing **C. Directing** D. Controlling

95. Quality assurance, the nursing audit, standards such as process, structure and outcome are all utilized and performed during which managerial phase?

- A. Planning B. Organizing C. Directing **D. Controlling**

96. Budgeting is formulated during which managerial phase?

- A. Planning** B. Organizing C. Directing D. Controlling

97. The hospital just acquired a new ventilator as well as an anaesthesia machine. This is covered using which type of budget?

- A. Capital** B. Cash C. Operational D. Personnel

98. The salary of the employee, employee benefits as well as in service education programs are all covered using which budget?

- A. Capital B. Cash **C. Operational** D. Personnel

99. This budget is the cash on hand or the amount of money to be collected from the patient in the hospital.

- A. Capital **B. Cash** C. Operational D. Personnel

100. The monthly fees such as electricity, water, internet and magazine subscription bills are all covered using which type of budget?

- A. Capital B. Cash **C. Operational** D. Personnel

PREBOARD EXAMINATION

NURSING PRACTICE II

1. Which of the following best defines COPAR?

A. Process whereby the community members develop their capability to assess their health needs and problems, Plan and implement actions to solve these problems

B. Promotion and preservation of the health of the public

C. Process in which, The nurse conducts activities that will help form the people's organization

D. Process whereby the nurse develop the capability to assess the needs and problems of the community, Plan \ and implement actions necessary to solve their problems

2. COPAR stands for:

A. Community Organizing Participatory Action Research

B. Community Organizing Participatory Acting Research

C. Community Organizing Profiling Action Research

D. Community Organization Participation Action and Research

3. The nurse selects the appropriate Area, Identifying the population characteristics and the actual Living with the people are all performed during which COPAR phase?

A. Preparatory phase

C. Education and Training phase

B. Organizational phase

D. Phase Out

4. In which phase does the nurse turns over the work and develops a plan for monitoring and making follow up of the organizational activities for the community to achieve self reliance?

A. Preparatory phase

C. Education and Training phase

B. Organizational phase

D. Phase Out

5. During the organizational phase, the nurse should spot potential leaders. The collection of the community Leaders is known as the CORE GROUP. The style of leadership necessary to achieve self reliance at the end phase Of COPAR is:

A. Bureaucratic

C. Laissez Faire

B. Autocratic

D. Democratic

SITUATION: Miguel and Joelle are couples asking you about methods of contraception.

6. Abstinence is perhaps the SUREST and the most EFFECTIVE WAY to prevent pregnancy, but obviously not the best. Educating the client about abstinence leads to less protection when it comes to sexual intercourse that leads to higher STD rates. Joelle asked you about a natural way to prevent pregnancy by checking her cervical mucus. This is known as:

- A. Symptothermal method
- B. Billings method
- C. Cervical Mucus method
- D. All of these**

7. A more effective way than Cervical mucus method alone, in this method, Joelle will combine both BBT as well as Cervical mucus method:

- A. Symptothermal method**
- B. Billings method
- C. LAM
- D. Coitus Interruptus

8. In Basal Body Temperature method, the woman should watch for a fall of her temperature of half a degree Fahrenheit followed by an increase of a full degree. This is because of the hormone:

- A. Estrogen
- B. Progesterone**
- C. Androgen
- D. Testosterone

9. May 23, 2009. Joelle experienced a 0.5 Degree Fahrenheit drop on her temperature followed by a 1.1 degree increase the next day. When should she avoid coitus?

- A. May 22, 2009
- B. May 23,24,25 2009
- C. May 24,25,26 and 27 2009**
- D. May 24 to June 10 2009

10. LAM is only effective during the first:

- A. Month
- B. Year
- C. 3 months
- D. 6 months**

11. If Joelle will have a record of the following length of menstrual cycle : Cycle 1-26, Cycle 2-25, Cycle 3-26, Cycle 4-29, Cycle 5-28, Cycle 6-29. When should she abstain sexual intercourse if she will use the calendar method?

- A. 7th to 18th day of the Menstrual cycle**
- B. 6th to 17th day of the Menstrual cycle
- C. 8th to 18th day of the Menstrual Cycle
- D. 9th to the 19th day of the Menstrual Cycle

12. Joelle gets her period on January 8, 2009 and then again on February 2, 2009. How long is her Menstrual Cycle Days?

A. 24

B.25

C.26

D.27

13. In selecting the BEST contraceptive methods, which of the following should be at the highest priority?

- A. The acceptance of the couple**
- B. The religious belief of the couple
- C. The culture of the couple
- D. The expert opinion of the Nurse

14. Which of the following condition, If Joelle possesses, might be a hindrance in IUD insertion?

- A. STD**
- B. Multiparity
- C. She is 30 years old
- D. History of having twin pregnancies

15. IUD are not recommended for adolescents because of which of the following reasons?

- A. They have multiple sex partners and usually nulligravida**
- B. Their uterus is not yet matured and still growing
- C. Their uterus is distorted in shape or size
- D. They are more likely to acquire TSS

Situation : Your nursing unit plans to conduct a study on the use of structured preoperative preparation in lessening the demand for post-operative pain medications.

16. Which of the following research activities should you initially do?

- A. find out from interview how many patients are willing to participate
- B. get the permission from the hospital director
- C. review literature on the topic**
- D. prepare the tool for collecting data

17. Which of the following statements do NOT contribute to the researchability of your proposed problem?

- A. potential use of findings
- B. readability of findings**
- C. well-defined problem statement
- D. measurability of variables

18. A study /research table should NOT contain which of the following ?

- A. categories of data collected
- B. relevant rows and columns
- C. specific title of table
- D. names and sample of the selected**

19. Which of the following actions will facilitate analysis of research data?

- A. consult a physician
- B. consult an adviser
- C. consult a complete expert
- D. categorize data collected**

20. The research methodology that is appropriate for the above problem would be:

- A. descriptive
- B. normative
- C. experimental**
- D. quasi experimental

21. Which of the following is the most important reason for doing a literature review for constructing a research study?

- A. helpful information on demographic instrument development could be uncovered
- B. existing knowledge about the identified problem can be found**
- C. a determination of the study's feasibility could be extrapolated
- D. the research design can be copied from another study

22. Which type of research inquiry investigates the issues of human complexity (e. g. understanding the human expertise?)

- A. positivism
- B. quantitative research
- C. logical position
- D. natural inquiry**

23. Which of the following might prevent the conduct of a research study?

- A. in order to gather data for the research, excessive risk to subject is required**
- B. costs for conducting the study are low compared to the potential benefits from the researcher
- C. the identified problem is covered in the literature
- D. the research problem is based on untested nursing theories

24. Every year we discover new methods or gadgets to improve man's life. The research typed used of this nature is:

- A. applied**
- B. developmental
- C. experimental
- D. quantitative

25. KP is participating in a cardiac study in which his physician is directly involved. Which statement by KP indicates a lack of understanding about his rights as a research study participant?

- A. "My confidentiality will not be compromised in this study"
- B. " I understand the risk associated in this study"
- C. "I can withdraw from the study anytime"
- D. " I'll have to find a new physician if I don't complete this study"**

SITUATION Angelo is 2 ½ year old boy you see at a pediatric clinic. His mother tells you that he has changed completely in the past 6 months from an easy-to-care-for a baby into a “monster” who refuses to do anything she asks. The only word he says anymore is “no.” He has a temper tantrum every night at dinner over some type of food. She tells you this has changed parenting from “fun” to a “real chore.” Angelo, has a sister, Celina, a toddler.

26. What kind of sentence should Angelo, a 2 year old, have mastered.

- A. Red ripe tomatoes are fun to eat
- B. Daddy come**
- C. Old McDonald had a farm, E I E I O
- D. Please, please come and help me

27. Angelo answers every request of his mother by saying “No!” How can she minimize this?

- A. Tell Angelo she doesn’t want him to say no anymore.
- B. Answer all Angelo’s questions by saying, No!
- C. Reduce the number of questions she asks Angelo.**
- D. Explain he is not using good communication skills.

28. Angelo’s mother uses “timeout” for punishment. What is a good rule for this?

- A. The child should sit still for as many minutes as his age.**
- B. The child should sit still for as many minutes as he misbehaved.
- C. Timeout activities can include quiet play or reading books.
- D. Children are not ready for timeout until schoolage.

29. Celina asks constant questions. How many does a typical 3-year-old ask in a day’s time?

- A. Less than 50
- B. 100-200
- C. 300-400**
- D. 1,200 or more

30. Celina’s parents want to know how to react to her when she begins to masturbate while watching television. What would you suggest?

- A. They give her “time out” when this begins.
- B. They refuse to allow her to watch television.
- C. They remind her some activities are private.**
- D. They schedule for a health check up for vaginal disease.

Situation: Promoting the client’s health is one of the Nurse’s priorities. If health promotion is not possible, The secondary and tertiary levels of prevention are utilized to render care.

31. Nursing is to assist an individual sick or well in the performance of activities that contributes to health and recovery is a definition based on the theory of:

A. Virginia Henderson

B. Dorothea Orem

C. Madeleine Leininger

D. Faye Abdellah

32. Which of the following questions by the nurse would be best fit the philosophy of the nursing mutual participation model of care (NMPMC)?

A. "Have you brushed your child's teeth today?"

B. "How does your child look to you today?"

C. "Where have you been all morning?"

D. "Do you think your child's color is worse"?

33. There are numerous definitions of the word "health". Which definition below is from Florence Nightingale?

A. A state or a process of being and becoming an integrated and whole person

B. The state of being free from illness or injury

C. Being well and using every power the individual possesses to the fullest extent

D. A state of complete physical, social, and mental well-being and not merely the absence of disease or infirmity

34. Informal communication takes place when individuals talk and is best described by saying the participants:

A. Are involved in a preexisting informal relationship

B. Talk with slang words

C. Have no particular agenda or protocol

D. Are relaxed

35. Tertiary care by the home health nurse is directed toward children with:

A. Problems in mobility

B. Short-term needs

C. Minor problems

D. Clinically apparent disease

36. The endometrium thickens during which phase of the menstrual cycle?

A. Secretory phase

B. Menstrual phase

C. Proliferative phase

D. Ischemic phase

37. The nurse is preparing to auscultate fetal heart tones in a pregnant client. Abdominal palpation reveals a hard, round mass under the left side of the rib cage; a softer, round mass just above the symphysis pubis; small, irregular shapes in the right side of the abdomen; and a long, firm mass on the left side of the abdomen. Based on these findings, what is the best place to auscultate fetal heart tones?

A. Right lower abdominal quadrant

B. Right upper abdominal quadrant

C. Left upper abdominal quadrant

D. Left lower abdominal quadrant

38. A measurement tool to articulate the nursing workload for a specific patient or groups of patients over a specific period of time is called:

- A. Staffing pattern
- B. Skill mix
- C. Benchmarking
- D. Patient classification**

39. The mother of a 9 month-old infant is concerned that the head circumference of her baby is greater than the chest circumference. The BEST response by the nurse is:

- A. "These circumference normally are the same, but in some babies this just differs."
- B. "Perhaps your baby was small for gestational age or premature."
- C. "This is normal until the age of 1 year, when the chest will be greater."**
- D. "Let me ask you a few questions, and perhaps we can figure out the cause of this difference."

40. Karen, A 28 year old post hysterectomy client has come to the health center. She inquired about BSE and asked you when BSE should be performed. You answered her that BSE is best performed:

- A. 7 days after menstruation
- B. At the same day each month**
- C. During menstruation
- D. Before menstruation

Situation: Leukemia is the most common type of childhood cancer. Acute Lymphoid Leukemia is the cause of almost 1/3 of all cancer that occurs in children under age 15.

41. The survival rate for Acute Lymphoid Leukemia is approximately:

- A. 25%
- B. 40%
- C. 75%**
- D. 95%

42. Whereas acute nonlymphoid leukemia has a survival rate of:

- A. 25%
- B. 40%**
- C. 75%
- D. 95%

43. The three main consequence of leukemia that cause the most danger is:

- A. Neutropenia causing infection, anemia causing impaired oxygenation and thrombocytopenia leading to bleeding tendencies**
- B. Central nervous system infiltration, anemia causing impaired oxygenation and thrombocytopenia leading to bleeding tendencies
- C. Splenomegaly, hepatomegaly, fractures
- D. Invasion by the leukemic cells to the bone causing severe bone pain

44. Gold standard in the diagnosis of leukemia is by which of the following?

- A. Blood culture and sensitivity
- B. Bone marrow biopsy**

- C. Blood biopsy
- D. CSF aspiration and examination

45. Adriamycin, Vincristine, Prednisone and L asparaginase are given to the client for long term therapy. One common side effect, especially of adriamycin is alopecia. The child asks: "Will I get my hair back once again?" The nurse best respond is by saying:

- A. "Don't be silly, ofcourse you will get your hair back"
- B. "We are not sure, let's hope it'll grow"
- C. "This side effect is usually permanent, But I will get the doctor to discuss it for you"
- D. "Your hair will regrow in 3 to 6 months but of different color, usually darker and of different texture"**

SITUATION : Community organizing is a process by which people, health services and agencies of the community are brought together to act and solve their own problems.

46. Mang ambo approaches you for counseling. You are an effective counselor if you

- A. Give good advice to Mang Ambo
- B. Identify Mang Ambo's problems
- C. Convince Mang Ambo to follow your advice
- D. Help Mang Ambo identify his problems**

47. As a newly appointed PHN instructed to organize Barangay Baritan, Which of the following is your initial step in organizing the community for initial action?

- A. Study the Barangay Health statistics and records**
- B. Make a courtesy call to the Barangay Captain
- C. Meet with the Barangay Captain to make plans
- D. Make a courtesy call to the Municipal Mayor

48. Preparatory phase is the first phase in organizing the community. Which of the following is the initial step in the preparatory phase?

- A. Area selection**
- B. Community profiling
- C. Entry in the community
- D. Integration with the people

49. the most important factor in determining the proper area for community organizing is that this area should

- A. Be already adopted by another organization
- B. Be able to finance the projects
- C. Have problems and needs assistance**

D. Have people with expertise to be developed as leaders

50. Which of the following dwelling place should the Nurse choose when integrating with the people?

A. A simple house in the border of Barangay Baritan and San Pablo

B. A simple house with fencing and gate located in the center of Barangay Baritan

C. A modest dwelling place where people will not hesitate to enter

D. A modest dwelling place where people will not hesitate to enter located in the center of the community

51. In choosing a leader in the community during the Organizational phase, Which among these people will you choose?

A. Miguel Zobel, 50 years old, Rich and Famous

B. Rustom, 27 years old, Actor

C. Mang Ambo, 70, Willing to work for the desired change

D. Ricky, 30 years old, Influential and Willing to work for the desired change

52. Which type of leadership style should the leaders of the community practice?

A. Autocratic

B. Democratic

C. Laissez Faire

D. Consultative

53. Setting up Committee on Education and Training is in what phase of COPAR?

A. Preparatory

B. Organizational

C. Education and Training

D. Intersectoral Collaboration

E. Phase out

54. Community diagnosis is done to come up with a profile of local health situation that will serve as basis of health programs and services. This is done in what phase of COPAR?

A. Preparatory

B. Organizational

C. Education and Training

D. Intersectoral Collaboration

E. Phase out

55. The people named the community health workers based on the collective decision in accordance with the

set criteria. Before they can be trained by the Nurse, The Nurse must first

- A. Make a lesson plan
- B. Set learning goals and objective
- C. Assess their learning needs**
- D. Review materials needed for training

56. The nurse wrote a letter to PCSO asking them for assistance in their feeding programs for the community's nutrition and health projects. PCSO then approved the request and gave the nurse 50,000 Pesos and a truckload of rice, fruits and vegetables. Which phase of COPAR did the nurse utilized?

- A. Preparatory
- B. Organizational
- C. Education and Training
- D. Intersectoral Collaboration**
- E. Phase out

57. Ideally, How many years should the Nurse stay in the community before he can phase out and be assured of a Self Reliant community?

- A. 5 years**
- B. 10 years
- C. 1 year
- D. 6 months

58. Major discussion in community organization are made by

- A. The nurse
- B. The leaders of each committee
- C. The entire group**
- D. Collaborating Agencies

59. The nurse should know that Organizational plan best succeeds when

1. People sees its values
2. People think its antagonistic professionally
3. It is incompatible with their personal beliefs
4. It is compatible with their personal beliefs

- A. 1 and 3
- B. 2 and 4
- C. 1 and 2

D. 1 and 4

60. Nurse Janevi made a proposal that people should turn their backyard into small farming lots to plant vegetables and fruits. He specified that the objective is to save money in buying vegetables and fruits that tend to have a fluctuating and cyclical price. Which step in Community organizing process did he utilized?

- A. Fact finding
- B. Determination of needs
- C. Program formation**
- D. Education and Interpretation

61. One of the critical steps in COPAR is becoming one with the people and understanding their culture and lifestyle. Which critical step in COPAR will the Nurse try to immerse himself in the community?

- A. Integration**
- B. Social Mobilization
- C. Ground Work
- D. Mobilization

62. The Actual exercise of people power occurs during when?

- A. Integration
- B. Social Mobilization
- C. Ground Work
- D. Mobilization**

63. Which steps in COPAR trains indigenous and informal leaders?

- A. Ground Work
- B. Mobilization
- C. Core Group formation**
- D. Integration

64. As a PHN, One of your role is to organize the community. Nurse Budek knows that the purposes of community organizing are

1. Move the community to act on their own problems
2. Make people aware of their own problems
3. Enable the nurse to solve the community problems
4. Offer people means of solving their own problems

- A. 1,2,3

- B. 1,2,3,4
- C. 1,2
- D. 1,2,4**

65. This is considered the first act of integrating with the people. This gives an in depth participation in community health problems and needs.

A. Residing in the area of assignment

- B. Listing down the name of person to contact for courtesy call
- C. Gathering initial information about the community
- D. Preparing Agenda for the first meeting

SITUATION : Kiko, 7 weeks old, was brought by his mother to the health center because of diarrhea occurring 4 to 5 times a day.

66. Your assessment revealed that Kiko has sunken eyes and he is restless and irritable. What will be your diagnosis?

- A. No sign of dehydration
- B. Some dehydration**
- C. Severe dehydration
- D. You need to asses him further to be able to make a diagnosis

67. Based on your diagnosis, which of the following is best done for Kiko?

- A. Accompany Chico to the nearest facility where IV fluids can be given
- B. Give Chico 200 to 400 ml. Oresol in 4 hours**
- C. Give Chico's mother instruction in home management
- D. Keep him in your health center for close observation

68. In Kiko's assessment, what other problems do you have to consider?

- A. The presence of blood on his stools
- B. Severe undernutrition
- C. Fever or hypothermia
- D. All of these**

69. Kiko's mother says Chico has been having diarrhea for 6 days now. You will decide that Kiko has:

- A. Acute diarrhea**
- B. You cannot be certain
- C. Persistent Diarrhea

D. Sub-acute diarrhea

70. After your management of Kiko's condition. Your assessment revealed that he has no more sign of dehydration. What instruction will you give to Kiko's mother?

- A. Continue breastfeeding him frequently
- B. Give him Oresol 50-100ml after every loose stool
- C. Observed him for danger sign
- D. All of these instruction**

SITUATION : Ear infections are the most common cause of deafness in low income areas. The nurse should be able to assess early signs and symptoms of ear infection in order to prevent hearing loss, which in turn, leads to learning problems.

71. Among the following, the most serious complication of an ear infection is:

- A. Hearing loss
- B. Mastoiditis**
- C. Pain
- D. Deafness leading to Learning problems

72. Which of the following behavior best suggests that the child is experiencing ear pain?

- A. Frequent tugging of the ear**
- B. Sleepiness
- C. Voracious appetite
- D. Irritability

73. An ear infection of 15 days is classified as:

- A. Acute otitis media
- B. Chronic otitis media**
- C. Mastoiditis
- D. Subacute otitis media

74. If the child presents with swelling and tenderness behind the ear, how would you classify this child?

- 1. Green
- 2. Yellow
- 3. Pink
- 4. Urgent referral plus a dose of antibiotic and paracetamol
- 5. Treat with the same 5 day antibiotic treatment as pneumonia

6. Dry the ear by wicking

- A. 1,6
- B. 2,5
- C. 3,4**
- D. 1,4

75. All of the following are danger signs that needs to be routinely checked in all children except:

- A. Convulsions
- B. Lethargy
- C. Blood in the stool**
- D. Vomiting

SITUATION : The IMCI strategy includes both preventive and curative interventions that aim to improve practices in health facilities, the health system and at home. At the core of the strategy is integrated case management of the most common childhood problems with a focus on the most common causes of death.

76. All but one of the following are strategies of the integrated management of childhood:

- A. Improvements in the case-management skills of health staff through the provision of locally-adapted guidelines on integrated management of childhood illness and activities to promote their use
- B. Improvements in the overall health system required for effective management of childhood illness;
- C. Improvements in family and community health care practices
- D. All sick children must be examined for “general danger signs” which indicate the need for immediate referral or admission to a hospital**

77. The color yellow indicates:

- A. Urgent referral
- B. Home treatment
- C. Further observation
- D. Initiation of treatment**

78. In managing childhood illnesses, Which among the following is being used by Nurses to come out with the optimal management and deciding whether or not the child needs urgent referral or home treatment?

- A. Tables and Bar graphs
- B. Gant Chart
- C. Flow sheet and Flow charts
- D. Integrated case management process**

79. In a child classified as having NO DEHYDRATION, which among the following should not be given as a fluid for the child?

- A. Tea that the child usually drinks
- B. Plain water
- C. "AM"
- D. Sweetened fruit juices**

80. A child has a temperature of 38.5 °C, Has fast breathing, Not feeding well and his neck is stiff. How would you categorize this child using IMCI?

- A. Very Severe Febrile Disease**
- B. Severe Pneumonia
- C. Very Severe Disease
- D. Malaria

SITUATION : Cough or difficulty breathing in a child is the first main symptom to look for after general danger signs as it often leads to death. Ericka, a four year old child, came to the health center with chest indrawing. Further examination reveals no chest indrawing, no inability to drink, no convulsion or any other danger signs.

81. Ericka is classified in IMCI as:

- A. Pneumonia not severe
- B. No Pneumonia
- C. Very severe disease**
- D. Severe pneumonia

82. Under the program, management for Ericka would be:

- A. Home Care
- B. Referral to hospital**
- C. Close observation
- D. Oxygen administration

83. In the IMCI Program classification of Cough or difficulty of breathing, A child who has having only one of the danger sign is classified as:

- 1. Green
- 2. Yellow
- 3. Pink
- 4. Pneumonia
- 5. Severe pneumonia

6. Very severe disease

- A. 1,4
- B. 2,5
- C. 3,6**
- D. 2,6

84. A cough for 31 days is said to be:

- A. Acute
- B. Chronic**
- C. Subacute
- D. Danger sign

85. Fast breathing cut off for ericka is:

- A. 60
- B. 50
- C. 40**
- D. 30

SITUATION : The following questions assesses your knowledge on the different types of diagnostic examinations for a pregnant client. Correct understanding of these procedures is vital in rendering proper nursing care.

86. A client in the thirty-second week of pregnancy is scheduled for ultrasonography. The nurse explains the procedure and informs the client that for this test she will have to:

- A. Be given an enema the night before the examination
- B. Refrain from voiding for at least 3 hours before the test**
- C. Be monitored closely afterward for signs of precipitate labor
- D. Be kept NPO for 12 hours to minimize the possibility of vomiting

87. A middle aged client has an amniocentesis during the sixteenth week of gestation because of concern about Down syndrome. Examination of the amniotic fluid will also provide information about:

- A. Fetal diabetes
- B. Fetal lung maturity
- C. Cardiac anomalies
- D. Presence of neural tube defects**

88. Before an amniocentesis, a client is asked to drink 8 oz of fluid. This is done to:

- A. Improve ultrasonic visualization of the fetus**
- B. Hydrate the mother and increase circulation
- C. Hydrate the fetus and decrease its movement
- D. Replace fluid that may be lost during the procedure

89. RhoGAM has been ordered for an Rh-negative client who has just delivered. Before giving the medication, the nurse must verify that the infant is:

- A. Rh positive, positive Coombs
- B. Rh positive, negative Coombs**
- C. Rh negative, positive Coombs
- D. Rh negative, negative Coombs

90. During a nonstress test, the nurse notes three fetal heart rate increase of 20 beats/minute each lasting for 20 seconds. These increases occur only with fetal movement. What does this finding suggests?

- A. The client should undergo an oxytocin challenge test
- B. The test is inconclusive and must be repeated
- C. The fetus is nonreactive and hypoxic
- D. The fetus isn't in distress at this time**

SITUATION : Breast cancer is the most common cancer in females and the second most fatal after lung cancer. Early detection and treatment of breast cancer is the key to increase survivability.

91. A 37 year old client has a questionable mammography and presents at the tumor clinic with a non tender palpable breast mass. She is undergoing further diagnosis to determine if the mass is malignant. During the diagnostic phase, when planning health teaching for this client, the nurse should consider that:

- A. Squamous cell carcinoma are neoplasms arising from glandular tissues
- B. Mammography should be repeated to confirm the presence of malignancy
- C. The results of the biopsy are necessary before selecting specific surgical therapy**
- D. An extended period of time between suspecting and confirming the presence of cancer is helpful to the client

92. Cancer of the breast is diagnosed in a 37 year old female, and a modified radical mastectomy is scheduled. After surgery, The client is treated with a combination therapy protocol that includes doxorubicin (Adriamycin) to prevent metastases. Realizing the potentially toxic effects of this drug, the nurse should observe for and immediately report:

- A. Clear red urine
- B. Increasing alopecia
- C. Occurrence of dysrhythmias**

D. Elevation of serum magnesium

93. Anita is performing BSE and she stands in front of the Mirror. The rationale for standing in front of the mirror is to check for:

A. Unusual discharges coming out from the breast

B. Any obvious malignancy

C. The Size and Contour of the breast

D. Thickness and lumps in the breast

94. An emerging technique in screening for Breast Cancer in developing countries like the Philippines is:

A. Mammography once a year starting at the age of 50

B. Clinical BSE Once a year

C. BSE Once a month

D. Pap smear starting at the age of 18 or earlier if sexually active

95. The most common complication associated post op mastectomy is:

A. Hemorrhage

B. Lymphedema

C. Self esteem disturbance

D. Pain

96. Post op mastectomy, The nurse would do the following to prevent unnecessary injury to the Arm of the client except:

A. BP taking from the affected arm

B. No IM Injection to the affected arm

C. Elevating the affected arm

D. Preventing trauma and injury to the affected arm

97. Which of these manifestation would lead one to suspect cancer?

A. Palpable breast mass

B. Congested breast

C. Inverted nipple

D. Orange peel appearance of skin

98. Which of the following is removed in a modified radical mastectomy?

A. Entire breast, axillary lymphnodes, pectoralis major and minor

- B. Entire breast, axillary tail and pectoral fascia
- C. Entire breast, axillary lymph nodes, pectoralis major
- D. Entire breast and axillary lymphnodes**

99. When monitoring carinas post operative V/S. BP is not to be taken on the arm of the affected side. The rationale is to

- A. Prevent hemorrhage from operative site
- B. Facilitate drainage**
- C. Avoid further constriction of the blood vessel
- D. Reduce swelling of the affected arm

100. Chemotherapy was begun. The doctor ordered alkylating agent. Which of the following is the complication associated with this drugs?

- 1. Tissue necrosis from extravasation
- 2. Hypothermia
- 3. Bone marrow suppression
- 4. Red urine

- A. 1,2
- B. 3,4**
- C. 2,4
- D. 1,3

PREBOARD EXAMINATION
NURSING PRACTICE III

Situation: Diabetes Mellitus is the most common endocrine disorder that accounts for the majority of non traumatic amputation as well as the third leading cause of death by disease.

1. Who among the following has the highest risk in acquiring diabetes mellitus?

- A. Karen, 19 year old African American
- B. Gary, 42 year old, with a Diabetic mother
- C. Jonathan, 21 year old, Asian, with a diabetic mother and a sister with diabetes
- D. Chris, 48 year old with a BMI of 30**

2. Which of the following is TRUE with regards to the TYPE 1 diabetes mellitus?

- A. It accounts for the majority of Diabetes
- B. All clients with Type 1 DM has an absolute lack of insulin
- C. The insulin producing pancreatic beta cells produces NO or LITTLE insulin**
- D. Diet, Exercise and OHA are the treatment of choice

3. Which of the following is true with regards to the TYPE 2 diabetes mellitus?

- A. Ketosis is common
- B. Usually thin at diagnosis with recent weight loss
- C. Onset is usually at the early 20s
- D. There is no islet cells antibodies**

4. Osmotic diuresis occurs when the kidneys failed to reabsorb all the filtered glucose and urine appears in the urine. This leads to the Polyuria seen in DM. How much blood glucose level is required to reach the Normal kidney glucose threshold that leads to Polyuria?

- A. 70 mg/dl
- B. 140 mg/dl
- C. 200 mg/dl**
- D. 800 mg/dl

5. In Diabetes Mellitus Type 1, Insulin deficiency or its total absence can lead to fat breakdown that can eventually lead to Ketosis. The nurse knows that the acid base disturbance associated with DKA is:

- A. Metabolic Acidosis**
- B. Metabolic Alkalosis
- C. Respiratory Acidosis
- D. Respiratory Alkalosis

6. The Primary treatment in clients with Type 1 DM is:

- A. Exercise
- B. Balance Diet

- C. Insulin**
- D. OHA

7. While in Type 2 Diabetes, the primary treatment is:

- A. Weight loss**
- B. Exercise

- C. OHA
- D. Insulin

8. In a client with persistent elevated blood glucose level of 240mg/dl or more, Ketosis should be suspected. The nurse knows that to detect Ketosis, which of the following specimen is obtained?

- A. Blood
- B. Sputum
- C. Urine**
- D. Feces

9. If Ketosis is present, the nurse knows that the insulin to be given is:

- A. Regular**
- B. Intermediate
- C. Long acting
- D. Ultra Long Acting

10. The acronym NPH stands for:

- A. Normal Protein Humalog
- B. Neutral Protamine Humalog
- C. Normal Protein Hagedorn
- D. Neutral Protamine Hagedorn**

SITUATION: Mang Roberto was long diagnosed with chronic renal failure. You are his nurse and the following question assesses your knowledge in the different fluid and electrolyte imbalances that are associated with chronic renal failure.

11. Disequilibrium syndrome is always a risk in all clients undergoing hemodialysis for chronic renal failure. The nurse should assess Mang Roberto for which of the following sign and symptom associated with Disequilibrium syndrome?

- A. Hypertension, Tachycardia and Fever
- B. Imbalance, gait abnormality and inability to stand up
- C. Restlessness, irritability and generalized weakness
- D. Headache, deteriorating level of consciousness and twitching**

12. After Mang Roberto completed his hemodialysis, The nurse should use which indicators to evaluate the client's status after dialysis?

- A. Potassium level and weight
- B. Vital signs and Blood Urea Nitrogen
- C. Blood Urea Nitrogen and Creatinine level
- D. Vital signs and weight**

13. Mang Roberto's chronic renal failure was caused by a crush injury to the lower leg right after an accident. The acute renal failure progresses to chronic renal failure until now, his case is irreversible. The nurse is correct in determining that the cause of Mang Roberto's Acute renal failure before was:

- A. Pre renal B. Post renal **C. Renal** D. Extra renal

14. Mang Roberto misses 2 sessions of hemodialysis. Blood was drawn and is sent for analysis. Which electrolyte disturbance is expected in a client with chronic renal failure?

- A. Hypernatremia **B. Hyperkalemia** C. Hypokalemia D. Alkalemia

15. In Mang Roberto's ECG tracing, you would expect to find:

- A. Depressed T wave **C. A peaked T wave**
B. Presence of U wave D. Inverted T wave

16. The main indicator of the need for hemodialysis is:

- A. Ascites B. Acidosis C. Hypertension **D. Hyperkalemia**

17. To gain access to the vein and artery, an AV shunt was used for Mang Roberto. The most serious problem with regards to the AV shunt is:

- A. Septicemia B. Clot formation **C. Exsanguination** D. Vessel sclerosis

18. When caring for Mang Roberto's AV shunt on his right arm, you should:

- A. Cover the entire cannula with an elastic bandage
B. Notify the physician if a bruit and thrill are present
C. User surgical aseptic technique when giving shunt care
D. Take the blood pressure on the right arm instead

19. Mang Roberto Complains of tingling in the finger and twitching of the muscles. This is caused by:

- A. Acidosis **C. Calcium Depletion**
B. Potassium retention D. Sodium chloride depletion

20. Which of the following is an appropriate instruction for Mang Roberto?

- A. Follow a high potassium diet
B. Strictly follow the hemodialysis schedule

- C. Use salt substitute instead of the normal table salt
- D. Use alcohol on the skin to clean it due to integumentary changes

SITUATION: Mang Roberto's condition continues to worsen and the doctor suggested Kidney Transplantation.

21. Mang Roberto has just received a renal transplant and has started cyclosporine therapy to prevent graft rejection. Which of the following condition is a major complication of this drug therapy?

- A. Depression
- B. Hemorrhage
- C. Infection**
- D. Peptic ulcer disease

22. Which of the following is the rationale why Azathioprine (Imuran), Prednisone or Cyclosporine (SandImmune) is given in a client that has undergone Kidney Transplantation?

- A. To enhance the immune system preventing rejection
- B. To suppress the immune system preventing rejection**
- C. To enhance kidney function
- D. To protect the newly transplanted kidney from invading pathogens

23. Immunosuppression following Kidney transplantation is continued:

- A. For life**
- B. 24 hours after transplantation
- C. A week after transplantation
- D. Until the kidney is not anymore rejected

24. Steroids, if used following kidney transplantation would cause which of the following side effects?

- A. Alopecia
- B. Increase Cholesterol Level
- C. Orthostatic Hypotension
- D. Increase Blood Glucose Level**

25. Mang Roberto was readmitted to the hospital with acute graft rejection. Which of the following assessment finding would be expected?

- A. Hypotension
- B. Normal Body Temperature
- C. Decreased WBC
- D. Elevated BUN and Creatinine**

SITUATION: You are going to apply various medications

26. You are to apply a transdermal patch of nitroglycerine to your client. The following are important guidelines to observe except:

- A. Apply to hairless area of the skin not subject to too much wrinkling
- B. Patches can be applied to distal part of the extremities like the forearm**

- C. Change application and site regularly to prevent irritation of the skin
- D. Wear gloves to avoid any medication on hand

27. You will be applying eye drops to miss Romualdez. After checking all the necessary information and cleaning the affected eyelid and eyelashes, you administer the ophthalmic drops by instilling the eye drops:

- A. Directly onto the cornea
- B. Into the outer third of the lower conjunctival sac**
- C. Pressing on the lacrimal duct
- D. From the inner canthus going towards the side of the eye

28. When applying eye ointment, the following guidelines apply except:

- A. Squeeze about 2 cm of ointment and gently close but not squeeze the eye
- B. Apply the ointment from the inner canthus going outward of the affected eye
- C. Discard the first bead of the eye ointment before application because the tube is likely to expel more than desire amount of ointment**
- D. Hold the tube above the conjunctival sac, do not let tip touch the conjunctiva

29. If you are to give 2 nasal inhalation for a client, one is a bronchodilator and the other one is a steroid, which guideline should you follow?

- A. Administer the steroid first, this is to open the airway by lessening the edema
- B. Administer the bronchodilator first, this is to relax the bronchial muscle and dilate the airway**
- C. Order is not necessary in administering nasal inhalation as long as that the nurse will wait 1 minute between administrations of 2 drugs
- D. Order is not necessary in administering nasal inhalation as long as the nurse will wait 30 minutes between puffs.

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- D. Order is not necessary in administering nasal inhalation as long as the nurse will wait 30 minutes between puffs

32. When administering an otic medication to the clients RIGHT ear, the client is BEST placed on:

- A. Right sidelying position
- B. Left sidelying position**
- C. Supine position
- D. Prone position

33. When performing otic irrigation on the client's LEFT ear, the client is best placed on:

- A. Right sidelying position
- B. Left sidelying position**
- C. Supine position
- D. Prone position

34. To prevent the systemic absorption of medication during ophthalmic medication administration, the nurse should:

- A. Press on the nasolacrimal duct for 30 minutes
- B. Press on the nasolacrimal duct for 60 minutes
- C. Press on the nasolacrimal duct for 30 seconds**
- D. Press on the nasolacrimal duct for 60 seconds

35. In Ophthalmic medication administration, the nurse uses which aseptic technique?

- A. Clean
- B. Sterile**
- C. Medical
- D. Nursing

SITUATION: You are fortunate to be chosen as part of the research team in the hospital. A review of the following IMPORTANT nursing concepts was made.

36. As a professional, a nurse can do research for varied reasons except:

- A. Professional advancement through research participation
- B. To validate results of new nursing modalities
- C. For financial gains**
- D. To improve nursing care

37. Each nurse participant was asked to identify a problem. After the identification of the research problem, which of the following should be done?

- A. Methodology
- B. Review of related literature**
- C. Acknowledgement
- D. Formulate hypothesis

38. Which of the following communicate the results of the research to the readers. They facilitate the description of the data.

- A. Hypothesis
- B. Statistics
- C. Research problem
- D. Tables and Graphs**

39. In Quantitative data, which of the following is described as the distance in the scoring units of the variable from the highest to the lower?

- A. Frequency
- B. Mean
- C. Median
- D. Range**

40. This expresses the variability of the data in reference to the mean. It provides as with a numerical estimate of how far, on the average the separate observation are from the mean:

- A. Mode
- B. Standard deviation**
- C. Median
- D. Frequency

Situation: Survey and Statistics are important part of research that is necessary to explain the characteristics of the population.

41. According to the WHO statistics on the Homeless population around the world, which of the following groups of people in the world disproportionately represents the homeless population?

- Hispanics
- Asians**
- C. African Americans
- D. Caucasians

42. All but one of the following is not a measure of Central Tendency:

- A. Mode**
- B. Variance
- C. Standard Deviation
- D. Range

43. In the value : 87, 85, 88, 92, 90; What is the mean?

- A. 88.2
- B. 88.4**
- C. 87
- D. 90

44. In the value : 80, 80, 80, 82, 82, 90, 90, 100; What is the mode?

- A. 80**
- B. 82
- C. 90
- D. 85.5

45. In the value: 80,80,10,10,25,65,100,200; What is the median?

- A. 71.25
- B. 22.5
- C. 10 and 25
- D. 72.5**

46. Draw Lots, Lottery, Table of random numbers or a sampling that ensures that each element of the population has an equal and independent chance of being chosen is called:

- A. Cluster
- B. Simple**
- C. Stratified
- D. Systematic

47. An investigator wants to determine some of the problems that are experienced by diabetic clients when using an insulin pump. The investigator went into a clinic where he personally knows several diabetic clients having problem with insulin pump. The type of sampling done by the investigator is called:

- A. Probability
- B. Purposive**
- C. Snowball
- D. Incidental

48. If the researcher implemented a new structured counselling program with a randomized group of subject and a routine counselling program with another randomized group of subject, the research is utilizing which design?

- A. Quasi experimental
- B. Experimental**
- C. Comparative
- D. Methodological

49. Which of the following is not true about a Pure Experimental research?

- A. There is a control group
- B. There is an experimental group
- C. Selection of subjects in the control group is randomized
- D. There is a careful selection of subjects in the experimental group**

50. The researcher implemented a medication regimen using a new type of combination drugs to manic patients while another group of manic patient receives the routine drugs. The researcher however hand picked the experimental group for they are the clients with multiple episodes of bipolar disorder. The researcher utilized which research design?

- A. Quasi-experimental**
- B. Pure experimental
- C. Phenomenological
- D. Longitudinal

Situation 19: As a nurse, you are expected to participate in initiating or participating in the conduct of research studies to improve nursing practice. You to be updated on the latest trends and issues affected the profession and the best practices arrived at by the profession.

51. You are interested to study the effects of mediation and relaxation on the pain experienced by cancer patients. What type of variable is pain?

- A. Dependent
- B. Correlational

- C. Independent
- D. Demographic

52. You would like to compare the support system of patient with chronic illness to those with acute illness. How will you best state your problem?

- A. A descriptive study to compare the support system of patients with chronic illness and those with acute illness in terms of demographic data and knowledge about intervention.
- B. The effects of the types of support system of patients with chronic illness and those with acute illness.
- C. A comparative analysis of the support system of patients with chronic illness and those with acute illness.
- D. A study to compare the support system of patients with chronic illness and those with acute illness.
- E. What are the differences of the support system being received by patient with chronic illness and patients with acute illness?**

53. You would like to compare the support system of patients with chronic illness to those with acute illness. Considering that the hypothesis was: "Client's with chronic illness have lesser support system than client's with acute illness." What type of research is this?

- A. Descriptive
- B. Correlational, Non experimental
- C. Experimental
- D. Quasi Experimental

54. In any research study where individual persons are involved, it is important that an informed consent of the study is obtained. The following are essential information about the consent that you should disclose to the prospective subjects except:

- A. Consent to incomplete disclosure**
- B. Description of benefits, risks and discomforts
- C. Explanation of procedure
- D. Assurance of anonymity and confidentiality

55. In the Hypothesis: "The utilization of technology in teaching improves the retention and attention of the nursing students." Which is the dependent variable?

- A. Utilization of technology
- B. Improvement in the retention and attention**
- C. Nursing students
- D. Teaching

Situation: Various clients will undergo different post op positioning from various procedures.

56. After Pneumonectomy, a client is positioned:

- A. Right side lying
- B. Left side lying
- C. Affected side**
- D. Unaffected side

57. While after Lobectomy, the client is positioned:

- A. Right side lying
- B. Left side lying
- C. Affected side
- D. Unaffected side**

58. After Liver Biopsy, The client is positioned:

- A. Right side lying**
- B. Left side lying
- C. Supine
- D. Semi Fowlers

59. After Thyroidectomy, The nurse should remember that the client is positioned:

- A. High fowlers
- B. Semi fowlers position**
- C. High fowlers position
- D. Prone position with the head on the side

60. After Hemorrhoidectomy, A client should be positioned:

- A. Left sims position
- B. Sims positions
- C. Right side lying position
- D. Sidelying position**

Situation – Radiation therapy is another modality of cancer management. With emphasis on multidisciplinary management you have important responsibilities as nurse.

61. Albert is receiving external radiation therapy and he complains of fatigue and malaise. Which of the following nursing interventions would be most helpful for Albert?

- A. Tell him that sometimes these feelings can be psychogenic
- B. Refer him to the physician
- C. Reassure him that these feelings are normal
- D. Help him plan his activities**

62. Immediately following the radiation teletherapy, Albert is

- A. Considered radioactive for 24 hrs
- B. Given a complete bath
- C. Placed on isolation for 6 hours
- D. Free from radiation**

63. Albert is admitted with a radiation induced thrombocytopenia. As a nurse you should observe the following symptoms:

- A. Petechiae, ecchymosis, epistaxis**
- B. Weakness, easy fatigability, pallor
- C. Headache, dizziness, blurred vision
- D. Severe sore throat, bacteremia, hepatomegaly

64. What nursing diagnosis should be of highest priority?

- A. Knowledge deficit regarding thrombocytopenia precautions
- B. Activity intolerance
- C. Impaired tissue integrity**
- D. Ineffective tissue perfusion, peripheral, cerebral, cardiovascular, gastrointestinal, renal

65. What intervention should you include in your care plan?

- A. Inspect his skin for petechiae, bruising, GI bleeding regularly**
- B. Place Albert on strict isolation precaution
- C. Provide rest in between activities
- D. Administer antipyretics if his temperature exceeds 38C

Situation: Burn are cause by transfer of heat source to the body. It can be thermal, electrical, radiation or chemical.

66. A burn characterized by Pale white appearance, charred or with fat exposed and painlessness is:

- A. Superficial partial thickness burn
- B. Deep partial thickness burn
- C. Full thickness burn**
- D. Deep full thickness burn

67. Which of the following BEST describes superficial partial thickness burn or first degree burn?

- A. Structures beneath the skin are damage
- B. Dermis is partially damaged**
- C. Epidermis and dermis are both damaged
- D. Epidermis is damaged

68. A burn that is said to be "WEEPING" is classified as:

- A. Superficial partial thickness burn
- B. Deep partial thickness burn**
- C. Full thickness burn
- D. Deep full thickness burn

69. During the Acute phase of the burn injury, which of the following is a priority?

- A. **wound healing**
- B. reconstructive surgery
- C. emotional support
- D. fluid resuscitation

70. While in the emergent phase, the nurse knows that the priority is to:

- A. Prevent infection
- B. Control pain
- C. Prevent deformities and contractures
- D. **Return the hemodynamic stability via fluid resuscitation**

71. The MOST effective method of delivering pain medication during the emergent phase is:

- A. intramuscularly
- B. subcutaneously
- C. orally
- D. **intravenously**

72. When a client accidentally splashes chemicals to his eyes, The initial priority care following the chemical burn is to:

- A. irrigate with normal saline for 1 to 15 minutes
- B. transport to a physician immediately
- C. **irrigate with water for 15 minutes or longer**
- D. cover the eyes with a sterile gauze

73. Which of the following can be a fatal complication of upper airway burns?

- A. stress ulcers
- B. hemorrhage
- C. shock
- D. **laryngeal spasms and swelling**

74. When a client will rush towards you and he has a burning clothes on, It is your priority to do which of the following first?

- A. **log roll on the grass/ground**
- B. slap the flames with his hands
- C. Try to remove the burning clothes
- D. Splash the client with 1 bucket of cool water

75. Once the flames are extinguished, it is most important to:

- A. cover client with a warm blanket
- B. give him sips of water
- C. calculate the extent of his burns
- D. **assess the Sergio's breathing**

76. During the first 24 hours after the thermal injury, you should assess Sergio for:

- A. hypokalemia and hypernatremia
- B. hypokalemia and hyponatremia
- C. hyperkalemia and hyponatremia**
- D. hyperkalemia and hypernatremia

77. A client who sustained deep partial thickness and full thickness burns of the face, whole anterior chest and both upper extremities two days ago begins to exhibit extreme restlessness. You recognize that this most likely indicates that the client is developing:

- A. Cerebral hypoxia**
- B. Hypervolemia
- C. metabolic acidosis
- D. Renal failure

78. A 165 lbs trauma client was rushed to the emergency room with full thickness burns on the whole face, right and left arm, and at the anterior upper chest sparing the abdominal area. He also has superficial partial thickness burn at the posterior trunk and at the half upper portion of the left leg. He is at the emergent phase of burn. Using the parkland's formula, you know that during the first 8 hours of burn, the amount of fluid will be given is:

- A. 5,400 ml**
- B. 10,800 ml
- C. 9,450 ml
- D. 6,750 ml

79. The doctor incorporated insulin on the client's fluid during the emergent phase. The nurse knows that insulin is given because:

- A. Clients with burn also develops Metabolic acidosis
- B. Clients with burn also develops hyperglycemia
- C. Insulin is needed for additional energy and glucose burning after the stressful incidence to hasten wound healing, regain of consciousness and rapid return of hemodynamic stability
- D. For hyperkalemia**

80. The IV fluid of choice for burn as well as dehydration is:

- A. 0.45% NaCl
- B. NSS
- C. Sterile water
- D. D5LR**

Situation: Johnny, sought consultation to the hospital because of fatigability, irritability, jittery and he has been experiencing this sign and symptoms for the past 5 months.

81. His diagnosis was hyperthyroidism, the following are expected symptoms except:

- A. Anorexia**
- B. Palpitation
- C. Fine tremors of the hand
- D. Hyper alertness

82. She has to take drugs to treat her hyperthyroidism. Which of the following will you NOT expect that the doctor will prescribe?

- A. Colace (Docusate)
- B. Cytomel (Liothyronine)
- C. Tapazole (Methimazole)
- D. Synthroid (Levothyroxine)

83. The nurse knows that Tapazole has which of the following side effect that will warrant immediate withholding of the medication?

- A. Death
- B. Sore throat
- C. Hyperthermia
- D. Thrombocytosis

84. You asked questions as soon as she regained consciousness from thyroidectomy primarily to assess the evidence of:

- A. Thyroid storm
- B. Mediastinal shift
- C. Damage to the laryngeal nerve
- D. Hypocalcaemia tetany

85. Should you check for haemorrhage, you will:

- A. Slip your hand under the nape of her neck
- B. Check for hypotension
- C. Apply neck collar to prevent haemorrhage
- D. Observe the dressing if it is soaked with blood

86. The BMR is based on the measurement that:

- A. Rate of respiration under different condition of activities and rest
- B. Amount of oxygen consumption under resting condition over a measured period of time
- C. Amount of oxygen consumption under stressed condition over a measured period of time
- D. Ratio of respiration to pulse rate over a measured period of time

87. Her physician ordered lugol's solution in order to:

- A. Decrease the vascularity and size of the thyroid gland
- B. Decrease the size of the thyroid gland only
- C. Increase the vascularity and size of the thyroid gland
- D. Increase the size of the thyroid gland only

88. Which of the following is a side effect of Lugol's solution?

- A. Hypokalemia
- B. Nystagmus
- C. Enlargement of the Thyroid gland
- D. Excessive salivation

89. In administering Lugol's solution, the precautionary measure should include:

- A. Administer with glass only
- B. Dilute with juice and administer with a straw**
- C. Administer it with milk and drink it
- D. Follow it with milk of magnesia

90. In the immediate post operative period, on what position will you place Johnny?

- A. Supine
- B. Prone
- C. Flat
- D. Semi fowlers**

SITUATION: The following questions refer to different problems in the endocrine system.

91. An accidental removal of the parathyroid gland during thyroidectomy will produce:

- A. Tetany**
- B. Hypovolemic shock
- C. Myxedema
- D. Adrenocortical stimulation

92. When a client returns from postanesthesia unit following a subtotal thyroidectomy, The nurse should immediately:

- A. Inspect the incision
- B. Instruct the client to speak
- C. Keep the client supine for 24 hours
- D. Place a tracheostomy tube at the bedside**

93. As a result of low t3 and t4 levels in a client with hypothyroidism, the nurse would expect:

- A. Irritability
- B. Tachycardia
- C. Cold intolerance**
- D. Profuse diaphoresis

94. In assessing complication in a client with hyperparathyroidism, The nurse should monitor the client for:

- A. Tetany
- B. Seizure
- C. Grave's Disease
- D. Bone destruction**

95. A client was admitted with hyperparathyroidism. The applicable nursing action that should be included in the client's plan of care would be:

- A. Provision of high calcium diet
- B. Ensurance of a large fluid intake**
- C. Institution of seizure precaution
- D. Maintenance of absolute bed rest

96. Which of the following is the most critical intervention needed for a client with myxedema coma?

- A. Administering an oral dose of levothyroxine (Synthroid)
- B. Warming the client with a warming blanket
- C. Measuring and recording accurate intake and output
- D. Maintaining a patent airway**

97. Which outcome would indicate successful treatment of diabetes insipidus?

- A. Fluid intake of less than 2,500 ml in 24 hours**
- B. Urine output of more than 200 ml/hour
- C. Blood pressure of 90/50 mm Hg
- D. Pulse rate of 126 beats/minute

98. A 68-year-old client has been complaining of sleeping more than usual, increased urination, anorexia, weakness, irritability, depression, and bone pain that interferes with her going outdoors. Based on these assessment findings, the nurse would suspect which disorder?

- A. Diabetes mellitus
- B. Hypoparathyroidism
- C. Diabetes insipidus
- D. Hyperparathyroidism**

99. For a client in Addisonian crisis, it would be very risky for a nurse to administer:

- A. potassium chloride.**
- B. normal saline solution.
- C. hydrocortisone.
- D. fludrocortisone.

100. Which of the following drug is used in a client with hypothyroidism?

- A. Methimazole(Tapazole)
- B. PTU
- C. Lugol's solution
- D. Levothyroxine(Synthroid)**

PREBOARD EXAMINATION

NURSING PRACTICE IV

SITUATION: Wound Care is part of the essential nursing practice. It is almost always that a Nurse would care for a client with wound in the everyday practice of the profession. Knowledge of Wound Care and Wound Assessment is vital.

1. A nurse assesses a client's surgical incision for signs of infection. Which finding by the nurse would be interpreted as a normal finding at the surgical site?

- A. Red, Hard skin
- B. Purulent drainage
- C. Serous drainage**
- D. Warm, Tender skin

2. When performing a surgical dressing change of a client's abdominal dressing, a nurse notes an increase in the amount of drainage and separation of the incision line. The underlying tissue is visible to the nurse. The nurse would do which of the following in the initial care of this wound?

- A. Leave the incision open to the air to dry the area
- B. Apply a sterile dressing soaked in providone iodine (Betadine)
- C. Irrigate the wound and apply a sterile dressing
- D. Apply a sterile dressing soaked with normal saline solution**

3. The separation of wound edges at the suture line is called:

- A. Evisceration
- B. Dehiscence**
- C. Atelectasis
- D. Infection

4. Which of the following intervention is performed first when changing a dressing giving wound care?

- A. Put on gloves
- B. Slowly remove soiled dressing
- C. Wash hands thoroughly**
- D. Assess the dressing for the amount, type and odor of the drainage

5. Which of the following nursing diagnoses is correct for a client with a reddened sacrum unrelieved by position change?

- A. Risk for pressure ulcer

- B. Risk for impaired skin integrity
- C. Impaired skin integrity related to infrequent turning and positioning
- D. Impaired skin integrity related to the effects of pressure and shearing forces**

Situation: *Infection can cause debilitating consequences when host's resistance is compromised and environmental factors are favorable. As a nurse you have important roles and responsibilities in infection control.*

6. EF was admitted to the hospital with a tentative diagnosis of acute pyelonephritis. To assess her risk factors, what question should you ask?

- a. "Have you taken any analgesic recently?"
- b. "Do you have pain at your back?"
- c. "Do you hold your urine for a long time before voiding?"**
- d. "Have you had any sore throat lately?"

7. While caring for a patient with an infected surgical incision, you observe for signs of systemic response. These include all of the following EXCEPT:

- a. a febrile state due to release of pyrogens
- b. anorexia, malaise, and weakness
- c. loss of appetite and pain
- d. leukopenia due to increased WBC production**

8. One of the MOST effective nursing procedures for reducing nosocomial infection is:

- a. proper handwashing technique**
- b. aseptic wound care
- c. control of upper respiratory tract infection
- d. administration of prophylactic antibiotic

9. A wound that has hemorrhaged has increased risk for infection because:

- a. dead space and dead cells provide a culture medium**
- b. retrograde bacterial contamination may occur
- c. the tissue becomes less resilient
- d. of reduced amounts of oxygen and nutrients are available

10. The most reliable sign of infection is:

- A. Alteration in mentation
- B. Culture and Sensitivity**
- C. Increase WBC

d. Fever

Situation: Atherosclerosis is the abnormal accumulation of fatty substance in the vessel wall that might reduce the blood supply to the myocardium that can lead to Myocardial infarction. Mr. Lee is a client with Atherosclerosis exhibiting chest pain.

11. Which of the following is NOT a risk factor for developing Atherosclerosis?

- A. Advancing age
- B. HDL >60 mg/dl**

- C. Regular Physical activities**
- D. Being a female**

12. Electrocardiogram shows Inverted T wave. Inverted T wave in myocardial infarction is suggestive of showing the:

- A. Zone of infarction
- B. Zone of Injury

- C. Zone of ischemia**
- D. Zone of regeneration

13. Which of the following laboratory result are most significant in Myocardial Infarction?

- A. Elevated cholesterol and blood sugar
- B. Elevated Troponin and CPK-MB**

- C. Increased hemoglobin and RBC
- D. Elevated Sedimentation rate and ASO

14. The primary objective for putting Mr. Lee on absolute bed rest upon admission is to:

- A. Prevent impending shock
- B. Lower the heart rate and oxygen demand of the heart**
- C. To maintain his vital signs
- D. Relieve his anxiety and difficulty of breathing

15. In a client diagnosed with MI, The nurse knows that BED REST is necessary. If the client wants to urinate, the nurse should offer:

- A. Bring the client to the nearest bathroom
- B. Bedside Commode
- C. Bed Pan**
- D. Catheterization

16. Prolonged bed rest in heart conditions will often lead to:

- A. Pneumonia
- B. Poor posture

- C. Thrombophlebitis**
- D. Atelectasis

17. As Mr. Lee's nurse, you have to anticipate occurrence of complications. Take note that the major cause of death after an MI is:

- A. **Cardiac arrhythmias**
- B. Heart failure
- C. Cardiogenic shock
- D. Pulmonary embolism

18. Who among the following are most susceptible to atherosclerosis, MI as well as Angina and CVA?

- A. Caucasian-Americans
- B. Asian
- C. Hispanics
- D. **African Americans**

19. Which of the following is true with regards to Cardiac Angiography?

- A. **Consent is needed**
- B. This is the visualization of the heart using Ultrasonography
- C. Allergy to peanuts and eggs are assessed
- D. Also called as Arteriography, CT SCAN, MRI, FLUROSCOPY are the techniques used to visualized nerve pathways

20. Following a cardaic angiography, the patient assessment priority is the:

- A. **respiratory effort**
- B. blood pressure
- C. chest pain
- D. puncture site

Situation: Laryngeal cancer is a malignant tumor in the voice box. Mr. Renato Sauro is your client diagnosed with the cancer of the Larynx.

21. Which of the following is NOT true about Laryngeal Cancer?

- A. **It acquires more commonly in women than in men**
- B. Alcohol, tobacco, exposure to fumes, paints, dust, asbestos are all identified carcinogenic risk factors
- C. Nutritional deficiency can lead to this type of cancer
- D. African American are the race most commonly affected

22. Symptom noted EARLY in laryngeal cancer includes:

- A. Dysphagia and Dyspnea
- B. Foul breath
- C. Pain radiating to the ear
- D. **Hoarseness of voice or sore throat**

23. Mr. Sauro Undergone total laryngectomy. You would expect that after the procedure, Mr. Sauro will have:

- A. NGT Tube for feeding
- B. Temporary Tracheal Stoma
- C. Permanent Loss of Voice**
- D. Voice hoarseness

24. Immediately after Laryngectomy, the nurse would expect that the nutrition of the client is met through:

- A. TPN**
- B. Jejunostomy
- C. Oral
- D. NGT

25. After 10 days, The physician determined that Mr. Sauro is ready for Oral feedings. As a nurse, you would expect that the initial feeding for the client post laryngectomy should consist of:

- A. Clear liquid such as Bouillon
- C. Thickened liquids such as applesauce**
- B. Sweet liquids such as Tea
- D. Ostorized feeding through NGT

Situation: You are actively practicing nurse who has just finished you graduate studies. You learned the value of research and would like to utilize the knowledge and skills gained in the application of research to the nursing service. The following questions apply to research.

26. Which type of research inquiry investigates the issues of human complexity (e.g understanding the human expertise)?

- A. Logical position
- B. Naturalistic inquiry**
- C. Positivism
- D. Quantitative research

27. Which of the following studies is based on quantitative research?

- A. A study examining the bereavement process in spouse of clients with terminal cancer
- B. A study exploring the factors influencing weight control behaviour
- C. A Study measuring the effects of sleep deprivation on wound healing**
- D. A study examining client's feelings before, during and after bone marrow aspiration.

28. Which of the following studies is based on the qualitative research?

- A. A study examining clients reaction to stress after open heart surgery**
- B. A study measuring nutrition and weight loss/gain in clients with cancer
- C. A study examining oxygen levels after endotracheal suctioning
- D. A study measuring differences in blood pressure before, during and after procedure

29. An 85 year old client in a nursing home tells a nurse, "I signed the papers of that research study because the doctor was so insistent and I want him to continue taking care for me" Which client right is being violated?

- A. **Right of self determination**
- B. Right to privacy and confidentiality
- C. Right to full disclosure
- D. Right not to be harmed

30. A supposition or system of ideas that is proposed to explain a given phenomenon best defines:

- A. A paradigm
- B. A Concept
- C. **A theory**
- D. A conceptual framework

Situation: Mastery of research design determination is essential in passing the NLE.

31. Ana wants to know if the length of time she will study for the board examination is proportional to her board rating. During the June 2008 board examination, She studied for 6 months and gained 68%, On the next board exam, she studied for 6 months again for a total of 1 year and gained 74%, On the third board exam, She studied for 6 months for a total of 1 and a half year and gained 82%. The research designed she used is:

- A. Comparative
- B. Correlational
- C. **Experimental**
- D. Qualitative

32. Anton was always eating high fat diet. You want to determine if what will be the effect of high cholesterol food to Anton in the next 10 years. You will use:

- A. **Comparative**
- B. Correlational
- C. Historical
- D. Longitudinal

33. Community A was selected randomly as well as community B, nurse Edna conducted teaching to community A and assess if community A will have a better status than community B. This is an example of:

- A. Comparative
- B. Correlational
- C. **Experimental**
- D. Qualitative

34. Ana researched on the development of a new way to measure intelligence by creating a 100 item questionnaire that will assess the cognitive skills of an individual. The design best suited for this study is:

- A. Historical
- B. **Methodological**
- C. Survey
- D. Case study

35. Gen is conducting a research study on how mark, an AIDS client lives his life. A design suited for this is:

- A. Historical
- B. Case Study
- C. **Phenomenological**
- D. Ethnographic

36. Marco is to perform a study about how nurses perform surgical asepsis during World War II. A design best for this study is:

- A. **Historical**
- B. Case Study
- C. Phenomenological
- D. Ethnographic

37. Tonyo conducts sampling at barangay 412. He collected 100 random individuals and determine who is their favourite comedian actor. 50% said Dolphy, 20% said Vic Sotto, while some answered Joey de Leon, Allan K, Michael V. Tonyo conducted what type of research study?

- A. Phenomenological
- B. Case Study
- C. Non experimental
- D. **Survey**

38. Jane visited a tribe located somewhere in China, it is called the Shin Jea tribe. She studied the way of life, tradition and the societal structure of these people. Jane will best use which research design?

- A. Historical
- B. Case Study
- C. Phenomenological
- D. **Ethnographic**

39. Anjoe researched on TB. Its transmission, Causative agent and factors, treatment sign and symptoms as well as medication and all other in depth information about tuberculosis. This study is best suited for which research design?

- A. Historical
- B. **Case Study**
- C. Phenomenological
- D. Ethnographic

40. Diana is to conduct a study about the relationship of The number of family members in the household and the electricity bill. Which of the following is the best research design suited for this study?

- 1. Descriptive
- 2. Exploratory
- 3. Explanatory
- 4. Correlational
- 5. Comparative
- 6. Experimental

- A. **1,4**
- B. 2,5
- C. 3,6
- D. 1,5
- E. 2,4

SITUATION: Violeta, A 60 year old client came to the clinic for a routine check up.

41. You learn that Violeta drinks 5-8 cups o coffee a day plus cola drinks. Because she is in her post-menopausal years, the nurse instructs her to decrease consumption of coffee and cola preparation because:

- A. these products increase calcium loss from the bones**
- B. These products have stimulant effect n the body
- C. these products encourage increase in sugar consumption
- D. these products are addicting

42. Aside from calcium, a major mineral found in bone is:

- A. Magnesium
- B. Iron
- C. Zinc
- D. Phosphorous**

43. Osteoporosis is common among:

- A. Hispanics
- B. Blacks
- C. Asian**
- D. African American

44. You should instruct Aling Violeta that when taking CALCI AID or any other calcium supplements, she should:

- A. Medications such as Iron are best taken together with calcium
- B. Calcium is best taken after meals
- C. Increase fluid intake when taking Calcium supplements**
- D. Calcium when taken, like Diuretics, should only use ¼ to ½ glass of water

45. You would encourage Aling Violeta to eat which of the following food that is HIGHEST in Calcium?

- A. Cheese, Milk, Dark green leafy vegetables, Oysters and Sardines**
- B. Yogurt, Milk, Eggs, Peanuts, Dark green leafy vegetables , Sardines, Coffee
- C. Broccoli, Yogurt, Peanuts, Dark green leafy vegetables , Wine, Spinach
- D. Chees, Milk, Dark green leafy vegetables, Broccoli, Tea

46. If Aling Violeta will sustain a fracture, you would expect that the MOST LIKELY bone to be fractured in an elderly client is the:

- A. Femur or Hips**
- B. Clavicle or Colar bone
- C. Tibia or Shin
- D. Spinal Column or Back

47. Which of the following activity is highly recommended for Aling Violeta?

- A. Non Weight bearing activities such as SWIMMING
- B. Weight bearing activities such as WALKING**
- C. Passive range of motion exercises
- D. Active range of motion exercises

48. Aling Violeta is correct in understanding the best activities for her when she states:

- A. "I can't wait to bungee jump! I am sure it will be exciting!"
- B. "I need to buy a new taekwondo clothes because I don't have one."
- C. "I need to buy knee and elbow pads for tomorrow I will start my rollerblade tutorial."
- D. "I can't wait to do Waltz with my dance instructor tomorrow afternoon."**

49. Calcitonin, an important hormone necessary to suppress the activities of the Osteoclasts, is secreted by the:

- A. Parathyroid gland
- B. Anterior pituitary gland
- C. Thyroid gland**
- D. Hypothalamus

50. If ever the Osteoporosis of the client is due to autoimmune HYPOPARATHYROIDISM, which of the following instructions is appropriate?

- A. use OTC vitamin D preparation
- B. avoid strenuous exercises
- C. supplement calcium intake**
- D. avoid diuretics to minimize calcium loss

SITUATION: HIV/AIDS is a worldwide problem. Until a Vaccine is developed, The nurse should focus on Primary prevention and the elimination of factors that causes the condition.

51. Which of the following is NOT an effective prevention for HIV/ AIDS?

- A. The addition of N-9 or NONOXYNOL gel intravaginally before sexual intercourse together with condom**
- B. Using condoms before sexual intercourse
- C. Instructing drug addicts to participate in needle exchange programs
- D. Discouraging the use of IUD as a form of contraception

52. There is a global concern on AIDS. There are legal and ethical concerns specially:

- A. duty siblings and spouse
- B. need for universal testing
- C confidentiality**
- D. public support and understanding

53. The school nurse is teaching a health education and hygiene course to a group of high school males, which includes a number of young men who are on competitive sports teams. Which of the following health practices would the nurse most stress in preventing the transmission of human immunodeficiency virus (HIV) virus in case any team member has HIV or acquired immunodeficiency syndrome (AIDS)?

- A. No sharing of underarm deodorant or shower soap
- B. No sharing of razors or toothbrushes**

- C. Making certain towels have been washed in boiling water
- D. Avoiding physical contact such as sports hugs or swats

54. EIA is performed to a client with HIV/AIDS to:

- A. Used to confirm ELISA
- B. Detects ANTIGEN directed specifically against HIV/AIDS
- C. Detects ANTIBODY directed specifically against HIV/AIDS**
- D. Detects the CD4 cell count to determine if the client is positive

55. A term concerning body resistance which refers to protein present in the serum of the blood:

- A. antibodies**
- B. antitoxin
- C. antigen
- D. Allergen

Situation: Hormones are secreted by the various glands in the body. Basic knowledge of the endocrine system is necessary.

41. Somatocrinin or the Growth hormone releasing hormone is secreted by the:

- A. Hypothalamus**
- B. Anterior pituitary gland
- C. Posterior pituitary gland
- D. Thyroid gland

42. All of the following are secreted by the anterior pituitary gland except:

- A. Somatotropin/Growth hormone
- B. Follicle stimulating hormone
- C. Thyroid stimulating hormone
- D. Gonadotropin hormone releasing hormone**

43. All of the following hormones are hormones secreted by the Posterior pituitary gland except:

- A. Vasopressin
- B. Oxytocin
- C. Anti diuretic hormone
- D. Growth hormone**

44. Calcitonin, a hormone necessary for calcium regulation is secreted in the:

- A. Thyroid gland**
- B. Hypothalamus
- C. Parathyroid gland
- D. Anterior pituitary gland

45. While Parathormone, a hormone that negates the effect of calcitonin is secreted by the:

- A. Thyroid gland
- B. Hypothalamus
- C. Parathyroid gland**
- D. Anterior pituitary gland

Situation – In the OR, there are safety protocols that should be followed. The OR nurse should be well versed with all these to safeguard the safety and quality of patient delivery outcome.

61. Which of the following should be given highest priority when receiving patient in the OR?

- A. Assess level of consciousness
- B. Verify patient identification and informed consent**
- C. Assess vital signs
- D. Check for jewelry, gown, manicure, and dentures

62. Surgeries like I and D (incision and drainage) and debridement are relatively short procedures but considered 'dirty cases'. When are these procedures best scheduled?

- A. Last case**
- B. In between cases
- C. According to availability of anaesthesiologist
- D. According to the surgeon's preference

63. OR nurses should be aware that maintaining the client's safety is the overall goal of nursing care during the intraoperative phase. As the circulating nurse, you make certain that throughout the procedure...

- A. the surgeon greets his client before induction of anesthesia
- B. the surgeon and anesthesiologist are in tandem
- C. strap made of strong non-abrasive materials are fastened securely around the joints of the knees and ankles and around the 2 hands around an arm board.**
- D. Client is monitored throughout the surgery by the assistant anesthesiologist

64. Another nursing check that should not be missed before the induction of general anesthesia is:

- A. check for presence underwear
- B. check for presence dentures
- C. check patient's ID
- D. check baseline vital signs**

65. Some lifetime habits and hobbies affect postoperative respiratory function. If your client smokes 3 packs of cigarettes a day for the past 10 years, you will anticipate increased risk for:

- A. perioperative anxiety and stress
- B. delayed coagulation time
- C. delayed wound healing
- D. postoperative respiratory infection**

Situation: Sterilization is the process of removing ALL living microorganism. To be free of ALL living microorganism is sterility.

66. There are 3 general types of sterilization use in the hospital, which one is not included?

- A. Steam sterilization
- B. Chemical sterilization
- C. Physical sterilization
- D. Sterilization by boiling**

67. Autoclave or steam under pressure is the most common method of sterilization in the hospital. The nurse knows that the temperature and time is set to the optimum level to destroy not only the microorganism, but also the spores. Which of the following is the ideal setting of the autoclave machine?

- A. 10,000 degree Celsius for 1 hour
- B. 5,000 degree Celsius for 30 minutes
- C. 37 degree Celsius for 15 minutes
- D. 121 degree Celsius for 15 minutes**

68. It is important that before a nurse prepares the material to be sterilized, A chemical indicator strip should be placed above the package, preferably, Muslin sheet. What is the color of the striped produced after autoclaving?

- A. Black**
- B. Blue
- C. Gray
- D. Purple

69. Chemical indicators communicate that:

- A. The items are sterile
- B. That the items had undergone sterilization process but not necessarily sterile**
- C. The items are disinfected
- D. That the items had undergone disinfection process but not necessarily disinfected

70. If a nurse will sterilize a heat and moisture labile instruments, It is according to AORN recommendation to use which of the following method of sterilization?

- A. Ethylene oxide gas**
- B. Autoclaving
- C. Flash sterilizer
- D. Alcohol immersion

Situation 5 – Nurses hold a variety of roles when providing care to a perioperative patient.

71. Which of the following role would be the responsibility of the scrub nurse?

- A. Assess the readiness of the client prior to surgery
- B. Ensure that the airway is adequate
- C. Account for the number of sponges, needles, supplies, used during the surgical procedure.**
- D. Evaluate the type of anesthesia appropriate for the surgical client

72. As a perioperative nurse, how can you best meet the safety need of the client after administering preoperative narcotic?

- A. Put side rails up and ask the client not to get out of bed**
- B. Send the client to OR with the family

- C. Allow client to get up to go to the comfort room
- D. Obtain consent form

73. It is the responsibility of the pre-op nurse to do skin prep for patients undergoing surgery. If hair at the operative site is not shaved, what should be done to make suturing easy and lessen chance of incision infection?

- A. Draped
- B. Pulled
- C. Clipped**
- D. Shampooed

74. It is also the nurse's function to determine when infection is developing in the surgical incision. The perioperative nurse should observe for what signs of impending infection?

- A. Localized heat and redness**
- B. Serosanguinous exudates and skin blanching
- C. Separation of the incision
- D. Blood clots and scar tissue are visible

75. Which of the following nursing interventions is done when examining the incision wound and changing the dressing?

- A. Observe the dressing and type and odor of drainage if any**
- B. Get patient's consent
- C. Wash hands
- D. Request the client to expose the incision wound

Situation – The preoperative nurse collaborates with the client significant others, and healthcare providers.

76. To control environmental hazards in the OR, the nurse collaborates with the following departments EXCEPT:

- A. Biomedical division
- B. Chaplaincy services**
- C. Infection control committee
- D. Pathology department

77. An air crash occurred near the hospital leading to a surge of trauma patient. One of the last patients will need surgical amputation but there are no sterile surgical equipments. In this case, which of the following will the nurse expect?

- A. Equipments needed for surgery need not be sterilized if this is an emergency necessitating life saving measures
- B. Forwarding the trauma client to the nearest hospital that has available sterile equipments is appropriate
- C. The nurse will need to sterilize the item before using it to the client using the regular sterilization setting at 121 degree Celsius in 15 minutes
- D. In such cases, flash sterilizer will be use at 132 degree Celsius in 3 minutes**

78. Tess, the PACU nurse, discovered that Malou, who weights 110 lbs prior to surgery, is in severe pain 3 hrs after cholecystectomy. Upon checking the chart, Malou found out that she has an order of Demerol 100 mg I.M. prn for pain. Tess should verify the order with:

- A. Nurse supervisor
- B. Anesthesiologist
- C. Surgeon**
- D. Intern on duty

79. Rosie, 57, who is diabetic is for debridement if incision wound. When the circulating nurse checked the present IV fluid, she found out that there is no insulin incorporated as ordered. What should the circulating nurse do?

- A. Double check the doctor's order and call the attending MD**
- B. Communicate with the ward nurse to verify if insulin was incorporated or not
- C. Communicate with the client to verify if insulin was incorporated
- D. Incorporate insulin as ordered.

80. The documentation of all nursing activities performed is legally and professionally vital. Which of the following should *NOT* be included in the patient's chart?

- A. Presence of prosthetoid devices such as dentures, artificial limbs hearing aid, etc.
- B. Baseline physical, emotional, and psychosocial data
- C. Arguments between nurses and residents regarding treatments**
- D. Observed untoward signs and symptoms and interventions including contaminant intervening factors

Situation – Team efforts is best demonstrated in the OR.

81. If you are the nurse in charge for scheduling surgical cases, what important information do you need to ask the surgeon?

- A. Who is your internist
- B. Who is your assistant and anaesthesiologist, and what is your preferred time and type of surgery?**
- C. Who are your anaesthesiologist, internist, and assistant
- D. Who is your anaesthesiologist

82. In the OR, the nursing tandem for every surgery is:

- A. Instrument technician and circulating nurse
- B. Nurse anaesthetist, nurse assistant, and instrument technician
- C. Scrub nurse and nurse anaesthetist
- D. Scrub and circulating nurses**

83. While team effort is needed in the OR for efficient and quality patient care delivery, we should limit the number of people in the room for infection control. Who comprise this team?

- A. Surgeon, anaesthesiologist, scrub nurse, radiologist, orderly
- B. Surgeon, assistants, scrub nurse, circulating nurse, anaesthesiologist**
- C. Surgeon, assistant surgeon, anaesthesiologist, scrub nurse, pathologist
- D. Surgeon, assistant surgeon, anaesthesiologist, intern, scrub nurse

84. Who usually act as an important part of the OR personnel by getting the wheelchair or stretcher, and pushing/pulling them towards the operating room?

- A. Orderly/clerk**
- B. Nurse Supervisor
- C. Circulating Nurse
- D. Anaesthesiologist

85. The breakdown in teamwork is often times a failure in:

- A. Electricity
- B. Inadequate supply
- C. Leg work
- D. Communication**

Situation: Basic knowledge on Intravenous solutions is necessary for care of clients with problems with fluids and electrolytes.

86. A client involved in a motor vehicle crash presents to the emergency department with severe internal bleeding. The client is severely hypotensive and unresponsive. The nurse anticipates which of the following intravenous solutions will most likely be prescribed to increase intravascular volume, replace immediate blood loss and increase blood pressure?

- A. 0.45% sodium chloride
- B. Normal saline solution
- C. 0.33% sodium chloride
- D. Lactated ringer's solution**

87. The physician orders the nurse to prepare an isotonic solution. Which of the following IV solution would the nurse expect the intern to prescribe?

- A. 5% dextrose in water**
- B. 10% dextrose in water
- C. 0.45% sodium chloride
- D. 5% dextrose in 0.9% sodium chloride

88. The nurse is making initial rounds on the nursing unit to assess the condition of assigned clients. The nurse notes that the client's IV Site is cool, pale and swollen and the solution is not infusing. The nurse concludes that which of the following complications has been experienced by the client?

- A. Infection
- B. Phlebitis
- C. Infiltration**
- D. Thrombophlebitis

89. A nurse reviews the client's electrolyte laboratory report and notes that the potassium level is 3.2 mEq/L. Which of the following would the nurse note on the electrocardiogram as a result of the laboratory value?

- A. U waves** B. Absent P waves C. Elevated T waves D. Elevated ST segment

90. One patient had a 'runaway' IV of 50% dextrose. To prevent temporary excess of insulin or transient hyperinsulin reaction what solution you prepare in anticipation of the doctor's order?

- A. Any IV solution available to KVO
B. Isotonic solution
C. Hypertonic solution
D. Hypotonic solution

91. An informed consent is required for:

- A. closed reduction of a fracture** C. irrigation of the external ear canal
B. insertion of intravenous catheter D. urethral catheterization

92. Which of the following is not true with regards to the informed consent?

- A. It should describe different treatment alternatives
B. It should contain a thorough and detailed explanation of the procedure to be done
C. It should describe the client's diagnosis
D. It should give an explanation of the client's prognosis

93. You know that the hallmark of nursing accountability is the:

- A. accurate documentation and reporting**
B. admitting your mistakes
C. filing an incidence report
D. reporting a medication error

94. A nurse is assigned to care for a group of clients. On review of the client's medical records, the nurse determines that which client is at risk for excess fluid volume?

- A. The client taking diuretics
B. The client with renal failure
C. The client with an ileostomy
D. The client who requires gastrointestinal suctioning

95. A nurse is assigned to care for a group of clients. On review of the client's medical records, the nurse determines that which client is at risk for deficient fluid volume?

A. A client with colostomy

- B. A client with congestive heart failure
- C. A client with decreased kidney function
- D. A client receiving frequent wound irrigation

Situation: As a perioperative nurse, you are aware of the correct processing methods for preparing instruments and other devices for patient use to prevent infection.

96. As an OR nurse, what are your foremost considerations for selecting chemical agents for disinfection?

A. Material compatibility and efficiency

- B. Odor and availability
- C. Cost and duration of disinfection process
- D. Duration of disinfection and efficiency

97. Before you use a disinfected instrument it is essential that you:

- A. Rinse with tap water followed by alcohol
- B. Wrap the instrument with sterile water
- C. Dry the instrument thoroughly
- D. Rinse with sterile water**

98. You have a critical heat labile instrument to sterilize and are considering to use high level disinfectant. What should you do?

- A. Cover the soaking vessel to contain the vapor
- B. Double the amount of high level disinfectant
- C. Test the potency of the high level disinfectant
- D. Prolong the exposure time according to manufacturer's direction**

99. To achieve sterilization using disinfectants, which of the following is used?

- A. Low level disinfectants immersion in 24 hours
- B. Intermediate level disinfectants immersion in 12 hours
- C. High level disinfectants immersion in 1 hour
- D. High level disinfectant immersion in 10 hours**

100. Bronchoscope, Thermometer, Endoscope, ET tube, Cytoscope are all BEST sterilized using which of the following?

- A. Autoclaving at 121 degree Celsius in 15 minutes
- B. Flash sterilizer at 132 degree Celsius in 3 minutes
- C. Ethylene Oxide gas aeration for 20 hours
- D. 2% Glutaraldehyde immersion for 10 hours**

PREBOARD EXAMINATION
NURSING PRACTICE V

Situation : *You are assigned in the neurology stroke unit. To prepare for this assignment, you should be able to answer the following questions.*

1. Which of the following statements can BEST describe/define stroke or brain attack?

- A. it occurs when circulation to a part of the brain is disrupted**
- B. it is usually caused by abuse of prescribed medications
- C. it is caused by a cerebral hemorrhage
- D. it may be the results of a transient ischemic attack (TIA)

2. Several diagnostic tests may be ordered for proper evaluation. The purpose of each of the following diagnostic examination is correct EXCEPT:

- A. Cerebral Angiography – is used to identify collateral blood circulation and may reveal site of rupture or occlusion
- B. ECG – may reveal abnormal electrical activity, such as focal slowing and assess amount of brain wave activity.**
- C. MRI – may reveal the site of infarction, hematoma and shift of brain structures
- D. PET Scanning – may reveal information on cerebral metabolism and blood flow characteristics.

3. Which of the following is the MOST common cause of stroke or brain attack?

- A. embolism
- B. hemorrhage
- C. cerebral arterial spasm
- D. thrombosis**

4. To guide you in your assessment, it is also important for you to remember that the clinical features of stroke vary with the following factors EXCEPT:

- A. severity of damage
- B. gender**
- C. artery affected
- D. the extent of collateral circulation

5. It is important for you to also teach clients and their families who are at risk to observed primary prevention which includes the following EXCEPT:

- A. maintain serum cholesterol level between 220 and 180 mm/dL**
- B. treat transient ischemic attacks (TIA) early**
- C. teach preventive health behaviors (consequences of smoking, obesity, alcoholism, drug abuse) to children of patients with stroke

D. screen for systolic hypertension

6. The most important risk factor is:

- A. Cigarette smoking
- B. **Hypertension**
- C. binge drinking
- D. heredity

7. Part of your lesson plan is to talk about etiology or cause of stroke. The types of stroke based on cause are the following EXCEPT:

- A. Embolic stroke
- B. Hemorrhagic stroke
- C. **diabetic stroke**
- D. thrombotic stroke

8. Hemorrhagic stroke occurs suddenly usually when the person is active. All are causes of hemorrhage, EXCEPT:

- A. **phlebitis**
- B. trauma
- C. damage to blood vessel
- D. aneurysm

9. The nurse emphasizes that intravenous drug abuse carries a high risk of stroke. Which drug is closely linked to this?

- A. Amphetamines
- B. **Cocaine**
- C. shabu
- D. Demerol

10. A participant in the STROKE class asks what is a risk factor of stroke. Your best response is:

- A. **“More red blood cells thicken blood and make clots more possible.”**
- B. “Increased RBC count is linked to high cholesterol.”
- C. “More red blood cell increases hemoglobin content.”
- D. “High RBC count increases blood pressure.”

Situation : Maintenance of sterility is an important function a nurse should perform in any OR setting.

11. Which of the following is true with regards to sterility?

- A. Sterility is time related, items are not considered sterile after a period of 30 days of being not use.
- B. for 9 months, sterile items are considered sterile as long as they are covered with sterile muslin cover and stored in a dust proof covers.
- C. **Sterility is event related, not time related**
- D. For 3 weeks, items double covered with muslin are considered sterile as long as they have undergone the sterilization process

12. 2 organizations endorsed that sterility are affected by factors other than the time itself, these are:

- A. The PNA and the PRC

B. AORN and JCAHO

C. ORNAP and MCNAP

D. MMDA and DILG

13. All of these factors affect the sterility of the OR equipments, these are the following except:

A. The material used for packaging

B. The handling of the materials as well as its transport

C. Storage

D. The chemical or process used in sterilizing the material

14. When you say sterile, it means:

A. The material is clean

B. The material as well as the equipments are sterilized and had undergone a rigorous sterilization process

C. There is a black stripe on the paper indicator

D. The material has no microorganism nor spores present that might cause an infection

15. In using liquid sterilizer versus autoclave machine, which of the following is true?

A. Autoclave is better in sterilizing OR supplies versus liquid sterilizer

B. They are both capable of sterilizing the equipments, however, it is necessary to soak supplies in the liquid sterilizer for a longer period of time

C. Sharps are sterilized using autoclave and not cidex

D. If liquid sterilizer is used, rinsing it before using is not necessary

Situation: After an abdominal surgery, the circulating and scrub nurses have critical responsibility about sponge and instrument count.

16. Counting is performed thrice: During the preincision phase, the operative phase and closing phase. Who counts the sponges, needles and instruments?

A. The scrub nurse only

B. The circulating nurse only

C. The surgeon and the assistant surgeon

D. The scrub nurse and the circulating nurse

17. The layer of the abdomen is divided into 5. Arrange the following from the first layer going to the deepest layer:

1. Fascia

2. Muscle

3. Peritoneum

4. Subcutaneous/Fat

5. Skin

A. 5,4,3,2,1

C. 5,4,1,3,2

B. 5,4,2,1,3

D. 5,4,1,2,3

18. When is the first sponge/instrument count reported?

A. Before closing the subcutaneous layer

B. Before peritoneum is closed

C. Before closing the skin

D. Before the fascia is sutured

19. Like any nursing interventions, counts should be documented. To whom does the scrub nurse report any discrepancy of counts so that immediate and appropriate action is instituted?

A. Anaesthesiologists

B. Surgeon

C. OR nurse supervisor

D. Circulating nurse

20. Which of the following are 2 interventions of the surgical team when an instrument was confirmed missing?

A. MRI and Incidence report

B. CT Scan, MRI, Incidence report

C. X-RAY and Incidence report

D. CT Scan and Incidence report

Situation : Pharmacological treatment was not effective for Johnny's hyperthyroidism and now, he is scheduled for Thyroidectomy.

21. Instruments in the surgical suite for surgery is classified as either CRITICAL, SEMI CRITICAL and NON CRITICAL. If the instrument are introduced directly into the blood stream or into any normally sterile cavity or area of the body it is classified as:

A. Critical

B. Non Critical

B. Semi Critical

D. Ultra Critical

22. Instruments that do not touch the patient or have contact only to intact skin is classified as:

A. Critical

B. Non Critical

B. Semi Critical

D. Ultra Critical

23. If an instrument is classified as Semi Critical, an acceptable method of making the instrument ready for surgery is through:

- A. Sterilization
- B. Decontamination

- C. Disinfection**
- D. Cleaning

24. While critical items and should be:

- A. Clean
- B. Decontaminated
- C. Sterilized**
- D. Disinfected

25. As a nurse, you know that intact skin acts as an effective barrier to most microorganisms. Therefore, items that come in contact with the intact skin or mucus membranes should be:

- A. Disinfected**
- B. Sterile
- C. Clean
- D. Alcoholized

Situation : Understanding different models of care is a necessary part of the nurse patient relationship.

26. The focus of this therapy is to have a positive environmental manipulation, physical and social to effect a positive change.

- A. Milieu**
- B. Psychotherapy
- C. Behaviour
- D. Group

27. The client asks the nurse about Milieu therapy. The nurse responds knowing that the primary focus of milieu therapy can be best described by which of the following?

- A. A form of behavior modification therapy
- B. A cognitive approach of changing the behaviour
- C. A living, learning or working environment**
- D. A behavioural approach to changing behaviour

28. A nurse is caring for a client with phobia who is being treated for the condition. The client is introduced to short periods of exposure to the phobic object while in relaxed state. The nurse understands that this form of behaviour modification can be best described as:

- A. Systematic desensitization**
- B. Aversion Therapy
- C. Self control therapy
- D. Operant conditioning

29. A client with major depression is considering cognitive therapy. The client say to the nurse, "How does this treatment works?" The nurse respond by telling the client that:

- A. "This type of treatment helps you examine how your thoughts and feelings contribute to your difficulties"**
- B. "This type of treatment helps you examine how your past life has contributed to your problems."
- C. "This type of treatment helps you to confront your fears by exposing you to the feared object abruptly."

D. "This type of treatment will help you relax and develop new coping skills."

30. A Client state, "I get down on myself when I make mistake." Using Cognitive therapy approach, the nurse should:

- A. Teach the client relaxation exercise to diminish stress
- B. Provide the client with Mastery experience to boost self esteem
- C. Explore the client's past experiences that causes the illness
- D. Help client modify the belief that anything less than perfect is horrible**

31. The most advantageous therapy for a preschool age child with a history of physical and sexual abuse would be:

- A. Play**
- B. Psychoanalysis
- C. Group
- D. Family

32. An 18 year old client is admitted with the diagnosis of anorexia nervosa. A cognitive behavioural approach is used as part of her treatment plan. The nurse understands that the purpose of this approach is to:

- A. Help the client identify and examine dysfunctional thoughts and beliefs**
- B. Emphasize social interaction with clients who withdraw
- C. Provide a supportive environment and a therapeutic community
- D. Examine intrapsychic conflicts and past events in life

33. The nurse is preparing to provide reminiscence therapy for a group of clients. Which of the following clients will the nurse select for this group?

- A. A client who experiences profound depression with moderate cognitive impairment
- B. A catatonic, immobile client with moderate cognitive impairment
- C. An undifferentiated schizophrenic client with moderate cognitive impairment
- D. A client with mild depression who exhibits who demonstrates normal cognition**

34. Which intervention would be typical of a nurse using cognitive-behavioral approach to a client experiencing low self esteem?

- A. Use of unconditional positive regard
- B. Classical conditioning
- C. Analysis of free association
- D. Examination of negative thought patterns**

35. Which of the following therapies has been strongly advocated for the treatment of post traumatic stress disorders?

- A. ECT
- B. Group Therapy**
- C. Hypnotherapy
- D. Psychoanalysis

36. The nurse knows that in group therapy, the maximum number of members to include is:

- A. 4 B. 8 C. **10** D. 16

37. The nurse is providing information to a client with the use of disulfiram (antabuse) for the treatment of alcohol abuse. The nurse understands that this form of therapy works on what principle?

- A. Negative Reinforcement C. Operant Conditioning
B. **Aversion Therapy** C. Gestalt therapy

38. A biological or medical approach in treating psychiatric patient is:

- A. Million therapy C. Behavioral therapy
B. **Somatic therapy** D. Psychotherapy

39. Which of these nursing actions belong to the secondary level of preventive intervention?

- A. Providing mental health consultation to health care providers
B. **Providing emergency psychiatric services**
C. Being politically active in relation to mental health issues
D. Providing mental health education to members of the community

40. When the nurse identifies a client who has attempt to commit suicide the nurse should:

- A. call a priest
B. counsel the client
C. **refer the client to the psychiatrist**
D. refer the matter to the police

Situation: Rose seeks psychiatric consultation because of intense fear of flying in an airplane which has greatly affected her chances of success in her job.

41. The most common defense mechanism used by phobic clients is:

- A. Supression C. Denial
B. Rationalization D. **Displacement**

42. The goal of the therapy in phobia is:

- A. Change her lifestyle
B. Ignore tension producing situation
C. **Change her reaction towards anxiety**
D. Eliminate fear producing situations

43. The therapy most effective for client's with phobia is:

- A. Hypnotherapy
- B. Group therapy

- C. Cognitive therapy
- D. Behavior therapy**

44. The fear and anxiety related to phobia is said to be abruptly decreased when the patient is exposed to what is feared through:

- A. Guided Imagery
- B. Systematic desensitization
- C. Flooding**
- D. Hypotherapy

45. Based on the presence of symptom, The appropriate nursing diagnosis is:

- A. Self esteem disturbance
- B. Activity intolerance
- C. Impaired adjustment
- D. Ineffective individual coping**

Situation: Mang Jose, 39 year old farmer, unmarried, had been confined in the National center for mental health for three years with a diagnosis of schizophrenia.

46. The most common defense mechanism used by a paranoid client is:

- A. Displacement
- B. Suppression
- C. Rationalization
- D. Projection**

47. When Mang Jose says to you: "The voices are telling me bad things again!" The best response is:

- A. "Whose voices are those?"
- B. "I doubt what the voices are telling you"
- C. "I do not hear the voice you say you hear"**
- D. "Are you sure you hear these voices?"

48. A relevant nursing diagnosis for clients with auditory hallucination is:

- A. Sensory perceptual alteration**
- B. Altered thought process
- C. Impaired social interaction
- D. Impaired verbal communication

49. During mealtime, Jose refused to eat telling that the food was poisoned. The nurse should:

- A. Ignore his remark
- B. Offer him food in his own container**
- C. Show him how irrational his thinking is
- D. Respect his refusal to eat

50. When communicating with Jose, The nurse considers the following except:

- A. Be warm and enthusiastic**
- B. Refrain from touching Jose
- C. Do not argue regarding his hallucination and delusion
- D. Use simple, clear language

Situation: Gringo seeks psychiatric counselling for his ritualistic behavior of counting his money as many as 10 times before leaving home.

51. An initial appropriate nursing diagnosis is:

- A. Impaired social interaction
- B. Ineffective individual coping**
- C. Impaired adjustment
- D. Anxiety Moderate

52. Obsessive compulsive disorder is BEST described by:

- A. Uncontrollable impulse to perform an act or ritual repeatedly
- B. Persistent thoughts
- C. Recurring unwanted and disturbing thought alternating with a behavior**
- D. Pathological persistence of unwilled thought, feeling or impulse

53. The defense mechanism used by persons with obsessive compulsive disorder is undoing and it is best described in one of the following statements:

- A. Unacceptable feelings or behavior are kept out of awareness by developing the opposite behavior or emotion
- B. Consciously unacceptable instinctual drives are diverted into personally and socially acceptable channels
- C. Something unacceptable already done is symbolically acted out in reverse**
- D. Transfer of emotions associated with a particular person, object or situation to another less threatening person, object or situation

54. To be more effective, the nurse who cares for persons with obsessive compulsive disorder must possess one of the following qualities:

- A. Compassion
- B. Consistency**
- C. Patience
- D. Friendliness

55. Persons with OCD usually manifest:

- A. Fear
- B. Apathy
- C. Suspiciousness
- D. Anxiety**

Situation : The patient who is depressed will undergo electroconvulsive therapy.

56. Studies on biological depression support electroconvulsive therapy as a mode of treatment. The rationale is:

- A. ECT produces massive brain damage which destroys the specific area containing memories related to the events surrounding the development of psychotic condition
- B. The treatment serves as a symbolic punishment for the client who feels guilty and worthless
- C. ECT relieves depression psychologically by increasing the norepinephrine level**
- D. ECT is seen as a life-threatening experience and depressed patients mobilize all their bodily defenses to deal with this attack.

57. The preparation of a patient for ECT ideally is MOST similar to preparation for a patient for:

- A. electroencephalogram
- B. X-ray
- C. general anesthesia**
- D. electrocardiogram

58. Which of the following is a possible side effect which you will discuss with the patient?

- A. hemorrhage within the brain
- B. encephalitis
- C. robot-like body stiffness
- D. confusion, disorientation and short term memory loss**

59. Informed consent is necessary for the treatment for involuntary clients. When this cannot be obtained, permission may be taken from the:

- A. social worker
- B. doctor
- C. next of kin or guardian**
- D. chief nurse

60. After ECT, the nurse should do this action before giving the client fluids, food or medication:

- A. assess the gag reflex**
- B. assess the sensorium
- C. next of kin or guardian
- D. check O2 Sat with a pulse oximeter

SITUATION: Schizophrenia is a mental illness that leads to a disturbing detachment from reality.

61. A client is admitted to the psychiatric unit with active psychosis. The physician diagnoses schizophrenia after ruling out several other conditions. Schizophrenia is characterized by:

- A. loss of identity and self-esteem.
- B. multiple personalities and decreased self-esteem.
- C. disturbances in affect, perception, and thought content and form.**
- D. persistent memory impairment and confusion.

62. The nurse is caring for a client who experiences false sensory perceptions with no basis in reality. These perceptions are known as:

- A. Looseness of association
- B. Hallucination**
- C. Delusion
- D. Perseveration

63. A client with schizophrenia tells the nurse, "My intestines are rotted from the worms chewing on them." This statement indicates a:

- A. delusion of persecution.
- B. delusion of grandeur.
- C. somatic delusion.**
- D. jealous delusion.

64. A client is admitted to the psychiatric hospital with a diagnosis of catatonic schizophrenia. During the physical examination, the client's arm remains outstretched after the nurse obtains the pulse and blood pressure, and the nurse must reposition the arm. This client is exhibiting:

- A. Akathisia
- B. Waxy Flexibility**
- C. Echopraxia
- D. Echolalia

65. An agitated and incoherent client, age 29, comes to the emergency department with complaints of visual and auditory hallucinations. The history reveals that the client was hospitalized for paranoid schizophrenia from ages 20 to 21. The physician prescribes haloperidol (Haldol), 5 mg I.M. The nurse understands that this drug is used in this client to treat:

- A. Psychoses**
- B. Dementia
- C. Tardive dyskinesia
- D. Dyskinesia

66. A client receiving fluphenazine decanoate (Prolixin Decanoate) therapy develops pseudoparkinsonism. The physician is likely to prescribe which drug to control this extrapyramidal effect?

- A. phenytoin (Dilantin)
- B. benztropine (Cogentin)
- C. amantadine (Symmetrel)**
- D. diphenhydramine (Benadryl)

67. Which medication can control the extrapyramidal effects associated with antipsychotic agents?

- A. perphenazine (Trilafon)
- B. doxepin (Sinequan)
- C. amantadine (Symmetrel)**
- D. clorazepate (Tranxene)

68. A client, age 36, with paranoid schizophrenia believes the room is bugged by the Central Intelligence Agency and that his roommate is a foreign spy. The client has never had a romantic relationship, has no contact with family members, and hasn't been employed in the last 14 years. Based on Erikson's theories, the nurse should recognize that this client is in which stage of psychosocial development?

- A. Autonomy versus shame and doubt
- C. Generativity versus stagnation

B. Integrity versus despair

D. Trust versus mistrust

69. Problems with Paranoia often originates during which stage of development?

A. Oral

B. Anal

C. Phallic

D. Latency

70. Since admission 4 days ago, a client has refused to take a shower, stating, "There are poison crystals hidden in the showerhead. They'll kill me if I take a shower." Which nursing action is most appropriate?

A. Dismantling the showerhead and showing the client that there is nothing in it

B. Explaining that other clients are complaining about the client's body odor

C. Asking a security officer to assist in giving the client a shower

D. Accepting these fears and allowing the client to take a sponge bath

SITUATION: You are handling a nutrition class on the hospital wellness center.

71. A 78 year old client asked you what is the vitamin needed to prevent neuropathy, tingling, numbness and paresthesia. You will recommend an intake of:

A. Vitamin B12 and B Complex

C. Vitamin E

B. Vitamin C

D. Vitamin A

72. Some Vitamins are stored by the body therefore, people need not take them daily. Which of the following vitamin is stored?

A. A

C. C

B. Riboflavin

D. Thiamine

73. An alcoholic client will usually have a deficiency of:

A. B1

B. B2

C. B3

D. B6

74. 80% Of the mineral found in the body are:

A. Sodium and Magnesium

C. Fluoride and Iron

B. Zinc and Selenium

D. Calcium and Phosphorous

75. Which of the following are Macrominerals?

A. Iron, Zinc, Manganese

C. Sodium, Magnesium, Potassium

B. Copper, Cobalt, Chromium

D. Selenium, Fluoride, Iodine

76. Alcoholism can also be a cause of major malnutrition. The lining of the stomach is inflamed thus, decreasing its capacity to absorb nutrients. The Vitamin usually affected by this malabsorption that causes symptom of Korsakoff's Syndrome is:

- A. **Thiamine** B. Niacin C. Cyanocobalamine D. Riboflavin

77. This Mineral works with Vitamin E to strengthen the Immune system and Increase the absorption of Vitamin E thus leading to an increased Antioxidant effect:

- A. Zinc B. Iodine C. Magnesium **D. Selenium**

78. The most important Vitamin for wound healing responsible for Collagen and Tissue formation is:

- A. Protein **B. Vitamin C** C. Vitamin A D. Vitamin E

79. When taking Coumadin, The nurse instructs the client to avoid:

- A. Vitamin A **B. Vitamin K** C. Vitamin B D. Vitamin E

80. One of your client in the Wellness Center is Jodie, 23 year old client weighing 190lbs standing 6'3 in height. Jodie asked if she should lose weight. Using the BMI calculation, you know that Jodie is:

- A. Overweight B. Underweight C. Obese **D. Normal**

SITUATION: Anorexia and Bulimia nervosa are both an eating disorder that can cause fatal consequences.

81. The nurse is caring for a female client who was admitted to the mental health unit recently for anorexia nervosa. The client with anorexia nervosa manages anxiety by:

- A. Always reinforcing self approval
B. Having the need always to make the right decision
C. Engaging in Immoral acts
D. Observing rigid rules and regulations

82. For a client with anorexia nervosa, which goal takes the highest priority?

- A. The client will establish adequate daily nutritional intake.**
B. The client will make a contract with the nurse that sets a target weight.
C. The client will identify self-perceptions about body size as unrealistic.
D. The client will verbalize the possible physiological consequences of self-starvation.

83. A nurse is assessing an adolescent girl recently diagnosed with an eating disorder and symptoms of Anorexia Nervosa. Which of the following findings is expected based on the laboratory test results?

- A. Hypocalcemia B. Hyperkalemia **C. Hypokalemia** D. Hypoglycemia

84. While in Bulimia Nervosa, An electrolyte disturbance that usually occurs is:

- A. Hypocalcemia B. Hyperkalemia **C. Hypokalemia** D. Hypoglycemia

85. The most common cause of death, associated with Electrolyte disturbance seen in anorexia nervosa is:

- A. Liver damage C. Kidney failure
B. Cardiac Arrhythmias D. Irreversible brain damage

SITUATION: Alcohol is the number one abused substance. It is also the number one cause of substance poisoning.

86. The Defense mechanism frequently used by an alcoholic client is:

- A. Denial** B. Projection C. Substitution D. Splitting

87. A client with alcohol problems starts talk to a nurse about wanting a drink. Which of the following terms best describes what this client is experiencing?

- A. Craving** B. Potentiation C. Recidivism D. Tolerance

88. A client is hospitalized with fractures of the right femur and right humerus sustained in a motorcycle accident. Police suspect the client was intoxicated at the time of the accident. Laboratory tests reveal a blood alcohol level of 0.2% (200 mg/dl). The client later admits to drinking heavily for years. During hospitalization, the client periodically complains of tingling and numbness in the hands and feet. The nurse realizes that these symptoms probably result from:

- A. acetate accumulation. C. triglyceride buildup.
B. thiamine deficiency. D. a below-normal serum potassium level.

89. Which assessment finding is most consistent with early alcohol withdrawal?

- A. Heart rate of 120 to 140 beats/minute** C. Blood pressure of 100/70 mm Hg
B. Heart rate of 50 to 60 beats/minute D. Blood pressure of 130/80 mm Hg

90. The nurse in the substance abuse unit is trying to encourage a client to attend Alcoholics Anonymous meetings. When the client asks the nurse what he must do to become a member, the nurse should respond:

- A. "You must first stop drinking."
- B. "Your physician must refer you to this program."
- C. "Admit you're powerless over alcohol and that you need help."**
- D. "You must bring along a friend who will support you."

Situation: A young man is remanded by courts for psychiatric treatment. His police record, which dates to his early teenage years including delinquency, running away, auto theft and vandalism. He dropped out of school at 16 and has been living on his own since then.

91. These maladaptive coping is associated with:

- A. Antisocial personality disorder**
- B. Borderline personality disorder
- C. Obsessive compulsive personality disorder
- D. Narcissistic personality disorder

92. The nurse knows that the structure of personality that is malfunctioning in persons with Antisocial personality disorder is:

- A. ID
- B. Ego**
- C. Super Ego
- D. Conscious

93. An appropriate nursing diagnosis is:

- A. Impaired social interaction
- B. Ineffective individual coping**
- C. Impaired adjustment
- D. Anxiety Moderate

94. The therapy of choice for ALL Personality disorder is:

- A. Individual Psychotherapy**
- B. Behaviour Therapy
- C. Group therapy
- D. Cognitive Therapy

95. During a family meeting for a client with antisocial personality disorder, which of the following statements is expected from a family member?

- A. "Today I am his enemy, but tomorrow I'll be a saint to him."
- B. "When he is wrong, he never apologizes or say sorry."**

- C. "Sometimes, I cannot believe how he exaggerates everything!"
- D. "There are times when his compulsive behaviour is too much to handle"

SITUATION: Jericho, is a child diagnosed with ADHD

96. A schools nurse is giving an educational forum on attention deficit hyperactivity disorder to the local school board. Which of the following behaviour is most common in children with ADHD?

- A. Lethargy
- B. Long attention span
- C. Short attention span**
- D. Preoccupation with body parts

97. The cause of ADHD is said to be:

- A. Prenatal trauma
- B. Environmental toxins
- C. Damage to the brain structures
- D. Unknown**

98. Which of the following characteristic is typical of a school age child with ADHD?

- A. Very silent and introvert
- B. **Stops writing when somebody coughs**
- C. Preoccupied with details
- D. Favours mentally challenging games

99. The mother of a child with ADHD asks the nurse, what is Methylphenidate (Ritalin). The nurse best responds:

- A. Ritalin is a depressant use in controlling the hyperactivity and inattentiveness of a child with ADHD
- B. Ritalin is a stimulant use in controlling the hyperactivity and inattentiveness of a child with ADHD**
- C. Ritalin action remains unknown
- D. Side effects include insomnia, suppression of appetite and weight loss

100. Methylphenidate (Ritalin) is prescribed to treat a 7 year old child's attention deficit/hyperactivity disorder. Ritalin is used in the treatment of this disorder in children for its:

- A. Diuretic effect
- B. Paradoxical effect**
- C. Synergistic effect
- D. Hypotensive effect