

**ROYAL CIVIL SERVICE COMMISSION
BHUTAN CIVIL SERVICE EXAMINATION (BCSE) 2015
EXAMINATION CATEGORY: TECHNICAL**

PAPER III: SUBJECT SPECIALIZATION PAPER for *Nursing*

Date	: 11 October 2015
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 QuestionsAll 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.
4. All answers should be written with correct numbering of Section, 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.
5. Begin each Section and Part in a fresh page of the Answer Booklet.
6. You are not permitted to tear off any sheet(s) of the Answer Booklet as well as the Question Paper.
7. Use of any other paper including paper for rough work is not permitted.
8. You are required to hand over the Answer Booklet to the Invigilator before leaving the examination hall.
9. This paper has 09 printed pages in all, including this instruction page.

GOOD LUCK!

SECTION A

PART I - Multiple Choice Questions (30 Marks)

Choose the correct answer 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. What is the priority nursing assessment in the first 24 hours after admission of the patient with thrombotic CVA?
 - a. Pupil size and papillary response
 - b. Cholesterol
 - c. Echocardiogram
 - d. Bowel sound

2. After 5 days of diuretic therapy with 20mg frusemide (lasix) daily a patient begin to exhibit fatigue, muscle cramp, and muscle weakness. These symptoms probably indicate that the patient is experiencing,
 - a. Hyperkalamia
 - b. Hypokalamia
 - c. Anorexia
 - d. Dysphagia

3. Most bones in the human body are found in the:
 - a. Feet
 - b. Cranium
 - c. Face
 - d. Hands

4. Which of the following white blood cell (WBC) counts clearly indicates leukocytosis?
 - a. 4500/mm³
 - b. 7000/mm³
 - c. 10000mm³
 - d. 25000/mm³

5. What does the Rule of Nines refer to:
 - a. Chart used to assess the total body surface area burned
 - b. An allergy test

- c. A tool used to assess a person's eye sight
 - d. A test used to work out a person's nutritional status
6. Which division of the nervous system initiates a response known as fight or flight?
- a. Sympathetic nervous system
 - b. The parasympathetic nervous system
 - c. The somatic nervous system
 - d. None of the above
7. Thyroid hormone:
- a. Increases basal metabolic rate
 - b. Decreases basal metabolic rate
 - c. Has no effect on basal metabolic rate
 - d. Has an unknown effect on basal metabolic rate
8. The priority assessment for signs of circulatory impairment in a patient with a fracture femur is to determine if the patient can
- a. Cough and deep breathe
 - b. Turn himself in bed
 - c. Perform biceps exercise
 - d. Wriggle his toes
9. The 'p' wave on the electrocardiogram corresponds to:
- a. Atrial depolarization
 - b. Atrial repolarisation
 - c. Ventricular depolarization
 - d. Ventricular repolarisation
10. The signs and symptoms of retinal detachment include all of the following except
- a. Sudden severe pain in the eye
 - b. A curtain falling across the field of vision
 - c. Light flashes across the vision field
 - d. Floaters in the fields of the vision
11. A post partum mother has temperature of 101.40F with large uterus and tenderness on palpation and not descending as normally expected. Which of the following should the nurse assess next?
- a. Breasts
 - b. lochia

- c. Incision
 - d. Urine
12. The lymph leaves the lymph node via the:
- a. Afferent lymphatic vessel
 - b. Efferent lymphatic vessel
 - c. superior vena cava
 - d. aorta
13. Which of the following stimulates erythropoiesis?
- a. Decreased demand of tissue oxygen
 - b. Increased demand of tissue oxygen
 - c. Increased red blood cell count
 - d. Increased white blood cell count
14. Which artery supplies the stomach with oxygenated blood?
- a. Carotid artery
 - b. Gastric artery
 - c. Celiac artery
 - d. Cephalic artery
15. Which part of the digestive tract has small adaptations called microvilli?
- a. The esophagus
 - b. The stomach
 - c. The small intestine
 - d. The large intestine
16. The functional units of the kidneys are the:
- a. Vasa recta
 - b. Nephron
 - c. Ureters
 - d. Glomerulus
17. Sperms are produced at a temperature that is:
- a. Higher than body temperature
 - b. Immaterial
 - c. Lower than body temperature
 - d. The same as body temperature

18. How many chromosomes are there altogether in a normal human cell?
- 44
 - 46
 - 22
 - 26
19. A new nurse manager is holding her first meeting; she greets the staff and comments that she has been employed to bring about performance improvement. She provides a plan that she developed as well as a list of tasks and activities for each staff member to perform. In addition she instructs the staff members to report any problem directly to her. What type of leadership style do the new manager's characteristics suggest?
- Autocratic
 - Democratic
 - Laissez-Faire
 - Situational
20. The first step in applying the quality improvement process to an activity in a clinical setting is to:
- Assemble a team to review and revise the activity
 - Collect data to measure the status of the activity
 - Select an activity for improvement
 - Set a measurable standard for the activity
21. Nursing diagnosis mostly differ from medical diagnosis in that they are:
- Dependent upon medical diagnosis for the direction of appropriate interventions
 - Primarily concerned with caring, while medical diagnosis concerned with curing
 - Primarily concerned with human response, while medical diagnosis are primarily concerned with pathology
 - Primarily concerned with psychosocial parameters, while medical diagnosis are primarily concerned with physiologic parameters
22. A large number of patients present with febrile respiratory illness, many with respiratory failure. Public health monitoring suggests person to person spread including spread to health workers. Which of the following strategies is most appropriate?
- Standard precaution
 - Contact precaution
 - Droplets precaution
 - Airborne precautions including negative pressure isolation

23. A 53 years old female patient has returned to the unit following laparoscopic cholecystectomy, she complains of right shoulder pain, the nurse would explain to the patient that this pain is
- Common following this type of operation
 - Expected after general anesthesia
 - Unusual and will be reported to the surgeon
 - Indication of a need to use the incentive spirometry
24. A patient is admitted in surgical ward with renal calculi and is complaining of moderate to severe flank pain and nausea. The patient's temperature is 100.8°fahrenheit. The priority nursing goal for patient is:
- Maintain fluid and electrolyte balance
 - Control nausea
 - Manage pain
 - Prevent urinary tract infection
25. The nurse would expect to find an improvement in which of the blood values as a result of dialysis treatment?
- High serum creatinine levels
 - Low haemoglobin
 - Hypocalcaemia
 - Hypokalemia
26. The nurse calculates the I.V flow rate for a post operative patient. The patient is to receive 3000ml of ringers lactate solution to run over 24 hours. The I.V infusion set has 20 drops/milliliter. The nurse should regulate the patient's I.V to deliver how many drops/minutes?
- 18 drops
 - 21 drops
 - 35 drops
 - 42 drops
27. Which of the nursing intervention is done when changing the dressing of an incision wound?
- Observe the dressing, type, and odor of the drainage if any
 - Get the patient's consent
 - Wash hands
 - Request the patient to expose the wound

28. Patient on anticoagulant therapy for deep vein thrombosis is being prepared for discharge, which of the following instruction the nurse should provide?
- To continue medication regularly
 - Get the blood test done for Hb% regularly as prescribed
 - Report to the physician if any pain
 - Be aware of and report signs and symptoms of bleeding
29. Which of the following is not an objective of decontamination?
- Prevent further injury to the patients
 - Prevent injury to the staff
 - Provide evidence for criminal prosecution
 - Protect the hospital and maintain ongoing operations
30. Colposcopy is done to determine:
- Distribution of abnormal squamous epithelium
 - Control bleeding
 - Pack vagina
 - Remove abnormal cell

PART II – Short Answer Type Questions (20 Marks)

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

- Write short answers on.
 - Define maternal mortality rate. (2mark)
 - List down the five danger signs during pregnancy. (3marks)
- Explain the nurse responsibility for the following:
 - Prevention of pressure sore. (2 marks)
 - Prevention of nosocomial infection (2 marks)
 - prevention of medical error. (1 mark)
- Write the following:
 - Principles of Bed making (1mark)
 - Principles of nursing ethics (2marks)
 - Principles of documentation (2marks)

4. Mr. Sonam, 26 years had a Head Injury in a road accident.
 - a. Define head injury (2marks)
 - b. list down three Nursing Diagnosis, according to the priority (3marks)
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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:

Mr. Dorji is 60 years old, accompanied by his wife, presents to emergency department with complain of nausea and vomiting for two days and symptoms of confusion. His blood glucose is 795mg/dl. Intravenous regular insulin is prescribed and he is admitted for further evaluation.

Scenario:

Mr. Dorji is newly diagnosed with diabetes. His hemoglobin A1C is 10.3%, he is slightly overweight; he is 5ft and 10 inches tall and weighs 70 kg. He reports no form of regular exercise. He does not follow special diet at home; he eats whatever his wife put in front of him. His wife says for the past few months he has been very thirsty and has been up and down the restroom several times a day and now it's getting worse now.

1. Describe the following serum glucose test used to help confirm the diagnosis of diabetes mellitus, casual, fasting, postprandial, and oral glucose tolerance test. (5 marks)
2. Explain what hemoglobin A1C (HbA_{1c}) lab test tells the health care provider (5 mark)
3. How would you explain Mr. Dorji and his wife what Diabetes is in lay term? (5 marks)
4. Explain the difference between type I diabetes and type 2 diabetes and who at risk of getting each? Based on the understanding which type of diabetes does Mr. Dorji have? (15 marks)
5. What are the potential long term complications of diabetes? (5 marks)
6. List down five nursing diagnosis appropriate to consider for Mr. Dorji (10 marks)
7. Discuss the dietary recommendation and life style consideration for Mr. Dorji (5 Marks)

CASE 2

Patient profile:

Mr. Nado , 26 years old from Tashigang came to the outpatient department. He lives with his wife and one child. He complains of cough with purulent sputum, progressive fatigue, and weight loss of 20 pounds in last three months and night sweating. Patient PPD (purified protein derivative) test was positive 2 weeks ago. On assessment, lungs are acculturated and reveal bronchial breath sound and crackles mostly in left lung fields. On the right lung fields, the lung sounds are clear and diminished.

Scenario:

Mr. Nado is admitted in Medical ward, with provisional diagnosis of pulmonary tuberculosis. During the admission his vitals are: temperature 37.3⁰C (99.2⁰F), heart rate of 89/minute sinus rhythm, and respiration of 26/minute and SPO2 is 83%. He was given 2 liters Oxygen via nasal prong. Sputum for culture and Chest R-rays was advised to confirm diagnosis of Tuberculosis

1. What is tuberculosis and what types is TB is Mr. Nado suffering from? (2 marks)
2. Sputum for AFB (acid fast bacilli) has been ordered, when is the best time to collect the specimen? Can sputum that contains saliva be sent to the laboratory? (3 marks)
3. What kind of isolation this patient must be placed and why? (5 marks)
4. Is pulmonary tuberculosis contagious? How can you prevent the spread of tuberculosis infection in the community? Does his child and wife requires prophylaxis? (10 marks)
5. What category of drug will be used to treat this patient's tuberculosis? (5 marks)
6. What is DOT (directly observed therapy)? Discuss a discharge plan for Mr. Nado. (10 marks)
7. List down 5 applicable nursing diagnosis for this patient. (5 marks)
8. Develop a nursing care plan for Mr. Nado (10 marks)

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