

**ROYAL CIVIL SERVICE COMMISSION
CIVIL SERVICE COMMON EXAMINATION (CSCE) 2009
EXAMINATION CATEGORY: TECHNICAL**

PAPER III: SUBJECT SPECIALIZATION PAPER for B.Sc. NURSING

Date: 8th November, 2009

Total Marks: 100

Examination Time: 2.5 Hours

Reading Time: Min. 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. You are required to answer all the questions in Section A.
 5. The section A consists of two parts; Part I consists of objective type questions, 30 questions of 1 mark each. Part II consists of four short answer questions of 5 marks each.
 6. The section B consists of two case studies. You are required to answer only one case study which carries 50 marks.
 7. For the objective type question write down the question number and the correct answer against it.

Example

22. b

23. c

24. a

8. Answer the short question in part II 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) 2009
TECHNICAL GRADUATE SELECTION EXAMINATION
PAPER III: SUBJECT SPECIALIZATION**

SECTION A (50 Marks)

I. Multiple choice question: Answer in separate sheet as per the above instruction (1x30= 30 marks)

- 1) The nurse practices nursing in conformity with the code of ethics for professional registered nurse. This code:
 - a. Improves self-health care
 - b. Protects the client from harm
 - c. Ensures identical care to all clients
 - d. Defines the principles by which nurses' provide care to their clients
- 2) An 18-year-old woman is in the emergency department with fever and cough. The physician asks the nurse to measure vital signs, auscultate lung sounds, listen to heart sounds, determine the level of comfort, and collect blood and sputum samples for analysis. The nurse is performing what aspect of practice?
 - a. Diagnosis
 - b. Evaluation
 - c. Assessment
 - d. Implementation
- 3) The nurse is caring for a client with end-stage lung disease. The client wants to go home on oxygen therapy and be comfortable. The family wants the client to undergo a new surgical procedure. The nurse explains the risk and benefits of the surgery to the family and discusses the client's wishes with the family. The nurse is acting as the client's:
 - a. Manager
 - b. Educator
 - c. Advocate
 - d. Caregiver
- 4) Evidence-based practice is defined as:
 - a. Nursing care based on tradition
 - b. Scholarly inquiry embodied in the nursing and biomedical research literature
 - c. A problem-solving approach to clinical practice based on best practices
 - d. Quality nursing care provided in an efficient and economically sound manner

- 5) Contemporary nursing requires that the nurse possess knowledge and skills to carry out a variety of professional roles and responsibilities. Examples include which of the following? (Select all that apply.)
- a. Autonomy and accountability
 - b. Advocacy
 - c. Provision of bedside care
 - d. Health promotion and illness prevention
- 6) Nursing practice in the twenty-first century is an art and science that is centered on:
- a. The client
 - b. The nursing process
 - c. Cultural diversity
 - d. The health care facility
- 7) Which of the following statements is true about evidence-based practice? (Select all that apply.) Evidence-based practice:
- a. Is based only on the results of research
 - b. Assists nurses in meeting standards of practice
 - c. Helps nurses solve dilemmas in the clinical setting
 - d. Requires nurses to review and critique research and practice findings
- 8) *Healthy People 2010's* overall goals are to:
- a. Assess the health care needs of individuals, families, or communities
 - b. Develop and implement public health policies and improve access to care
 - c. Gather information on incident rates of certain diseases and social problems
 - d. Increase life expectancy and quality of life and eliminate health disparities
- 9) Substance abusers frequently avoid health care providers because of:
- a. Fear of the cost of health care
 - b. Fear of institutions and people
 - c. Fear of being turned in to criminal authorities
 - d. Fear of being without the recreational drug of choice
- 10) Nursing's paradigm includes:
- a. Health, person, environment, and theory
 - b. Concepts, theory, health, and environment
 - c. Nurses, physicians, models, and client needs
 - d. The person, health, environment/situation, and nursing

- 11) Maslow's hierarchy of needs is useful to nurses, who must continually prioritize a client's nursing care needs. The most basic or first-level needs include:
- Self-actualization
 - Love and belonging
 - Air, water, and food
 - Esteem and self-esteem
- 12) A number of strategies have the potential for creating work environments that enable nurses to demonstrate more caring behaviors. Some of these include:
- Increasing working hours
 - Raising monetary compensation
 - Providing flexibility, autonomy, and improved staffing
 - Increasing input from physicians concerning nursing functions
- 13) The caring aspect of nursing may be negatively affected in clinical practice today primarily because of:
- Lack of time constraints in nursing care
 - Increased emphasis on the nurse-client relationship
 - Prevalence of chronic conditions that slow the pace of nursing
 - Rise in technology that takes nurses' attention away from clients
- 14) During the day the nurse spends time instructing a client in how to self-administer insulin. After discussing the technique and demonstrating an injection, the nurse asks the client to try it. After the client makes two attempts it is clear that the client does not understand how to prepare the correct dose. The nurse discusses the situation with the charge nurse and asks for suggestions. This is an example of:
- Reflection
 - Risk taking
 - Problem solving
 - Client assessment
- 15) A nurse uses an institution's procedure manual to confirm how to insert a Foley catheter. The level of critical thinking the nurse is using is:
- Commitment
 - Scientific method
 - Basic critical thinking

- d. Complex critical thinking
- 16) What techniques encourage a client to tell his or her full story? (Select all that apply.)
- a. Active listening
 - b. Back channeling
 - c. Use of open-ended questions
 - d. Use of closed-ended questions
- 17) A nursing diagnosis is:
- a. The diagnosis and treatment of human responses to health and illness
 - b. The advancement of the development, testing, and refinement of a common nursing language
 - c. A clinical judgment about individual, family, or community responses to actual and potential health problems or life processes
 - d. The identification of a disease condition based on a specific evaluation of physical signs, symptoms, the client's medical history, and the results of diagnostic tests
- 18) In the examples given below, which nurse is acting to avoid a data collection error?
- a. The nurse asks her colleague to chart her assessment data.
 - b. The nurse considers conflicting cues in deciding on the correct nursing diagnosis.
 - c. The nurse who assesses the edema in a client's lower leg is unsure of its severity and asks her co-worker to check it with her.
 - d. After performing an assessment the nurse critically reviews his level of comfort and competence with interviewing and physical assessment skills.
- 19) A client-centered goal is a specific and measurable behavior or response that reflects:
- a. The physician's goal for the specific client
 - b. The client's desire for specified health care interventions
 - c. The client's response compared to that of another client with a similar problem
 - d. The client's highest possible level of wellness and independence in function

- 20) Nurses agree to be advocates for their clients. The practice of advocacy calls for the nurse to do which of the following?
- Seek out the nursing supervisor in conflicting situations
 - Work to understand the law as applies to the client's clinical condition
 - Assess the client's point of view and prepare to articulate this point of view
 - Document all clinical changes in the medical record in a timely manner
- 21) A client tells the nurse, "I have stomach cramps and feel nauseous." This is an example of what type of data?
- Objective
 - Historical
 - Subjective
 - Biographical
- 22) Clients frequently request copies of their medical records. The nurse understands that:
- Only the families may read the records
 - Clients have the right to read those records
 - Clients are not allowed to read those records
 - Only health care workers have access to the records
- 23) Which of the following values for vital signs would the nurse address first?
- Heart rate = 72 beats per minute
 - Respiration rate = 28 breaths per minute
 - Blood pressure = 160/86
 - Oxygen saturation by pulse oximetry = 89%
 - Temperature = 37.2 degrees centigrade, tympanic
- 24) The nurse decides to take an apical pulse instead of a radial pulse. Which of the following client conditions influenced the nurse's decision?
- The client is in shock
 - The client has an arrhythmia
 - The client underwent surgery 18 hours earlier
 - The client showed a response to orthostatic changes
- 25) If an infectious disease can be transmitted directly from one person to another, it is:
- A susceptible host
 - A communicable disease

- c. A portal of entry to a host
 - d. A portal of exit from reservoir
- 26) The most effective way to break the chain of infection is by:
- a. Practicing good hand hygiene
 - b. Wearing gloves
 - c. Placing clients in isolation
 - d. Providing private rooms for clients
- 27) The client has an order for 2 tablespoons of milk of magnesia. The nurse converts this dose to the metric system and gives the client:
- a. 2ml
 - b. 5 ml
 - c. 16 ml
 - d. 30 ml
- 28) Most medication errors occur when the nurse:
- a. Is caring for too many clients
 - b. Fails to follow routine procedures
 - c. Is administering unfamiliar medications
 - d. Is responsible for administering numerous medications
- 29) A client is to receive Cephalexin 500 mg by mouth. The pharmacy has sent 250 mg tablets. The nurse gives:
- a. Half a tablet
 - b. 1 tablet
 - c. 1 and half tablet
 - d. 2 tablets
- 30) The nurse is obtaining a client's medication history. Which of the following medications may cause gastrointestinal bleeding? (Select all that apply.)
- a. Aspirin
 - b. Cathartics
 - c. Antidiarrheal opiate agents
 - d. Nonsteroidal anti-inflammatory drugs (NSAIDs)

II. Short answer question (5x 4=20 Marks)

- a) List down the five steps in nursing process model
- b) Define the following terms:
 - i. Cyanosis
 - ii. Nosocomial infection
 - iii. Bradycardia
 - iv. Tracheostomy
 - v. Pyuria
- c) What are the five “Rs” followed when administering medications?
- d) List five pieces of specific preliminary information the nurse needs before a patient is prepared for surgery.

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

CASE STUDY 1:

Mr. Dorji, a 22 year old male is to undergo surgery for Crohn’s disease. He will have a new, pouching colostomy. He and his family/ care giver need teaching about what this means for his future elimination needs.

- a) Explain three common bowel elimination problems. (6)
- b) List and explain four factors which affect normal bowel function. (8)
- c) What is colostomy? (1)
- d) List the different types of colostomy. (4)
- e) Explain the care of colostomy to Mr. Dorji and his family. (10)
- f) What health education would you provide Mr. Dorji and his family members regarding the care of colostomy?(5)
- g) List and explain three nursing measures which will promote normal bowel function (6)
- h) Write two nursing diagnosis and their interventions for Mr. Dorji. (10)

CASE STUDY 2:

Mr. Sonam, a 70 year old male, was admitted to the hospital with fever, dehydration, malaise, and weakness. He was restless and confused and did not know where he was or the time of the day. Mr. Sonam has a history of cardiac disease, for which he takes digitalis preparation.

- a. What method should the nurse use to assess Mr. Sonam's body temperature? Why?(2)
- b. What is the normal range of temperature in a normal adult?(1)
- c. On assessing Mr. Sonam's temperature, it was 104 degree Fahrenheit. Convert Fahrenheit scale to Celsius scale.(2)
- d. What changes would you expect to find in Mr. Sonam's pulse and respiratory rate?(1)
- e. Explain the five different types of fever. (5)
- f. Explain the care of a client with fever. (5)
- g. What pulse site should the nurse use to assess Mr. Sonam's pulse rate, rhythm, and volume?(1)
- h. Other than the respiratory rate, what other assessment data does the nurse need to collect in relation to Mr. Sonam's respiratory status?(6)
- i. When taking Mr. Sonam's blood pressure, the nurse:
 1. measures the systolic pressure at which sound?(1)
 2. Measures the diastolic pressure at which sound?(1)
- j. Mr. Sonam's blood pressure indicates that he has hypertension. This means that his:
 1. Systolic blood pressure is above which pressure?(1)
 2. Diastolic pressure is above which pressure?(1)
- k. Explain factors which influence blood pressure. (5)
 - l. Explain the guidelines for taking vital signs. (5)
- m. Explain the procedure for taking pulse and respiration. (10)
- n. What are vital signs? Mention the normal vitals signs of a normal human being. (3)

ALL THE BEST!!!