

**ROYAL CIVIL SERVICE COMMISSION
BHUTAN CIVIL SERVICE EXAMINATION (BCSE) 2018
EXAMINATION CATEGORY: TECHNICAL**

PAPER III: SUBJECT SPECIALISATION PAPER FOR NURSING

Date	: 7 October 2018
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 QuestionsAll 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 any or correct Section, Part and Question Number will NOT be evaluated and no marks would 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. Relate the theory to “coping with pain”
 - a) Contingency Theory
 - b) Freudian Psychoanalytic Theory
 - c) Gate control Theory
 - d) Hawthorne Theory

2. The nurses play a key role by serving as change agent within the healthcare system as mentioned below, Except as
 - a) consumer
 - b) educator
 - c) researcher
 - d) leader

3. A 2-year-old girl is brought to the clinic by her parents after they noticed blood in her urine. The parents say the patient has had intermittent abdominal pain during the past two months but has been otherwise well. On physical examination, the abdomen is slightly distended and a mass is palpated in the right upper quadrant. Results of urinalysis are positive for blood and protein. Which of the following is the most likely diagnosis?
 - a) Cystic nephroma
 - b) Wilm’s tumor
 - c) Cystitis
 - d) Neuroblastoma

4. The three essential elements involved in the nursing critical thinking process are
 - a) collection of information, analysis of situation and evaluation of alternatives.
 - b) nursing assessment, diagnosis and implementation.
 - c) collection of information, diagnosis and evaluation of alternatives.
 - d) nursing assessment, analysis of situation and evaluation of alternatives.

5. WHO Patient Safety Challenges includes
 - a) safe Admission of Patient in the Hospital
 - b) safe Childbirth
 - c) safe Health Education
 - d) none of the above

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

7. The “Glasgow Coma Scale”, used to assess the level of consciousness of the patient evaluate which of the following three areas?
- Eye opening, orientation to time and place, and best motor response.
 - Eye opening, verbal response, and best motor response.
 - Verbal response, best motor response, and orientation to time and place.
 - None of the above
8. What is the MOST common long-term sequela of bacterial meningitis in a child?
- Seizure disorder
 - Intellectual disability
 - Hearing loss
 - Hemiparesis
9. The priority diet modification for patient with Heart Failure would be
- a low-sodium diet
 - a moderate intake of red wine
 - reduce dietary saturated fat and cholesterol
 - All of the above
10. Which is a primary power of labour?
- Pushing of the mother
 - Abdominal contractions
 - Uterine contractions
 - Intrathoracic pressure
11. The immunization recommended for aging adult to proactively prevent potential severe illnesses are
- BCG and Rubella Vaccines
 - BCG and Pneumococcal Vaccines
 - Influenza and Rubella Vaccines
 - Influenza and Pneumococcal Vaccines
12. The nurse giving the capsule formulated drug for oral intake should advice the patient not to crush, dissolve or remove the capsule cover because
- the medicine will not be able to keep its steadier levels in the bloodstream.
 - the medicine will lose its coated vitamins.
 - the unfavorable taste of the medicine will cause discomfort to patient over long time.
 - the medicine will react with other drugs.
13. While assessing a newborn with cleft lip, the nurse would be alert that which of the following will most likely be compromised?
- Sucking ability
 - Respiratory status
 - Locomotion
 - GI function

14. According to WHO, the entire procedure for hand hygiene technique with soap and water should take
- 20 to 30 seconds
 - 30 to 40 seconds
 - 40 to 60 seconds
 - 60 to 120 seconds
15. The intravenous Fluid Flow Rate Determination is used to calculate
- the number of drops of fluid to be infused in the body.
 - the type of fluids to be infused in the body.
 - the amount of fluid to be delivered over specific time period.
 - the type of fluid to be delivered over specific time period.
16. One of the hormones responsible for regulating the sodium level in the extracellular fluid of human being is
- Estrogen
 - Progesterone
 - Testosterone
 - Aldosterone
17. What is the surgical suffix used for surgical creation of a permanent opening that can help the nurse to understand what type of surgical is to be performed?
- Plasty
 - Ostomy
 - Scopy
 - Otomy
18. A direct cause of mismanagement of third stage of labour is
- Inversion of the uterus
 - Cord prolapse
 - Prolonged labor
 - All of the above
19. A patient exhibits a cheerful behaviour as coping mechanism when he was diagnosed with cancer and was told death is inevitable, but he refuses to talk about his illness. According to Freud's conceptualized personality structure this personality falls under the component of
- Id
 - Ego
 - Superego
 - Self
20. 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

21. The nurse during admission categorized patient under high risk for developing pressure ulcer but forgot to hand over patient status during the change of shift, consequently patient developed pressure ulcer. Before the Law, this nurse will be charged under
- malpractice
 - criminal
 - negligence
 - will not be charged because “*to err is human*”
22. Which of these implantations of the placenta would most likely cause excessive bleeding?
- Normal implantation and accreta
 - Acreta and increta
 - Increta and percreta
 - None of the above
23. Refractive errors are common eye problems in Bhutan and are caused by eye’s inability to properly bend light as it passes into the retina, resulting in a blurred image. The most common disorder developed during the adolescent is
- Hyperopia
 - Astigmatism
 - Myopia
 - Presbyopia
24. The most important intervention the nurse must perform in the labour room to prevent prolonged labour is
- be with the patient
 - maintain partograph
 - give syntocinon
 - assess maternal and fetal well-being
25. The nurse is to administer an iron injection to an adult. How should this be administered?
- Subcutaneous in the arm
 - Intradermal in the forearm
 - Intramuscular in the deltoid
 - Z track intramuscular in the gluteal
26. A 72 year old man is being discharged on the diuretic spironolactone. What is the major adverse effect of this type of medication?
- Hyperkalemia
 - Gastric irritation
 - Hypokalemia
 - Hypertension
27. A nurse is going to assess cardiac output of her patient. Which one of the following equation is correct for the nurse to make this assessment?
- Systemic vascular resistance \times stroke volume
 - Stroke volume \times heart rate

- c) Systolic blood pressure × heart rate
- d) Mean arterial pressure × stroke volume

28. The nurse is administering medications to the patient with liver failure resulting from end-stage cirrhosis. The nurse is aware that patient would most likely have problems with which pharmacokinetic phase?
- a) Absorption
 - b) Distribution
 - c) Metabolism
 - d) Excretion
29. Which of the following assessment findings would lead the nurse to suspect Down's syndrome in an infant?
- a) Transverse palmar crease
 - b) Small tongue
 - c) Large nose
 - d) Restricted joint movement
30. Bluish discoloration of the cervix, vagina, and labia resulting from increased blood flow during pregnancy is known as
- a) Hegar's sign
 - b) Chadwick's sign
 - c) Oslander's sign
 - d) Jacquemier's sign

PART II – Short Answer Questions (20 marks)

This part has 4 Short Answer Questions. Answer ALL the questions. Each question carries 5 marks.

1. During the course of patient care, the nurse is expected to use effective communication skills so that patient attains highest level of satisfaction with the healthcare service. In relation to effective communication, briefly answer the following questions.
- a) What is therapeutic communication? (1 mark)
 - b) To prevent biases and conflicts, what self-awareness factors must the nurse herself /himself consider while engaging in therapeutic communication? (2 marks)
 - c) Why are family support and spirituality important in therapeutic communication?
(2 marks)
2. During the patient's stay in the hospital, it is the responsibility of every nurse to address patient's fundamental needs which includes the ability to cleanse and dress. Personal cleansing and dressing is also important in promoting psychological, social, cultural and overall well-being of the patient. In relation to personal hygiene, briefly answers the following questions.
- a) Why skin is an important organ? (2 marks)

- b) State two factors that may affect cleansing and dressing. (1 mark)
- c) What is the role of nurse in meeting the patient's fundamental needs for self-care? (2 marks)

3. Define the following:

- a) Hegar's sign (1.5 marks)
- b) Moro reflex (1.5 marks)
- c) Asphyxia neonatorum (2 marks)

4. Explain the concept of baby friendly hospital initiative to promote successful breastfeeding (5 marks)

SECTION B

Case Study

Choose either Case I OR Case II from this section. Each case study carries 50 marks.

Case I

Patient's Profile:

During peak of a winter, 50 years old Mr. Tshering sustained a moderate burn injury on his left arm from electric heater while he was sitting down to warm his body. Two weeks later he was brought to the hospital with high fever, unbearable pain and swelling with continuous discharge from the wound. According to his nephew, Mr. Tshering is known to the neighbourhood as an alcoholic because of his habit of excessive consumption of alcohol. He works as a gardener in a private organization. The nurse in the surgical ward received him for further treatment and management.

Scenario:

On the second day of his admission, the nurse who was responsible for Mr. Tshering's care went through the report which was just collected from the laboratory. The nurse noticed the WBC level slightly raised along with Neut/Grain of 70.5 %. The nurse also observed SGOT (AST) of 120 IU/L (Normal 5-40), ALT of 80IU/L (Normal 5-40), Alkaline Phosphatase of 150 IU/L (Normal 40-129), Total Bilirubin of 5.0 mg/dl (Normal 0.1-1.2 mg/dl) and Direct Bilirubin of 3.0 mg/dl (Normal <0.2 mg/dl) and informed the treating doctor for further treatment. During the routine dressing of the wound the nurse monitored the vital signs. BP 130/90 mmHg, PR 100/min, RR 30/ mins, Temp. 37.8°C (100.04°F) and pain of 7 out of 10 was noted in the pain score.

Patient was discharge from the hospital after 3 days with oral antibiotics and daily dressing in the Out Patient Department and was recommended for alcohol detox care.

1. In accordance with the case profile and scenario, write three nursing diagnosis and related expected outcomes for Mr. Tshering. (10 marks)

2. State the physiology of wound healing. (10 marks)
3. State ten factors that can effect wound healing? (5 marks)
4. How will you perform the assessment of wound for Mr. Tshering? (5 marks)
5. Why is pain management important? (5 marks)
6. What are the challenges the nurse must consider before giving health education on self -care at home to Mr. Tshering? (5 marks)
7. What advices will you provide to Mr. Tshering about the wound care when he gets discharged from the hospital? (5 marks)
8. What care will you provide to Mr. Tshering for Alcohol Liver Disease? (5 marks)

Case II

A 26 years old Mrs. Kinley Wangmo, was brought to labour room by her husband with complain of contractions every 3 to 4 minutes. She is a primigravida at 32 weeks gestation. On admission, the nurse found her in active labour and her vitals were; BP: 140/100 mmHg, pulse: 96/min, and respiration 20/min. The nurse observed Mrs. Kinley to be obese and weighed 84kgs. During further assessment she was also found to be edematous. Her past medical history is unremarkable and on further enquiry by the nurse, Mrs. Kinley has no history of treatment and medication for any underlying diseases. At 23 weeks of gestation, Mrs. Kinley was diagnosed with pre-eclampsia and was prescribed medication. Her antenatal record book status during the diagnosis were; BP: 140/100 mmHg and protein in urine. During the successive antenatal check-ups, her BP was recorded within the normal range with continued medication. The admission nurse stated Mrs. Kinley is a housewife and did not attend any level of education at the time of handing over of the shift.

1. Define pre-eclampsia and preterm labour. (5 marks)
2. State the risk factors for pre-eclampsia. (5 marks)
3. List down the clinical features of pre-eclampsia. (5 marks)
4. What are the complications of pre-eclampsia? (5 marks)
5. What are the common oral anti-hypertensive used for pre-eclampsia during pregnancy and state the indications for using the anti-hypertensive? (5 marks)
6. What are the nursing cares for preterm baby? (10 marks)
7. Prepare three priority nursing care process with interventions for Mrs. Kinley. (15 marks)

TASHI DELEK