**ROYAL CIVIL SERVICE COMMISSION**

**BHUTAN CIVIL SERVICE EXAMINATION (BCSE) 2014**

**EXAMINATION CATEGORY: TECHNICAL**

**PAPER III: SUBJECT SPECIALIZATION PAPER for *NURSING***

**Date** : 12 October

**Total Marks** : 100

**Examination Time :** 150 minutes (2.5 hours)

**Reading Time :** 15 Minutes (Prior to examination time)

**GENERAL INSTRUCTIONS:**

1. Write your Roll Number clearly and correctly on the Answer Booklet.
2. The first 15 minutes is being provided to check the number of pages of Question Paper, printing errors, clarify doubts and to read the instructions. You are NOT permitted to write during this time.
3. This paper consists of **TWO SECTIONS,** namely SECTION A and SECTION B:

* **SECTION A** has two parts: Part I - 30 Multiple-Choice Questions

Part II - 4 Short Answer Questions

All questions under SECTION A are COMPULSORY

* **SECTION B** consists of two Case Studies. Choose only ONE case study and answer the questions under your choice.

1. All answers should be written with correct numberings of Sections, Part and Question Number in the Answer Booklet provided to you. Note that any answer written without indicating any or correct Section, Part and Question Number will NOT be evaluated and no marks would be awarded.
2. Begin each Section and Part in a fresh page of the Answer Booklet.
3. You are not permitted to tear off any sheet(s) of the Answer Booklet as well as the Question Paper.
4. Use of any other papers including paper for rough work is not permitted.
5. You are required to hand over the Answer Booklet to the Invigilator before leaving the examination hall.
6. This paper has **9** printed pages in all, including this instruction page.

**GOOD LUCK!**

**SECTION A**

**PART I – Multiple Choice Questions (30 Marks)**

**Choose the correct answers and write down the letter of the correct answer chosen in the Answer Booklet against the question number. E.g.31(c). Each question carries ONE mark. Any double writing, smudgy answers or writing more than one choice shall not be evaluated.**

1. The patient complaint of rebound tenderness at the right lower quadrant. The area is also known as:
   1. Right Lumber region
   2. Hypogastric region
   3. Right iliac region
   4. Right hypochondriac region
2. Phacoemulsification is the method of :
3. Intraocular lens implants
4. Extracapsular cataract surgery
5. All of the above
6. None of the above
7. Mr. Karma was admitted to oncology unit after he was diagnosed with Cancer. The finding on the diagnostic report states a tumor greater than 5 cm with positive fixed lymph node involvement in the clavicular area without evidence of metastases. Choose the correct tumor stage for providing Mr. Karma with appropriate nursing intervention.
8. Stage I
9. Stage II
10. Stage III
11. Stage IV
12. Nursing ethics states the duties and obligation of nurses to:
13. Patients
14. Other health professionals
15. Community
16. All of the above
17. The correct nursing procedure for collecting urine specimen from patient with indwelling catheter:
18. Use sterile needle and syringe to aspirate urine specimen from few centimeter above the drainage port
19. Collect urine specimen from the drainage port after detaching the catheter from the connecting tube
20. Collect from any part of the catheter that is convenient
21. Collect urine specimen from urinary drainage bag
22. A nurse verbally reviews medication information with a 21 years old psychiatric patient and provide her with several handouts. The patient listens intently, nods, ignores the handouts, and states that she fully understands the information. The nurse should further assess for:
23. Poverty of thought
24. Attention deficits
25. Literacy
26. Level of intelligence
27. The function of Mitochondria is to:
28. Generate energy
29. Control cell activity and structure
30. Synthesis of lipids
31. All of the above
32. The 45 years old Aum Dema was admitted to Surgical Ward with excruciating upper right abdominal pain radiating to back and right shoulder. The patient also complained of nausea and vomiting several hours after a heavy meal. During nursing assessment patient was found to be on oral contraceptive and was obese. What would be the likely diagnosis?
33. Cholelithiasis
34. Pancreatitis
35. Peptic Ulcer
36. Cystitis
37. Sagittal plane divides the body into:
38. Anterior and posterior sections
39. Upper and lower section
40. Right and left section
41. None of the above
42. The list of drugs that need to be stocked in the emergency crash kart except:
43. Atropine
44. Potassium chloride
45. Sodium chloride
46. Dextrose
47. A short-term goal for a patient with Alzheimer disease is:
48. Regained sensory perception and cognitive function
49. Improved problem-solving in activities of daily living
50. Optimum functioning in the least restrictive environment
51. Increased self-esteem and improved self-concept
52. Which of the following would be considered a patient’s right?
53. Right to argue about treatment
54. Right to information
55. All of the above
56. None of the above
57. Habitual abortion is the term applied when:
58. Woman had at least two consecutive spontaneous abortions
59. Woman had at least three consecutive spontaneous abortions
60. Woman had at least four consecutive spontaneous abortions
61. Woman who had abortions irrespective of number of times
62. Which vital sign needs to be monitored for Digoxin (Lanoxin) during medication?
63. Blood Pressure
64. Temperature
65. Pulse Rate
66. Respiration Rate

1. Pentavalent vaccine consist of :
2. Diphtheria –Tetanus – Pertussis – Hepatitis B – Haemophilus Influenza Type B
3. Diphtheria – Tetanus – Pertussia – Hepatitis B – OPV
4. Diphtheria – Tetanus – Pertussia – BCG– OPV
5. Diphtheria – Tetanus – Pertussia – BCG–HPVV
6. When a nurse is following all the “rights” during medication in the ward, he/she is promoting:
7. Veracity
8. Responsibility
9. Accountability
10. Autonomy
11. Mrs. Choki came to Maternity Ward during early stage of labor. Which of the following should the nurse on duty avoid?
12. Apply pressure upon the back during a pain
13. Encourage as many relatives and friends to come and talk with Choki
14. Occasionally bathing Choki’s face and hands with cold water
15. Permit frequent sips of cold water
16. A patient is on medication for hypertension, hypercholesterolemia and hypothyroidism. Which medication when used for a long period of time may cause osteoporosis?
17. Cholesterol lowering medication
18. Antihypertensive medication
19. Thyroid replacement medication
20. All of the above
21. Which of the following differentiates nursing diagnosis from medical diagnosis?
22. Nursing diagnosis is primarily concerned with caring, while medical diagnosis is concerned with curing.
23. Nursing diagnosis is dependent upon medical diagnosis for the direction of appropriate interventions.
24. Nursing diagnosis is primarily concerned with psychosocial parameters, while medical diagnosis is primarily concerned with physiologic parameters.
25. Nursing diagnosis is primarily concerned with human response, while medical diagnosis is primarily concerned with pathology.
26. Primary immunization should be completed when a child reaches:
27. 5 years old
28. 2 years old
29. 1 year old
30. 8 months old
31. To promote dietary adherence for a newly diagnosed Diabetic patient, the nurse’s initial approach should be:
32. Enquire about the patient’s current food preferences and eating habits
33. List the variety of foods that are allowed on the diet
34. Inform the patient about the need to follow the diet
35. Promote commercial diabetes diets
36. During the first 15 minutes of blood transfusion the signs and symptoms that need to be observed are:
37. Fever, breathlessness and rashes
38. Headache and chest pain
39. All of the above
40. None of the above
41. A nurse who is taking care of infants undergoing phototherapy treatment need to observe all except:
42. Eye patches are in place
43. Hyperthermia
44. Dehydration
45. Monitor serum bilirubin every half an hour
46. The discoloration of vagina which is a physiological adaptation to pregnancy is called:
47. Chadwick’s sign
48. Vaginal sign
49. Hegar’s sign
50. Gooddell’s sign
51. After receiving an immunization for DPT, a child develops swelling and tenderness at the injection site with a low-grade fever and malaise. Which of the following is the correct nursing action:
52. The reaction is severe so the child should be referred to the Emergency Department.
53. The reaction is mild so teach the parents how to manage it.
54. The parents should be advised to delay the next immunization.
55. The reaction is normal so instruct the parents not to worry.
56. COPD is a disease characterized by airflow limitation that is not fully reversible. What should be the most appropriate nursing advice for the patient with the disease getting discharged?
57. Achieving airway clearance
58. Improving breathing patterns
59. Promoting self-care
60. Improving activity tolerance
61. Which is not a correct nursing intervention for patient with hepatic encephalopathy?
62. Administer lactulose
63. Assess neurologic and mental status
64. Give enema
65. Encourage patient to take high protein diet
66. The cells that fight diseases is known as:
67. Fibroblasts
68. Epithelial cells
69. Nerve cells
70. Macrophages
71. To perform standard CPR with bag to mask ventilation, the ratio of compression to breathing should be:
72. 15 : 2
73. 30 : 2
74. 30 : 1
75. 15 : 1
76. Which of the following nursing theorists developed a conceptual model based on the belief that all persons strive to achieve self-care:
77. Cister Callista Roy
78. Martha Rogers
79. Dorothen Orem
80. Florence Nightingle

**PART – II: Short Answer Questions (20 marks)**

**Answer ALL the questions. Each question carries 5 marks. Mark for each sub-question is indicated in the brackets.**

1. Explain the following:(5 marks)
2. Closed Bed
3. Opened Bed
4. Occupied Bed
5. List the following:(5 marks)
6. Steps to measure the height of fundus during pregnancy.
7. The basic laboratory tests carried out during pregnancy.
8. What is ethic? List 4 principle elements that outline the nursing standards of ethical conduct? (5 marks)
9. i. Define : (2 marks)
10. Democratic leadership
11. Laissez-faire leadership

ii. State why leadership quality is important in nursing profession? (3 marks)

**SECTION B**

**Case Study**

**Choose either Case 1 or Case 2 from this Section. Each Case carries 50 marks. Mark for each sub-question is indicated in the brackets.**

**CASE 1**

**Patient’s Profile:**

Ms. Meto is 43 years old and she lives alone. She has a history of alcohol consumption for the past 20 years. She was brought unconscious to the hospital by her neighbors and was diagnosed with Hepatic Encephalopathy. Ms. Meto was admitted for further treatment.

**Scenario**

During admission Ms. Meto’s BP was 100/70 mmHg, Pulse 70/mins, Temperature 37 °C (98.6°F) and Respiration rate 18/Mins. Laboratory investigation report indicated elevated liver enzymes with CBCs in the normal ranges. Her Chest X-Ray was clear. On the 5th day of admission the nurse on duty during routine monitoring of vital signs recorded a temperature 38.5 °C (101.3 °F), Respiration rate 30 /mins and increased respiratory secretions during suctioning. Re Chest X-Ray showed newly developed infiltrate and her White Blood Cell Count was 12,000/mmᵌ. She was then treated for nosocomial infection.

1. What is Nosocomial Infections? (5 marks)
2. Name the disease of Ms. Meto’s present condition? (5 marks)
3. List the names of 5 common diseases under Nosocomial infection? (10 marks)
4. Write 5 burdens of nosocomial infection (5 marks)
5. Explain **“decontamination”** during the reprocessing of medical equipment or instruments. (5 marks)
6. Explain the steps of hand washing technique to maintain hand hygiene in hospital settings.(10 marks)
7. What are the main goals of nursing intervention for Ms. Meto’s present condition? (10 marks)

**CASE 2**

**Patient’s profile:**

Mr. Kaka is 55 years old farmer from Wangdue Phodrang. He was diagnosed with Hypertension 3 years ago. His monthly checkup and medication refill for hypertension was last done 5 months ago. For the past 2 weeks he experienced mild headache followed by severe persistent headache with blurry vision 3 days back. He was brought to the hospital by his 23 years old high school dropout daughter who stays with him.

**Scenario:**

Mr. Kaka is admitted to Medical Ward with uncontrolled Hypertension. During admission, his BP was 210/140 mmHg. Funduscopy examination revealed papilledema and laboratory result showed level of Urea: 44 mg/dl, Creatinine: 1.3 mg/dl, Total Cholesterol: 250 mg/dl and Triglyceride: 200 mg/dl. His CT report and ECG were normal.

1. What is hypertensive crisis? Explain. (6 marks)
2. What are the two classes of drugs which are available as first- line therapy for Hypertension? Name one drug under each class. (6 marks)
3. List four potential complications Mr. Kaka could develop if actions are not taken appropriately (8 marks)
4. Define nursing process and state 3 major goals of nursing intervention for patient with hypertension (10 marks)
5. Explain three nursing assessments for this patient. (6 marks)
6. Write two nursing diagnoses for Mr. Kaka. (4 marks)
7. Explain 4 nursing intervention with rationale for Mr. Kaka to promote self- care at home. (10 marks)

\*\*\*\*\***TASHI DELEK**\*\*\*\*\*