

1. A client with angina complains that the angina pain is prolonged and severe and occurs at the same time each day, most often in the morning. On further assessment a nurse notes that the pain occurs in the absence of precipitating factors. This type of anginal pain is best described as:
- a- Stable angina
 - b- Unstable angina
 - c- Variant angina
 - a- Nonanginal pain
-



2. An alert oriented 77 year-old woman lives in a long-term care nursing home although she is usually busy participating in the coordinated activities of the nursing home, the nurse finds her sitting alone in the corridor. Various tests are ordered including a urine analysis (see X-ray). Blood pressure 128/74 mmHg Heart rate 98/min Respiratory rate 26/min Body temperature 38.3 °C oral Which additional clinical finding would most likely be an indicator of the early onset of her problem? a- Low urea concentration b- Acute confusion c- Increased blood pressure d- Respiratory rate > 22/minute

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-
3. A patient with bowlegs due to abnormal bone formations and deformities has calcium level of 7.5 mg/100ml.

Which of the following foods would the nurse most likely instruct the patient to add to a diet?

- a- Organ meats
 - b- Whole grains
 - c- Egg yolks
 - d - Chicken meat
-

4. A patient is one day post-operative repair of a large umbilical hernia. The patient complains of abdominal pain and describe feeling the sutures give way. Upon assessment of the abdomen the nurse observes an evisceration. The nurse's IMMEDIATE response should be to:

- a- Medicate the patient for pain
 - b- Instruct the patient to cough hard
 - c- Have the patient perform the Valsalva maneuver
 - d- Cover the abdomen with a sterile saline spiked dressing
-

5. While reviewing stress management techniques with a patient diagnosed with multiple sclerosis, what would the nurse identify as MOST appropriate?

- a- Relaxing in a warm bubble bath
 - b- Yoga in a cool room
 - c- Sunbathing
 - d- Cross-country running
-

6. A four year - old boy presented with a firm and non- tender mass that his mother had discovered in the right upper abdominal quadrant He was admitted to the hospital and underwent complete surgical excision of a renal tumor that had extended beyond the kidney. The child was then scheduled for radiation and chemotherapy treatment.

Which stage was the tumor?

- a- I
 - b- II
 - c- III
 - d- IV
-

7. When caring for a patient with an ostomy the nurse knows that extra skin protection for the personal skin is MOST important for those patients with a (an):

- a- Ileostomy
 - b- Ascending colostomy
 - c- Transverse colostomy
 - d- Sigmoid colostomy
-

8. The nurse is assessing the growth and development of a healthy three year-old child. The nurse should expect the child to be able to:

- a- Ride a bicycle
 - b- Jump rope
 - c- Throw a ball overhead
 - d- Hop on one foot
-

9. The nurse is monitoring a patient recovering parenteral nutrition via a central line catheter for the 24 hours. The patient has polyuria and complaint thirst and headache.

Blood pressure 120/76 mmHg

Heart rate 88/min

Respiratory rate 16/mm

Temperature 37.1°C

Oxygen Saturation 99% on room air

What will the nurse most likely administer?

- a- Insulin
 - b- Dextrose 5% in water
 - c- Normal saline
 - d- Calcium gluconate
-

10. A 22 year-old man suffered major injuries to the right leg in a road traffic accident that resulted in an above -the- knee amputation with a rigid dressing. Twelve hours later the patient complains of increasing pressure from the dressing and the feeling that something is crawling around the stump.

- a- Notify the physician
 - b- Remove and reapply the dressing
 - c- Remind patient phantom limb pain is normal
 - d- Elevate and apply ice to the residual limb
-

11. A patient with congestive heart failure and severe peripheral edema has a nursing diagnosis of fluid volume excess

What are the two MOST important interventions for the nurse to initiate?

- a- Diuretic therapy and intake and output
 - b- Nutritional education and low-sodium diet
 - c- Daily weights and intake and output
 - d- Low-sodium diet and elevate legs when in bed
-

12. A nurse is providing care to a patient with a new skin graft on the leg. The patient is upset and the nurse notes copious red drainage oozing around the dressing the nurse should immediately:

- a- Lift the dressing to assess the area
 - b- Ask if the patient is having any pain
 - c- Apply firm pressure for 10 to 15 minutes
 - d- Assess the apical pulse
-

13. A 25 years-old male patient suffered a spinal cord injury at the T -4 level and is being cared for in hospital. The nurse enters the patient's room and finds the patient sitting upright and looking anxious and restless. He complains of sudden headache and nausea. Sweat forms on his forehead yet his feet are cool to touch

Blood pressure	150/100 mmhg
Heart rate	55/min
Respiratory rate	28/min
Temperature	37.1C

What nursing intervention is initially most appropriate?

- a- Assess for a full bladder

- b- Lower the head of the bed 30 degrees
- c- Loosen clothing and bed sheets
- d- Apply heating pad to lower extremities

14. To minimize a toddler from scratching and picking at healing skin graft, the nurse should utilize:

- a- Mild sedatives
- b- Hand mittens
- c- Punishment for picking
- d- Distractions

15. A 30 year-old diabetic woman complains of blood in the urine and dull pain over the left lower abdomen, middle back and above the pubic bone. She feels the urge to urinate frequently and urgently. For the past two days, she has had nausea and vomiting. Abdominal assessment reveals tenderness over the pubic bone; no guarding and bowel sounds are active in all quadrants.

Which home intervention would be most effective?

- a- Oral antibiotics
- b- Increased fluid intake
- c- Increased dietary protein
- d- Cold application to left hand

16. The nurse calls together an interdisciplinary team with members from medicine, social service, the clergy, and nutritional services to care for a patient with a terminal illness.

Which of the following types of care would the team MOST likely be providing?

- a- Palliative
- b- Curative
- c- Respite
- d- Preventive

17. Pulse Volume Scale

Scale	Description of pulse
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0	Absent pulse
1	Weak and Thready pulse
2	Normal
3	Bounding pulse

A 26 year- old female patient's radial pulse is assessed for a full minute. The nurse notes the pulse is difficult to palpate and count.

What should the nurse chart?

Blood pressure 82/48mmHg

Respiratory rate 20/min

Temperature 38.8°C

a- 0

b- 1

c- 2

d- 3

18. A patient recently underwent coronary artery graft (CABG) surgery.

Which of the following nursing diagnose PRIORITY?

a- Anxiety

b- Impaired gas exchange

c- Acute pain

d- Sleep deprivation

19. A child with asthma has an order for albuterol, before administration of the medication the nurse MUST.

a- Pre-oxygenate the patient

b- Assess the patient's heart rate

c- Obtain venous Access

d- Feed the patient a snack

20. A 52 year- old woman is scheduled to undergo an abdomino- perineal resection in three days for removal of a cancer of the rectum. The nurse reviews the care plan with the patient. The patient will receive prophylactic antibiotics and will be given a mechanical bowel preparation the day before.

Which additional preparation should the patient undertake at this time?

- a- Wear pressure stockings
 - b- Perform leg strengthening exercises
 - c- Maintain high- protein, low- residue diet
 - d- Take daily ferrous iron tablets
-

21. A 32 year-old female has an adrenocortical hormone disorder. The nurse notes the patient has thin scalp hair, a large trunk and thin extremities.

Blood pressure 152/84 mmHg
Heart rate 64/min
Respiratory rate 16/min
Temperature 37.2°C
Oxygen Saturation 98 % on room air

Which clinical findings are most likely?

- a- Decreased bowel sounds and muscle soreness
 - b- Cardiac arrhythmias and abdominal cramping
 - c- Headache, confusion and muscle twitching
 - d- Hunger, trembling and nervousness
-

22. A 62 year-old man is diagnosed with localized non cell tumor of the lung without metastasis and under lobectomy. After the procedure, he is brought to Postoperative Anesthesia Care Unit for recovery with chest tube drainage system in place and administered by nasal cannula.

Which nursing action is initially most important?

- a- Assess level of consciousness
 - b- Attach chest tubes to the bed sheets
 - c- Perform deep breathing and coughing
 - d- Apply elastic stockings to the legs
-

23. A 67 year-old man is admitted to the Post-anesthesia Recovery unit following chest surgery. The patient has a right chest tube that is attached to low suction. Three hours after admission to the unit, the nurse observes the drainage output from the chest tube is 300 milliliters.

What is the most appropriate initial intervention?

- a- Notify the doctor
- b- Reduce IV infusion rate

- c- Strip tube with roller device
 - d- Re-position in left lateral decubitus
-

24. An elderly patient with severe degenerative joint comes to the clinic for routine follow up of management. The patient reports that over the month, the pain has begun to increase in severity patient requests an increase in dosage of the medication. The nurse recognizes that this is most likely due to?

- a- Drug addiction
 - b- Drug tolerance
 - c- An improvement in condition
 - d- Lack of efficacy of the current medication
-

25. A community health nurse visits a patient who has suffered a stroke. The patient's spouse explains to the nurse that the patient chokes while eating some times. Which of the following referral orders would the nurse anticipate needing for this patient?

- a- Speech therapist
 - b- Dietician
 - c- Physical therapist
 - d- Neurologist
-

26. A patient is transferred to the Intensive Care following a craniotomy. The patient is difficult to arouse and the pupils are pinpoint and non-reactive.

Blood pressure 118/70 mmHg

Heart rate 58/min

Respiratory rate 11/min

Temperature 37.2°C

Which medication should the nurse prepare administer?

- a- Adrenaline
 - b- Thiamine
 - c- Naloxone
 - d- Dextrose 50%
-

27. The nurse has been assigned to care for a 60 year old critically ill patient with a

triple-lumen central venous line. The doctor's orders include daily care of the insertion site and catheter device. The nurse creates care plan based on the nursing diagnosis, Risk for infection related to insertion of a venous catheter.

Which intervention is most likely to prevent infection?

- a- Re-cap access hub after drawing blood
 - b- Maintain clean technique
 - c- Wash hands before performing catheter care
 - d- Clean catheter tubing with isopropyl alcohol
-

28. A patient who underwent a right knee arthroplasty two days ago has a nursing diagnosis of impaired mobile. The patient refuses to get out of bed and ambulate due chest pain.

Which of the following action would the nurse MOST likely implement?

- a- Medicate the patient prior to ambulation
 - b- Add a nursing diagnosis of non-compliance
 - c- Let the patient rest now and then try to ambulate later
 - d- Assess to determine the cause of the chest pain
-

29. Prior to providing care for a hospitalized infant the nurse who focuses on preventive measures must.

- a- Introduce self-parent
 - b- Perform hand hygiene
 - c- Have a witness present
 - d- Assess the child's developmental level
-

30. The nurse is inserting a nasogastric (NG) tube into patient as prescribed. The nurse has advanced the into the patient's posterior pharynx. The nurse show now ask the patient to?

- a- Hold the breath
 - b- Stare upwards with the eyes towards the ceiling
 - c- Perform the Valsalva maneuver
 - d- Lower the chin towards the chest
-

31. What would be the long-term management goal for a patient with diabetes

mellitus, type II?

- a- Quickly lower blood glucose level by administering insulin
 - b- Achieve hypoglycemic state
 - c- Maintain daily exercise
 - d- Understand how to self-administer insulin
-

32. The nurse administered a dose of morphine sulfate, as prescribed to a patient who is in the post-anesthesia care unit (PACU). The patient appears to be resting comfortably; the respiratory rate is 8 and the O₂ saturation on 2L of oxygen via nasal cannula is 86%. The nurse should IMMEDIATELY administer.

- a- Flumazenil (Romazicon)
 - b- Midazolam (Versed)
 - c- Naloxone (Narcan)
 - d- Ondansetron (Zofran)
-

33. A patient is 90-minutes post-abdominal hysterectomy and complains of pain in the post anesthesia care unit (PACU). The nurse administers the prescribed dose of intravenous morphine. Five minutes later, the patient is difficult to arouse, with the following vital signs.

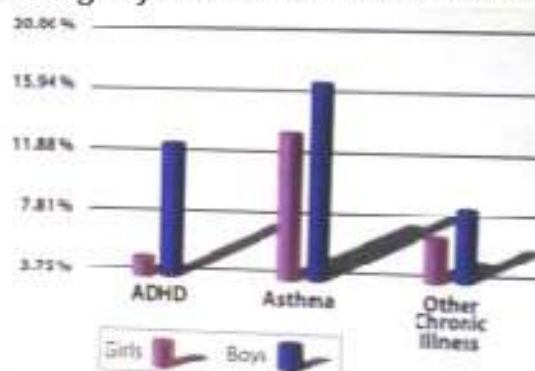
What should the nurse do NEXT?

Respiratory rate 6/min
Saturation 86% on room air

- a- Document the efficacy of analgesic therapy
 - b- Administer naloxone (Narcan)
 - c- Place in supine position
 - d- Check the surgical site for bleeding
-

34. The stage of dying as identified by Dr. Elizabeth Kubler-Ross occurs in what order?

- a- Anger, depression, bargaining, denial, acceptance
 - b- Bargaining, denial, Anger, acceptance, depression
 - c- Denial, Anger, bargaining, depression, acceptance
 - d- Depression, denial, Anger, bargaining, acceptance
-

Percentage of children with chronic illnesses

35. Which of the following statements is most accurate?
- a- Girls have more ADHD than asthma
 - b- Boys are more frequently diagnosed with chronic illnesses
 - c- Boys are less frequently diagnosed with chronic illnesses
 - d- Girls have more other chronic illnesses than ADHD
-
36. A 42 year- old patient is in a lower body cast following a motor vehicle accident. In order to minimize muscle strength loss while in the cast, the nurse will instruct the patient in the performance of.
- a- Isometric exercises
 - b- Passive range of motion exercises
 - c- Active-assistive range of motion exercises
 - d- Resistive range of motion exercises
-
37. A patient has a history of severe, uncontrolled epistaxis. The patient's blood pressure and platelet count are normal. To minimize the occurrence of bleeding episodes the nurse should teach the patient to.
- a- Sleep with the head elevated on at least two to three pillows
 - b- Apply firm pressure to the nostrils four times a day
 - c- Apply a water- soluble lubricant to the nasal septum twice daily
 - d- Minimize the intake of caffeine and increase fluids intake
-
38. A six year-old patient has been diagnosed with acute rheumatic fever. The nurse knows that the antibiotic of choice for this illness is:
- a- Benzathine penicillin (Megacillin)
 - b- Amoxicillin (Amoxil)

- c- Erythromycin (Erythrosine)
 - d- Vancomycin (Vancocin)
-

39. A 20 year- old woman takes cyclosporine 100 mg by mouth twice per day. She had a heart transplant two months ago and complains of dizziness, shortness of breath, light headedness and fatigue. Capillary refill >3.

Blood pressure	90/50 mmHg
Heart rate, irregular	100/min
Respiratory rate	28/mm
Temperature	38.0°C

What is the most likely underlying cause of the patient's problem?

- a- Cyclosporine toxicity
 - b- Hyperkalemia
 - c- Organ rejection
 - d- Infection
-

40. A patient is transferred to the Intensive Care Unit following a craniotomy. The patient is difficult to arouse and the pupils are pinpoint and non-reactive.

Blood pressure	118/70 mmHg
Heart rate	58/min
Respiratory rate	11/mm
Temperature	37.2°C

Which medication should the nurse prepare to administer?

- a- Adrenaline
 - b- Thiamine
 - c- Naloxone
 - d- Dextrose 50%
-

41. A 23 year- old male comes to the Emergency Department in a sickle cell crisis. He reports that his pain level is a 10/10 in all extremities. During the assessment, he cannot lie still because of the pain. There is no cyanosis or clubbing in the extremities and all examination findings are normal. The vital signs recorded were

Blood pressure	132/82 mmHg
Heart rate	110/min
Respiratory rate	18/mm
Temperature	38.4°C
Oxygen Saturation	94 % on room air

Which nursing diagnosis is first priority?

- a- Acute pain
- b- Fluid volume deficit
- c- Ineffective tissue perfusion
- d- Ineffective airway clearance

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42. A patient who underwent a right knee arthroplasty two days ago has a nursing diagnosis of impaired mobility. The patient refuses to get out of bed and ambulate due to chest pain.

Which of the following actions would the nurse MOST likely implement?

- a- Medicate the patient prior to ambulation
- b- Add a nursing diagnosis of non-compliance
- c- Let the patient rest now and then try to ambulate later.
- d- Assess to determine the cause of the chest pain

-
43. Upon assessment of an obese patient's back, the nurse observes a forward curvature of the lumbar spine. These findings are indicative of.

- a- Kyphosis
- b- List
- c- Lordosis
- d- Scoliosis

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44. A newborn was delivered pre-term weighing 2700 grams with. Apgar scores of 4 and 6, respectively. When the mother had presented to the Obstetrical Triage Unit, she was already 7 centimeters dilated and fully effaced. Her due date was unknown as she had no parental care. The infant showed signs of fetal distress and was finally delivered by Cesarean section. At birth a large, thin, membranous sac was protruding from the umbilical base.

What is the priority nursing intervention at birth?

- a- Maintain cardio respiratory stability
- b- Protect the herniated viscera
- c- Manage fluid intake and output
- d- Establish vascular access

-
45. A surgeon instructs a nurse to serve as a witness to an elderly patient's

informed consent for surgery. During the surgeon's explanation to the patient, it becomes clear that the patient is confused and does not understand the procedure, but reluctantly signs the consent form. The nurse should.

a- Sign the form as a witness, making a notation that the patient did not appear to understand

b- Not sign the form as a witness and notify the nurse supervisor

c- Not sign the form and answer the patient's questions after the surgeon leaves the room

-
46. A child is treated for superficial (first-degree) thermal burns to the thigh. The child is in great discomfort and does not eat.

Which of the following diagnoses should receive PRIORITY?

a- Altered nutrition

b- Impaired skin integrity

c- Risk for infection

d- Acute pain

-
47. A patient is being prepared for a right breast biopsy under general anesthesia. The patient asks the nurse about the surgical scar and possible postoperative complications.

Which of the following actions would be appropriate for the nurse to take?

a- Review the postoperative risks with the patient

b- Notify the surgeon about the patient's questions

c- Complete the patient's preoperative check list

d- Show the patient photos of breast surgical scar

-
48. A patient who is 4 days postoperative after a total hip replacement surgery, is obese and has not been able to ambulate since the surgery. The patient is now diaphoretic, has chills, and complains of pain in the thigh. There is tenderness over the anteromedial surface of the thigh. The MOST likely cause is.

a- Wound infection

b- Deep vein thrombosis (DVT)

c- Pulmonary edema

d- Dehydration

49. A nurse is communicating with a moderately autistic child during a developmental and behavioral assessment. The nurse uses non-verbal techniques to engage the child's cooperation. She uses facial expressions when responding and simple body language to communicate comments.

What is the most likely age of the child?

- a- One
 - b- Three
 - c- Six
 - d- Nine
-

50. A 27 year-old woman presents with stomach cramping with alternating constipation and diarrhea. She had been diagnosed with irritable bowel syndrome two years before and has so far managed the illness with lifestyle changes, including diet and exercise.

What is the most appropriate advice?

- a- Increase dairy intake
 - b- Use antacids to relieve pain
 - c- Increase dietary fiber
 - d- Avoid emotional stress triggers
-

51. A nine year-old child has been diagnosed with external otitis. In addition to assessing severity of symptoms and need for pain relief, the nurse should assess.

- a- The hearing of the child
 - b- The tympanic temperature
 - c- Speech and language development
 - d- Ear hygiene and the need for earplugs
-

52. A 68 year-old man is admitted to the hospital with an exacerbation of chronic obstructive pulmonary disorder. He has breathing difficulties, restlessness and anxiety. He also has a moist and productive cough. The lower extremities are swollen with pitting edema 4+. A blood gas specimen is collected and sent to the laboratory. The patient has not been on supplemental oxygen therapy at home (see lab results)

Blood pressure	180/90 mmHg
Heart rate	90/min
Respiratory rate	28/mm

Body Temperature	37.1°C	
Oxygen Saturation	86 % on room air	
Test	Result	Normal Values
ABG PCO ₂	7.33	4.7-6.0 kPa
PH	7.32	7.36-7.45
ABG PO ₂	7.73	10.6-14.2 kPa

What is the most likely percentage rate per liter for oxygen administration via nasal cannula for this patient?

- a- 0.5-1
- b- 1.5-2
- c- 2.5-3
- d- 5-6

44. When performing tracheal suctioning for a client with a tracheotomy the nurse should :

- A. Pre-oxygenate the client before suctioning.
- B. Apply negative pressure as the catheter is being inserted.
- C. Be sure the cuff of the tracheotomy is inflated during suctioning.
- D. Instill normal saline into the tracheotomy prior to suctioning.

54. A 32 year-old man is brought to the Emergency Department by a friend with whom he had been playing football with earlier that evening. His symptoms came on after twenty minutes of the football match. He appears anxious and restless. Auscultation of the lungs reveals wheezing on exhalation. The patient states that he is unable to get a full breath of air. He had this problem as a child a couple of times after exercising in cold weather.

Blood pressure	126/72 mmHg
Heart rate	90/min
Respiratory rate	28/mm
Temperature	37.0°C
Oxygen Saturation	94 % on room air

Which position is best for this patient?

- a- Supine

- b- Reverse Trendelenburg's
 - c- Prone
 - d- High fowler's
-

55. A 40 year-old woman is undergoing an elective rhinoplasty under general anesthesia. The patient is in the pre-operative room and the nurse is prepared to administer pre-operative intravenous medications. The patient states that she does not have any drug allergies.

Which additional nursing action is most important prior to administering the medicine?

- a- Request the patient urinate
 - b- Perform blood typing and cross matching
 - c- Ensure the consent form has been signed
 - d- Clarify contact numbers of her family members
-

56. A 24 year-old man was admitted to the hospital after receiving a closed head injury in a motor vehicle accident. He had a Glasgow Coma Score of 6 on admission and was being mechanically ventilated. The nurse observes the intracranial pressure has slowly and steadily increased over the past hour.

What is the most appropriate initial nursing action?

- a- Administer mannitol
 - b- Administer Phenobarbital
 - c- Increase respiratory rate
 - d- Reposition while maintaining neck alignment
-

57. The nurse is caring for a 4 year-old patient with a diagnosis of cystic fibrosis and pneumonia. The child is feeling better on the 3rd day of the hospitalization and "wants to play"

What would be the BEST choice of entertainment?

- a- Blowing bubbles
 - b- Looking at picture books
 - c- Watching videos
 - d- Riding in a wagon
-

58. During the immediate postoperative period, a patient reveals an oxygen saturation level of 91 %. The nurse should
- a- Position the patient on the left side
 - b- Administer supplemental oxygen
 - c- Continue to provide supportive care
 - d- Lower the temperature of the room
-
59. An 83 year-old woman lives in a long term care facility. During the past two weeks, she has suffered two falls that resulted in minor injuries and now complains of pain in the left shoulder. On auscultation, bowel sounds are diminished in all four quadrants. On palpation, she has tenderness and guarding over the upper left quadrant and complain of a feeling of fullness. What could be the most likely underlying cause of the finding?
- a- Constipation
 - b- Liver distention
 - c- Splenic rupture
 - d- Intestinal obstruction
-
60. In evaluating a patient after a cerebrovascular accident (eVA), which of the following is an expected outcome of the nursing diagnosis of impaired physical mobility related to motor deficits?
- a- Oriented to person, place, and time
 - b- Maintains body alignment, no contractures
 - c- Communicates appropriately
 - d- Voids on command at 2-hour intervals
-
61. A patient who has a diagnosis of multiple sclerosis speaks slowly with long pauses between syllables.
- The patient is MOST likely in what stage of multiple sclerosis?
- a- Prodromal
 - b- Early
 - c- Middle
 - d- Late
-



62. A 70 year-old quadriplegic man has ulceration on the left buttocks with full thickness skin loss. Although several interventions have been used to promote healing, the ulcer does not improve (see image)

Which dietary insufficiency is most likely?

- a- Vitamin D
- b- Calcium
- c- Protein
- d- Vitamin C

-
63. In planning a lecture for a community group effect of acquired immunodeficiency syndrome gerontological community, the nurse would be correct in including which of the following stat regarding the incidence of the illness in people be 55 and 64 years of age?

- a- The illness is almost unheard of in this age group prior to 2003
- b- The illness has more than doubled between 1998 and 2003
- c- There are not many people living with the disease as it quickly fatal
- d- Treatment is more effective in this age group

-
64. A home care nurse visits a patient who is wheelchair bound due to a recent motor vehicle accident. The patient has been sitting in the wheelchair for extended periods of time, which has resulted in the development of a stage I pressure sore on the right buttocks.

What is the BEST nursing intervention?

- a- Instruct the caretaker to change the patient's position every 2 hours
- b- Apply hydrogel to the stage I pressure sore every 8 hours
- c- Refer the patient to a wound care specialist for debridement
- d- Encourage the patient to consume an increased amount of calcium

-
65. A nurse is caring for an infant with respiratory distress syndrome.

Which of the following nursing intervention is appropriate?

- a- Measure oxygen saturation level once a shift

- b- Suction frequently for 30-45 seconds each time
- c- Monitor for symptoms of hyperglycemia
- d- Maintain infant temperature 36.7° and 37.8°C

66. A patient who sustained extensive abdominal injuries in a motor vehicle accident has developed a large stage II pressure ulcer on the coccyx. A new diagnosis of alteration in skin integrity is added to the care plan.

What is the BEST short-term goal for the patient?

- a- Show evidence of healing within one week
- b- Have no discomfort from the pressure ulcer
- c- Eat at least 50% of each meal
- d- Verbalize strategies to prevent further skin breakdown

67. A nursing home resident with chronic osteoarthritis complains of knee pain. A routine order of acetaminophen (Tylenol) 500 mg every 6 hours was administered 2 hours ago with no relief. The patient also has an order for ibuprofen (Motrin) 400 mg every 6 hours as needed. The patient reports some relief, but is still bothered by mild pain. The nurse should

- a- Administer ibuprofen (Motrin) 400mg
- b- Educate the patient that mild pain is expected with osteoarthritis
- c- Call the physician for additional pain medication
- d- Administer acetaminophen (Tylenol) 500 mg

68. A 55 year-old man has become very anxious about skin lesions he has developed. On the lower right forearm, there is a well demarcated round patch of skin that he feels could be cancerous. It is 2.5 centimeters in diameter and slightly raised. On palpation it is scaly, dry and rough. The affected area appears sun tanned and reddened. The condition has been persistent for the past four years but has only recently become itchy.

What is the most likely underlying problem?

- a- Seborrheic keratosis
- b- Actinic keratosis
- c- Eczematous dermatitis
- d- Lupus erythematosus

Patient	Age	Past History	Medical	Assessment of the normal aging process
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A	70-years old	Atrophic Vaginitis	"Are you abstaining from sexual activity?"
B	76-yearsold	Osteoporosis	"Do you spend at least ten hours testing each day?"
C	81- years old	Urinary incontinence	"Are you limiting your daily fluid intake to 1000ml?"
D	88-years old	Diverticulosis	"Do you eat small frequent meals?"

69. A nurse is assessing several patients who are over the age of 65 years.

Which question would demonstrate the nurse's understanding of changes associated with the normal process of aging?

- a- Patient A
- b- Patient B
- c- Patient C
- d- Patient D

70. A 65 year-old woman with a history of unstable angina and hypertension presents to the Emergency Department with a dull chest pain that she describes as similar to heartburn. The pain radiates down the left arm. She had taken sublingual nitroglycerin tablets without any relief. An electrocardiograph is performed and shows elevated S- T segments. The nurse is to administer a thrombolytic by intravenous infusion.

Which factor places this candidate at high risk for bleeding?

- a- Unstable angina
- b- Hypertension
- c- Age
- d- Elevated S- T segments

BP Classification	Systolic Blood Pressure	Diastolic Blood Pressure
Normal	Less than 120	More than 80
Prehypertension	120-139	80-89
Stage 1 hypertension	140-159	90-99
Stage 2 hypertension	More than 160	More than 100

71. The following blood pressures have been documented in the patient's chart for the past six months; 124/76 mmHg, 136/83 mmHg and 128/80 mmHg. The Most likely diagnosis is:

- a- Normal blood pressure
- b- Prehypertension
- c- Stage 1 hypertension
- d- Stage 2 hypertension

72. The nurse is performing a routine examination for a 24 year-old man with diabetes mellitus. He takes insulin injections twice daily and monitors his blood sugar regularly. He is vegetarian with a body mass index of 17. The nurse is concerned about his weight.

Which additional information is most likely required to calculate his ideal daily caloric intake?

- a- Daily elimination pattern
- b- Protein and carbohydrate intake
- c- Activity and exercise level
- d- HDL and LDL cholesterol levels

73. A nurse is assessing a child with suspected lead poisoning.

For which of the following should the nurse assess?

- a- Developmental delay, constipation, anorexia, clumsiness, and pallor
- b- Confusion, delirium, seizures, lethargy, stupor, and coma
- c- Respiratory depression, obstruction, pulmonary edema, and tachypnea
- d- Peripheral circulatory collapse and heart failure

74. The following pain medications are ordered for a patient who had a right leg amputation. Oxycodone 5 mg every 4 hours as needed and morphine 5 mg every 4 hours as needed. The nurse administered oxycodone 2 hours ago, but the patient reports pain rated 8 on a scale of 0 (no pain) to 10 (severe pain) as the dressing change beings.

After evaluating the effectiveness of the pain medication, what action should the nurse take?

Blood pressure	169/98 mmHg
Heart rate	112/min
Respiratory rate	22/mm

Temperature 36.7°C

a- Administer additional oxycodone 5 mg

b- Administer morphine 5 mg

c- Change the dressing quickly

d- Encourage deep breathing

75. A 72 year-old woman who is alert and oriented has been hospitalized with atrial fibrillation. Since admission four days ago, she has been receiving digoxin intravenous injection. Today is the first day the digoxin injection will be discontinued and she will change to oral tablets. Although she acknowledges the medication benefits, she refuses to take it as it makes her feel nauseous.

What is the most appropriate nursing action?

a- Continue administering by intravenous push

b- Withhold medication and notify the physician

c- Withhold medication and file an incident report

d- Provide it in liquid form mixed into a drink

76. The district nurse visits a 30 year-old woman at home following the delivery of her second child, a full term girl. Following the delivery of her first child, she had developed a breast infection and stopped breastfeeding because of the pain. She asks the nurse how she can best prevent it with this infant.

What is the most appropriate response?

a- Provide feedings on demand

b- Apply vitamin E cream to the nipples

c- Request a prophylactic antibiotic

d- Apply heat to the breasts after feedings

	Problems	The patient will
A	Altered tissue perfusion to hypertension	Maintain blood pressure below 130/90 mmHg
B	Fluid volume excess related in to lower extremity edema	Not have signs of edema or unexpected weight gain
C	Knowledge deficit to process hypertension	Verbalizes understanding of disease process symptoms and medication management

D	Alteration in comfort related chronic headaches	Report an absence of headaches each week
---	---	--

77. A patient has come to the clinic for follow-up one week after being discharged from the hospital for treatment of a hypertensive crisis. Blood pressure stabilized at 124/78 mm hg. The patient report feeling well, has no edema, and no longer has daily headaches. Blood pressure is 156/90 mmHg. During evaluation the patient admits to having stopped taking medication that had been ordered because headaches are no longer present. Unless the symptoms return, the patient states they will not be returning to the clinic.

What should the nurse do?

- a- Resolve and discontinue the entire care plan per patient request, suggest psychology consult
- b- Resolve Band D, continue A and C
- c- Continue entire care plan as written
- d- Add a new problem to the care plan, non-compliance and interventions to determine potential

78. A patient has returned to the medical-surgical unit after surgery for a benign ovarian tumor. The nurse observes that in the first 30 minutes after admission to the unit, the patient's abdomen is rapidly distending and the patient complains of increasing pain. The nurse would anticipate.

- a- Aspiration pneumonia
- b- Surgical site infection
- c- Retention of surgical supplies
- d- Intra-abdominal hemorrhage

79. A nurse is caring for a postoperative patient who is on subcutaneous, low-dose heparin. When administering an injection on the abdomen, the nurse avoids the umbilicus area because of the possibility of.

- a- Entering a larger blood vessel
- b- Causing increased pain
- c- Precipitating hyperventilation
- d- Umbilical infection

80. The nurse caring for a mobile patient with a destroyed tympanic membrane and an intact stapes.

What type of repair process should the nurse anticipate?

- a- Myringoplasty
- b- Tympanostapedopexy
- c- Cavum minor
- d- Tympanoplasty and fenestration of lateral semicircular canal

81. An 82 year-old woman with Alzheimer's disease had moved into a long-term care facility two weeks previously. Since then, the staff has found her wondering in the hallways in middle of the night. When approached, she is confused and frustrated, often forgetting where she is.

Which intervention would most likely decrease the patient's confusion?

- a- Administer a sleeping sedative
- b- Provide full-time nursing care
- c- Place a nightlight in the room
- d- Provide a large meal before bed

82. A 25 year-old woman resents to the clinic with abdominal pain. She reports the last bowel movement was two days previously. There is no vomiting or diarrhea and her body temperature is normal. During percussion of the lower left quadrant the nurse hears tympanic sounds.

What is the most likely underlying cause for the finding?

- a- Gas
- b- Tumor
- c- Liquid
- d- Feces

83. A 40 year-old woman present with painful leg cramps and muscle twitching which wakens her at night. Her menstrual cycles are irregular and cause painful abdominal cramping. The hair, skin and nails appear dry and brittle (see lab results)

Test	Result	Normal Values
Calcium	2.09	2.15-2.62mmol/L
Phosphate, inorganic	1.69	0.82-1.51mmol/L
Magnesium	0.55	0.7-1.0mmol/L

What type of lifelong diet would be most beneficial for this patient?

- a- Increased magnesium and vitamin C

b- Increased calcium and vitamin D

c- Increased dairy and iron

d- High protein and high calorie

84. A community is experiencing an outbreak of staphylococcal infections. The nurse instructs residents that the MOST common mode of transmission is by

a- Respiratory droplets

b- Contaminated foods

c- Hands

d- Soil



85. A home care nurse changes the dressing of a patient who has a chronic lower leg ulcer and a history of leg swelling. The wound bed is 3 cm diameter, red in color and is covered with fibrous yellow tissue (see image)

What type of ulcer is most likely?

a- Arterial

b- Venous

c- Decubitus

d- Neuropathic

Blood glucose level	Medication
<80mg/dl	Glucagon 1 mg
150-200mg/dl	0 units of regular insulin
201-250mg/dl	2 units of regular insulin
251-300mg/dl	4 units of regular insulin
301-350mg/dl	6 units of regular insulin

351-400mg/ dl	8 units of regular insulin
>401mg/dl	Call the physician

86. The home care nurse visits a diabetic patient, recently started on sliding scale insulin injection. The patient is confused about how many units of regular insulin to inject. During the home visit the patient's glucose level before their meal is 301 mg/dL

How many units of regular insulin should the nurse instruct the patient to administer?

- a- 2 units
- b- 4 units
- c- 6 units
- d- 8 units

-
87. A 30 year-old woman has been prescribed albuterol PNR1 and prophylactic inhaled corticosteroids to be taken once per day. She has been taking the prophylactic as prescribed but has needed to use the albuterol more often than usual. She has a chronic cough and often has air hunger.

Which intervention is initially most appropriate?

- a- Refer for a chest X-ray
- b- Administer magnesium sulfate
- c- Assess peak flow measurement
- d- Perform arterial blood gas analysis

-
88. A first time mother of a three week-old breastfed baby brings the infant to the clinic and complains that her child has been forcefully vomiting after feeding. He was born at 40 weeks gestation, weighing 3.6 kilograms. He is constantly hungry and irritable. Examination reveals a swollen abdomen and a palpable mass in the middle upper right quadrant.

What is the most likely health problem?

- a- Intussusception
- b- Pyloric stenosis
- c- Gastroesophageal reflux
- d- Diaphragmatic hernia

89. A 40 year-old man present to the clinic with a weight loss of three kilograms over the past month. His health problem produces moderate spastic body movements, hyper-reflexia, muscular contractions followed by relaxation, and a positive Babinski reflex. He has difficulty speaking due to poor muscle tone and has recently developed swallowing difficulties. The nurse creates a care plan to address his developing problem.

Which is the priority nursing intervention?

- a- Increase caloric intake
 - b- Aspiration prevention
 - c- Infection control
 - d- Improved muscle control
-

90. A 62 year-old diabetes type II patient is admitted to hospital for amputation of the right foot due to gangrene and ischemia, Pre-operatively, the patient rates the pain as 9 (using the 1-10 pain scale). How can this patient's phantom (sprit) pain best be controlled?

- a- Post-operative elevation of limb
 - b- Apply pressure bandage to stump
 - c- Control pain pre-operatively
 - d- Apply ice to the site for twenty minutes
-

91. The nurse cares for a 60 year-old woman has a history of hypertension, hypothyroidism and elevated cholesterol levels. She takes tablets daily for each of the health problems. The doctor orders a routine dual-energy X-ray absorptimetry test shows decreased bone density.

Which medication most likely contributed to the test results?

- a- Statins
 - b- Anti-hypertensive
 - c- Synthetic thyroid hormones
 - d- Cholesterol absorption inhibitors
-

92. A 32 year-old woman with diabetes mellitus type 1 underwent a cholecystectomy and is now on day two of recovery. The patient's bowel sounds have returned and she has resumed a normal diet but has been finishing less than half of each meal on the tray. The nurse enters the room to perform a routine assessment and finds the patient confused and shaky

Blood pressure 110/60 mmHg

Heart rate 96/min

Respiratory rate 22/mm

Temperature 37.0°C

What is the most appropriate initial intervention?

- a- Administer glucagon
 - b- Notify the physician
 - c- Given an insulin injection
 - d- Offer a glass of juice
-

93. Prior to providing care for a hospitalized infant, the nurse who focuses on preventive measures must.

- a- Introduce self to parent
 - b- Perform hand hygiene
 - c- Have a witness present
 - d- Assess the child's developmental level
-

94. A nurse is admitting a two year-old child with an umbilical hernia.

Which of the following interventions does NOT meet the child's developmental needs?

- a- Allowing the child to make choices when possible
 - b- Providing rooming in and unlimited visitation
 - c- Attempting to continue rituals used house
 - d- Maintaining strict bed rest
-

95. A woman who has been discharged from hospital with a permanent colostomy in lace is performing irrigation at home for the first time. After five minutes from the start of the procedure, she begins to have stomach cramps.

Which intervention would most likely decrease the symptoms?

- a- Increase the flow of irrigation solution
 - b- Decrease the temperature of the water
 - c- Clamp the catheter for 1-2 minutes
 - d- Elevate the bag of irrigation solution
-

96. A 17 year-old is brought to the clinic by her mother. She complains of episodes during which her fingers become cold, numb and white. After this subsides, the fingers turn red, swell and cause severe and throbbing pain. On examination, the fingers all appear normal and the patient has no pain. The nurse performs a history assessment to identify potential causes.

Which trigger is most likely?

- a- Excessive exercise
 - b- Ingestion of tea
 - c- Exposure to cold
 - d- Washing up
-

97. A patient on a medical floor is diagnosed with pneumonia.

Which of the following interventions is appropriate for a nursing diagnosis of ineffective airway clearance related to tracheobronchial secretions secondary to infection?

- a- Explain diagnostic procedures and address any of patient's concerns
 - b- Assess patient for signs of discomfort and pain
 - c- Monitor oxygen therapy and encourage to cough and deep breathe
 - d- Monitor patient for shock
-

98. The nurse is inserting a nasogastric (NG) tube into a patient as prescribed. The nurse has advanced the tube into the patient's posterior pharynx. The nurse should now ask the patient to.

- a- Hold the breath
 - b- Stare upwards with the eyes towards the ceiling
 - c- Perform the Valsalva maneuver
 - d- Lower the chin towards the chest
-

99. A community is experiencing an outbreak of staphylococcal infections. The nurse instructs residents that the MOST common mode of transmission is by:

- a- Respiratory droplets
 - b- Contaminated foods
 - c- Hands
 - d- Soil
-

100. A patient with bacterial pneumonia reports increased pain during deep

breathing and coughing exercises. To minimize the patient's pain, the nurse should teach the patient to.

- a- Take a cough suppressant prescribed P.R.N at regular time intervals
 - b- Turn onto the side before doing the respiratory exercises
 - c- Hold a pillow tightly against the chest while coughing
 - d- Drink warm liquids right before taking deep breaths
-

101. A patient has an acute inflammation of the gallbladder. The physician orders the nurse to schedule the patient for surgery

Which of the following surgical procedures will the physician MOST likely perform?

- a- Pancreatectomy
 - b- Cholecystectomy
 - c- Hepatectomy
 - d- Cricothoracotomy
-

102. A patient with a history of chronic obstructive pulmonary disease prepares for a colonoscopy with conscious sedation. Due to the patient's history the nurse should be very cautious about administering.

- a- Antibiotics
 - b- Sedation
 - c- Oxygen
 - d- Intravenous fluid
-

103. A 45 year-old woman is receiving chemotherapy for breast cancer. Two weeks after the initial treatment she telephoned the nurse at the cancer center and reports she has hair loss, nausea, tiredness, a body temperature is 38.1 C, and air hunger Which finding most likely indicates she needs to report the clinic?

- a- Pyrexia
 - b- Nausea
 - c- Hair loss
 - d- Air hunger
-

104. A patient present to the clinic voicing a concern about being exposed to hepatitis A (HAV) one week ago. Upon questioning, the nurse finds the patient

purchased for from a person recently diagnosed with HAV. The number would be MOST correct when instructing the patient

- a- The incubation period is 3 to 5 weeks
 - b- HA V is spread by sexual transmission
 - c- HA V is spread by blood contact
 - d- The incubation period is 2 to 5 months
-

105. A gravid 3, para 2 presents to the Labor and Delivery Unit with contractions occurring every 3-5 minutes and lasting for 60-90 seconds. During contractions, she closed her eyes and is focused on breathing to cope with the pain. At the end of each contraction she opens her eyes and resumes talking with the nurse and her husband. What is the expected cervical dilatation in centimeters?

- a- 1-3
 - b- 4-7
 - c- 8-10
 - d- 11-13
-

106. The nurse is preparing a discharge plan for a 65 year-old man with a new diagnosis of congestive heart failure. The discharge orders include furosemide 40 milligrams by mouth twice per day. The nurse recommends foods to reduce unwanted medication side effects.

Which of the following foods would be most appropriate to include in the teaching plan?

- a- Green and leafy vegetables
 - b- Bananas and oranges
 - c- Chicken and Fish
-

107. A patient who is scheduled for a tonsillectomy is in the preoperative unit. The nurse notes an order for preanesthetic medication to be given "on call to operating room." The nurse should give this medication.

- a- Immediately upon being notified to prepare the patient for transport
 - b- When the operating room staff arrives to transport the patient
 - c- Only if clearly needed after
-

Admission	Report at 22.45(10.45 P.M)	Diagnosis
14 years old admitted 18 hours ago	Remain fibrils, maximum Temperature that shift 39.3°C(102.8°P) Respiration rate 12-11 per min Blood pressure level within base line normal range Next dose of intravenous active infective is done at 08.00(8.00a.m)	Bacterial

108. Refer to the accompanying figure.

Which of the following goals should receive PRIORITY during the shift?

- a- The patient will rest for 6 hours without interruption
- b- The patient will consume 90% of each meal
- c- The patient will perform deep breathing and coughing exercises
- d- The patient will drink 1920 ml (64 ounces of fluid)

109. A 45 year-old man has a family history of heart disease. His father died for heart disease at the age of 61 and he is concerned that he is at high risk. He reports that he walks for twenty minutes three times per week. He drinks three to five cup of coffee daily and does not smoke cigarettes. His medical history includes diabetes, which is well controlled with to sit for long periods of time (see lab result).

Blood pressure	138/88 mmHg
Heart rate	70/min
Respiratory rate	18/min
Temperature	37°C

Test	Result	Normal Values
Cholesterol (HDL)	1.0	> 1.03mmol/L
Cholesterol (LDL)	4.0	<3.36mmol/L
Total Cholesterol	5.2	<5.1mmol/L
Triglycerides	2.2	<2.16mmol/L

Which lifestyle modification would most likely decrease this patient risk factor?

- a- Decrease stress
- b- Increase exercise

110. A 66 year-old woman is admitted to the hospital with a history hypertension. She present with breathing difficulties that worsen with activity and while sleeping, she is generally weak and feels that her heart misses beats and that it

sometimes beats loudly. An electrocardiogram shows atrial fibrillation, right ventricular hypertrophy and deviation towards the right.

Which nursing intervention is most appropriate for this patient?

- a- Provide a bedside commode (portable toilet)
 - b- Place in right side lying position
 - c- Encourage family and friends to visit
 - d- Encourage independent hygienic activities
-

111. A 66 year-old woman is admitted to the hospital with a history hypertension. She present with breathing difficulties that worsen with activity and while sleeping, she is generally weak and feels that her heart misses beats. An electrocardiogram Conform atrial fibrillation, right ventricular hypertrophy and deviation towards the right.

What was the most likely origin of the disorder?

- a- Hypertension
 - b- Rheumatic fever
 - c- Atherosclerosis
 - d- Genetic predisposition
-

112. A 76 year-old woman present with facial drooping on the left side and muscle weakness of the left arm and leg after suffering a fall at home.

Which type of paresis is most likely?

- a- Monoparesis
 - b- Paraparesis
 - c- Hemiparesis
 - d- Quadriparesis
-

113. The nurse has administered an intravenous infusion of Cyclophosphamide to a 43 year-old patient with breast cancer. The nurse formulates a care plan with the nursing problem of risk for infection related to leucopenia secondary to chemotherapy. The patient is discharged home following treatment.

Which findings should the patient report immediately?

- a- Dyspnea
- b- Tachycardia

c- Sore throat

d- Discoloration of urine

114. When given postoperative discharge instruction to a patient who had abdominal surgery, all of the following regarding wound healing is true EXPECT

a- Bathing to soak abdomen is preferred over showering

b- A void tight belts and clothes with seams that may rub the wound

c- Pain medication may affect ability to drive

d- Irregular bowel habits can be expected

115. An eight year-old boy has a new diagnosis of Attention Deficit Hyperactive Disorder (ADHD) and begins pharmacological and psychological therapies. His medication regimen includes short-acting methylphenidate 5 mg orally every 12 hours.

Which side effect is most likely?

a- Insomnia

b- Initial increased hyperactivity

c- Lethargy

d- Hypertension

116. The nurse is caring for a full-term new born who was delivered vaginally 5 minutes ago. The infant's APGAR score was 8 at one minute and 10 at 5 minutes. Which of the following has the highest PRIORITY?

a- Maintaining the infant in the supine position

b- Assessing the infant's red reflex

c- Preventing heat loss from the infant

d- Administering humidified oxygen to the infant

117. The district nurse attends a 73 year-old woman on a daily basis. The woman's husband had passed away three years previously and she now lives alone. Besides assisting in activities of daily living the nurse encourages the patient to talk about her past experiences and events.

Which theoretical frame work is most likely guiding the nurse's care plan?

a- Erickson's model of psychosocial development

- b- Piaget's theory of cognitive development
 - c- Watson's theory of human caring
 - d- Roy's adaptation model
-

118. A home care patient with chronic obstructive pulmonary disease (COPD) reports an upset stomach. The patient is taking theophylline (Theo-Dur) and triamcinolone acetonide (Azmecort), the nurse should instruct the patient to take

- a- Theo-Dur on an empty stomach
 - b- Theo- Dur and Azmacort at the same time
 - c- Theo- Dur and Azmacort 12 hours apart
 - d- Theo-Dur with milk or crackers
-

119. A 64 year-old woman with hepatitis B has significant scarring on the liver and present to the clinic with swelling around the eyes. She is disoriented to time and place and seems confused. Her responses are slow and she has difficulty staying awake. A neurological assessment reveals hypoactive reflexes.

Blood pressure	164/96 mmHg
Heart rate	58/min
Respiratory rate	22/min shallow
Temperature	37.0°C tympanic

Which of the following nursing interventions is most appropriate?

- a- Prevent aspiration
 - b- Encourage small meals
 - c- Administer fluid bolus
 - d- Inject
-

120. A patient is being followed in the clinic for hypertension, adult onset diabetes, and obesity. The patient is apathetic about learning about nutritional guidelines to reach the goals of weight loss and consumption of a healthy diet. The patient admitted to eating "whatever is put in front of me"

Which of the following actions would the nurse take?

- a- Collaborate with the patient to set goals
 - b- Add a nursing diagnosis of non-compliance
 - c- Refer for psychiatric screening for depression
 - d- Discuss nutritional interventions with the spouse
-

121. A 16 year-old boy is in the Post-Operative Care Unit two hours after a tonsillectomy. He is alert and oriented but complains of severe throat pain and difficulty swallowing. He rates the pain at a level 7, on a scale of 1-10. The urine output from the foley catheter is 45 ml over the past two hours.

Blood pressure 130/74 mmHg
Heart rate 64/min
Respiratory rate 18/min
Oxygen saturation 98 % on room air

Which clinical finding is most important to report to the doctor?

- a- Oxygen saturation
- b- Difficulty swallowing
- c- Urinary output
- d- Pain level

122. A patient is being treated for pneumonia. Considering Maslow's hierarchy of needs, which of the following nursing diagnoses would have HIGHEST priority?

- a- Risk for impaired skin integrity
- b- Ineffective coughing
- c- Disturbed sleep pattern
- d- Ineffective breathing pattern

A	Knowledge deficit related to diabetes Mellitus
B	Anxiety related to new diagnosis of diabetes Mellitus
C	Altered nutrition more than body requirement
D	Altered health maintenance related to elevated blood glucose
E	Altered in fluid and electrolyte balance related to ketoacidosis
F	Risk for infection related to chronic disease

123. An insulin dependent diabetic patient is admitted to the hospital in ketoacidosis. Of the nursing diagnoses shown in the table which is the two with the HIGHEST priority?

- a- A, C
- b- E, F
- c- D, E

d- B, E

124. A patient who is receiving chemotherapy has a platelet count of 49,000/mm³ (normal value 150,000 to 400,000/mm³)

Which of the following nursing action is necessary?

- a- Minimize invasive procedures
 - b- Crush oral medications
 - c- Limit intake of vitamin k rich foods
 - d- Monitor the temperature every 4 hours
-

125. A child present to the emergency department with complaint of chest pain on exertion, shortness of breath, and dizziness. Upon examination the nurse notes palpitation and a systolic ejection murmur at the right upper sterna border. Skin color is normal. The nurse suspect

- a- Aortic stenosis
 - b- Aortic regurgitation
 - c- Mitral stenosis
 - d- Mitral valve prolapse
-

126. A four year-old girl was playing outside in a park when she came running to her mother crying and holding her right, upper arm, with pain and itching at the site as well as swelling of the oral mucosa. The child seems anxious

What is the next most appropriate step in management?

- a- Administer subcutaneous epinephrine
 - b- Maintain a patent airway
 - c- Administer oral diphenhydramine
 - d- Prepare intubation equipment
-



127. A patient is on oxygen using a nasal cannula at home. The doctor has ordered this patient to receive oxygen delivered at a concentration of 35 %. The nurse would set the oxygen at:

- a- 2L
- b- 3L
- c- 4L
- d- 5L

128. A nurse who is assigned to care for a client with dementia and agitated behaviors knows that the client worked as a housekeeper prior to becoming ill,

Which of the following activities is MOST likely to help the client if agitation develops?

- a- Watching a movie about a house keeper
- b- Reading a sheet of paper that contains stains removing tips
- c- Dusting furniture in the assigned room with a cloth
- d- Singing songs about cleaning

129. A diabetic patient with an infected right second toe is treated with a 14-day course of antibiotics. The patient returns for a follow- up visit after finishing the prescribed course of antibiotics.

What can be inferred from the accompanying blood laboratory result drawn at the follow-up visit?

Test	Result	Normal Value
WBC	12.0	4-10.5x10 ⁹ /L
HCT	0.41	0.41-0.50
Hemoglobin	153	135-171g/dl
Blood urea nitrogen	6.4	2.8-8.9nuno1/L
Creatinine clearance	106.	70-103nuno1/L

Glucose, fasting 16.6 3.5-6.5mmol/L

- a- Diabetes is effectively managed but toe infection is not managed well
 - b- Diabetes and toe infection are effectively managed
 - c- Diabetes and toe infection are effectively managed but toe infection is effectively managed
 - d- Diabetes and toe infection are not effectively managed
-

130. A 60 year-old woman, with no previous medical history is diagnosed with an adenocarcinoma of the duodenum head of the pancreas and the distal end of the bile duct. Staging shows it has not grown into the large blood vessels and has not metastasized to any lymph node or distant site. The patient undergoes surgery. Which post-operative clinical finding is most likely?

- a- Increased serum glucose
 - b- Constipation
 - c- Weight loss >15%
 - d- Paralytic ileus
-

131. A 62 year-old patient has been treated for congestive heart failure and a nursing diagnosis of fluid volume excess. After diuretic therapy and dietary interventions, the patient has met all short-term goals. The nurse should.

- a- Revise the care plan with a diagnosis of risk for alteration in fluid balance
 - b- Add a new diagnosis of risk of fluid volume deficit
 - c- Discontinue the care plan as the diagnosis is resolved
 - d- Continue the care plan as written
-

132. The nurse assists with a lumbar puncture on a child with suspected bacterial meningitis. If the diagnosis is correct the cerebrospinal fluid should have which of the following qualities?

- a- Pink viscous appearance
- b- Clear fluid appearance
- c- Turbid appearance
- d- Blood-tinged appearance

133. A patient presents with pneumonia. Which of the following intervention would the nurse implement to improve the patient's gas exchange?

Heart rate 80/min

Respiratory rate 32/min

Temperature 40°C

- a- Encourage the patient to increase fluid intake
 - b- Position the patient in an upright position
 - c- Instruct the patient the patient to splint when coughing
 - d- Apply heat and or cold to the chest as ordered
-

134. While providing care to a hospitalized child with third-degree burns over 20% of the body, the child rapidly becomes disoriented. The nurse knows this is an indicator of:

- a- Septic shock
 - b- Separation anxiety
 - c- Dehydration
 - d- Depression
-

135. A brick-layer has been diagnosed with multiple sclera. The nurse knows that construction work places has increased risk of aggravated symptoms because exposure to.

- a- Dust
 - b- Sunlight
 - c- Heat
 - d- Heights
-

136. A 68 year-old male patient has a chest tube and properly fixed following cardiac surgery. The chest tube is patent and functioning. When the nurse removes the dressing the tube falls out of the chest.

Which is the most appropriate initial intervention the nurse should take?

- a- Reinsert the chest tube and notify the surgeon
- b- Apply an occlusive dressing to the insertion site
- c- Place the open end of the tube in 20 cm of water

d- Administer O₂ at 10L/min via non-rebreather mask

137. During surgery requiring general anesthesia, the patient's heart stops and a carotid pulse is not palpated.

How many compressions per minute should be administered?

a- 50

b- 60

c- 80

d- 100

138. A 64 year-old man present with a weight gain of four kilograms in the past week. A physical examination shows an enlarged liver, an enlarged abdomen with a fluid wave, and jugular venous distension. The nurse creates a care plan based on the following nursing diagnosis. Decreased cardiac output related to ventricular damage, ischemia and restriction secondary to fluid overload.

Which would be an appropriate defining characteristic?

a- Altered preload

b- Altered afterload

c- Poor ventricular contractility

d- Increased pulmonary congestion

139. After the nurse has administered a heparin injection. The patient is observed rubbing the area. The nurse should instruct the patient to not rub the area, as it may

a- Increase the risk of bleeding.

b- Prevent proper absorption of the medication.

c- Cause increased pain.

d- Result in tissue death.

140. A home nurse attends an obese patient, with decreased mobility. Who has developed pain in her left calf muscle on examination, the leg appears swollen and red with large superficial veins. The nurse refers the patient for investigation and treatment (see lab results) :

Test	Result	Normal Values
Platelet count	49	140-400 x 10 ³ / L
INR	1.5	0.7 -1.2

What type of treatment is most appropriate for this patient?

- a- Unfractured heparin
 - b- Anti-embolic stocking
 - c- Warm compresses and heating pads
 - d- Anti-inflammatory medications
-

141. A hospitalized patient eats 20 % of the meal and states being too tired to eat more

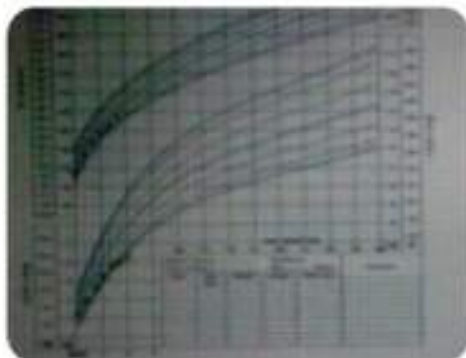
What should the nurse do?

- a- Offer to feed the patient after short rest period.
 - b- Encourage the patient to finish the fluids.
 - c- Remove the meal tray and allow the patient to rest.
 - d- Encourage the patient to finish the protein portion of the meal
-

142. The district nurse attends a mother and a girl who was born five days previously. At birth, the baby had weighed 3.5 kilograms. The mother becomes worried when she hears that the baby weighs 3.3 kilograms today. The infant is pink, alert and active with 6-8 wet diapers and four stools per day. Blanching of the skin shows a light yellow color of the forehead but a pink sternum.

What is the most appropriate nursing action?

- a- Notify the pediatrician
 - b- Obtain blood for bilirubin analysis
 - c- Reassure the mother and continue observing
 - d- Request the mother go to the clinic to re-weigh
-



143. A 6-month-old boy is admitted with failure to thrive Based on his growth chart the nurse should consider

Which of the following as the cause of the child's failure to thrive?

- a- Parent-child interaction
 - b- Malrotation of the colon
 - c- Genetic chromosomal abnormalities
 - d- Congenital heart disease
-

144. A 40 year-old woman presents with right hip pain palpation of the pelvic girdle is normal. An X-ray shows bone deformities, with osteolytic lesions and bone enlargement. The patient has not suffered trauma and has been generally health. Which serum laboratory analysis would be most useful?

- a- Prothrombin time
 - b- Alkaline phosphatase
 - c- Acid phosphatase
 - d- Parathyroid hormone
-

145. A 22 years-old man is brought to the Emergency Department after falling four meters from a rooftop. He complains of coldness, numbness and tingling in the right lower leg and foot. He is unable to move the right leg and there is an angular deformity over the thigh muscle (see X-ray)

Blood pressure 90/68 mmHg

Heart rate 110/min

Respiratory rate 26/min

Temperature 36.3 C

Oxygen saturation 94 % on room air

Which type of intravenous fluid administration is most appropriate?

- a- Lactated Ringers solution
 - b- 5% dextrose in water solution
 - c- 3.3% glucose in 0.3% sodium chloride
 - d- 5% dextrose in 0.45% normal saline
-

146. A 60 year-old man with a history of long-term alcohol use presents to the clinic with an enlarged abdominal girth, hemoptysis and pruritus. His eyes and skin are visibly yellow-coloured. Which additional finding would indicate the need for immediate hospital admission?

- a- Azotemia
- b- Asterixis
- c- Tachycardia
- d- Lower extremity edema

147.

Diagnosis	Medication order	Past medical history
Dilated cardiomyopathy	Glucophage 850mg po. qd Imdur 60mg. po. qd Lasix 80mg. po. qd Zocor 40mg. po. qd	Heart failure DM type 2 Peripheral vascular disease (pvd) primary hyperlipidemia

Based on the patient's history which of the following medication orders should the nurse verify?

- a- Glucophage
- b- Zocor
- c- Lasix
- d- Imdur

148. Patient experienced (eVA) one week ago. The doctor order the patient discharged from the hospital to home health care. The visiting nurse evaluates the patient and notes the patient has difficulty initiating speech and forming words.

Which of the following types of aphasia is most likely in this patient?

- a- Receptive
- b- Expressive
- c- Fluent
- d- Conduction

149. A community health nurse assesses a 68 year-old patient who lives in a group home. The patient reports decreased appetite after transferring to the group home because the food tastes bland.

What type of data is the nurse collecting from the above information?

- a- Analytical
 - b- Derived
 - c- Objective
 - d- Subjective
-

150. A patient had a retinal detachment surgically repaired the nurse identifies that the detachment would most likely be corrected and unlikely to reoccur if the retina remains attached at least:

- a- Three days
 - b- Two weeks
 - c- Two months
 - d- Three months
-

151. A patient complains of incoordination, weakness and fatigue, double vision, and slurred speech laboratory test results are normal except for magnetic resonance imaging (MRI) scan which shows small plaques scattered throughout the white matter. The nurse would anticipate the diagnosis of:

- a- Multiple sclerosis
 - b- Brain metastasis
 - c- Amyotrophic lateral sclerosis (Lou Gehrig disease)
 - d- Polyradiculoneuritis (Guillain-Barre syndrome)
-

152. A nurse is caring for child who is post-tonsillectomy and adenoidectomy. The nurse should plan to assess which of the following complications?

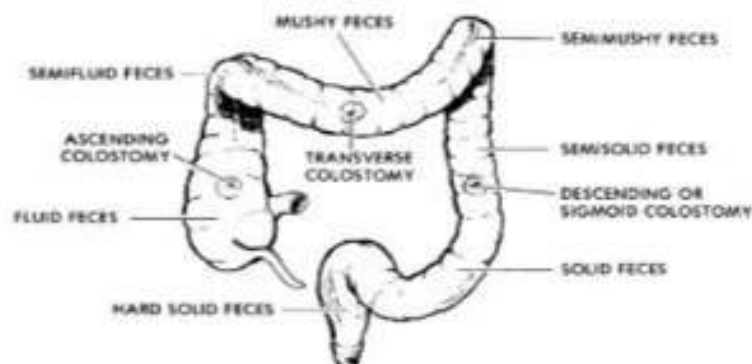
- a- Pulmonary hypertension
 - b- Hemorrhage
 - c- Hearing loss
 - d- Cor pulmonale
-

153. A home care nurse visits a diabetic patient who was started on insulin injection, upon examination, the nurse observes small lumps and dents on the right upper arm where the patient has injected insulin.

What is the BEST nursing intervention?

- a- Refer the patient to dermatologist for diabetic cellulitis

b- Instruct the patient to rotate the sites of injection



154. According to information provided in the accompanying graphic, A descending colon would be expected to produce

- a- Fluid feces
- b- Mushy feces
- c- Semi-solid feces
- d- Solid feces

155. A gravida 3 Para 2 presents to the Maternity Triage Unit after the amniotic membranes ruptured at home. The fluid is noted to be clear. The neonate's head is engaged into the pelvis and the patient is having contractions every 5 to 7 minutes. Each contraction lasts for 60-90 seconds. An examination of the cervix finds 4 centimeters dilatation and 90 % effacement. She is uncomfortable during contractions and rates the pain at a level 7, on a pain scale of 1-10

Which finding is most indicative that she is in true labor?

- a- Level of pain
- b- Cervical dilatation and effacement
- c- Engagement of presenting part fractions
- d- Frequency and length of contraction

156. A patient is planning to have an elective surgical procedure to repair an umbilical hernia. The patient is 68 years old. Weighs 136 kg (300 lbs.) Has diabetes mellitus. Which of the following approaches would be the MOST beneficial in order to

reduce the patients surgical risk?

- a- Monitor blood glucose levels monthly
 - b- Avoid fluid overload by restricting fluids
 - c- Discourage any changes in routine before surgery
 - d- Encourage weight reduction
-

157. The nurse is discussing the human immunodeficiency virus (HIV) with a group of high - risk patients. The nurse should state that this virus is found MOST commonly in which of the following body fluids?

- a- Blood
 - b- Saliva
 - c- Breast milk
 - d- vaginal secretions
-

158. The nurse has provided dietary counseling to a woman who is 12 weeks pregnant with her first child. She is concerned about her nutrition as she is vegetarian. She was advised by a friend to eat a variety of foods that contain proteins and asks the nurse which food might be best included in a meal plan.

Which combination would be most appropriate?

- a- Soya beans with carrots
 - b- chickpeas with whole grain bread
 - c- Nuts with a glass of cow's milk
 - d- Avocado with a slice of cheese
-

159. After total knee replacement a patient is being discharged to home after which he will ambulate with a four-prong cane. When providing patient teaching regarding going up and down stairs with the cane, the first step in going up stairs is to

- a- Place the unaffected extremity up on the step
 - b- Place the cane up on the step
 - c- Step-up on the affected extremity
 - d- Step-up on the unaffected extremity
-

160. A nurse educates a patient about the use of incentive spirometry to prevent atelectasis after a surgery.

The nurse is performing what step of the nursing process?

- a- Diagnosis
- b- Assessment
- c- implementation
- d- evaluation

161. A 65 year-old male presents with severe iron deficiency anemia.

Which of the following would the nurse expect to find in the initial physical assessment?

- a- Clubbing
- b- Koilonychia
- c- Beus line
- d- Paronychia



162. Palpation, there is guarding and rebound tenderness. Further investigation reveals a small stone which is trapped in the common bile duct. On admission:

Blood pressure	148/80 mmHg
Heart rate	90/min
Respiratory rate	21 shallow
Temperature	37.8

Which additional clinical finding is most likely?

- a- Yellowing of the sclera
- b- Dark and tarry stools
- c- light-amber coloured urine
- d- Clubbing of the fingers

	Health seeking behavior related to therapeutic regimen - intervention - the nurse will.
A	Provide written and oral education on diabetes management.
B	Evaluate the child's knowledge of disease process.
C	Evaluate the Mother's knowledge of the disease process.
D	Evaluate the child's cognition and readiness to learn.
E	Demonstrate capillary blood testing and insulin injections.

F	Provide opportunity for return demonstration of capillary blood testing and insulin injection.
G	Evaluate Mother's need to control the child through disease management.

163. A 10 year-old child with a seven year history of diabetes mellitus presents to the office with a parent for routine follow-up. The patient wants to manage capillary blood testing and insulin injections independently. The parent believes the child is not mature enough to manage the disease, while the child is knowledgeable about dietary needs and can recognize the signs of hyperglycemia and hypoglycemia.

What are the two HIGHEST priority interventions?

- a- A,E
- b- C,G
- c- B,D
- d- E,F



164. A home care nurse is instructing parents to perform chest Physiotherapy (CPT) on their child with cystic fibrosis the nurse has the parents place their child in a prone position with the body tilted downward before performing CPT.

Based on this information, the nurse is instructing the parents to remove drainage from which of the following lung lobe segment?

- a- Upper posterior
- b- Lower anterior
- c- Lower posterior
- d- Upper anterior

165. Which of the following medications would the patient be instructed to stop 2 weeks prior the surgery?

- a- Antiarrhythmic
- b- Antifungal
- c- Antidiabetics

d- antiplatelet

166. A Seven year-old boy presents with a fine maculopapular rash over the entire body. The mother report's that prior to the rash developing there had been tiny grey-white spot over the buccal mucosa (see clinical image).

Which precautions would most effectively prevent transmission?

- a- Private room, gloves and gown for care takers.
- b- A mask over the patient's mouth and nose.
- c- Negative pressure room and N95 mask for staff.
- d- Hand washing and disposable patient equipment.

167. A community health nurse screens a group of high-risk adults for tuberculosis.

Which gauge needle should the nurse use for an intradermal injection on the volar surface of the forearm?

- a- 16 gauge needle
- b- 20 gauge needle
- c- 22 gauge needle
- d- 26 gauge needle

168. A 45 year-old women is admitted for a surgical procedure. Local anesthetic medication, bupivacaine, and fentanyl are administered through a tiny needle placed into the subarachnoid space. The anesthetic is administered with the patient in an upright and seated position. five minutes later, the nurse records the patients vital signs:

Blood pressure	88/58mmHg
Heart rate	110/min
Respiratory rate	18/min

Temperature 38.0 DC tympanic

a- Blood pressure

b- Pulse rate

c- Respiratory rate

d- Body temperature

169. The nurse should understand that one dose of which of the following vaccinations is recommended for this patient before the age of 65 years:

a- Varicella

b- Influenza

c- Hepatitis B

d- Pneumococcal

170. A home care nurse visits a patient with a new below -the-knee amputation. The site of the incision is red, warm and tender with purulent yellow drainage. The patient has a new prescription for cephalexin (Keflex) and oxycodone (OxyContin). Which would the nurse instruct the patient to do FIRST?

a- Take oxycodone as soon as possible

b- Take cephalexin as soon as possible

c- Wash the incision site and apply bacitracin cream

d- Wash the incision site and apply hydrocortisone.

171. A 44 year-old woman presents with fatigue, weakness and anorexia. She has recently lost 10 kilograms in weight. She also complains that she has difficulty concentration and that her mood swings easily between being happy and sad. There is some hyperpigmentation of the skin (see clinical signs). The nurse provides nutritional counseling for the patient (see lab result).

Test	result	normal value
Cortisol	3.0	5 -25 mcg/dl

Which dietary change is most appropriate?

a- Increased sodium

b- Decrease protein

c- Low carbohydrates

d- decreased potassium

172. 39 year-old male has the following vital signs the patient has received 2 unites of packed red blood cells (PRBCs) and is intubated.

Which of the vital signs is considered out of normal range?

Blood pressure	126/78 mmHg
Heart rate	62/min
O2 saturation	89 % on room air
Temperature	37 °C

a- Heart rate

b- O₂ saturation rate

c- Core temperature

d- Blood pressure

173. According to the hypothetical graph of urinary output versus time of intravenous (IV) administration, at what hour of IV administration dose the urinary output attain the desired output of 30 ml/hr:

a- 2 hours

b- 4 hours

c- 6 hours

d- 8 hours

174. A 22 year-old man presented to the Mental Health Clinic with a low-mood, a general loss of interest in activities and inability to experience pleasure. He admitted to suicidal thoughts and extreme lack of energy. He was prescribed a selective serotonin reuptake inhibitor to be taken daily. One month later, he presented to the clinic and reports feeling more energetic, but still has a low-mood.

What is the patient's level of risk committing suicide at this time?

a- None

b- Low

c- Medium

d- High

175. A patient requiring long-term antibiotics has a central line catheter inserted into the right subclavian vein by the physician.

Which of the following must be verified prior to the first use of the catheter?

- a- Blood return
 - b- X-ray
 - c- Catheter patency
 - d- Length of catheter
-

176. A 35 year-old woman with excessive facial and body hair and acne has had weight gain in the shoulder, upper back and face. She does not drink alcohol and does not have diabetes. She takes glucocorticoids regularly. Which dietary plan would be most beneficial for this patient?

- a- Increased calcium
 - b- Decreased sodium
 - c- Increased potassium
 - d- Decreased protein
-

177. A 45 year-old woman presents to the clinic with urinary incontinence. Point-to-point testing, in which she must touch the tip of her nose with the doctor's index finger on command, reveals slowness and uncertainty. Alternate hand movement testing shows asymmetry, slowness and increased concentration. Rhythmic, involuntary movements of the hands are noted at rest. During Romberg's test, the patient easily loses balance.

Which type of urinary incontinence treatment is most appropriate?

- a- Bladder retraining and anti-cholinergic agents
 - b- Timed voiding and biofeedback training
 - c- Intermittent straight catheter and biofeedback
 - d- Timed voiding and anti-cholinergic agents
-

178. A nurse is caring for an eight year-old male with cystic fibrosis. Based on the nurse's understanding of the disease what nursing intervention should the nurse expect to perform?

- a- Restrict sodium and fluid intake
- b- Give antidiarrheal medications
- c- Discourage coughing after postural drainage

d- Administer pancreatic enzymes with each meal

179. A patient hospitalized with tuberculosis (TB) has a productive cough and hemoptysis.

Which of the following types of isolation room would be the BEST choice for the patient?

- a- Reverse isolation
- b- Standard isolation
- c- Positive-pressure
- d- Negative-pressure

180. A 78 year-old man presents to his care provider with persistent abdominal and back pain. He also occasionally has numbness and pain in the legs. On examination a palpable mass in the lower abdominal midline is palpated. On auscultation a blowing sound is heard over his mass. The nurse is concerned about possible rupture.

Which additional finding most significantly indicates the patient is at an increased risk?

- a- Hypertension
- b- High blood sugar
- c- Constipation
- d- Decreased oxygen saturation

181. When administering an enema to an adult patient, how far should the nurse insert the tubing into the rectum?

- a- 2.2 to 4.4 cm (1 to 2 inches)
- b- 4.4 to 6.6 cm (2 to 3 inches)
- c- 6.6 to 8.8 cm (3 to 4 inches)
- d- 8.8 to 11 cm (4 to 5 inches)

182. A nurse plans to teach a group of 20 to 25 year-old women about oral contraceptives. The nurse should instruct that oral contraceptives may:

- a- Increase risk of pelvic inflammatory disease
- b- Cause acne to worsen
- c- Decrease the risk of breast and cervical cancer
- d- Decrease the risk of endometriosis

183. A 35 year-old man twisted his right ankle. Since then, he has had swelling and stiffness of the ankle in the morning hours. He presented to the clinic six months after the injury and complains that he is in too much pain to participate in sports. An arthroscopy reveals thickening and inflammation of the lining of the ankle joint.

Which treatment is most likely to be ordered for this client?

- a- Aspiration of fluids
- b- Surgical intervention
- c- Physical therapy
- d- NSAID administration

184. An eight year-old boy presents with abdominal cramping and a feeling of fullness. He frequently passes semi-formed stools that are light yellow colored and oily, with an abnormally foul odor. His mother states that the child has lost his appetite lately and is concerned about weight loss. Endoscopic examination reveals villous atrophy.

Which food would be most suitable for this child?

- a- Rye
- b- Oats
- c- Barley
- d- Wheat

185. A three year-old child is day three on the postoperative care unit following a heart transplant. He is prescribed cyclosporine by intravenous infusion.

Blood pressure	140/80 mmHg
Heart rate	100/min
Respiratory rate	22/m
Temperature	37.0°C
Oxygen saturation	92 % on room air

Which vital sign most likely indicates an adverse medication effect?

- a- Hypertension
- b- Decreased O₂ saturation
- c- Tachycardia
- d- Tachypnea

186. A 6-month-old premature infant is being discharged from the neonatal intensive

care unit after having no apneic periods for the past week. Although the child has had no apneic periods for the past week, an apnea monitor will be sent home with the parents. The BEST short term goal relating to the nursing diagnosis of ineffective breathing pattern related to apnea is that the:

a- Apnea monitor will sound loudly and stimulate the child to breath with episodes of apnea

b- Apnea monitor will sound loudly and alert the parents to stimulate the child to breath with episodes of apnea

c- Child will have no episodes of apnea or cyanosis while on apnea monitor

d- Child will sleep in their parent's bed each night until there is no apnea two weeks

187. A 25 year-old female presented to the emergency room with lethargy, decreased reflexes, hypoventilation, hypotension, and fixed and dilated pupils. A family member who is accompanying the patient has an empty bottle of diazepam (Valium) which the label states was recently refilled. The family member also indicates that the patient has a history of depression.

What intervention should the nurse expect to administer?

a- Naloxone (Narcan)

b- Activated charcoal

c- Magnesium sulfate to reduce the risk of seizures

d - A tap water enema

188. A nurse is documenting in patient records several events that occurred during home visits.

Which of the following is an example of the correct way to document patient information?

a- Patient fell walking to bathroom. Busy preparing for sterile dressing change when patient left the room

b- Patient got out of bed without assistance. Denies any symptoms when ambulating alone

c- Patient sitting in chair. Strict bedrest orders ignored

d- Patient showering. Electronic epidural infusion pump on floor by shower stall

189. A 50 year-old man is hospitalized after presenting with long-term fatigue, weight gain and hematemesis. On examination he is jaundiced and the abdomen distended and tense, and there is shifting dullness present. Following treatment,

the nurse provides discharge instructions.

Which instructions would be most appropriate?

- a- Decrease daily iron intake
 - b- Maintain constant bed rest
 - c- Consume a low protein diet
 - d- Restrict fluid intake
-

190. The nurse is assessing an infant with Gastroesophageal reflux disease (GERD). To help identify any complications of GERD, what is the most important question the nurse should ask the infant's parents?

- a- Frequency of respiratory tract infection
 - b- Frequency of vomiting
 - c- Time between bowel movements
 - d- Time between feeds
-

191. A patient with an unsteady gait and a history of falls has care plan interventions that include keeping the walker in reach and pathways free of obstacles. On evaluation after 1 week, the patient has had no falls, but the gait remains unsteady. The nurse should:

- a- Continue the plan of care as written
 - b- Allow the patient to replace the walker with a cane
 - c- Allow the patient to ambulate short distances without the walker
 - d- Have the patient practice stepping over small objects
-

192. A patient complains of severe menstrual cramping. Bleeding is not usually heavy, and the patient has no uterine disorders.

Which of the following interventions should the nurse anticipate the doctor will order to promote comfort?

- a- Acetaminophen (Tylenol)
 - b- Strict bed rest
 - c- Heating pad to the back of neck
 - d- Ibuprofen (Motrin)
-

193. A patient is admitted to the emergency department with stable angina. The

physician writes an order for nitroglycerin 11150 grains sub linguallly (SL).

Which is the correct dose in milligrams (mg)?

a- 0.04 mg

b- 0.4 mg

c- 4 mg

d- 40 mg

194.A perimenopausal woman with a small body frame is at high risk for a condition in which bone resorption exceeds the rate of bone formation. She drinks one-three cups of coffee per day since she was 25 years old and smokes five-ten cigarettes per day for the past 20 years. The nurse advises the patient to increase her dietary intake of milk and green leafy vegetables.

Which additional foods are most appropriate to recommend?

a- Egg yolk, cheese

b- Peanuts, poultry

c- Whole grains, cereals

d- Lentils and black beans

195.A 30 year-old woman with type 1 diabetes mellitus receives mixed type of insulin in the morning and before bed time. She reports that the level of her fasting blood sugar is constantly high when she checks it every morning at home.

Which dose of insulin is most likely causing this problem?

a- Low morning, regular insulin

b- High morning NPHI

c- High evening regular insulin

d- Low evening NPH insulin

196.A patient who is preparing for hip surgery has an order for external pneumatic compression devices. The nurse teaches the patient that pneumatic compression can help prevent:

a- Upper respiratory infection

b- Decreased breath sounds

c- Deep vein thrombosis

d- Bleeding at the surgical site

197. Following an open-cholecystectomy, the nurse would instruct the patient to expect to resume normal activities in:

- a- 1 to 2 weeks
 - b- 2 to 3 weeks
 - c- 4 to 6 weeks
 - d- 6 to 8 weeks
-

198. A five month-old boy has been vomiting green colored vomit for ten hours. He has intermittent abdominal pain during which he draws his legs up to his chest, turns pale and cries forcefully. On observation, there is bleeding in the stool which has a jelly-like consistency. Abdominal palpation reveals a long tube-like mass. There is no fever, rash nor diarrhea. Bowel sounds are hyperactive in all quadrants.

Which is the most likely form of initial treatment?

- a- Manual manipulation
 - b- Surgical resection
 - c- Barium enema
 - d- Endoscopy
-

199. The nurse is assisting a patient to ambulate in hall. The patient has a history of coronary artery disease (CAD) and had coronary artery bypass graft surgery (CABG) 3 days ago. The patient reports chest pain rated 3 on a scale of 0 (no pain) to 10 (severe pain). The nurse should first:

- a- Determine how long it has been since the patient's last dose of aspirin
 - b- Obtain a chair for the patient to sit down
 - c- Assess the patient's radial pulse
 - d- Ask the patient to take several slow, deep breaths.
-

200. A 52 year-old man with congestive heart failure presents to the Emergency Department with rapid and irregular heartbeats, and feeling dizzy and light-headed. The attending physician verbally calls out an order to the nurse to administer digoxin 0.25 milligrams by intravenous injection. How will the nurse complete the paperwork for this order?

- a- Write, sign and repeat order back to the physician

- b- Ask the physician to write and sign the order
 - c- Write the order and ask the physician to sign
 - d- Verbally repeat the order and administer drug
-

201. An 82 year-old patient has Parkinson's disease. During the assessment, the nurse would expect which of the following actions to produce the MOST tremor activity of the hands?

- a- Eating with a fork
 - b- Resting hands in lap
 - c- Standing with hands loose at sides
 - d- Rolling a small pill between the fingers
-

202. A 67 year-old man was admitted to the hospital following a closed bone fracture. An intramedullary nail is inserted and the patient is placed in balanced skeletal traction. The following day, the patient becomes restless, drowsy and confused, he has difficulty breathing and appears very tired.

Which additional sign or symptom would require immediate intervention?

- a- Anxiety
 - b- Cold skin
 - c- Constipation
 - d- Petechiae on chest
-

203. A patient is preparing for a total knee replacement. During the preoperative interview process the patient reports an allergic reaction to penicillin.

Which of the following is considered a side effect and not a true allergy to medication?

- a- Shortness of breath
 - b- Tingling lips and tongue
 - c- Rash
 - d- Upset stomach
-

204. A 54 year-old woman presented to the Emergency Department with sharp upper right abdominal pain that radiates to the right scapula. While performing the admission assessment, the patient becomes nauseous and begins vomiting. She states that she has had pain in the upper right quadrant previously but that this

time it was far worse. There's a positive Murphy's sign and an ultrasound confirms gallbladder wall thickening and pericholecystic fluid collections. Which of the following would most likely be associated with her clinical findings?

- a- Relief by drinking milk
- b- Alleviation with exercise
- c- Triggered by fatty meal
- d- Worsening on empty stomach

205.A 68 year-old woman is receiving parenteral nutrition at home. The district nurse visits the woman and notes that she has gained one kilogram of weight since a health provider had visited one week ago. There is pitting edema of 2+ of the lower extremities. The patient is alert, active and oriented.

Which nursing diagnosis is most appropriate?

- a- Non-compliance
- b- Impaired gas exchange
- c- Imbalanced nutrition
- d- Fluid volume overload

206.A patient has a central line catheter and is receiving a three-in-one total parenteral nutrition that contains glucose, proteins and lipids. The pump is set to deliver the infusion over a 12-hour period. After how many hours should the intravenous administration set be changed?

- a- 12
- b- 24
- c- 48
- d- 72

207.A 45 year-old man who is hospitalized feels the constant need to keep things in order, particularly whilst eating. The nurse observes him arranging the food on his plate into symmetrical and equal bite-sized pieces. He constantly worries that food served could be outdated and potentially cause illness.

Which nursing diagnosis is most important?

- a- Ineffective verbal communication
- b- Self-esteem disturbance
- c- Impaired social interaction

d- Anxiety

208. A 12 year- old patient had a cast removed from the left leg after wearing it for eight weeks. The patient wants to resume sports as soon as possible. In order to regain muscle strength lost while wearing cast, the nurse will instruct the patient in performance of:

- a- Resistive range of motion exercises to left leg
- b- Passive range of motion exercises to right leg
- c- Active- assistive range of motion exercises to the right leg
- d- Active range of motion exercises to both legs

209. A three year-old has returned to the clinic 4 days after being diagnosed with gastroenteritis and dehydration. A parent reports that the vomiting has stopped, and the child is tolerating liquids, rice, applesauce, and bananas. The diarrhea persists, but seems to be decreasing in volume. When evaluating for signs of dehydration, the nurse will assess the patient's skin turgor by:

- a- Grasping the skin over the abdomen with two fingers and raising the skin with two fingers
- b- Grasping the skin over the forehead with two fingers and raising the skin with two fingers
- c- Holding the patient's mouth open and assessing the tongue for deep creases or furrows
- d- Drawing two tubes of blood and running a blood urea nitrogen (BUN) and creatinine (Cr)

210. A patient has had hepatitis B (HBV) and is now a chronic carrier. In planning care, the nurse would explain an HBV carrier would most likely be at risk for developing a super infection with which other type of hepatitis?

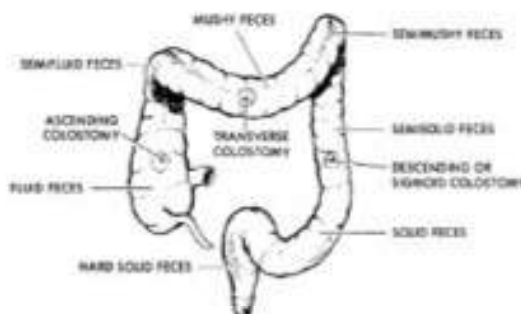
- a- A
- b- B
- c- C
- d- D

211. A female patient has been advised that laboratory tests confirm herpes simplex virus (HSV), type 2. The nurse should teach the patient that a Papanicolaou test (Pap smear) is recommended:

- a- Every 6 months if symptoms persist despite treatment
- b- Every year even if asymptomatic
- c- Whenever symptoms recur
- d- Every 3 years if other Pap smears have been negative

212. A 30 year-old married man presents to the clinic with complaints of feeling sad for the past three months. He is unable to maintain a regular sleep routine, has lost his appetite and has difficulty concentrating. He is prescribed a medication which prevents the reuptake of specific neurotransmitters that could contribute to his mental health problem. Which side effects would be most important for the nurse to advise the patient of?

- a- Polyuria
- b- Photophobia
- c- Fluid retention
- d- Sexual dysfunction



213. According to information provided in the accompanying graphic, a transverse colostomy would be expected to produce:

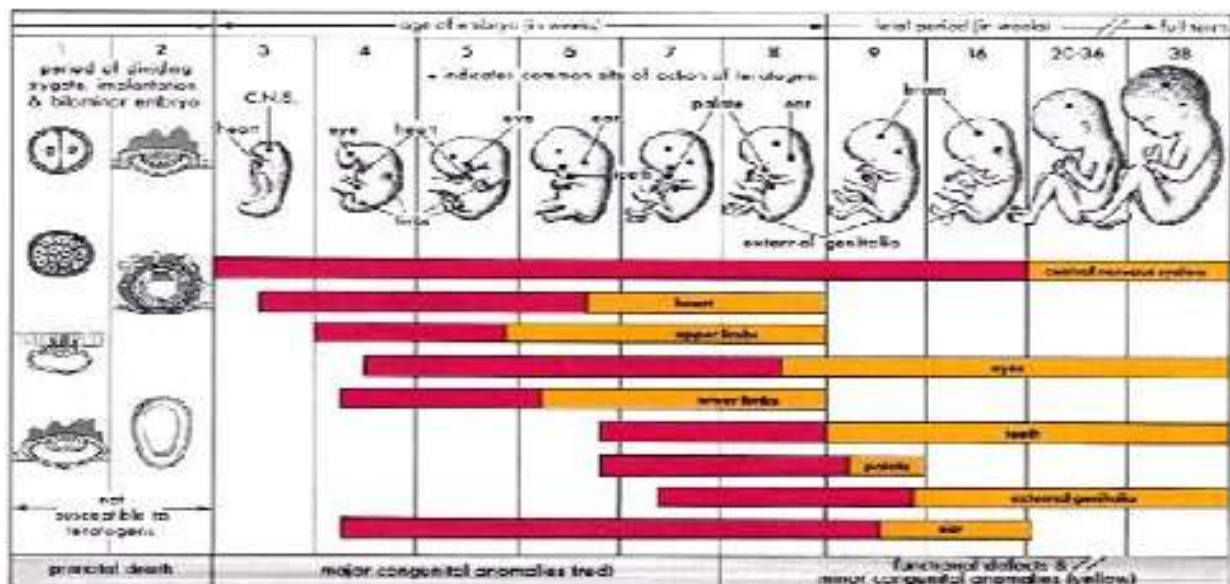
- a- Fluid feces
- b- Mushy feces
- c- Semi-fluid feces
- d- Solid feces

214. A patient presents with pneumonia and dyspnea. The patient has an ineffective airway clearance related to excessive tracheobronchial secretions.

Which of the following interventions would the nurse implement to enhance the patient's airway clearance?

- | | |
|------------------|--------|
| Heart rate | 80/min |
| Respiratory rate | 32/min |
| Temperature | 40°C |

- a- Administer oxygen as ordered
- b- Maintain a comfortable position
- c- Increase fluid intake
- d- Administer prescribed analgesics



215. The nurse assesses a patient who is 16-weeks pregnant. The patient states that she had taken isotretinoin (Accutane), a known teratogen for acne during her third, fourth, and fifth week of pregnancy. According to the chart, the nurse CAN expect fetal damage to the central nervous system as well as the:

- a- Palate and ears.
- b- Heart, lower limbs, and palate.
- c- Limbs, eyes, and teeth.
- d- Heart, eyes, and limbs.

216. RTA. The patient appears restless, confused, and disoriented. He reports that he had hit his head against the steering wheel of the car when it had collided with the car directly in front of him.

Blood pressure 110/68 mmHg
 Heart rate 100/min
 Respiratory rate 22/min
 Body Temperature 37.0 coral
 Oxygen saturation 98 % on room air

What is the most important next step in management?

- a- Immobilize head and neck.

- b- Administer oxygen.
 - c- Establish an intravenous line.
 - d- Arrange for an MRI scan.
-

217. Which of the following is a desired expected outcome 24 hours postoperatively?

- a- Gag reflex present.
 - b- Cerebral perfusion pressure, 68mmHg
 - c- Intracranial pressure, 21mmHg.
 - d- Decreased lacrimation.
-

218. What is the Proper procedure for doing a breast self-exam?

- a- Use the palm of the hand to feel for lumps.
 - b- Apply three different levels of pressure to feel breast tissue.
 - c- Stand when performing a breast self-exam.
 - d- Perform self-exam annually
-

219. A 45 year-old patient has had difficulty sleeping and has lost ten kilograms despite having a large appetite on examination there is a palpable thyroid gland.

Blood pressure	108/58 mmHg
Heart rate	116/min
Respiratory rate	22/min
Body temperature	38.0 c oral
Height	164
Weight	50 kilograms

Which additional symptom is most likely?

- a- Heart palpitations.
 - b- Depression.
 - c- Anorexia.
 - d- Paresthesia
-

220. Nurse prepares to delegate tasks to the nursing assistant Among her patients is a 50 year-old woman who is day two of recovery following a laparoscopic resection

of the colon post-operative orders are follow:

Ambulate every six hours.

Evaluate vital signs every two hours. Lactated Ringer's IV at 50 ml/hour.

Wound assessment every eight hours.

Nasogastric tube until bowel sounds present.

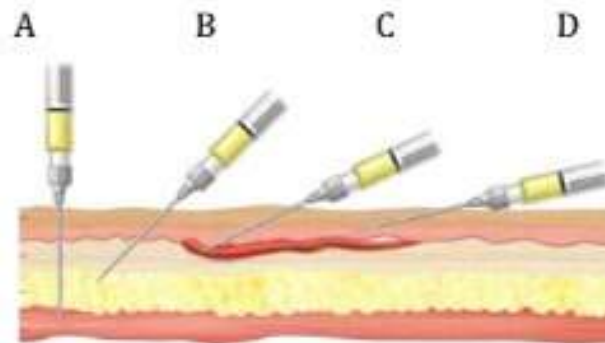
Which is most appropriate to delegate?

a- Ambulate the patient.

b- Evaluation of vital signs.

c- Change intravenous fluid bags.

d- Assess nasogastric tube placement.



221. The nurse is teaching a patient with diabetes mellitus about self-administration of insulin. Which syringe angle is correct when administering insulin?

a- A

b- B

c- C

d- D

222- The nurse is caring for a diabetic child whose 11 a.m. blood glucose monitoring check is 302 mg/dL. The physician orders the following coverage schedule:

150 to 200 mg/dL-2 units of Humulin R

201 to 250 mg/dL-4 units of Humulin R

251 to 300 mg/dL-6 units of Humulin R

301 to 350 mg/dL-8 units of Humulin R

351 to 399 mg/dL-10 units of Humulin R

Over 400 mg/dL-call the physician

According to the coverage schedule; how many unites you would give your patient:

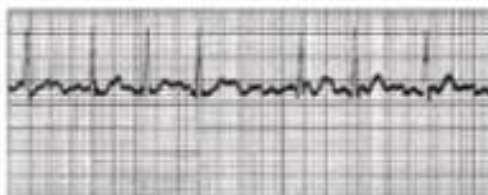
- a- 4 units
- b- 6 units
- c- 8 units
- d- 10 units

223-Which of the following is Pancreatitis Patients frequently feel constant pain in the

- a. lowar right
- b. upper Left
- c. lowar Left
- d. upper right

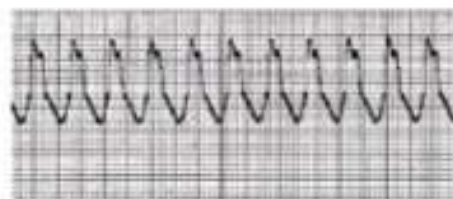
224.Which of the following is the ileostomy for an

- a. upper right
- b. lowar right
- c. upper Left
- d. lowar Left



225.What is the most probable type of arrhythmia in the following ECG (lead II):

- a- Atrial fibrillation
- b- Atrial flutter
- c- Ventricular fibrillation
- d- Supra-ventricular fibrillation



226. What is the most probable type of arrhythmia in the following ECG (lead VI):

- a- Atrial fibrillation
- b- Atrial flutter
- c- Ventricular tachycardia
- d- Supra-ventricular fibrillation

227. When a patient is vomiting postoperatively, which of the following positions would the nurse use to protect the patient and prevent aspiration?



228. A nurse is preparing to insert a nasogastric tube into a client. The nurse places the client in which position for insertion:

- a- Right side
- b- Low Fowler's
- c- High Fowler's
- d- Supine with the head flat

229. Which of the following is the best position to increase the brain perfusion (cerebral perfusion):

- a- Prone
- b- Supine
- c- Semi-Fowler's

d- Trendelenburg's

230.The charge nurse enters the nursing diagnosis "Risk for ineffective airway clearance related to an inability to swallow" on the client's care plan. Which nursing intervention is most appropriate for managing the identified problem?

- a- Keeping the client supine
 - b- Removing all head pillows
 - c- Performing oral suctioning
 - d- Providing frequent oral hygiene
-

231.The nurse in preparing to insert RYLE'S tube (NGT) into an infant, the nurse knows that the length of the tube should be taken as following:

- a- From the nose down to the chin and then to the umbilicus
 - b- From the nose to the earlobe and then to the xiphoid process
 - c- From the nose to the mouth to the xiphoid process
 - d- From the nose to the earlobe to the umbilicus
-

232.The physician has prescribed a cleansing enema to a client scheduled for colon surgery. The nurse would place the client:

- a- Prone
 - b- Supine
 - c- Left sim's (left lateral)
 - d- Dorsal recumbent
-

234.Which type of isolation category is indicated for patient with diphtheria:

- a- Airborne
 - b- Droplet
 - c- Contact
 - d- Blood
-

235.Hospitalized patient eats 20% of the meal and states being too tired to eat more.

What should the nurse do?

A. offer to feed the patient after short rest period

- B. encouraged the patient to finish the fluids
 - C. Remove the meal tray and allow the patient to rest
 - D. Encourage the patient to finish the protein portion of the meal
-

237. A patient has an acute inflammation of the gallbladder. The physician orders the nurse to schedule the patient for surgery.

Which of the following surgical procedures will the physician MOST likely perform?

- A. Pancreatectomy .
 - B. Cholecystectomy.
 - C. Hepatectomy .
 - D. Cricothoracotomy .
-

239. A 31 years- old woman with diabetes type 1 presents to the clinic with fatigue, blurred vision, and loss of appetite. Her breath smells like fruit and she leaves the room twice during the examination to use the toilet. She has brought a little bottle of water with her that she finishes while at the clinic. She reports that she has had a cold for the past three days, but has not taken additional insulin during the illness

Blood pressure	130/70 mmHg
Heart rate	90/min
Respiratory rate	20/min
Body temperature	38.0 °C

What is the most appropriate nursing diagnosis

- a- Risk for impaired skin integrity related to circulation
 - b- Deficient knowledge related to illness management
 - c- Risk for fluid volume excess related to fluid intake
 - d- Imbalanced nutrition related to decreased appetite
-

240. Adult patient suffers from hoarseness of voice, and difficulty in speech may be suffering from an injury of which of the following cranial nerves:

- a- IX
- b- X
- c- XI
- d- XII

241. Which of the following intervention would the nurse implement to enhance the patient's airway clearance ?

Heart rate 80/min

Respiratory rate 32/min

Temperature 40°C

- A. Administer oxygen as ordered .
- B. Maintain a comfortable position .
- C. Increase fluid intake .
- D. Administer prescribed analgesics.

243. A 34 year- old quadriplegia patient resides at home with his wife. In order to prevent contractures of all extremities, the community care nurse will instruct the patient's wife in performance of:

- A. Active range of motion exercises .
- B. Passive range of motion exercises .
- C. Active- assistive range of motion exercises .
- D. Resistive range of motion exercises .

244. A patient complains of left eye redness and itching, the doctor told you to put atropine eye drops for the patient to examine his eye. The nurse should instill the eye drops into:

- A. The left eye .
- B. The right eye .
- C. Both right and left eyes .
- D. Neither of the eyes .

245. A newborn was delivered pre-term weighing 2700 grams with Apgar scores of 4 and 6, respectively. When the mother had presented to the Obstetrical Triage Unit, she was already 7 centimeters dilated and fully effaced. Her due date was unknown as she had no parental care. The infant showed signs of fetal distress and was finally delivered by Cesarean section. At birth a large, thin, membranous sac was protruding from the umbilical base.

What is the priority nursing intervention at birth?

- a- Maintain cardio respiratory stability

- b- Protect the herniated viscera
- c- Manage fluid intake and output
- d- Establish vascular access

246. A 45-year-old man presented to the Mental Health Clinic with a low-mood, a general loss of interest in activities and inability to experience pleasure. He admitted to suicidal thoughts and extreme lack of energy. He was prescribed a selective serotonin reuptake inhibitor to be taken daily. One month later, he presented to the clinic and reports feeling more energetic, but still has a low-mood.

What is the patient's level of risk committing suicide at this time?

- a- None
- b- Low
- c- Medium
- d- High

248. An elderly client with pneumonia may appear with which of the following symptoms first?

- A. Altered mental status and dehydration
- B. fever and chills
- C. Hemoptysis and dyspnea
- D. Pleuritic chest pain and cough

249. A 7-year-old client is brought to the E.R. He's tachypneic and afebrile and has a respiratory rate of 36 breaths/minute and a nonproductive cough. He recently had a cold. From his history, the client may have which of the following?

- a- Acute asthma
- b- Bronchial pneumonia
- c- Chronic obstructive pulmonary disease (COPD)
- d- Emphysema

250. The term "blue bloater" refers to which of the following conditions?

- a- Adult respiratory distress syndrome (ARDS)
- b- Asthma
- c- Chronic obstructive bronchitis

d- Emphysem

251-A nurse is suctioning fluids from a client via a tracheostomy tube. When suctioning, the nurse must limit the suctioning to a maximum of:

- a- 5 seconds
 - b- 10 seconds
 - c- 30 seconds
 - d- 1 minute
-

252-Which of the following actions is the first priority of care for a client exhibiting signs and symptoms of coronary artery disease?

- a- Decrease anxiety
 - b- Enhance myocardial oxygenation
 - c- Administer sublingual nitroglycerin
 - d- Educate the client about his symptoms
-

253-What is the first intervention for a client experiencing MI?

- a- Administer morphine
 - b- Administer oxygen
 - c- Administer sublingual nitroglycerin
 - d- Obtain an ECG
-

254-Toxicity from which of the following medications may cause a client to see a green-yellow halo around lights?

- a- Digoxin
 - b- Furosemide (Lasix)
 - c- Metoprolol (Lopressor)
 - d- Enalapril (Vasotec)
-

255-Acute pulmonary edema caused by heart failure is usually a result of damage to which of the following areas of the heart?

- a- Left atrium
- b- Right atrium

- c- Left ventricle
 - d- Right ventricle
-

256-A nurse evaluates a patient who had a modified radical mastectomy two weeks ago.

Which of the following observations would indicate that the patient is progressing as expected?

- a- Incision intact; numbness along suture line
- b- Affected arm supported in sling; hand at level of the heart
- c- Reports cessation of intimate contact with spouse
- d- Indicates plan to replace wardress with loose fitting clothing

257-A pregnant woman in the three months to have a thrombus in the right leg What do you expect the doctor ordered

- a- Heparin
- b- Insulin
- c- Warfarin
- d- Aspirin

258-Child has burns What is the nursing intervention to prevent Aspiration for this child

- Child sitting put all the time
- Keep the child seated 10 minutes after eating
- Keep baby sitting from 30-45 minutes after eating
- Keep baby sitting 24 hours

259-A man has been experiencing night-blindness. What vitamin could he be deficient in?

- Vitamin A
- Vitamin B
- Vitamin C
- Vitamin D
- مصدر فيتامين A



260-A client who has been hospitalized after experiencing a heart attack will most likely receive a diet consisting of:

- Low fat, low sodium, and high carbohydrates
- Low fat, high protein, and carbohydrates
- Low fat, low sodium, and low carbohydrates

261.Which of the following diets would be most appropriate for a client with COPD?

- Low fat, low cholesterol
- Bland, soft diet
- Low-Sodium diet
- High calorie, high-protein diet

262-The nurse wanted to give a child toddler described the oral medication. What is the right way

- a. Open the baby's mouth and put medicine
- b. Give the medicine spoon in a special play
- c. Give the medicine in Bottles
- d. Explain to the child that the medicine is delicious

263-A postoperative patient has the nursing diagnosis of ineffective tissue perfusion. To assess for tissue perfusion the nurse should check all of the following except

- a- Skin and nail bed color
- b- Temperature of extremities
- c- Respiratory rate
- d- Peripheral pulses

264- A one month old boy present with the head tilted towards the left side and the chin rotated to the right side. There is a palpable mass of soft tissue on the right side of the neck near the clavicle:

- a- Passive muscle stretching

- b- Surgical release of the muscle
- d. Surgical removal of the mass
- e-It's a normal mass in infants



(Basal Cell Carcinoma)



(TSH)



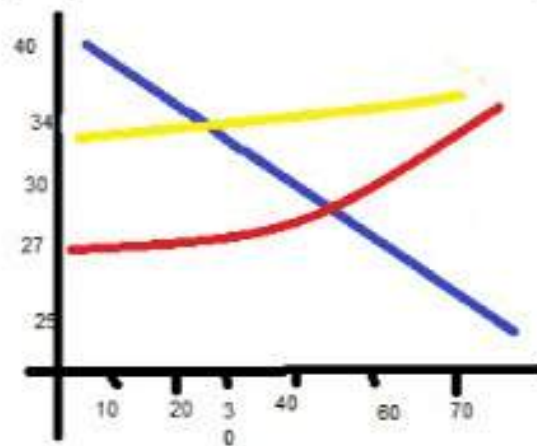
(complete closed transverse)

patient with penicillin reaction



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(stop second dose THEN INFOR DR)



tissue

fatty tissue

water loss

(The older age tissue less than adult)



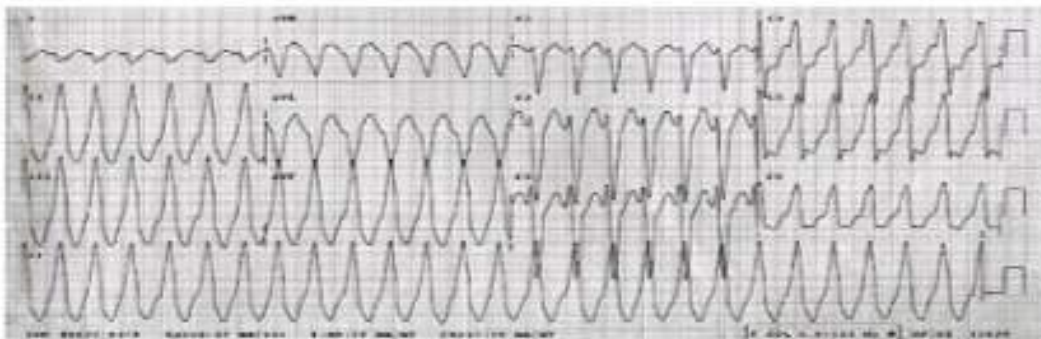
(incomplete open)



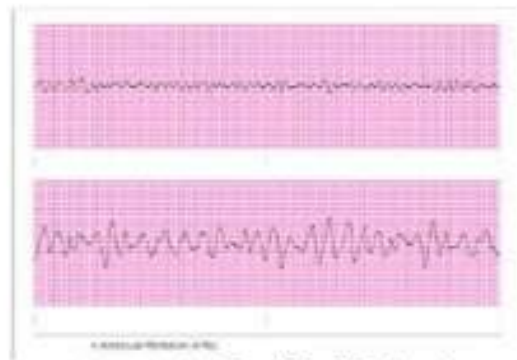
nasal airway



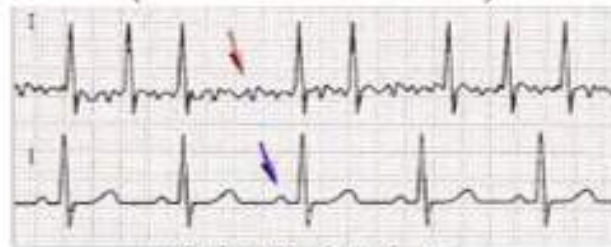
(Burcities)



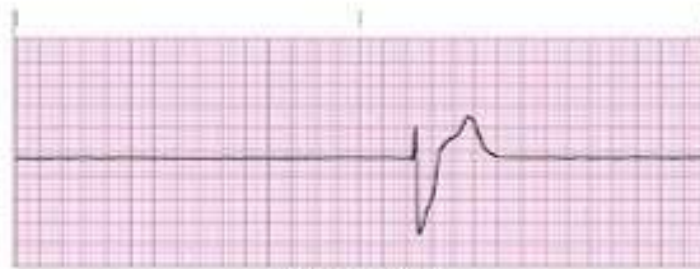
(ventricular tachycardia VT) الجواب



(ventricular fibrillation)



(Atrial fibrillation)



(Asystole)



Bee



Androgens



Osteoarthritis

Osteoarthritis

Hypothyroidism Hyperthyroidism

Symptoms:

Extreme Tiredness/Lethargy/
Lack of Stamina/Motivation
Memory Loss/'Brain Fog'
Depression/
Mood Swings
Hearing Loss

Weight
Gain

3pm
crash

Broken
Sleep

Brittle/
Ridged
Nails

Joint/
Muscle
Pain

Hair
Loss

Constipation

Premenstrual Tension

Intolerance to Cold/Heat/
Sweating/Low Body Temperature

Tingling & Numbness in Extremities

Signs:

Sparse Eyebrows
Especially outer ends
Swelling of the Face
Especially around Eyes
(Oedema)
Changes at the back of
the Eye (at Fundus Oculi)
Wasting of Tongue
Listless, dull to look Eyes
Hoarseness

Rapid Heart
Rate with
weak force
of contraction
Slow Thinking
Slow Pulse
Rate

Non pitting oedema of ankles

Cold/dry/sore/scaly skin/brittle nails
Low basal activity level temperature
Dry/course/brittle hair or hair loss
Unexplained Weight Gain

Pounding Heart Beat

Nervousness
Sluggish
Movement

Symptoms:

Protusion of one or both
eyeballs (exophthalmos)
Breathlessness
Nervousness
Difficulty
Sleeping/
Insomnia

Fatigue

Itching-
overall

Heartbeat
Sensations
Palpitations

Weakness

Diarrhoea

Increased Bowel Movements

Heat Intolerance

Light or Absent
Menstrual Periods

Design: nurse077 info 2012

Signs:

Protruding Eyes
(exophthalmos)

Hair Loss

Staring Gaze

Nausea & Vomiting
Warm Moist Skin

Goitre

Fast
Heart
Rate

Trembling
Hands

Skin Blushing/ Flushing

Blood Pressure- high

Pulse- Pounding

Weight Loss

Muscle Weakness

Breast Development in Men

of the foods highest in vitamin C include:

broccoli
brussels sprouts
cantaloupe
mango
oranges
papaya
red and green bell pepper
strawberries
tomato
watermelon

VITAMIN C

Foods Sources

V	Valencia Orange	Cabbage, Red	Orange
I	Issai Kiwi Fruit	Cantaloupe	Papaya
T	Turnip Greens	Carambola	Pineapple
A	Apricots	Cauliflower	Potato
M	Mango	Cauliflower, Green	Prickly Pears
I	Ivy Gourd	Collard Greens	Pummelo
N	Nori	Chili Pepper, Hot	Radishes
C	Cantaloupe	Gooseberries	Raspberries
	Apricots	Grapefruit	Rutabagas
	Beans, Yellow Snap	Guavas	Spinach
	Bell Pepper	Kiwifruit	Squash, Summer
	Blackberries	Lemon	Strawberries
	Broccoli	Lime	Sweet Potato
	Brussels Sprouts	Nori	Tangerines
	Cabbage, Green	Mango	Tomato
	Cabbage, Pe-Tsai	Melon, Honeydew	Watermelon
		Okra	
		Onion	

Dietitians-Online®



On April 4, 1932 Vitamin C was first isolated by CC King at the University of Pittsburgh.

Cushing Syndrome

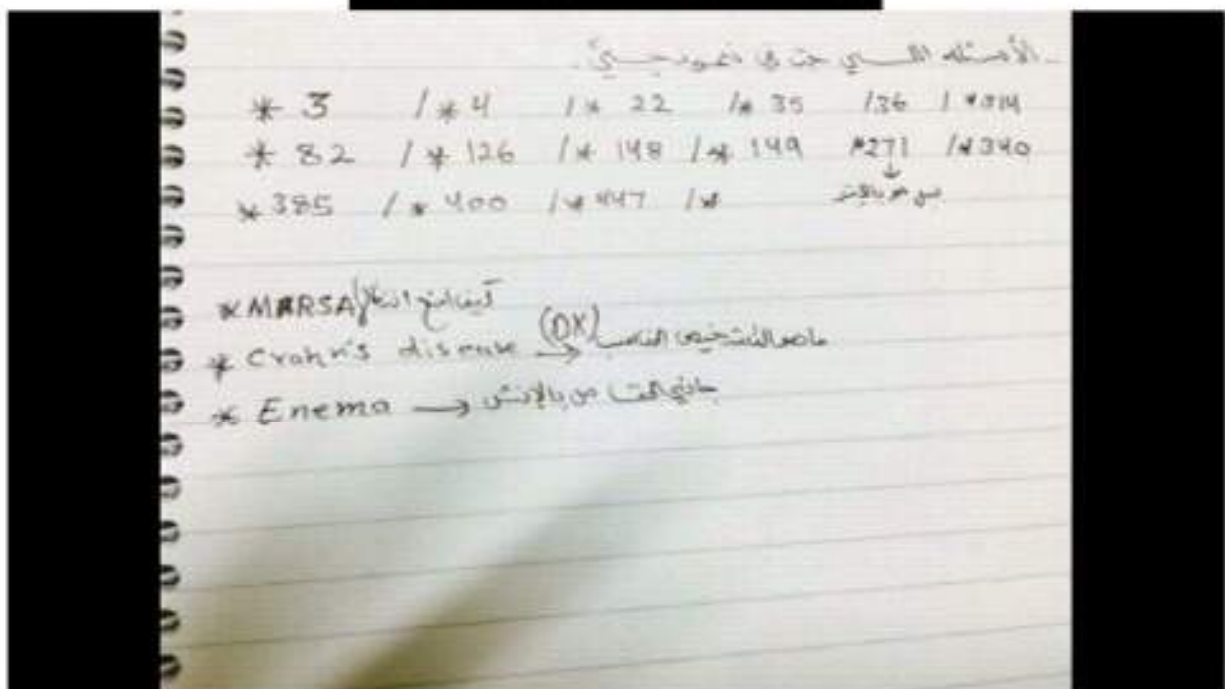
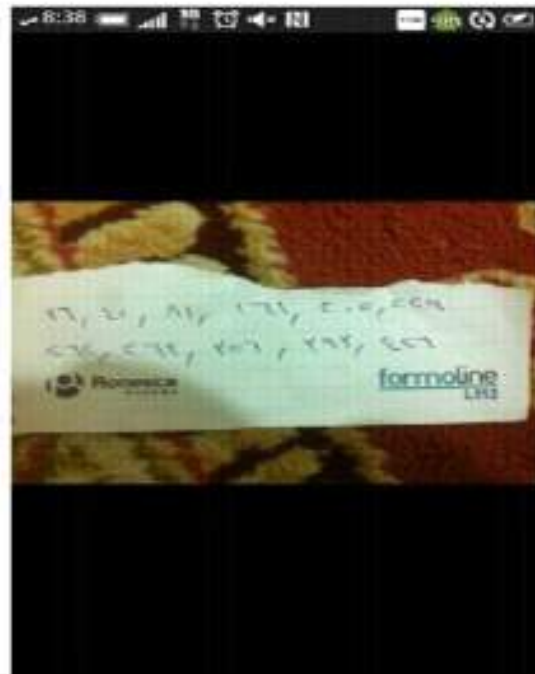
1. Upper body obesity with thin arms and legs
2. Buffalo hump
3. Red, round face
4. High blood sugar
5. High blood pressure
6. Vertigo
7. Blurry vision
8. Acne
9. Female balding
10. Water retention
11. Menstrual irregularities
12. Thin skin and bruising
13. Purple striae
14. Poor wound healing
15. Hirsutism
16. Severe depression
17. Cognitive difficulties
18. Emotional instability
19. Sleep disorders
20. Fatigue



HELP
Health Education Library for People
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Dite for cushing syndrome
low sodium and high potassium

يجب مراجعته المذكور هل 475 و هذي الاسلنيه المهمه فيها



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