

Question 1

What are the steps of the nursing Process?

- A.** Assessing, diagnosing, planning, implementing, and evaluating
- B.** Assessing, planning, implementing, evaluating, documenting
- C.** Assessing, observing, diagnosing, planning, evaluating
- D.** Assessing, reacting, implementing, planning, evaluating

Question 2

What is clinical benchmarking?

- A. The practice of being humble enough to admit that someone else is better at something and being wise enough to try to learn how to match and even surpass them at it.
- B. A systematic process in which current practice and care are compared to, and amended to attain, best practice and care
- C. A system that provides a structured approach for realistic and supportive practice development
- D. All of the above

Question 3

What is nocturia?

- A. Urinary frequency
- B. Urination at night
- C. Poor urine output
- D. Non passage of urine

Question 4

What is the name given to a decreased pulse rate or heart rate?

- A. Tachycardia
- B. Hypotension
- C. Bradycardia
- D. Arrhythmia

Question 5

How do we handle a specimen container labelled with a yellow hazard sticker?

- A. Wear gloves and apron and inform the laboratory that you are sending the specimen.
- B. Wear gloves and apron, mark it high risk and send the specimen to the laboratory with your other specimens
- C. Wear gloves and apron, Inform the infection control team and complete a datix form.
- D. Wear gloves and apron, place specimen in a blue bag & complete a datix form.

Question 6

To whom should you delegate a task?

- A. Someone who you trust
- B. Someone who is competent
- C. Someone who you work with regularly
- D. All of the above

Question 7

Where is revision on the nursing process done?

During:

- A. Diagnosis
- B. Planning
- C. Implementation
- D. Evaluation

Question 8

Why are support stockings used?

- A. To aid mobility
- B. To promote arterial flow
- C. To aid muscle strength
- D. To promote venous flow

Question 9

How do you test the placement of an enteral tube?

- A. Monitoring bubbling at the end of the tube
- B. Testing the acidity/alkalinity of aspirate using blue litmus paper
- C. Interpreting absence of respiratory distress as an indicator of correct positioning
- D. Have an abdominal x-ray

Question 10

What is meant by an advocate?

- A. Someone who develops opportunities for the patient
- B. Someone who has the same beliefs as the patient
- C. Someone who does something on behalf of the patient
- D. Someone who has the same values as the patient

Question 11

Which of these is **not** a symptom of an ectopic pregnancy?

- A. Pain
- B. Bleeding
- C. Vomiting
- D. Diarrhoea

Question 12

What is atrial fibrillation?

A heart condition that causes,

- A. An irregular and often abnormally slow heart rate
- B. An irregular and often abnormally fast heart rate
- C. A regular heart rhythm with an abnormally slow heart rate
- D. A regular heart rhythm with an abnormally fast heart rate

Question 13

What is the role of the NMC?

- A. To regulate hospitals or other healthcare settings in the UK
- B. To regulate healthcare assistants
- C. To represent or campaign on behalf of nurses and midwives
- D. To regulate nurses and midwives in the UK to protect the public

Question 14

During enteral feeding in adults, at what degree angle should the patient be nursed at to reduce the risk of reflux and aspiration?

- A. 25
- B. 35
- C. 45
- D. 55

Question 15

When using crutches, what part of the body should absorb the patient's weight?

- A. Armpits
- B. Hands
- C. Back
- D. Shoulders

Question 16

The CQC describes compassion as what?

- A. Intelligent Kindness
- B. Smart confidence
- C. Creative commitment
- D. Gifted courage

Question 17

What is abduction?

- A. Division of the body into front and back
- B. Movement of a body part towards the body's midline
- C. Division of the body into left and right
- D. Movement of a body part away from the body's midline

Question 18

What does intermediate care not consist of?

- A. Maximise dependent living
- B. Prevent unnecessary acute hospital admission
- C. Prevent premature admission to long-term residential care
- D. Support timely discharge from hospital

Question 19

How many cups of fluid do we need everyday to keep us well hydrated?

- A. 1 to 2
- B. 2 to 4
- C. 4 to 6
- D. 6 to 8

Question 20

Approximately how many people in the UK are malnourished?

- A. 1 million
- B. 3 million
- C. 5 million
- D. 7 million

Question 21

If a patient has been assessed as lacking capacity to make their own decisions, what government legislation or 'act' should be referred to ?

- A. Health and Social Care Act (2012)
- B. Mental capacity Act (2005)
- C. Carers (Equal opportunities) Act (2004)
- D. All of the above

Question 22

Under the Carers (Equal opportunities) Act (2004) what are carers entitled to?

- A. Their own assessment
- B. Financial support
- C. Respite care
- D. All of the above

Question 23

For which of the following modes of transmission is good hand hygiene a key preventative measure?

- A. Airborne
- B. Direct & indirect contact
- C. Droplet
- D. All of the above

Question 24

If you were asked to take 'standard precautions' what would you expect to be doing?

- A. Wearing gloves, aprons and mask when caring for someone in protective isolation
- B. Taking precautions when handling blood and 'high risk' body fluids so as not to pass on any infection to the patient
- C. Using appropriate hand hygiene, wearing gloves and aprons where necessary, disposing of used sharp instruments safely and providing care in a suitably clean environment to protect yourself and the patients
- D. Asking relatives to wash their hands when visiting patients in the clinical setting

Question 25

When treating patient's with clostridium difficile, how should you clean your hands?

- A. Use alcohol hand rubs
- B. Use soap & water
- C. Use hand wipes
- D. All of the above

Question 26

Except which procedure must **all** individuals providing nursing care must be competent at?

- A. Hand hygiene
- B. Use of protective equipment
- C. Disposal of waste
- D. Aseptic technique

Question 27

In non-verbal communication, what does SOLER stand for?

- A. Squarely, open posture, leaning slightly forward, eye contact, relaxed
- B. Squarely, open ended questions, leaning slightly forward, eye contact, relaxed
- C. Squarely, open posture, leaning forward, eye contact, rested
- D. Squarely, open ended questions, leaning slightly backwards, rested