

BHUTAN CIVIL SERVICE EXAMINATION (BCSE) 2012
TECHNICAL GRADUATE SELECTION EXAMINATION
PAPER III: SUBJECT SPECIALIZATION for NURSING

SECTION A – Part I

Multiple Choice Questions: Answer all the questions in the answer booklet as per the above instructions. (1 x 30 = 30 marks)

1. The following clients present to the emergency department at the same time. Which should the nurse schedule to be seen first?
 - a. 25 year old with headache and fever.
 - b. 38 year old with sore throat, fever, and swollen lymph glands.
 - c. 40 year old with severe headache, vomiting and stiff neck.
 - d. 44 year old limping on a very swollen bruised ankle.

2. A patient has recently experienced a (MI) within the last 4 hours. Which of the following medications would most like be administered?
 - a. Streptokinase.
 - b. Atropine.
 - c. Acetaminophen.
 - d. Warfarin.

3. After receiving report on four clients at 7am, what should the nurse complete first?
 - a. Call physician to report antiemetic for client who has been vomiting.
 - b. Notify family of a client who needs to be transferred to ICU for chest pain.
 - c. Call a potassium level of 5.9 to the attention of the physician.
 - d. Begin routine assessment rounds, starting with the sickest client.

4. A patient has been hospitalized with pneumonia and is about to be discharged. A nurse provides discharge instructions to the patient and his family. Which misunderstanding by the family indicates the need for more detailed information?
 - a. The patient may resume normal home activities as tolerated but should avoid physical exertion and get adequate rest.
 - b. The patient should resume a normal diet with emphasis on nutritious, healthy foods.
 - c. The patient may discontinue the prescribed course of oral antibiotics once the symptoms have completely resolved.

- d. The patient should continue use of the incentive spirometer to keep airways open and free of secretions.
5. The charge nurse on the cardiac unit is planning assignments for the day. Which of the following is the most appropriate assignment for the staff nurse that has been reassigned from labor and delivery?
 - a. A one-week postoperative coronary bypass patient, who is being evaluated for placement of a pacemaker prior to discharge.
 - b. A suspected myocardial infarction patient on telemetry, just admitted from the Emergency Department and scheduled for an angiogram.
 - c. A patient with unstable angina being closely monitored for pain and medication titration.
 - d. A post-operative valve replacement patient who was recently admitted to the unit because all surgical beds were filled.
6. A nurse is caring for a patient who has had hip replacement. The nurse should be most concerned about which of the following findings?
 - a. Complaints of pain during repositioning.
 - b. Scant bloody discharge on the surgical dressing.
 - c. Scant bloody discharge on the surgical dressing.
 - d. Temperature of 101.8 F (38.7 C).
7. A nurse cares for a patient who has a nasogastric tube attached to low suction because of a suspected bowel obstruction. Which of the following arterial blood gas results might be expected in this patient?
 - a. pH 7.52, PCO₂ 54 mm Hg.
 - b. pH 7.42, PCO₂ 40 mm Hg.
 - c. pH 7.25, PCO₂ 25 mm Hg.
 - d. pH 7.38, PCO₂ 36 mm Hg.
8. As the nurse in-charge, you are reviewing client messages for a return call. Which client should the nurse call back first?
 - a. A client 36 weeks gestation complaining of facial edema.
 - b. A client 24 weeks gestation complaining of urinary frequency.
 - c. A client 12 weeks gestation who had five episodes of vomiting in 36 hours.
 - d. A client 20 weeks gestation complaining of white, thick vaginal discharge.

9. A patient is admitted to the hospital for routine elective surgery. Included in the list of current medications is Coumadin (warfarin) at a high dose. Concerned about the possible effects of the drug, particularly in a patient scheduled for surgery, the nurse anticipates which of the following actions?
- Draw a blood sample for prothrombin (PT) and international normalized ratio (INR) level.
 - Administer vitamin K.
 - Draw a blood sample for type and crossmatch and request blood from the blood bank.
 - Cancel the surgery after the patient reports stopping the Coumadin one week previously.
10. A nurse is counseling the mother of a newborn infant with hyperbilirubinemia. Which of the following instructions by the nurse is NOT correct?
- Continue to breastfeed frequently, at least every 2-4 hours.
 - Follow up with the infant's physician within 72 hours of discharge for a recheck of the serum bilirubin and exam.
 - Watch for signs of dehydration, including decreased urinary output and changes in skin turgor.
 - Keep the baby quiet and swaddled, and place the bassinet in a dimly lit area.
11. A patient after undergoing cholecystectomy returns from the operating room. When assessing her respiratory status as she recovers from general anaesthesia, it is of primary importance for the nurse to evaluate the patient's ability to:
- Inhale voluntarily
 - Breathe deeply
 - Swallow
 - Speak
12. A hospitalized patient is receiving packed red blood cells (PRBCs) for treatment of severe anemia. Which of the following is the most accurate statement?
- Transfusion reaction is most likely immediately after the infusion is completed.
 - PRBCs are best infused slowly through a 20g. IV catheter.
 - PRBCs should be flushed with a 5% dextrose solution.
 - A nurse should remain in the room during the first 15 minutes of infusion.

13. A nurse is caring for a patient with acute lymphoblastic leukemia (ALL). Which of the following is the most likely age range of the patient?
- a. 3-10 years.
 - b. 25-35 years.
 - c. 45-55 years.
 - d. over 60 years.
14. A patient tells you that her urine is starting to look discolored. If you believe this change is due to medication, which of the following patient's medication does not cause urine discoloration?
- a. Sulfasalazine
 - b. Levodopa
 - c. Phenolphthalein
 - d. Aspirin
15. A patient is scheduled for a magnetic resonance imaging (MRI) scan for suspected lung cancer. Which of the following is a contraindication to the study for this patient?
- a. The patient is allergic to shellfish.
 - b. The patient has a pacemaker.
 - c. The patient suffers from claustrophobia.
 - d. The patient takes anti-psychotic medication.
16. A patient who has been diagnosed with vasospastic disorder (Raynaud's disease) complains of cold and stiffness in the fingers. Which of the following descriptions is most likely to fit the patient?
- a. An adolescent male.
 - b. An elderly woman.
 - c. A young woman.
 - d. An elderly man.
17. Which of the following conditions most commonly causes acute glomerulonephritis?
- a. A congenital condition leading to renal dysfunction.
 - b. Prior infection with group A Streptococcus within the past 10-14 days.
 - c. Viral infection of the glomeruli.
 - d. Nephrotic syndrome.

18. A 34 year old female has recently been diagnosed with an autoimmune disease. She has also recently discovered that she is pregnant. Which of the following is the only immunoglobulin that will provide protection to the fetus in the womb?
- IgA
 - IgD
 - IgE
 - IgG
19. A child weighing 30 kg arrives at the clinic with diffuse itching as the result of an allergic reaction to an insect bite. Diphenhydramine (Benadryl) 25 mg 3 times a day is prescribed. The correct pediatric dose is 5 mg/kg/day. Which of the following best describes the prescribed drug dose?
- It is the correct dose.
 - The dose is too low.
 - The dose is too high.
 - The dose should be increased or decreased, depending on the symptoms.
20. A child is admitted to the hospital with a diagnosis of Wilm's tumor, stage II. Which of the following statements most accurately describes this stage?
- The tumor is less than 3 cm. in size and requires no chemotherapy.
 - The tumor did not extend beyond the kidney and was completely resected.
 - The tumor extended beyond the kidney but was completely resected.
 - The tumor has spread into the abdominal cavity and cannot be resected.
21. A patient is admitted to the oncology unit for diagnosis of suspected Hodgkin's disease. Which of the following symptoms is typical of Hodgkin's disease?
- Painful cervical lymph nodes.
 - Night sweats and fatigue.
 - Nausea and vomiting.
 - Weight gain.
22. The innermost layer of a blood vessel is lined with _____ cells
- Simple squamous.
 - Stratified squamous.
 - Simple cuboidal epithelium.
 - Stratified cuboidal epithelium.

23. A 65 year old man has been admitted to the hospital for spinal stenosis surgery. When does the discharge training and planning begin for this patient?
- Following surgery.
 - Upon admit.
 - Preoperative discussion.
 - Within 48 hours of discharge.
24. A child is admitted to the hospital with an uncontrolled seizure disorder. The admitting physician writes orders for actions to be taken in the event of a seizure. Which of the following actions would NOT be included?
- Notify the physician.
 - Restrain the patient's limbs.
 - Position the patient on his/her side with the head flexed forward.
 - Administer rectal diazepam.
25. A newly diagnosed 8-year-old child with type I diabetes mellitus and his mother are receiving diabetes education prior to discharge. The physician has prescribed Glucagon for emergency use. The mother asks the purpose of this medication. Which of the following statements by the nurse is correct?
- Glucagon enhances the effect of insulin in case the blood sugar remains high one hour after injection.
 - Glucagon treats hypoglycemia resulting from insulin overdose.
 - Glucagon treats lipoatrophy from insulin injections.
 - Glucagon prolongs the effect of insulin, allowing fewer injections.
26. A patient arrives at the emergency department complaining of mid-sternal chest pain. Which of the following nursing action should take priority?
- A complete history with emphasis on preceding events.
 - An electrocardiogram.
 - Careful assessment of vital signs.
 - Chest exam with auscultation.

27. A nurse is performing routine assessment of an IV site in a patient receiving both IV fluids and medications through the line. Which of the following would indicate the need for discontinuation of the IV line as the next nursing action?
- The patient complains of pain on movement.
 - The area proximal to the insertion site is reddened, warm, and painful.
 - The IV solution is infusing too slowly, particularly when the limb is elevated
 - A hematoma is visible in the area of the IV insertion site.
28. Which of the following documents specifically addresses the nurse's use of the nursing process?
- Code for Nurses.
 - Hospital Philosophy of Nursing.
 - Patient's Bill of Rights.
 - Standards of Nursing Practice.
29. Which of the following is the most common site of disc herniation?
- C6-7
 - T12-L1
 - L4-5
 - L5-S1
30. Which of the following supplies the muscles of the perineum?
- Pudendal nerve.
 - Sciatic nerve.
 - Femoral nerve.
 - Tibial nerve.

SECTION A –Part II

Short answer questions (5 x 4 = 20 marks). Answer all the questions.

- (a) Define nasogastric tube insertion. (1)
(b) List down 4 indications for nasogastric gavage. (4)
- Define the following terms:
 - Auditory hallucination (1)

- ii. Therapeutic communication (1)
 - iii. Hypercapnia (1)
 - iv. Hemoptysis (1)
 - v. Arthritis (1)
3. (a) Define open and closed wounds. (2)
(b) List down three purposes of a wound care. (3)
 4. (a) Mention 3 indications for oxygen therapy. (3)
(b) Name 2 methods for oxygen administration. (2)

SECTION B: Answer any one of the case study (1 x 50 = 50 Marks).

CASE STUDY 1:

Mr. X, 60 year old male admitted in the surgical ward with complaints of nausea, vomiting and abdominal pain. His vital signs on admission are temperature 99.6 ° F, blood pressure 116/90 mm² Hg, pulse 82/min, and respiratory rate 22/min. Laboratory test reveal white blood cell count (WBC) 13,000/mm³, potassium (K⁺) 3.2 m Eq/L, lipase 450 units/L, amylase 306 units/L, total bilirubin 3.5 mg/dl, direct bilirubin 2.5mg/dl, aspirate aminotransferase (AST) 140 U/L, and alanine aminotransferase (ALT) 390 U/L. Physical examination reveal a distended abdomen that is very tender on palpation. Bowel sounds are present in all four quadrants, but are hypoactive. Mr. X is diagnosed with Acute Pancreatitis. He is kept NPO with intravenous (IV) fluids administration. A nasogastric (NG) tube is inserted to low wall suction. The NG tube is draining yellow-brown drainage.

1. Define acute pancreatitis. (2)
2. Mention 3 common symptoms of acute pancreatitis. (3)
3. Mention 2 types of acute pancreatitis. (2)
4. Name 1 complication of acute pancreatitis. (3)
5. List 2 functions of pancreas. (2)
6. Name 1 most widely used test to diagnose acute pancreatitis. (1)
7. Identify the assessment findings in Mr. X that are consistent with acute pancreatitis. (5)
8. Explain 3 possible causes of acute pancreatitis. (9)
9. Briefly discuss management options for acute pancreatitis. (8)
10. Name the yellow brown drainage in Mr. X's NG tube. (1)
11. Why is Mr. X with NG tube suction? (2)
12. Which types of diet will Mr. X advance to when his NPO status is discontinued? (2)
13. Write 2 nursing diagnosis and their interventions for Mr. X. (10)

CASE STUDY 2:

Ms. Y, a 30 year old female is admitted with complaints of fever on and off with low back pain and dysuria. The treating physician has advised for a routine urine analysis. Her provisional diagnosis is urinary tract infection. It was her first time admitted to the hospital.

1. What do you understand by urinary tract infection? (2)
2. Name the organs of the urinary tract system. (3)
3. Name 2 of the commonest UTI-causing organism. (2)
4. What is dysuria? (1)
5. Discuss the risk factors for urinary tract infection. (10)
6. What health education would you provide to Ms. Y regarding the prevention of urinary tract infection? (10)
7. How would you prepare Ms. Y for the routine urine analysis? (5)
8. What are the nurse's responsibilities in urine sample collection and transportation? (8)
9. Identify 1 nursing diagnosis and its intervention. (4)
10. Develop a post hospital care plan for Ms. Y. (5)