

ROYAL CIVIL SERVICE COMMISSION  
CIVIL SERVICE COMMON EXAMINATION (CSCE)2011  
EXAMINATION CATEGORY: TECHNICAL  
PAPER III: SUBJECT SPECIALIZATION PAPER for NURSING

Date:30<sup>th</sup> October 2011

Total Marks: 100

Examination Time: 2.5 hours

Reading Time: 5 minutes (Prior to exam, Time)

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1. Read the questions carefully before proceeding to answer.
2. This paper consists of nine (9) pages.
3. All the answer must be written on the answer sheet provided
4. The section A consists of two parts; Part one consist of objective type question, 30 questions of 1 mark each. Part two consist of four short answer questions of 5 marks each
5. The section B consists of two case studies. You are requested to answer only one case study which carries 50 marks
6. For the objective type question write down the question number and the correct answer against it
7. Example
  10. b
  11. c
  12. a
8. Answer the short question in part 11 of section A in brief and to the point
9. Before submitting the paper mention the number of answer sheets attached to ensure that the papers are not lost or tampered with
10. Number of answer sheets attached

CIVIL SERVICE COMMON EXAMINATION (CSCE) 2011  
TECHNICAL GRADUATE SELECTION EXAMINATION  
PAPER 111: SUBJECT SPECIALIZATION

**SECTION A (50 Marks)**

1. Multiple choice questions: Answer in separate sheet as per the above instruction (1x30=30 Marks)

- 1) The major risk factors for cardiac and vascular disease are smoking and:
  - a. Alcohol abuse
  - b. Elevated high density lipoprotein (HDL) levels
  - c. Hypertension
  - d. Morbid obesity
  
- 2) Which is the most important consideration when preparing to administer thrombolytic therapy to a patient who is experiencing an acute myocardial infarction (MI)?
  - a. History of heart disease
  - b. Sensitivity to aspirin
  - c. Size and location of MI
  - d. Time since the onset of symptoms
  
- 3) A man is pale, diaphoretic, and short of breath. He is rubbing his sternum and occasionally shakes his arm. When the man denies of having chest pain, the nurse first response is to:
  - a. Ask him to describe how his chest feels
  - b. Emphasize the importance of reporting symptoms to the nurse
  - c. Explore the possibility of denial as a coping mechanism
  - d. Obtain 12- lead electrocardiogram (ECG)
  
- 4) A learning objective in the cognitive domain includes asking student to:
  - a. Correctly remove a colostomy pouch
  - b. Demonstrate drawing blood from the central line catheter
  - c. Explain how they feel about caring for a patient with terminal illness
  - d. Identify two risk factor for heart disease
  
- 5) Which tool provides a step by step guide or a set of instructions containing logic to solve a problem or accomplish task?

- a. Algorithm
- b. Clinical pathway
- c. Clinical practice guideline
- d. Standard

6) A nurse assesses a patient in the emergency department who complains of swollen, painful leg. The patient denies any injury. Physical examination reveals a tense calf muscle, decreased sensation to the foot and leg, and absent pedal pulse. The nurse questions the patient about when these symptoms began because:

- a. A compartment syndrome develops days after an arterial occlusion
- b. An arterial thrombosis is sudden and an embolism develops gradually
- c. Irreversible anoxic injury to muscles and nerves can occur in as few as 4 hours
- d. Metabolic alkalosis from muscle swelling is cardiotoxic

7) A female patient is diagnosed with chronic paranoid schizophrenia. The patient experiences auditory hallucination and has delusion that her family members are planning to harm her. After receiving outpatient supportive psychotherapy and fluphenazine (prolixin) 25mg intramuscularly once a week, patient shows progress by:

- a. Arriving for her weekly injection
- b. Attending family gathering
- c. Requesting a lesser dose of injection
- d. Understanding that stress exacerbates her symptoms

8) After undergoing flap closure of an ischial wound from a chronic pressure ulcer, a patient requires wound care and rehabilitation. In planning for the postoperative course, what does the nurse first evaluate?

- a. The level of care that is required
- b. The patient's guardianship status
- c. The patient's transportation options
- d. The variance analysis result

9) Three year old boy is hospitalized with a headache, projectile vomiting, decreased urinary output, and changes in level of consciousness. Blood test revealed lead level of 100g/dl, and an abdominal x- ray shows lead deposits. The nurse anticipates that the physician order will include

- a. Albumin
- b. Deferoxamine (desferal)

- c. Edentate calcium disodium (calcium disodium versenate)
- d. Intravenous immune immune globulin (IVIg)

10) Which blood gas analyses are most indicative of respiratory acidosis?

- a. pH=7.22, PCO<sub>2</sub>=55mmHg, HCO<sub>3</sub>=30mEq/L
- b. pH=7.28, PCO<sub>2</sub>=45mmHg, HCO<sub>3</sub>=15mEq/L
- c. pH=7.34, PCO<sub>2</sub>=35mmHg, HCO<sub>3</sub>=25mEq/L
- d. pH=7.40, PCO<sub>2</sub>=25mmHg, HCO<sub>3</sub>=30mEq/L

11) A female patient is receiving adjuvant chemotherapy for breast cancer and has been given information about her treatment regimen, expected side effect, and symptom, if occurring two weeks after treatment, warrants a prompt call to the doctor for:

- a. Alopecia
- b. Fatigue
- c. Fever
- d. Nausea

12) A patient received spinal anesthesia 4 hours ago during surgery. The patient has been on the unit for 1/2 and hours and now reports severe incisional pain. The patient's blood pressure is 170/90 mmHg, pulse is 108 beats/min, temperature is 99<sup>0</sup> F (37.2<sup>0</sup>C), and respirations is 30 breath/min. the patient's skin is pale and the dressing is dry and intact. The most appropriate nursing intervention is to:

- a. Call the physician and report the findings
- b. Medicate the patient for pain
- c. Place the patient in high fowler position and administer oxygen.
- d. Place the patient in a trendelenburg position and open the IV line

13) A patient suffered a head injury 24 hours ago. During a routine hourly neurologic assessment, the nurse notes that the patient's speech has become slurred and that the patient now is disoriented to time and place. The nurse first action is to:

- a. Continue the hourly neurologic assessment
- b. Inform the neurosurgeon of the patient's status
- c. Prepare the patient for emergency surgery
- d. Re assess the patient's neurologic status in 15 minutes

14) A 73 year-old male patient with cancer is in the hospital for pain control and rates his pain as has 8 on a numeric pain rating scale of 0-10. Thirty minutes after administering IV pain

medication, the patient response no pain relief. The nurse calls the physician for additional pain medication. This nurse's action demonstrates:

- a. Analgesic titration
- b. Empathy
- c. Independence
- d. Patient advocacy

15) Care for the patient who has had a left hemisphere stroke includes:

- a. Approaching the patient on the side and placing food on the left side
- b. Assisting the patient to get on the right side and placing food on the right side
- c. Raising the left side rail and placing the television on the right side
- d. Talking into patient's right ear and placing food on the right side

16) Which of the following is the primary site of activity for the drug Warfarin?

- a. Kidney
- b. Liver
- c. Blood
- d. Heart

17) Which of the following drugs is associated with the reaction of extreme photosensitivity?

- a. Digitalis
- b. Niacin
- c. Tetracycline
- d. Fluoroquinolones

18) Which of the following is not included in the femoral triangle?

- a. Femoral Artery
- b. Femoral Nerve
- c. Femoral Vein
- d. Femoral Ligament

19) Patient reports pain in his foot that moves up along his calf. The patient states, "My right foot feels like it is on fire". The patient further describes that he has no previous history of injuries or falls, and that his pain started yesterday, which components of pain assessment has the patient reported?

- a. Aggravating and alleviating factors
- b. Exacerbation, and associated signs and symptoms
- c. Intensity, temporal characteristics, and functional aspect
- d. Location, quality, and onset

20) During the nurse patient interaction, the nurse assesses the following to determine the patients coping strategy:

- a. How are you feeling right now?
- b. Do you have anyone to take you home?
- c. What do you think will help you right now?
- d. How does your problem affect your life?

21) The type of anxiety that lead to personality disorganization is:

- a. Mild
- b. Moderate
- c. Severe
- d. Panic

22) When caring for a patient who is on mechanical ventilator, the nurse should monitor the patient for which of the following complication?

- a. Flail chest
- b. Pleural effusion
- c. Pneumothorax
- d. Pulmonary embolism

23) Triple lumen Foleys catheter is being used for a patient after transurethral resection of prostate. The nurse is aware that one of the 3 lumen is to be used for balloon inflation and other 2 are to be used for:

- a. Continuous inflow of irrigating solution and continuous outflow of urine and solution irrigating
- b. Intermittent inflow of irrigating solution and intermittent out flow of urine and irrigating solution
- c. Prevention of hemorrhage and continuous flow of urine
- d. Intermittent inflow of irrigation solution and prevention of hemorrhage.

24) Which of the following findings would a nurse identify as indicative of septic shock in a patient?

- a. Brady cardia
- b. Flushed appearance
- c. Cool and clammy skin
- d. S<sub>3</sub> gallop

25) Which nursing diagnosis would receive priority for atopic dermatitis patient?

- a. Impaired skin integrity
- b. Alteration in comfort
- c. Infection
- d. Body image disturbance

26) A nursing is teaching an elderly patient after cataract surgery regarding home care, which of the following instruction is not appropriate?

- a. Elevate the head end of your bed when sleeping
- b. Keep room environment cool and dry
- c. Avoid climbing stairs
- d. Take stool softener daily at night

27) A patient with hemorrhagic stroke has undergone evacuation of the hematoma and is recovering in the ICU, which of the following nursing intervention is not appropriate and may increase the intracranial pressure?

- a. Placing patient in supine position with head elevated to 30°
- b. Maintaining a patent airway by suctioning every hour
- c. maintaining PaO<sub>2</sub> at 100mmhg
- d. Administering prophalytic anticonvulsant as prescribed

28) What is the priority action when implementing a change in patient care delivery?

- a. Announcing the change in a memorandum or newsletter
- b. Assessing the staff's readiness for change
- c. Conducting a forum to address staff concerns
- d. Proposing an educational plan for new model

29) Oxygen toxicity is a medically induced, potentially fatal, progressive condition in which ventilatory failure occurs in client's who inspire a high concentration of oxygen for a prolong period of time. A high concentration of oxygen can be defined as a fraction of inspired oxygen of greater than:

- a. 80% (percent)

- b. 60% (percent)
- c. 30% (percent)
- d. 10% (percent)

30) The single most effective way to breaking the chain of infection is by:

- a. Using personal protective equipment
- b. Placing the infectious patient in isolation
- c. Practicing good hand hygiene
- d. Proper waste management

## II. Short answer question (5x4=20 marks)

- I. What is nursing process? List down the steps of nursing process.
- II. List down the five moments of hand washing.
- III. Define the following terms:
  - a. Subjective data
  - b. Objective data
  - c. Nosocomial infection
  - d. Stroke
  - e. Eclampsia
- IV. What are the four primary techniques used in the physical examination?
- V. What are the predisposing factors for non communicable diseases like hypertension and diabetes?

## SECTION B: Answer any one of the case study (1x50=50)

### CASE STUDY 1:

Mr. Tenzin is a 55 year old retired policeman who was constantly having cough during last 2 weeks before he was brought to the hospital by his daughter. Lately, he has been experiencing troubles in breathing. He described it as difficulty in expiration during breathing. For this reason he asked his daughter to take him to hospital.

Mr. Tenzin admits to be chronic smoker, consuming two packs per day and drinks alcoholic beverages regularly with his friends. After undergoing a thorough examination, his physician ordered a series of sputum tests and other lung test. Chronic infection was detected in the lungs most probably due to smoking which irritates the bronchi and bronchioles. There was also obstruction of the airways which is responsible for Mr. Tenzin's difficulty in expiration. He was diagnosed to have chronic obstructive pulmonary disease (COPD).



1. Define Chronic Obstructive Pulmonary disease (COPD) (3)
2. Describe the etiology of COPD (5).
3. What are the risk behaviours of Mr.Tenzin leading to COPD? (2)
4. Why is Mr. Tenzin having difficulty in expiration during breathing? (5)
5. List down three nursing diagnosis and assessment criteria for Mr.Tenzin. (10)
6. Write the nursing interventions for all the nursing diagnosis listed for Mr. Tenzin (15)
7. What health education would you provide to Mr. Tenzin and his family? (10)

### **CASE STUDY 2:**

Mrs. X was send from emergency ward to surgical ward with complain of severe right upper quadrant (RUQ) abdominal pain that radiates to his back. She is nauseated and has few episodes of vomiting at home. The pain is less intense if she walks around bent forward. The acute onset of pain started after eating pork curry at home. She reports having light colored stool for 1 week. Urine is medium amber in color. Bowel sounds are audible in all 4 quadrants, abdominal guarding noted with RUQ tenderness on palpation. Scleras are slightly jaundiced. Her vital signs show B.P of 170/100mmHg. Pulse rate of 126/min. Temperature 37.9<sup>0</sup>C, and respiration of 26/min

1. What are Mrs. X, clinical manifestations and how do you interpret the meaning of these findings? (10)
2. What laboratory studies and diagnostic studies need to be ordered for her? (5)
3. Upon arrival to the ward what are the nurse's assessment priorities? (5)
4. What data found in the assessment above are consistent with common bile duct obstruction and why? (5)
5. List 4 pre-operative preparations that need to be done and why? (5)
6. Why is drain installed during surgery? Describe the drainage you would expect to find post operatively in this case? (5)
7. Mrs. X undergoes a cholecystectomy. Her estimated blood loss during surgery was minimal (100ml). She has nasogastric tube in place for intermittent low wall suction. What are the nursing care priorities for post operative management of the nasogastric tube? (5)
8. Mrs. X spikes a temperature of 39.8<sup>0</sup>C. She is started on board spectrum antibiotics: Imipenem (primaxin) 500mg intra venous q6h. What would a nurse do before administering the antibiotics? (5)
9. Mrs. X recovers uneventfully and will be discharged with the drain in place. Develop a teaching plan for her. (5)

