

## SECTION A – Part I

**Multiple Choice Question: Answer in the answer booklet as per the above instructions (1x30 marks).**

1. What quality improvement strategy is most likely to succeed when changing existing system practices which interfere with effective pain management?
  - a. Educating the medical staff
  - b. Lobbying for administrative support
  - c. Selecting several pain rating scales
  - d. Using an interdisciplinary approach
  
2. The most accurate judge of the intensity of the patient's pain is
  - a. The treating physician
  - b. The patient's nurse
  - c. The patient
  - d. The patient's spouse or family
  
3. The most likely explanation for why a patient with pain would request increased doses of pain medication is
  - a. The patient is experiencing increased pain.
  - b. The patient is experiencing increased anxiety or depression
  - c. The patient is requesting more staff attention
  - d. The patient's requests are related to addiction
  
4. A nurse is instructing a patient on how to obtain a 24 hour urine sample for creatinine clearance. Which measure is appropriate for the nurse to include in the teaching plan?
  - a. Keep the urine in a glass container only
  - b. Drink extra fluid to increase the amount
  - c. Save all the urine for a full 24 hours
  - d. Save only enough urine to fill the container
  
5. A nurse manager is asked to prepare a budget for the new fiscal year. Identify an example of direct costs
  - a. Nursing salaries
  - b. Utility costs
  - c. Maintenance costs
  - d. Physical plant expenses
  
6. The nurse incharge of the medical ward is considering a change in the nursing care delivery system. Currently each staff nurse is responsible for 8-12 patients with one junior nurse and one nurse assistant. This is an example of which type of delivery system?
  - a. Functional nursing
  - b. Task nursing
  - c. Team nursing

- d. Primary nursing
7. The Nursing Superintendent is told during an evaluation that there is a need for improvement in the area of assertiveness. Choose an appropriate example of assertiveness.
- a. "We will do it my way."
  - b. "I am sorry, but that was a useless suggestion."
  - c. "It does not matter to me, do what you want."
  - d. "I agree, to a point, but I have another suggestion."
8. A patient who had surgery for cholelithiasis was sent home with a T-tube. The patient is instructed by the nurse to start clamping the tube for several hours each day starting 3 days before the return visit to the hospital. What is the reason for this procedure?
- a. Prevents excessive bile loss
  - b. Detects complications
  - c. Assesses bile flow adequacy
  - d. Prevents bile flow obstruction
9. A nursing diagnosis represents the:
- a. Proposed plan of care
  - b. Patient's health problems
  - c. Assessment of patient's data
  - d. Actual nursing intervention
10. Elderly people have a high incidence of hip fracture because of:
- a. Carelessness
  - b. Fragility of bone
  - c. Sedentary existence
  - d. Rheumatoid diseases
11. The primary purpose for the regulation of nursing practice is to protect:
- a. The public
  - b. Practicing nurses
  - c. The employing agency
  - d. Professional standards
12. The major role in maintaining fluid balance in the body is performed by the:
- a. Liver
  - b. Heart
  - c. Lungs
  - d. Kidneys
13. A patient has an IV infusion. If the IV infusion infiltrates, the nurse should first:
- a. Elevate the IV site
  - b. Discontinue the infusion
  - c. Attempt to flush the tube
  - d. Apply warm, moist soaks

14. A patient who is receiving furosemide (lasix) and digoxin (lanoxin) should be observed for symptoms of electrolyte depletion caused by:
- Diuretic therapy
  - Sodium restriction
  - Continuous dyspnea
  - Inadequate oral intake
15. To prevent a pulmonary embolus in a patient on bed rest, the nurse should:
- Limit the patient's fluid intake
  - Encourage deep breathing and coughing
  - Use the bedpan while in the bed
  - Teach the patient to move the legs when in bed
16. When instituting oxygen therapy, the nurse recognizes that the method of oxygen administration least likely to increase apprehension in the patient is:
- Tent
  - Mask
  - Cannula
  - Catheter
17. The nurse is aware that the term bradycardia means:
- a grossly irregular heartbeat
  - a heart rate of over 90 per minute
  - a heart rate of under 60 per minute
  - a heartbeat that has regular "skipped" beats
18. A patient is admitted to the hospital and has edematous ankles. To limit edema of the feet the nurse should prepare to:
- restrict fluids
  - elevate the legs
  - apply elastic bandages
  - do range-of-motion exercises
19. antibodies are produced by:
- eosinophils
  - plasma cells
  - erythrocytes
  - lymphocytes
20. A patient is concerned about contracting malaria while visiting relatives in the southern region. The nurse explains that the best way to prevent malaria is to avoid:
- Mosquito bites
  - Untreated water
  - Undercooked food
  - Over-populated areas

21. Vitamin K is essential for normal blood clotting because it promotes:
- Platelet aggregation
  - Ionization of blood calcium
  - Fibrinogen formation by the liver
  - Prothrombin formation by the liver
22. A patient begins to expectorate blood. The nurse describes this episode as:
- Hematuria
  - Hematoma
  - Hemoptysis
  - Hematemesis
23. The position in which the patient with dyspnea should be placed is:
- Sims'
  - Supine
  - Orthopneic
  - Trendelenburg
24. As a result of fractured ribs the patient may develop:
- scoliosis
  - pneumothorax
  - obstructive lung disease
  - herniation of the diaphragm
25. The nurse should position a patient recovering from general anesthesia in a:
- supine position
  - side-lying position
  - high-fowler's position
  - trendelenburg's position
26. During the immediate post-operative period the nurse should give the highest priority to:
- observing for hemorrhage
  - maintaining a patent airway
  - recording the intake and output
  - checking the vital signs every 15 minutes
27. Two nurses are eating lunch in the cafeteria when one of them states, incorrectly, that one of the patients in the ward is a commercial sex worker and has genital herpes. A close, personal friend of the patient, in question, was also eating lunch at the next table and overheard the conversation. The nurses are guilty of which type of tort?
- Invasion of privacy
  - Defamation of character
  - Libel
  - Slander

28. A patient suffers from “acid indigestion” and reports taking large amounts of antacids for relief. During the teaching phase of the nursing process, the nurse explains that this practice may cause which outcome?
- Respiratory alkalosis with numbness and dizziness
  - Respiratory acidosis with weakness and tachycardia
  - Metabolic acidosis with muscle twitching and tremors
  - Metabolic alkalosis with nausea, vomiting and convulsions
29. A 25 year old is admitted for possible overdose of a controlled substance with signs and symptoms of nausea, vomiting and decreasing level of consciousness. Which nursing diagnosis is of the highest priority?
- Fluid volume deficit related to nausea and vomiting secondary to withdrawal
  - High risk for aspiration related to vomiting and decreased level of consciousness
  - Ineffective individual coping related to inappropriate use of medication
  - Perceptual alteration related to decreased level of consciousness
30. In developing objectives for the unit, the nurse manager is attempting to decrease staff turnover. Identify the most appropriate objective:
- Patient satisfaction questionnaires will show improved staff ratings
  - Normal attrition rates will be exceeded in the next 6 months
  - Turnover rates will decrease by 10% in the next 3 months
  - Staff satisfaction will improve in the next 3 months

## SECTION A – Part II

### Short answer question (4x5 =20 Marks)

1. a) Define catheterization (1)  
b) List down 4 purposes of catheterization (2)  
c) Write down four indications of catheterization (2)
2. a) Mention four routes of administration of medications (2)  
b) What are the five rights to be followed when administering the medications? (2 ½)  
c) Define oral medication (1/2)
3. a) Define parenteral administration of medicine (1)  
b) List four complications of injections (2)  
c) Mention four instructions to be given for Intravenous Infusion (I/V) (2)
4. a) List four purposes of eye irrigation (2)  
b) Name two solutions used for eye irrigation (1)  
c.) Define ear instillation (1)  
d) State 2 purposes of ear instillation (1)

## SECTION B

**Answer any one of the case study (1x50=50 Marks).**

### CASE STUDY 1

Sangay Wangdi 28 years old is admitted in the surgical ward with an acute onset of right quadrant pain. Appendicitis is suspected and surgery is performed.

1. What is appendicitis? (1)
2. What are the signs and symptoms of appendicitis? (3)
3. Why is laxative not given in this condition? (1)
4. What are the diagnostic tests done to confirm the appendicitis? (2)
5. What are the major complications of the appendicitis? (1)
6. Write down the immediate post-operative nursing care of the patients who has undergone surgery? (10)

7. Some of the Post-Operative complications are Shock, Haemorrhage.
  - (a). How will you assess these complications? (5+5)
  - (b). How will you manage these complications? (5+3)
8. Wound care is important after surgery. List down the purposes of wound care (6)
9. What are the nurse's responsibilities in the wound dressings? (8)

## CASE STUDY II

1. You are on duty in the maternity ward and Mrs. Wangmo, a 39 weeks pregnant woman, complaining of labour pain comes to you seeking admission. You want to make sure that she is actually in labour before proceeding with the admission process.

1. What signs and symptoms will tell you that she is in labour? (3)
2. How will you know that the fetus is all right? (2)

II. Realizing that Mrs. Wangmo is in the active first stage of labour, you decide to admit her, and carry out with the routine examinations.

1. What assessment and examinations will you carry out on her? (10)

III. Mrs. Wangmo experienced a normal spontaneous vaginal birth. She gave birth to a baby boy weighing 2.8 kg. The baby was blue and limp and did not breathe.

1. What will you do? (5)

IV. At the completion of second stage she was given ergometrine 0.2 mg. The placenta was delivered 5 minutes later, without complication. Thirty minutes later, she reports that she has heavy vaginal bleeding.

1. What will you include in your initial assessment of Mrs. B., and why? (6)
2. What particular aspects of Mrs. Wangmo's examination will help you make a diagnosis or identify her problems/needs, and why? (3)

V. You have completed your assessment of Mrs. Wangmo, and your main findings include the following:

Mrs. Wangmo's temperature is 37°C, her pulse rate is 88, her blood pressure is 110/80 and her respiration rate is 18 per minute. Her uterus is firm and well contracted. The placenta is complete. She has no perineal trauma. Examination of the vagina and cervix is difficult because she continues to have heavy vaginal bleeding; therefore, tears of the cervix and vagina have not yet been ruled out

1. Based on these findings, what is Mrs. Wangmo's diagnosis (problem/need)? (1)

2. Based on your diagnosis (problem/need identification), what is your plan of care for Mrs. Wangmo, and why? (5)

VI. Mrs Wangmo and her baby remained in the hospital for about 2 weeks and finally they were discharged.

1. What advice/instructions will you give her on discharge? (5)
2. What are the things to be included during the post natal examination for the mother?(6)
3. List the types of routine immunization/vaccination given to children in Bhutan. (4)