

**ROYAL CIVIL SERVICE COMMISSION
BHUTAN CIVIL SERVICE EXAMINATION (BCSE) 2019
EXAMINATION CATEGORY: TECHNICAL**

PAPER III: SUBJECT SPECIALISATION PAPER FOR NURSING

Date	: October 13, 2019
Total Marks	: 100
Writing Time	: 150 minutes (2.5 hours)
Reading Time	: 15 Minutes (prior to writing time)

GENERAL INSTRUCTIONS:

1. Write your Registration 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 & 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 of your choice.
4. All answers should be written on the Answer Booklet provided to you. Candidates are not allowed to write anything on the question paper. If required, ask for additional Answer Booklet.
5. 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 the Section, Part and Question Number will NOT be evaluated and no marks will be awarded.
6. Begin each Section and Part in a fresh page of the Answer Booklet.
7. You are not permitted to tear off any sheet(s) of the Answer Booklet as well as the Question Paper.
8. Use of any other paper including paper for rough work is not permitted.
9. **You are required to hand over the Answer Booklet to the Invigilator before leaving the examination hall.**
10. This paper has **8 printed pages**, 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 your chosen answer in the Answer Booklet against the question number e.g. 31 (d). Each question carries ONE mark. Any double writing, smudgy answers or writing more than one choice shall not be evaluated.

1. While administering Gentamycin, the most common side effect patient needs to be aware of is
 - a) constipation.
 - b) insomnia.
 - c) dryness of mucus membrane.
 - d) nephrotoxicity.

2. All are examples of primary prevention of diseases, EXCEPT
 - a) Nutritional counselling.
 - b) Maintaining weight.
 - c) Hypertension screening.
 - d) Regular exercise program.

3. Heartburn and flatulence, which is common in the second trimester, are most likely the result of which of the following?
 - a) Increased plasma HCG levels.
 - b) Decreased gastric acidity.
 - c) Decreased intestinal motility.
 - d) Elevated estrogen level.

4. The nursing implementation for patient with depression is
 - a) encourage the patient to express angry feelings within appropriate limits.
 - b) provide information on how to improve the self-image.
 - c) form intimate relationship to orient the patient to reality.
 - d) discourage verbalization of feelings.

5. Total lung capacity in a newborn is
 - a) 100 ml.
 - b) 350 ml.
 - c) 500 ml.
 - d) 150 ml.

6. The nurse plays a key role by serving as change agent within the healthcare system as mentioned below, EXCEPT as
 - a) Educator
 - b) Researcher
 - c) Consumer
 - d) Leader

7. Kernicterus, which may occur as a complication of jaundice, is a pathological condition of
 - a) Liver
 - b) Brain
 - c) Kidney
 - d) Heart

8. What does half-life of the drug means?
 - a) The expiry date of the drug is half way.
 - b) The effect of medicine when taken under dose.
 - c) The time it takes for a medication to lose half of its pharmacologic effect.
 - d) None of the above.

9. Which is the hormone responsible for the development of ovum during the menstrual cycle?
 - a) Follicle stimulating hormone
 - b) Estrogen
 - c) Progesterone
 - d) Luteneizing hormone

10. Nursing process constitutes of
 - a) 3 steps
 - b) 4 steps
 - c) 5 steps
 - d) 6 steps

11. BCG vaccine which is primarily used against tuberculosis is
 - a) killed vaccine.
 - b) toxoid.
 - c) immunoglobulin.
 - d) live attenuated vaccine.

12. You are posted in emergency unit in a district hospital and a patient is brought in to treat for overdose of oral ingestion of poison and the doctor advised you to prepare activated charcoal. As a clinical nurse, what type of oral ingestion of poison you should be aware of, that must **NOT** be treated with activated charcoal?
 - a) Cyanide
 - b) Carbamazepine
 - c) Beta Blockers
 - d) Chloroquine

13. Karma, a 32 year old primigravida at 39-40 weeks' gestation was admitted to the labour room due to hypogastric and lumbo-sacral pains. Internal examination revealed a fully dilated, fully effaced cervix, Station at 0. She was immediately transferred to a delivery table and artificial rupture of membrane was done. Which of the following nursing diagnoses is the priority?
 - a) Potential for injury related to prolapse cord.
 - b) High risk for infection related to membrane rupture.
 - c) Alteration in comfort related to increasing strength of uterine contraction.
 - d) Anxiety related to unfamiliar procedure.

14. What is the single most important infection control monitoring criterion for nosocomial infections?
- Complete Blood Count Parameters.
 - Temperature assessment.
 - Urine analysis.
 - Admission in the hospital for more than 72 hours.
15. A male baby was delivered spontaneously following a term pregnancy. APGAR scores are 8 and 9 respectively. When is the APGAR score taken?
- Immediately after birth and at 30 minutes after birth.
 - At 5 minutes after birth and at 30 minutes after birth.
 - At 1 minute after birth and at 5 minutes after birth.
 - Immediately after birth and at 5 minutes after birth.
16. All of the following components are block to Therapeutic communication techniques EXCEPT
- Restatement
 - Assumption
 - Social Response
 - Giving Advice
17. When talking with a pregnant client who is experiencing aching swollen leg veins, the nurse would explain that this is most probably the result of which of the following?
- Thrombophlebitis.
 - Pregnancy induced hypertension.
 - Pressure on blood vessels from the enlarging uterus.
 - The force of gravity pulling down the uterus.
18. Ap Nado was admitted to Medical Ward unconscious and he was on Nasogastric (NG) feeding for the last 15 days. The assigned clinical nurse raises and lowers the head of the bed several times during the shift. What is the rationale behind this nursing care?
- Minimizing orthostatic hypotension.
 - Preventing aspirate pneumonia.
 - Preventing pressure ulcer.
 - All of the above.
19. Which of the following is TRUE regarding the fontanel of the newborn?
- The anterior is triangular shaped; the posterior is diamond shaped.
 - The posterior closes at 18 months; the anterior closes at 8 to 12 weeks.
 - The anterior is large in size when compared to the posterior fontanel.
 - The anterior is bulging; the posterior appears sunken.
20. According to WHO, the entire procedure for hand hygiene technique with soap and water should take
- 20 to 30 seconds.
 - 40 to 60 seconds.
 - 30 to 40 seconds.
 - 60 to 120 seconds.

21. Which of the following describes the Babinski reflex in a newborn?
- The newborn's toes will hyperextend and fan apart from dorsiflexion of the big toe when one side of foot is stroked upward from the ball of the heel and across the ball of the foot.
 - The newborn abducts and flexes all extremities and may begin to cry when exposed to sudden movement or loud noise.
 - The newborn turns the head in the direction of stimulus, opens the mouth, and begins to suck when cheek, lip, or corner of mouth is touched.
 - The newborn will attempt to crawl forward with both arms and legs when he is placed on his abdomen on a flat surface.
22. The gate control theory states that the actual existence and intensity of the pain experience depends on
- certain pain receptors are stimulated by specific type of sensory stimuli.
 - particular transmission of neurological impulses that reach the conscious level.
 - certain pattern of nerve impulses in the dorsal horn of the spinal cord.
 - intense receptor stimulation that is coded in the central nervous system.
23. Which of the following is described as premature separation of a normally implanted placenta during the second half of pregnancy, usually with severe hemorrhage?
- Placenta previa
 - Ectopic pregnancy
 - Incompetent cervix
 - Abruption placentae
24. During blood transfusion, if a patient shows sign and symptoms of blood reaction, what is the immediate nursing intervention?
- Stop transfusion.
 - Send the blood bag to the blood bank.
 - Consult the treating doctor.
 - Monitor vital signs and document in the record chart.
25. A child who has received an immunization for diphtheria, tetanus, and pertussis develops swelling at the injection site, tenderness, low-grade fever, and malaise. The nurse informs the child's parents that
- they should delay future immunizations until seen by an allergist.
 - this is a mild reaction and teach them how to manage it.
 - this is a severe reaction and that they should bring the child to the emergency room.
 - this is an appropriate reaction and they need not do anything.
26. To prevent hypoxemic complications induced by suctioning, a patient should not be suctioned more than
- 10 seconds
 - 15 seconds
 - 30 seconds
 - 60 seconds

27. The nurse leads an adolescent health information group, which often expands into other areas of discussion. She knows that these youths are trying to find out “who they are,” and discussion often focuses on which directions they want to take in school and life, as well as peer relationships. According to Erikson, this stage is known as
- adolescent rebellion.
 - career experimentation.
 - relationship testing.
 - identity vs. role confusion.
28. The electrocardiogram (ECG) is used to detect abnormalities associated with the conduction system of the heart. In the ECG tracing **P wave** represents
- the time required for atrial depolarization.
 - ventricles depolarization (contraction of ventricles).
 - atrial depolarization (contraction of both atria).
 - time required for ventricular depolarization.
29. The nurse answers a call bell and finds a frightened mother whose child is having a seizure. Which of following actions should the nurse take?
- Insert a padded tongue blade in the patient’s mouth to prevent the child from swallowing or choking on his tongue.
 - The nurse should help the mother restrain the child to prevent him from injuring himself.
 - The nurse should call the operator to page for seizure assistance.
 - The nurse should clear the area and position the client safely.
30. Respiratory Distress Syndrome is a disease of preterm infant which is caused due to all of the following EXCEPT
- Atelectasis of alveoli
 - Immaturity of respiratory center
 - Formation of surfactant substances
 - Hypoxia

PART II – Short Answer Questions (20 marks)

This part has 4 Short Answer Questions. Answer ALL the questions. Each question carries 5 marks. Mark for each sub-question is indicated in the brackets.

- The global incidence of Dengue has grown dramatically in recent decades and half of the world’s population is now at risk. It is a mosquito-borne viral infection with flu like symptoms and occasionally develops into a potentially lethal complication called severe dengue.
 - How is the virus transmitted to humans? (2 marks)
 - What are the common signs and symptoms of Dengue? (2 marks)
 - How can a hospital nurse assist in the treatment when a patient with dengue infection is admitted? (1 mark)
- Discuss the values of play to the preschoolers. (5 marks)

3. Loss is part of the experience of dying, both for the individual as well as for the family members and significant others. In relation to end of life care answer the following questions.
 - a) What are the stages of grief? (2 marks)
 - b) State one nursing diagnosis which is appropriate in a care plan when a patient is in the process of dying. (1 mark)
 - c) What are the core principles of end of life care? (2 marks)
4. Define the following:
 - a) Tetralogy of fallot. (2 marks)
 - b) Infantile autism. (3 marks)

SECTION B: Case Study (50 marks)

Choose either CASE I or CASE II from this section. Each case study carries 50 marks. Mark for each sub-question is indicated in the brackets.

Case I

Ms. Peldon (22 years) was referred to the hospital from BHU with severe lower abdomen pain, nausea and vomiting since a night ago. The treating doctor diagnosed acute appendicitis after ultrasound report and planned for appendectomy the next day. The patient was admitted to surgical ward. The admitting nurse observed Ms. Peldon was restless and asked lots of questions. Her vital signs were in normal range with slightly raised temperature. Since the patient was unmarried she was accompanied by her aunt who stays at Thimphu.

After surgery the patient was treated with;

- Tab Paracetamol 500 mg 3 times a day for three days
- Tab Ibuprofen 400 mg 3 times a day for three days
- Inj. Ampicillin 1 gm 4 times a day for 7 days
- Inj. Ranitidine 50 mg 2 times a day
- Removal of Suture after 7 days

Doctor planned to discharge patient after 3 days if there are no post-surgery complications.

Answer the following questions related to the case study.

1. If you are the assigned nurse, how are you going to provide health education in relation to indication, contra-indications, cautions, side effects and how to take Ibuprofen to Ms. Peldon? Prepare one expected outcome/goal and nursing diagnosis with independent nursing implementations. (10 marks)
2. What are the components of pre-operative nursing assessment? Prepare two nursing care process for Ms. Peldon as pre-operative intervention in surgical ward. (10 marks)

3. State three pre-operative teachings with rationale to prevent post-operative complications?
(10 marks)
4. Prepare three nursing care process for Ms. Peldon as post-operative nursing interventions in surgical ward? (10 marks)
5. What are the components you should include in the discharge plan when you prepare Ms. Peldon for discharge? State why discharge teaching is very important. (10 marks)

Case II

11-year-old boy presents to the emergency department with a 3-day history of nausea, anorexia, weakness, abdominal pain, diarrhea, and an episode of vomiting. He has no history of fever, respiratory or urinary symptoms, or use of laxatives or diuretics or any other illness.

Physical examination reveals a thinly built boy with signs of dehydration and generalized skin hyperpigmentation, especially noticed on the extensor surfaces of the fingers of both hands. He is afebrile, with capillary refill time of 2.5 seconds, blood pressure of 94/68 mm Hg, and a heart rate of 116 beats/min. His weight is 32 kg (weight loss of 6% in the previous 3 days). Findings on the rest of the physical examination are normal.

Answer the following questions related to the case study.

1. Explain dehydration. (5 marks)
2. List the clinical signs and symptoms based on the severity of dehydration. (10 marks)
3. Classify dehydration based on type of fluid loss and explain them. (10 marks)
4. Explain the medical management of dehydration in children. (10 marks)
5. Prepare three nursing care process for care of this child. (10 marks)
6. What public awareness can you advocate to prevent diarrheal disease in children which can result in severe dehydration? (5 marks)

TASHI DELEK