

TESTS

1. Which of these drugs can be used for rubbing the skin of the patient?

- **Camphoric alcohol**
- Camphoric powder
- 20% solution of calcium chloride
- 5% tincture of iodine

- **Boric alcohol (1% solution)**

2. How much water extracts (infusions) of medicinal plants found in 1 tablespoon?

- 20 ml
- **15 ml**
- 10 ml
- 5 ml

3. In patients with complaints of dry cough diagnosed with acute bronchitis. Which of these procedures you recommend it?

- Ice pack
- **Leeches**
- **Heating compress**
- Wash
- **Mustard plasters**
- **Banks**

4. The skin of the chest of the patient revealed skin disorders - eczema. Application of what procedures are not indicated?

- Banks
- Mustard plasters
- Heating compress
- Leeches
- Damsel
- **Ice pack**

5. What complications can arise in applying the ice pack?

- **Blisters on the skin**
- Breakthrough infiltration
- Hardening of infiltration
- Skin ulcers

6. How long is the application of a compress?

- **30 minutes**
- 2 - hour
- 6 - 7 hours
- 8 - 10 hours
- 11 - 12 hours

7. When do you apply a cold compress?

- Typical asthma attack
- Renal colic
- **Headache**
- Purulent infiltration
- **Bleeding**
- **Hemarthrosis due to traumatic injury**

8. What length of stay cans on the skin?

- **5 - 10 minutes**
- 11 - 14 minutes
- 15 - 20 minutes
- 21 - 25 minutes
- 26 - 30 minutes

9. Define the proposed list of areas on which banks are not put?

- **Loin**
- **Area of the heart**
- Breast
- Spine
- **Subclavian area**

10. In pathological conditions that contraindicated use of mustard plasters?

- Dry cough
- Inflammation of the trachea
- **Pneumonia**
- **Second degree burn skin**
- **Burn the skin and the degree**
- **Radiant skin lesions**
- **Lung tumor**
- **Bleeding wound**

11. What are the signs of correct single use mustard plaster?

- The emergence of small blisters on the skin
- **Redness**
- Of pigmentation
- No redness
- The feeling of heartburn in the area of application of mustard plasters

12. What can cause irritation of mustard plasters?

- **Terpene compounds**
- Organic acids
- Essential oils
- Phenolic compounds
- Alcohols

13. What is the roominess of Esmarch cup?

- 0,3 l
- 0,5 l
- **1,0 l**
- 2,0 l
- 3,0 l

14. Name in the specified list of contraindications to the use of cleaning enemas.

- Inflammatory diseases of the rectum
- Bleeding hemorrhoids
- Prolapse of the rectum
- Intestinal bleeding
- **Constipation**

15. In what position the patient asked cleansing enema?

- Standing
- Sitting on a couch
- Standing bent forward
- **Lying on the left side of the bent legs**
- Lying on back with legs bent at the knees
- Lying on stomach

16. How deep is introduced into the rectum cleansing enema tip?

- 5 - 7 cm
- **8 - 10 cm**
- 11 - 12 cm
- 13 - 15 cm

17. What is the average length of patient delay of water in the gut when setting cleansing enemas?

- 2 - 3 minutes

- **4 - 7 minutes**
- 8 - 10 minutes
- 11 -15 minutes
- 16 - 20 minutes

18. Which lists the appropriate means to add water to enhance its weakening action during cleansing enemas?

- Table vinegar
- **33% magnesium sulfate solution**
- Physiological solution of sodium chloride
- **Glycerol**

19. What are the main indications for using siphon enema:

- **Intestinal obstruction**
- **Food poisoning**
- **Alcohol poisoning**
- **Accumulation of feces and gases high in colon**
- Hemorrhoids
- Constipation

20. At what distance is introduced into the colon during the rubber tube siphon enemas?

- 5 - 10 cm
- **11 - 15 cm**
- 15 - 19 cm
- 20 - 30 cm
- 31 - 40 cm

21. Which tags to enter stomach pump gastric lavage?

- First
- **Second**
- Third

22. In which areas of the human body can use leeches?

- Neck
- Face
- Chest
- **Right subcostal**
- **Tibias**
- Loin

23. Reason for using a bedpan.

- Prevention of bedsores
- Preventing flatulence
- **For emptying bowel**

24. Which of these disinfectant solutions processed bedpan?

- **1% bleach solution enlightened**
- **2% Mr. chloramines**
- 1: 5000 Mr. furatsylinu
- 1: 5000 solution of potassium acid manganese
- 2% alcoholic solution of boric acid

25. In functional whose duties include the application of the patient bedpan and urinal?

- Chief nurse
- Ward nurse
- **Nurse assistant**
- Cleaner

26. In which areas of the body most often formed sores?

- **Coccyx**
- **Blade**
- Face

- **Nape**
- Abdomen
- **Spin**
- Knee
- **Buttocks**

27. What means are used to clean the skin to prevent bedsores?

- Ethyl alcohol (96%)
- **Camphoric alcohol (10%)**
- Camphoric oil
- Petrolatum oil
- **Baby powder**
- Powder chloramines

28. What is the term for a device used to take the place of a missing body part?

- (A) Pronation
- (B) Abduction
- (C) External rotation
- (D) Prosthesis**

29. When a client has left-sided weakness, what part of a sweater is put on first?

- (A) Both sleeves
- (B) Left sleeve**
- (C) Client's choice
- (D) Right sleeve

30. It is appropriate for a nurse aide to share the information regarding a client's status with:

- (A) any one the nurse aide sees fit
- (B) the client's family members
- (C) the client's roommate
- (D) the staff on the next shift**

31. When helping a client who is recovering from a stroke to walk, the nurse aide should assist:

- (A) on the client's strong side
- (B) on the client's weak side**
- (C) from behind the client
- (D) with a wheelchair

32. The nurse aide is caring for a client who is agitated. The nurse aide SHOULD:

- (A) speak loudly so the client can hear the instructions
- (B) ask to reassign the care of this client
- (C) talk in a slow, calm, reassuring manner**
- (D) tell the client to be quiet

33. The purpose for padding side rails on the client's bed is to:

- (A) use them as a restraint
- (B) have a place to connect the call signal
- (C) protect the client from injury**
- (D) keep the client warm

34. Exercises that move each muscle and joint are called:

- (A) adduction
- (B) range of motion**
- (C) abduction
- (D) rotation

35. How can the nurse aide BEST help a client who is not accepting a loss?

- (A) Leave the client alone
- (B) Convince the client to accept the loss
- (C) Encourage the client to talk**
- (D) Discourage individual activity

36. The Heimlich maneuver (abdominal thrust) is used for a client who has:

- (A) a bloody nose
- (B) a blocked airway**
- (C) fallen out of bed
- (D) impaired eyesight

37. To BEST communicate with a client who is totally deaf, the nurse aide should:

- (A) smile frequently and speak loudly
- (B) smile often and talk rapidly
- (C) avoid eye contact

(D) write out information

38. The nurse aide is asked by a confused client what day it is. The nurse aide should:

- (A) explain that memory loss is natural and the date is not important
- (B) ignore the request

(C) point to the date on a calendar and say the date

(D) provide the date and then test the client later

39. To avoid pulling the catheter when turning a male client, the catheter tube must be taped to the client's:

(A) bed sheet

(B) upper thigh

(C) bed frame

(D) hip

40. A nurse aide can assist clients with their spiritual needs by:

(A) taking clients to the nurse aide's church

(B) allowing clients to talk about their beliefs

(C) avoiding any religious discussions

(D) talking about the nurse aide's own spiritual beliefs

41. A nurse aide MUST wear gloves when:

(A) feeding a client

(B) doing peri-care

(C) giving a back rub

(D) doing range of motion

42. When getting ready to dress a client, the nurse aide SHOULD:

(A) get the first clothes the nurse aide can reach in the closet

(B) give the client a choice of what to wear

(C) use the clothes the client wore the day before

(D) choose clothes that the nurse aide personally likes

43. If the nurse aide discovers fire in a client's room, the FIRST thing do is:

(A) call the nurse in charge

(B) try to put out the fire

(C) open a window

(D) remove the client

44. In order to communicate clearly with a client who has hearing loss, the nurse aide should:

(A) speak in a high pitched tone of voice

(B) stand behind the client when speaking

(C) speak in a loud and slow manner

(D) look directly at the client when speaking

45. The nurse aide notices that a client's mail has been delivered to the client's room. The nurse aide SHOULD:

(A) open the mail and leave it on the client's table

(B) open the mail and read it to the client

(C) read the mail to make sure it doesn't contain upsetting news

(D) give the client the unopened mail and offer help as needed

46. The client offers a nurse aide a twenty dollar bill as a thank you for all that the nurse aide has done. The nurse aide SHOULD:

(A) take the money so as not to offend the client

(B) politely refuse the money

(C) take the money and buy something for the floor

(D) ask the nurse in charge what to do

47. A client wakes up during the night and asks for something to eat. The nurse aide SHOULD:

(A) check client's diet before offering nourishment

(B) tell the client nothing is available at night

(C) explain that breakfast is coming in three hours

(D) tell the client that eating is not allowed during the night

48. If a client is confused, the nurse aide should:

(A) ignore the client until he starts to make sense

(B) restrain the client so that he does not hurt himself

(C) keep the client away from other clients

(D) help the client to recognize familiar things and people

49. What is the process of restoring a disabled client to the highest level of functioning possible?

(A) Responsibility

(B) Retention

(C) Rehabilitation

(D) Reincarnation

50. When changing an unsterile dressing, the nurse aide should wash hands:

(A) before the procedure

(B) after the procedure

(C) before and after the procedure

(D) before, after removal of the soiled dressing, and after the procedure

51. Clean bed linen placed in a client's room but NOT used should be:

(A) returned to the linen closet

(B) used for a client in the next room

(C) taken to the nurse in charge

(D) put in the dirty linen container

52. The nurse aide finds a conscious client lying on the bathroom floor. The FIRST thing the nurse aide should do is:

(A) help the client into a sitting position

(B) call for assistance from the nurse in charge

(C) offer the client a drink of water

(D) check for signs of injury

53. If a nurse aide finds a client who is sad and crying, the nurse aide should:

(A) ask the client if something is wrong

(B) tell the client to cheer up

(C) tell the client to stop crying

(D) call the client's family

54. To prevent the spread of infection, how should the nurse aide handle the soiled linens removed from a client's bed?

(A) Shake them in the air

(B) Place them in a neat pile on the floor

(C) Carry them close to the nurse aide's body

(D) Put them in the dirty linen container

55. A client needs to be repositioned but is heavy, and the nurse aide is not sure she can move the client alone. The nurse aide should:

(A) try to move the client alone

(B) have the family do it

(C) ask another nurse aide to help

(D) go on to another task

56. To prevent dehydration of the client, the nurse aide SHOULD:

(A) offer fluids frequently while the client is awake

- (B) wake the client hourly during the night to offer fluids
 - (C) give the client frequent baths
 - (D) feed the client salty food to increase thirst
57. When transferring a client, MOST of the client's weight should be supported by the nurse aide's:
- (A) back
 - (B) shoulders
 - (C) legs**
 - (D) wrists
58. To be sure that a client's weight is measured accurately, the client should be weighed:
- (A) after a meal
 - (B) by a different nurse aide
 - (C) at the same time of day**
 - (D) after a good night's sleep
59. BEFORE taking the oral temperature of a client who has just finished a cold drink, the nurse aide should wait:
- (A) 10 to 20 minutes**
 - (B) 25 to 35 minutes
 - (C) 45 to 55 minutes
 - (D) at least 1 hour
60. Which of the following methods is the CORRECT way to remove a dirty isolation gown?
- (A) Pull it over the head
 - (B) Let it drop to the floor and step out of it
 - (C) Roll it dirty side in and away from the body**
 - (D) Pull it off by the sleeve and shake it out
61. What would be the BEST way for the nurse aide to promote client independence in bathing a client who has had a stroke?
- (A) Give the client a complete bath only when the client requests it
 - (B) Encourage the client to do as much as possible and assist as needed**
 - (C) Leave the client alone and assume the client will do as much as she can
 - (D) Limit the client to washing her hands
62. A safety device used to assist a DEPENDENT client from a bed to a chair is called a:
- (A) posey vest
 - (B) hand roll
 - (C) transfer/gait belt**
 - (D) foot board
63. If a nurse aide needs to wear a gown to care for a client in isolation, the nurse aide MUST:
- (A) wear the same gown to care for all other assigned clients
 - (B) leave the gown untied
 - (C) take the gown off before leaving the client's room**
 - (D) take the gown off in the dirty utility room
64. When making an occupied bed, the nurse aide SHOULD:
- (A) put the dirty sheets on the floor
 - (B) help the client to sit in a chair while the bed is being made
 - (C) lower both side rails before changing the sheets
 - (D) raise side rail on unattended side**
65. The nurse aide is in the employee dining room. A group of nurse aides are eating lunch together and begin discussing how rude a certain client was acting. The nurse aide SHOULD:
- (A) join in the conversation
 - (B) suggest that this is not the place to discuss the client**
 - (C) be quiet and not say anything to the other nurse aides
 - (D) return to the unit and tell the client what was said
66. The nurse aide enters a client's room, and the client states that he has pain. What should the nurse aide do?

(A) Report it to the nurse in charge

(B) Tell the client to get out of bed for awhile

(C) Tell the client that the pain will go away soon

(D) Ignore the client's statement

67. A client is upset and crying over the recent death of her husband. How should the nurse aide respond?

(A) Tell her not to cry because it will make her feel sad

(B) Close the door and leave the client to cry alone

(C) Take the client to an activity to help her forget her husband

(D) Sit with the client and allow her to talk about her feelings

68. Which temperature is considered MOST accurate?

(A) Oral

(B) Axillary

(C) Groin

(D) Rectal

69. While assisting a client with denture care the nurse aide observes that the upper plate is cracked. The nurse aide SHOULD:

(A) clean the dentures and return them to the client's mouth

(B) call the client's family

(C) call the dentist and make an appointment

(D) report the damage to the nurse in charge

70. The nurse aide can BEST show that he is listening to the client by:

(A) changing the subject frequently

(B) responding when appropriate

(C) correcting the client's mistakes

(D) directing the conversation

71. A physician may order a therapeutic diet to:

A. Decrease calories for weight control

C. Restore nutritional status

B. Correct nutritional status

D. All of the above

72. A "No Added Salt" (NAS) Diet:

A. Is a regular diet with no salt packets on

C. Is nutritionally adequate tray

B. Provides regularly seasoned food

D. All of the above

73. A therapeutic diet may be ordered to:

A. Maintain nutritional status

C. Correct nutritional status

B. Restore nutritional status

D. All of the above

74. Which of the following criteria would most likely be on a nutrition screen in the hospital?

a. Prealbumin value

b. Weight change

c. Serum potassium value

d. Cultural food preferences

75. Which of the following statements is accurate regarding physical signs and symptoms of malnutrition?

a. "Physical signs of malnutrition appear before changes in weight or laboratory values occur."

b. "Physical signs of malnutrition are suggestive, not definitive, for malnutrition."

c. "Physical signs are easily identified as 'abnormal.'"

d. "All races and genders exhibit the same intensity of physical changes in response to malnutrition."

76. The nurse knows her instructions about preventing future calcium oxalate stones have been effective when the client verbalizes he should
- Avoid milk, cheese, and other sources of calcium.
 - Take megadoses of vitamin C.
 - Consume a normal amount of dietary calcium spread out over the course of the day.**
 - Eat a high-protein diet.
77. How do the protein recommendations for those with chronic kidney disease without diabetes differ from those who have diabetes?
- Protein is more restricted for people who do not have diabetes.**
 - Protein is more restricted for people who have diabetes.
 - The protein recommendations do not differ for people with diabetes or without diabetes.
 - There are no specific protein recommendations for people with diabetes because carbohydrates and fat are the priority concerns.
78. Nurses are in an ideal position to
- Screen patients for risk of malnutrition**
 - Order therapeutic diets
 - Conduct comprehensive nutrition assessments
 - Calculate a patient's calorie and protein needs
79. Which of the following recommendations would be most effective for someone wanting to eat more fiber?
- Eat legumes more often.**
 - Eat raw vegetables in place of cooked vegetables.
 - Use potatoes in place of white rice.
 - Eat fruit for dessert in place of ice cream.
80. A client asks why sugar should be limited in the diet. Which of the following is the nurse's best response?
- "A high sugar intake increases the risk of heart disease and diabetes."
 - "Foods high in sugar generally provide few nutrients other than calories and may make it hard to consume a diet that has enough of all the essential nutrients."**
 - "There is a direct correlation between sugar intake and the risk of obesity."
 - "Sugar provides more calories per gram than starch, protein, or fat."
81. The client asks what foods are rich in protein and are less expensive than meat. Which of the following foods would the nurse recommend she eat more of?
- Breads and cereals
 - Legumes**
 - Fruit and vegetables
 - Fish and shellfish
82. Which of the following sources of protein would be most appropriate on a low-fat diet?
- Eggs
 - Ground chicken
 - Boiled ham
 - Turkey breast without skin**
83. The nurse knows that instructions have been effective when the client verbalizes that a source of complete, high-quality protein is found in
- Peanut butter
 - Black-eyed peas
 - Soy burgers**
 - Corn
83. The client asks if the cholesterol in shrimp is the "good" or "bad" type. Which of the following would be the nurse's best response?
- "All cholesterol is bad cholesterol."

b. “Bad and good refer to how cholesterol is packaged for transport through the blood. The cholesterol in food is unpackaged and neither bad nor good.”

c. “Good cholesterol is found in plants; bad cholesterol is found in animal sources.”

d. “Shrimp has good cholesterol because it is low in saturated fat; foods high in cholesterol and saturated fat are a bad source of cholesterol.”

84. A client asks why lowering saturated fat intake is necessary for lowering serum cholesterol levels. Which of the following is the nurse’s best response?

a. “Saturated fats raise the ‘bad’ cholesterol levels more than any other fat in the diet.”

b. “Sources of saturated fat also provide monounsaturated fat, and both should be limited to control blood cholesterol levels.”

c. “Saturated fat is high in calories, and excess calories from any source increase the risk of high blood cholesterol levels.”

d. “Saturated fats make blood more likely to clot, increasing the risk of heart attack.”

85. A healthy, young adult client asks how much water he should drink daily. Which of the following would be the nurse’s best response?

a. “The old adage is true: drink eight 8-oz glasses of water daily.”

b. “Drink to satisfy thirst and you will consume adequate fluid.”

c. “You can’t overconsume water, so drink as much as you can spread out over the course of the day.”

d. “It is actually not necessary to drink water at all. It is equally healthy to meet your fluid

86. A client asks why eating less sodium is important for healthy people. The nurse’s best response is

a. “Low-sodium diets tend to be low in fat and therefore may reduce the risk of heart disease.”

b. “Low-sodium diets are only effective at preventing high blood pressure, not lowering existing high blood pressure, so the time to implement a low-sodium diet is when you are healthy.”

c. “Blood pressure tends to go up as sodium intake rises—without an obvious threshold; lowering sodium regardless of how much you consume may help prevent or delay high blood pressure.”

d. “Low-sodium diets are inherently low in calories and help people lose weight, which can help prevent a variety of chronic diseases.”

87. A client says he never adds salt to any foods that his wife serves, so he believes he is consuming a low-sodium diet. Which of the following is the nurse’s best response?

a. “If you don’t add salt to any of your foods, you are probably eating a low-sodium diet. Continue with that strategy.”

b. “Even though you aren’t adding salt to food at the table, your wife is probably salting food as she cooks. She should stop doing that.”

c. “Lots of foods are naturally high in sodium, such as milk and meat; in addition to not using a salt shaker, you must also limit foods that are naturally high in sodium.”

d. “The major sources of sodium are processed and convenience foods. Limiting their intake makes the biggest impact on overall sodium intake.”

88. What should you tell the client about taking mineral supplements?

a. “Most Americans are deficient in minerals, so it is wise to take a multimineral supplement.”

b. “Like water-soluble vitamins, if you consume more minerals than your body needs, you will excrete them in the urine, so do not worry about taking in too much.”

c. “If you do not have a mineral deficiency, taking supplements can lead to a potentially excessive intake that can cause adverse health effects.”

d. “Mineral deficiencies do not exist in the United States, so you do not need to waste your money on them.”

89. The nurse knows her instructions about portion control have been effective when the client verbalizes she will

a. Prepare a doggie bag after she feels she is full enough while eating out.

b. Use a smaller dinner plate.

c. Be careful not to overfill her cereal bowl when she serves herself from the large, family-sized box.

d. Remind herself not to overeat.

90. A client asks how she can speed up her metabolism. The best response is

a. "You can't. Metabolic rate is genetically determined."

b. "Ask your doctor to check your thyroid hormone levels. Taking thyroid hormone will stimulate metabolism."

c. "Include resistance training in your exercise program because adding muscle tissue will increase metabolic rate."

d. "Eat fewer calories because that will stimulate metabolic rate."

91. A BMI of 26 is classified as

a. Normal

b. Overweight

c. Class 1 obesity

d. Class 2 obesity

92. The greatest percentage of calories in the diet should come from

a. Carbohydrates

b. Protein

c. Fat

d. Either carbohydrate or protein

93. Which of the following items contains empty calories?

a. Whole milk

b. Whole wheat bread

c. Orange juice

d. Steamed broccoli

94. A client asks how she can minimize her risk of foodborne illness. Which of the following should the nurse include in the response as the best way to reduce the risk? Select all that apply.

a. "Wash your hands before and after handling food."

b. "Rely on organically grown foods as much as possible."

c. "Cook foods thoroughly."

d. "Avoid cross-contamination by using separate surfaces for meats and foods that will be eaten raw."

95. Which of the following practices helps preserve the nutritional value of produce?

a. Refrigerating vegetables in the crisper

b. Adding baking soda to the water when steaming vegetables

c. Cutting vegetables into small pieces before boiling to hasten the cooking time

d. Thawing frozen vegetables prior to cooking

96. Risk factors for malnutrition in older adults include (select all that apply)

a. A decrease in food intake in the last 3 months due to loss of appetite

b. Weight loss

c. Acute disease

d. Neuropsychological problems

e. Impaired mobility

f. BMI of 23

97. A major reason why it becomes increasingly difficult to keep losing weight on a weight loss diet is that

a. The loss of fat tissue lowers metabolic rate.

b. A lighter body expends fewer calories than a heavier body when doing activity.

c. Fluid retention becomes an issue over time.

d. A decrease in food intake means that fewer calories are used to metabolize food.

98. Which of the following strategies promotes adherence to exercise? Select all that apply.

a. Promote structure by encouraging the client to exercise at on-site or supervised exercise sessions.

b. Encourage the client to exercise in multiple short bouts (10 minutes each), instead of one long session.

c. Encourage a more active lifestyle, such as parking far away from the door when going to the mall or work.

d. Encourage the client to exercise at home.

99. Which of the following are indications for using parenteral nutrition? Select all that apply.

a. Paralytic ileus

b. Intractable vomiting

c. Dysphagia

d. Coma

100. Which of the following strategies may help promote an adequate oral intake in hospitalized patients? Select all that apply.

a. Tell the patient that you wouldn't want to eat the food either but that it is important for the patient's recovery.

b. Encourage the patient to select his or her own menu.

c. Offer standby alternatives when the patient cannot find anything on the menu he or she wants to eat.

d. Advance the diet as quickly as possible, as appropriate.