

1.The endotracheal tube sealing cuff is NOT for :

- a) tube stabilization
- b) ensure gas exchange only through the lumen of the endotracheal tube
- c) Sealing the space between the tube and the tracheal wall
- d) prevention of gastric contents, blood and mucus,

2.ARDS - adult respiratory distress syndrome is the result of :

- a) inflammatory process, damage to lung tissue,
- b) The accumulation of edematous fluid,
- c) pulmonary edema,
- d) circulatory failure,

3.Inferior vena cava syndrome, sometimes occurring in pregnant women in the supine position, manifests itself:

- a) Decreased cardiac minute capacity, decreased blood pressure,
- b) Increasing cardiac minute capacity, lowering blood pressure,
- c) Decreased heart minute capacity, increased blood pressure,
- d) Increased cardiac minute capacity, increased blood pressure,

4.CPR procedures are NOT undertaken when cardiac arrest :

- a) occurred in our presence,
- b) is not the result of a terminal illness,
- c) is the result of an incurable disease in its terminal stage
- d) is the result of the presence of a foreign body in the airways.

5.The ASA scale assesses;

- a) intubation difficulties
- b) pain intensity,
- c) perioperative risks
- d) respiratory capacity

6.The size of the endotracheal tube in an adult for oral intubation depends on :

a) The size of the subglottis space ,

b) glottis gap width

c) the size of the sound system,

d) Lengths of nai cartilage,

7.The Swan- Ganz catheter can NOT be used for direct measurement:

a) pulmonary artery pressure

b) The vascular resistance of the pulmonary circulation,

c) body temperature,

d) central venous pressure.

8.The carbon dioxide content of the exhaled air during anesthesia can be assessed by :

a) Pulse oximetry,

b) fluorescence angiography,

c) capnometry and capnography,

d) Biochemical and coagulological tests,

9.10 micrograms is? :

a) 0.1 mg,

b) 0.01 mg,

c) 0.001mg,

d) 0.0001 mg,

10.For immediate recognition of mistaken intubation into the esophagus serve :

a) pulse oximetry,

b) capnometry,

c) Assessment of skin coating coloration,

d) high airway pressure alarm,

11.In an organ donor, the test may be waived :

a) bacteriological,

b) esophageal radiology,

c) Blood electrolyte levels,

d) Serology for viral infections,

12. The volume that includes all the air that is not subject to respiratory exchange is this :

a) anatomical dead space,

b) physiological dead space,

c) additional dead space,

d) useless space,

13. How many ASA groups are there in the entire classification? :

a) 2 groups,

b) 3 groups,

c) 5 groups,

d) 7 groups,

14. When preparing a patient for general anesthesia, the oral blood pressure-lowering drugs and antiarrhythmic drugs previously taken by the patient should be taken :

a) Put off the day before the procedure ,

b) Discontinue two days before the procedure,

c) Apply until the day of surgery,

d) Leave for a few days before the procedure,

15. The purpose of pre-emptive analgesia is :

a) Improving the quality of postoperative analgesia,

b) sleep-inducing effect,

c) calming effect,

d) replacing premedication,

16. An organ donor can be a person :

a) which has made an objection in the Central Register of Objections,

b) Who has reached the age of 85,

c) In whom the applicable criteria for brain death were found,

d) Who suffered from subarachnoid hemorrhage,

17. During prolonged general anesthesia, pressure changes occur in the cuff sealing the endotracheal tube due to :

a) Sevoflurane use,

b) preoxygenation ,

c) The warming of respiratory gases and the use of nitrous oxide,

d) guiding the patient under controlled negative pressure,

18. Total intravenous anesthesia (TIVA) is a way of administering anesthesia without the use of :

a) oxygen,

b) nitrous oxide,

c) air,

d) propofol,

19. Anesthetic requirements in alcoholic intoxication :

a) increases,

b) declining,

c) does not change ,

d) Anesthetics don't work,

20. The pressure in the cuff sealing the endotracheal or tracheostomy tube should not exceed :

a) 10 cm H<sub>2</sub>O

b) 15 cm H<sub>2</sub>O,

c) 20 cm H<sub>2</sub>O,

d) 25 cm H<sub>2</sub>O,

21. The post-anesthesia surveillance area should be equipped with :

a) capnograph,

b) Blood pressure measuring device, ECG monitor, pulse oximeter, suction machine, oxygen source,

c) N<sub>2</sub>O cylinder, ECG monitor, pulse oximeter,

d) N<sub>2</sub>O cylinders,

22. Extended (specialized) resuscitation management is abbreviated from English :

a) ALS,

b) BLS,

c) CLS ,

d) DLS,

23. Before induction of general anesthesia, the pregnant woman should be placed on :

a) On the back,

b) With a tilt to the left,

c) With a tilt to the right side,

d) In the Trendelenburg position,

24. Control of the effectiveness of the conduct of artificial ventilation, does not include :

a) hourly diuresis,

b) nail plate staining,

c) normal blood pressure and heart rate,

d) auscultation of the chest,

25. During the performance of the caloric test , which is one of the mandatory tests of trunk reflexes in potential organ donors, the occurrence of . is assessed:

a) cough reflexes,

b) eye movements,

c) respiratory muscle movements,

d) Extensor muscle movements,

26. In an intensive care unit setting, total parenteral nutrition is provided by :

a) central venipuncture,

b) gastrostomy,

c) enteral gavage,

d) gastric tube,

27. You have at your disposal 2% Lignocaine in ampoules of 2 ml. Calculate what amount of solution you will use , to give the patient 100 mg of this drug.

- a) 20 ml,
- b) 5 ml,
- c) 3 ampoules,
- d) The correct dose is not listed above,

28. Central venous pressure(CVP) is used to assess :

- a) filling of the vascular bed and the work of the right ventricle,
- b) respiratory activity,
- c) awareness,
- d) left ventricular work,

29. For which anesthesia is a low-resistance syringe used?

- a) subarachnoid,
- b) epidural,
- c) epidural,
- d) brachial plexus

30. The drop in blood pressure in shock is characteristic of the phase:

- a) compensated,
- b) uncompensated,
- c) irreversible,
- d) bar the correct answer.

31. One of the conditions for successful orthopedic treatment after trauma is the so-called 2+2 rule, which states that:

- a) two anastomoses on the upper extremities and two anastomoses on the lower extremities can be performed during the operation,
- b) the time of orthopedic surgery should not exceed two hours, during which transfusion of more than two units of blood should be avoided

- c) A patient with more than 2 points in GSC should not be qualified for surgery, and the time of limb ischemia during surgery should not exceed two hours,
- d) During the operation, a maximum of two bones should be fused, damaged in no more than 2 places.

32.What action should be taken in a patient with a vascular catheter who suddenly develops fever, malaise, chills and a drop in blood pressure when bacteremia is suspected?

- a) Monitor blood pressure every 6 hours,
- b) Remove the catheter and perform bacteriological tests, apply antibiotic ointment to the puncture site, change the dressing.

33.A blood product free from the risk of viral disease transmission is:

- a) albumin,
- b) Factor VIII, IX concentrate,
- c) cryoprecipitate,
- d) plasma.

34.Elderly patients are at greater risk of developing post-surgical complications:

- a) Circulatory,
- b) pulmonary,
- c) neurological,
- d) From the side of the surgical wound.

35.Basal fluid requirements in adults are:

- a) 8 ml/kg b.w./h,
- b) 6 ml/kg b.w./h,
- c) 4 ml/kg b.w./h,
- d) 2 ml/kg b.w./h.

36.In chemical burns as a first step, you should:

- a) cool the burned area with ice,
- b) Rinse the burned area with plenty of water,

c) Collect a thorough history of the chemical agent that caused the injury, cover the injury site with a sterile dressing.

37. During endoscopic examinations, there is a possibility of infection with the

- a) following viruses: HBV and HCV, HIV,
- b) HBV, HCV and HIV,
- c) HAV, HEV and HIV.

38. Trapnell's classification on a four-point scale is used to assess:

- a) severity of injury,
- b) The risk and course of cannulation-associated phlebitis, acute pancreatitis, bedsores.

39. When caring for a patient with suspected damage to abdominal organs, first and foremost:

- a) Ensure an adequate amount of fluids for transfusion, prepare an adequate amount of painkillers,
- b) systematically control blood pressure, heart rate, diuresis, conduct respiratory gymnastics.

40. In patients with thromboembolic disease treated with heparin, injections are contraindicated:

- a) Subcutaneous,
- b) intravenous,
- c) intramuscular,
- d) intradermal.

41. Symptoms of connectivity of a skull base fracture with the air cavities of the skull include:

- a) leakage of blood or cerebrospinal fluid from the nose, ear or throat,
- b) Brief loss of consciousness,
- c) increased intracranial pressure,
- d) Cushing's Triad.

42. In elderly patients, after surgery, improvement treatment should be undertaken:

- a) later than in other patients,
- b) as soon as possible,
- c) On the third day after surgery,
- d) on the fourth day after surgery.

43. When conducting a fluid balance in a patient, consider:

- a) The volume of fluids taken orally, the volume and type of fluids transfused intravenously, the amount of urine excreted,
- b) The volume of fluids and the type of fluids transfused intravenously, the amount of urine excreted, the amount of secretions from gavage, drain, intestinal fistula,
- c) The volume of fluids taken orally, the volume and type of fluids transfused intravenously, the amount of urine excreted, the amount of secretions from gavage, drain, intestinal fistula,
- d) The volume of fluids taken orally, the volume and type of fluids transfused intravenously, the amount of secretions from gavage, drain, intestinal fistula.

44. If the entire lung is resected, it is wrong to connect the suction drain left during the procedure, as this risks occurring:

- a) A hematoma in the pleural cavity,
- b) bronchial fistula in the bronchial stump,
- c) mediastinal shift to the operated side,
- d) pneumothorax and cardiac arrest.

45. Indicate the incorrect recommendations for the management of the patient in acute intracranial cramping syndrome:

- a) Laying in the supine position with the head elevated 30°-45°,
- b) head hypothermia and hyperventilation,
- c) Use of controlled breathing in patients with less than 8 points.
- d) GSC, Glucose administration by continuous infusion.

46. For uncomplicated single fractures of several ribs, patient management to prevent atelectasis consists of:

- a) Administration of cough suppressants,
- b) Placing an immobilizing dressing on the chest, intensive respiratory rehabilitation after the administration of painkillers, the use of expectorant drugs.

47. A nurse caring for a patient with a burn wound should remember that immediately before changing the dressing, the patient should:

- a) Thoroughly clean the wound of dirt and skin shreds, give, according to the doctor's order, a painkiller - preferably 15-30 minutes in advance,
- b) Shave the hair from around the wound before reapplying the dressing, moisten the previous dressing with saline.

48. Into the peripheral veins, parenteral nutrition is administered with solutions:

- a) with osmolarity > 800mOsm/l
- b) With osmolarity < 800mOsm/l,
- c) low in calories and nitrogen,
- d) correct B and C.

49. How much food should be given at most once to a patient fed by gastric tube by the portion method in half an hour?

- a) 200-250 ml,
- b) 300-350 ml,
- c) 400-450 ml,
- d) 500 ml.

50. The source of most pulmonary embolisms is:

- a) the right ventricle of the heart,
- b) Thrombosis of the small pelvic vein,
- c) thrombosis of the veins of the upper extremities,
- d) Deep vein thrombosis of the lower extremities.

51.Hypovolemic shock, follows:

- a) injury,
- b) internal or external hemorrhage, diabetes,
- c) all answers correct.

52.Prevention of respiratory complications consists, among other things, of chest cauterization in patients who are lying down and not very mobile. Do not cauterize the chest in patients after surgery:

- a) Within the abdominal cavity, cardiac surgery,
- b) Orthopedic in the upper half of the body, thoracic surgery.

53.The consequences of the shock, are:

- a) Intravascular coagulation syndrome, respiratory failure,
- b) Renal tubular necrosis,
- c) all answers correct.

54.Stasis dilation of the jugular veins is characteristic of emphysema:

closed,  
Open, valved, closed  
and open.

55.Secondary consequences of malnutrition in surgically treated patients, include:

- a) increased morbidity and mortality, and decreased body weight,
- b) Impaired wound healing, increased morbidity and mortality,
- c) impaired immunity, atrophy of the intestinal mucosa,
- d) impaired wound healing, deficiency anemia.

56.Kehr drains are inserted into:

- a) pancreatic duct, duodenum,
- b) stomach,
- c) common bile duct.

57. When transporting a patient after thoracic surgery from the operating theater to the intensive care unit, do NOT close or kink the drains, as even minimal air leakage can result:

- a) A hematoma in the pleural cavity,
- b) bronchial fistula in the bronchial stump,
- c) negative pressure in the pleural cavity,
- d) pneumothorax and cardiac arrest.

58. Concussion is manifested by a brief loss of consciousness occurring at the time of injury. The duration of unconsciousness can last:

- a) From a few seconds to 5 minutes
- b) from a few seconds to 60 minutes,
- c) from a few seconds to 3 hours,
- d) from a few seconds to 6 hours,

59. Breast self-examination is a simple method for early detection of breast changes and should be performed by women:

- a) After the age of 20, systematically once a month, immediately after menstruation;
- b) after the age of 15, systematically twice a month, before and after menstruation,
- c) After the age of 20, daily,
- d) After the age of 35, systematically several times a month.

60. A patient receiving enteral nutrition by gavage placed in the jejunum can be given:

- a) Mixed foods and special nutritional mixtures,
- b) only mixed foods,
- c) Only factory-prepared nutrient mixes,
- d) Special nutrient mixtures and 20% glucose solutions.

61.The tetany, which occurs most often several dozen/hours after surgery, is caused by:

- a) post-operative hypoparathyroidism as a result of their removal or vascularization damage,
- b) thyrotoxic breakthrough as a consequence of inadequately treated hyperthyroidism in the preoperative period,
- c) collapse of the tracheal cartilages,
- d) Damage to the superior laryngeal nerve and/or the retrobulbar laryngeal nerve.

62.A commonly used scale is used to determine the activity of ulcer bleeding:

- a) Forrest scale,
- b) Glasgow,
- c) Apache II,
- d) ASA.

63.In what position should a patient be placed after a head injury:

- a) Elevation of the head at an angle of 30° to the axis of the trunk,
- b) elevation of the head at an angle of 15° to the axis of the trunk,
- c) Flat with the lower limbs bent at the knee and hip joints, in the anti-shock position.

64.The test - feces for "occult blood", to be authoritative, is taken:

- a) one time is sufficient,
- b) Twice, thrice, four times.

65.Symptoms such as pallor of the skin, cooling of the skin, especially of the distal parts of the body, oliguria, tachycardia, sweating of the skin, decreased blood pressure values, increased respiratory rate are symptoms of shock:

- a) anaphylactic,
- b) septic,
- c) cardiogenic
- d) hypovolemic

66.The patient had a venous thrombosis at the venflon insertion site. The prescribed drip infusion should be connected:

- a) Above the inflammatory reaction, to another venous vessel,
- b) below the inflammatory reaction,
- c) neither answer is correct

67.The "short bowel" syndrome, is:

- a) The consequence of a reduction in the absorption area of the small intestine, e.g., after an extensive resection, a reduction in the absorption area in the large intestine,
- b) Changes in the course of intestinal obstruction,
- c) changes in the rectum.

68.In small bowel obstruction, the abdominal radiograph in the vertical position will be/are visualized:

- a) Dilatation of the intestinal loops with the presence of vesicular
- b) emphysema of the intestinal wall, dilatation of the stomach and intestinal loops,
- c) bloated intestinal loops with marked fluid levels, calcifications in the abdominal cavity.

69.A dressing that can be used as a prophylactic measure in an area exposed to pressure and friction is:

- a) Alginate dressing, semi-permeable
- b) polyurethane membrane, sterile
- c) hydrogel dressing, hydrocolloid dressing.

70.In a patient who has been given a balanced skeletal lift, the areas most prone to developing pressure sores are:

- a) calves,
- b) Sacrum and sciatic joint,
- c) ankle joint,
- d) elbow joints,

71. In orthopedic patients undergoing surgical treatment, rehabilitation should be started:

- a) after bone fusion is achieved, for weight-bearing exercises,
- b) immediately after surgery to prevent muscle atrophy and contractures,
- c) before surgery,
- d) After removing the sutures from the surgical wound, so that the wound edges do not spread.

72. The most important contraindications for starting a patient treated in a surgical unit are as follows:

- a) Bradycardia <35 beats/min,
- b) Subfebrile state, nausea, headache,
- c) unstable high blood pressure,
- d) A and C responses.

73. The recommendation of the Polish Society for Parenteral and Enteral Nutrition is that every adult patient admitted to the hospital should undergo a nutritional assessment, using:

- a) Subjective Global Assessment of Nutritional Status (SGA) form or centile grid,
- b) body mass index (WCM) on centile grid,
- c) NRS 2002 or Subjective Global Assessment of Nutritional Status (SGA) form,
- d) Minimum Nutritional Assessment (MNA) form and centile grid.

74. Conducting respiratory gymnastics is recommended for:

- a) patient in case of fracture of one rib or sternum,
- b) Patient with limited motor activity or immobilized,
- c) patient with respiratory conditions,
- d) all of the above.

75. What characteristic nursing problem does a nurse face when nursing a patient who has had a lower limb amputation following Burger's disease?

- a) The pain of the surgical wound,
- b) Phantom pains, depression and apathy,
- c) reluctance to cooperate with the treatment team.

76. Complications of bone fusion include delayed fusion, lack of fusion, and:

- a) formation of a pseudarthritic joint,
- b) allgodystrophy,
- c) Volkman's ischemic contracture,
- d) acute osteoarthritis.

77. In acute mechanical obstruction, abdominal pains are paroxysmal in nature. The lower the obstruction is located, the intervals between pains, are:

- a) shorter,
- b) longer,
- c) There are no breaks, the pains are constant, it does not matter.

78. Care of catheters left in the urinary tract should have in mind, among other things, the prevention of infection. The nurse in the prevention of urinary tract infections, should pay special attention to:

- a) A large supply of fluids in the patient,
- b) Use of a closed urinary drainage system,
- c) Replacement of bags and catheters according to the applicable principles of aseptics and antisepsis, and maintenance of catheter patency,
- d) all listed.

79. If, in a patient with a lower limb lift in place, the weights are causing the patient to slide down the bed, care should be taken to ensure proper counter-extension by:

- a) Removing enough weights so that the patient does not slip,
- b) Elevate the foot part of the bed by placing appropriate pads,
- c) attaching the patient's torso to the bed with a wide belt,
- d) The use of a fixed locking device for the lift cable.

80. A patient who is scheduled to have an intestinal stoma created during surgery should have the stoma site determined by a nurse before the procedure. The stoma site is designated in position:

- a) Standing and sitting,
- b) sitting and lying,
- c) lying and standing,
- d) Sitting, lying and standing.

81. Complications of long-term catheter maintenance, include:

- a) Symptomatic urinary tract infections, urethral stricture, urinary tract stones, sores, flare-ups, urethral deformities,
- b) Thin urine stream, constant urinary tract bleeding, urinary incontinence, infections,
- c) urinary incontinence, decubitus ulcers.

82. The first-line treatment regardless of the form of shock is:

- a) the use of broad-spectrum antibiotics,
- b) proper fluid therapy to restore intravascular volume and normal tissue perfusion,
- c) The use of endotracheal intubation,
- d) determination of electrolytes, glucose, urea, creatinine levels in the blood.

83. The patient assumes the position after surgery under epidural or subarachnoid anesthesia:

- a) Flat on the back or side with the head elevated at a 30° angle,
- b) on the back semi-erect,
- c) On the stomach with the head on the side,
- d) On the back with the head elevated at a 60° angle.

84. A patient after gastrointestinal surgery with a gastrostomy in place. The first meal should be served as follows:

- a) In the presence of a doctor, give about 50 ml of boiled water, the next portions are increased by observing whether the contents flow out near the fistula, whether the patient does not have a feeling of distension in the stomach,

- b) Give about 150 ml of boiled water, the next portion after 30 minutes, observing whether the contents flow out near the fistula, whether the patient does not have a feeling of gastric retention,
- c) In the presence of a doctor, give about 50 ml of gruel, the next portions are increased by observing whether the contents flow out near the fistula, whether the patient does not have a feeling of distension in the stomach,
- d) In the presence of a doctor, give about 250 ml of boiled water, observing whether the contents flow out near the fistula, whether the patient does not have a feeling of distension in the stomach.

85. The patient has a gavage inserted on the second post-operative day to relieve the gastrointestinal tract of retained contents. Preventing pulmonary complications:

- a) Placing the patient in a semi-erect position, respiratory gymnastics,
- b) placing the patient in a flat position, a narrow-bore gavage, learning the breathing technique of shallow breathing,
- c) flushing the gavage after each portion of food given to the patient.

86. Which stage of pressure sores according to Torrance's classification is represented by the following description?

"Ulceration - Injury throughout the thickness of the skin to the border of the subcutaneous tissue. The edges of the wound are well demarcated, surrounded by swelling and erythema. The bottom of the wound is filled with red granulation tissue or yellow masses of disintegrating tissue."?

- a) Grade 2,
- b) Grade 3,
- c) Grade 5,
- d) Grade 7.

87. Subperiosteal fractures of the "green branch" type are characteristic for:

- a) women,
- b) men,
- c) children,
- d) elderly people.

88. Symptoms suggestive of complications after the placement of an immobilizing dressing on a limb are all those listed, EXCEPT :

- a) finger movement disorders,
- b) Sensory disturbances in the periphery of the limb,
- c) bruising of the skin of the foot or hand,
- d) lack of pain in the limb.

89. Valvular emphysema occurs as a result:

- a) the passage of a certain amount of air into the pleura without the inability of this air to pass freely to and from the atmosphere,
- b) unidirectional possibility of air entering the pleura, getting air into the subcutaneous tissue,
- c) constant communication of the pleural cavity with the atmosphere, which allows air to flow in and out freely into the pleura.

90. In the care of elderly patients, the prevention of perioperative complications is very important. All of the actions listed are recommended, EXCEPT :

- a) early startup,
- b) avoiding the risk of psychiatric disorders,
- c) keeping skin sutures shorter, and having a nurse present with the patient at all times.

91. Which of the following statements is true?

- a) alkali burn goes much deeper into tissues than acid burn,
- b) acid burn goes much deeper into tissues than alkali burn,
- c) the depth of damage does not depend on the burn agent,
- d) alkali burn leads to protein coagulation.

92. The goal of preoperative pulmonary rehabilitation is to learn:

- a) breathing using the diaphragm and coughing,
- b) Rapid and shallow breathing that does not cause pain,
- c) Deep breaths using the diaphragm and avoiding coughing,
- d) breathing using the diaphragm, proper inhalation technique, effective coughing, non-pharmacological ways to control pain and protect the surgical site.

93. Deep vein thrombosis occurs as a result:

- a) venous stasis,
- b) abnormalities in the structure of the venous wall,
- c) changes in blood composition,
- d) all of the above.

94. Septic shock is characterized by:

- a) Blood pressure below 90 mmHg,
- b) temperature above 39°C or below 36.6°C,
- c) respiratory disorders (tachypnoe) and/or circulatory disorders (tachycardia),
- d) all of the above.

95. The most favorable time to change urostomy bags is during the following hours:

- a) in the afternoon, after eating a meal and taking a short rest,
- b) Evening, before going to bed,
- c) Morning, before taking fluids, when the fistula is less active,
- d) morning, after eating a meal and taking a short walk.

96. As a result of the compression caused by the cast, the following can occur:

- a) Muscular atrophy, bone decalcification, decubitus ulcers,
- b) limb ischemia, bone atrophy, bone decalcification,
- c) limb blood supply disorders, edema, nerve palsy,
- d) Deep vein thrombosis, joint capsule fibrosis, edema.

97. Post-traumatic leakage of cerebrospinal fluid from the nasal or ear canals, or fluid running down the back wall of the throat, is a sign indicating:

- a) indentation of the skull bone,
- b) Fracture of the base of the skull with damage to the dura,
- c) Subarachnoid hemorrhage with the formation of an intracerebral hematoma,
- d) intraventricular bleeding.

98.In the treatment of burns with dressings, moist dressings are used, which:

- a) facilitate absorption of the applied drug, cause pain reduction,
- b) At dressing changes reduce the possibility of repeated skin damage,
- c) do not inhibit the epidermal process,
- d) all answers are correct.

99.The greatest blood loss in bone fractures is to be expected in a fracture of:

- a) several vertebrae and ribs,
- b) femur,
- c) Both bones of the forearm,
- d) pelvis.

100.Contraindication for performing chest cauterization, is:

- a) craniocerebral trauma,
- b) strumectomy,
- c) epilepsy,
- d) pneumonia.

101.Suspicion of breast cancer may be raised by skin changes, such as:

- a) local redness of the breast skin and fever,
- b) skin retraction,
- c) "orange peel" symptom,
- d) correct answers B and C.

102.When administering oxygen to a patient through a nasal catheter, the nurse sets the oxygen flow rate at:

- a) 10 - 15 l/min,
- b) 5 - 10 l/min,
- c) 4 - 8 l/min,
- d) 2 - 4 l/min.

103. A patient with a pleural drain in place, should be placed in a position:

- a) flat on the back,
- b) With head elevation of about 30°, on the healthy side,
- c) Semi-sitting with placement of the set about 1 m below chest level, sitting with placement of the set about 30 cm below chest level.

104. The presence of tarry stools in the patient, indicates:

- a) Anal fissure,
- b) colorectal polyposis,
- c) Upper gastrointestinal bleeding,
- d) anal varices.

105. When applying the hydrocolloid dressing to the wound, it is imperative to keep a margin beyond the wound edge reaching:

- a) 0.5 - 1 cm,
- b) 1 - 2 cm,
- c) 2 - 3 cm,
- d) 4 - 5 cm

106. The role of the nurse, in the prevention of thrombophlebitis of the lower extremities in patients after surgery, is:

- a) Early mobilization of the patient,
- b) immobilization of the patient in bed,
- c) Performing all hygienic activities with the patient, placing the limb on the splint.

107. After which thoracic surgery is it contraindicated to connect suction drains?

- a) Segmentectomy,
- b) lobectomy,
- c) pneumonectomy,
- d) bilobectomy.

108. Momentary loss of consciousness is:

- a) Confusion,
- b) unconsciousness,
- c) coma,
- d) no correct answer.

109.The patient was placed in a plaster bandage on the lower limb. A symptom indicative of compression of the fibular nerve, will NOT:

- a) Numbness and tingling of fingers,
- b) inability to bend and straighten fingers,
- c) A change in the coloration of the limb (pale limb),
- d) drooping of the foot.

110.Alginate dressings are NOT indicated for use on wounds:

- a) where bleeding of various origins may occur,
- b) dry, covered with dead, black tissues,
- c) infected, with cysts, cavities and fistulas,
- d) producing large amounts of exudate, fibrous, pus

111.In 80% of patients, cystitis is caused by:

- a) Escherichia coli,
- b) Candida albicans,
- c) Proteus mirabilis,
- d) Staphylococcus aureus

112.Palpable crackling of tissues is a late symptom:

- a) tetanus,
- b) advanced gas gangrene,
- c) limb abscess,
- d) subcutaneous injection

113.The constructive attitude in adapting to old age is characterized by:

- a) passivity, low ambition, a tendency to be overly optimistic,

- b) Excessive social and family activity, excessive control of emotions, self-sufficiency,
- c) aggression, suspicion ,tendency to blame others, quarrelsomeness,
- d) Independence, activity, tolerance, expanded interests and social life

114.In educating OBS (obstructive sleep apnea) patients to control or alleviate symptoms, lifestyle changes are recommended by:

- a) Reducing body weight (obese or overweight people),
- b) avoiding sleeping on the back,
- c) Avoiding drinking alcohol and taking tranquilizers at night,
- d) all answers are correct.

115.Which factors predispose to pressure sores?

- a) The blotchy skin in old people,
- b) gender - women are twice as likely to develop bedsores,
- c) apathy, lack of exercise,
- d) Each of these factors predisposes to the formation of bedsores.

116.Social assistance is:

- a) An institution of state social policy,
- b) care and health institution of state policy,
- c) the municipality's own task,
- d) a task mandated by the Governor.

117.Guaranteed services provided in the home setting implemented by long-term home nursing care include:

- a) nursing services, preparing the recipient and his family for self-care and self-care, including the formation of skills in coping with disability,
- b) Health education of the recipient and family members,
- c) Assistance in acquiring medical and rehabilitation equipment necessary for proper care and rehabilitation,
- d) all answers correct.

118. A prerequisite for the effective organization of care for the elderly is:

- a) the formation of the right attitudes of society towards old age,
- b) Formation of proper attitudes of the elderly towards old age as such and their own old age,
- c) elimination of the phenomenon of geriatrics from the environment of the elderly,
- d) all true.

119. The decision on referral to a social welfare home is issued:

- a) starost,
- b) District Family Assistance Center,
- c) a municipal authority,
- d) crisis intervention center

120. Care of a patient with Alzheimer's disease in a home setting should consist of:

- a) To assist the patient in activities of daily living due to clumsy self-care,
- b) restricting activities of daily living and pharmacological sedation due to the risk of physical injury,
- c) integrating the patient into family life and practicing still existing skills,
- d) constantly supervising and discreetly limiting the patient's independence in order to keep him as safe as possible.

121. Patient qualification for long-term nursing care is done using a scale:

- a) Glasgow
- b) Douglas
- c) Waterlow
- d) Bartel

122. Geriatrics is:

- a) the science of aging
- b) the science of internal medicine
- c) the science of diseases of old age
- d) A and C are correct.

123.Aging is:

- a) Disruption of the proportion of intracellular damage, outgrowing the body's ability to repair itself.
- b) increase in self-repair capacity
- c) self-inflicted damage to the body
- d) immune system disorder

124.The hallmarks of an aging digestive system are:

- a) diarrhea and weight loss
- b) increase in appetite
- c) Slowing down of peristalsis and tendency to constipation
- d) higher activity of digestive enzymes and tendency to constipation

125.By the term geriatric patient is most often understood:

- a) A complex patient with multiple coexisting disease processes and interactions between them
- b) A complex and infirm patient who always requires the care of a second person
- c) DPS patient
- d) complex patient up to 65

126.The Comprehensive Geriatric Assessment is:

- a) examination of a geriatric patient
- b) infirmity rating scale
- c) An interdisciplinary and integrated diagnostic process to determine a senior's health and functional problems
- d) a multidimensional, interdisciplinary process to assess the need for rehabilitation

127.Goals of Holistic Geriatric Assessment :

- a) fitness assessment
- b) mental status assessment
- c) fitness assessment and planned physical therapy
- d) Therapy planning, rehabilitation planning, long-term care planning;

128.The peculiarities of getting sick in old age are :

- a) occurrence, some diseases only after age 65.
- b) Different, often uncertain prognosis, appearance of "disease masks"
- c) including more drugs, due to the presence of multiple diseases.
- d) correct A and B

129.What may be the symptoms of pneumonia in the elderly :

- a) cough , no temperature
- b) confusion , weakness, absence of auscultatory changes
- c) sweating, lethargy , lack of appetite
- d) correct A and B

130.Poly-pragmasy is:

- a) excessive and unnecessary intake of drugs
- b) taking dietary supplements in excess
- c) The use of drugs from various groups, including dietary supplements
- d) The use of multiple medications for multiple medical conditions.

131.Select the correct answer defining falls in the elderly in the system:

- a) Mutual cause and effect formation of neuro-vegetative disorders
- b) difficulties in movement - with mental disorders
- c) sudden irreversible change of position involving loss of balance
- d) sudden unintentional change of position with loss of balance

132. Aging:

- a) means a gradual breakdown of homeostasis, resulting in an increase in the incidence of disease in the elderly
- b) means progressive changes in the structure and function of organs leading to depletion of their functional reserves over time
- c) Begins around the age of 30.
- d) The risk of aging is determined by the 50% rule

133. Falls in the elderly are particularly contributed to:

- a) eating disorders
- b) respiratory diseases
- c) Use of hypotensive drugs and neurological disorders
- d) answers A and B are correct

134. Active verticalization is:

- a) patient's movement with the help of crutches
- b) performance of active exercises
- c) moving around independently
- d) Gradual change of the patient's position from lying to standing

135. The use of a scale for assessing the risk of developing bedsores allows:

- a) Identify a group of patients with a particular risk of developing bedsores
- b) Determination of immobilization time of trauma patients
- c) Determination of the degree of muscle tension in unconscious patients
- d) None of the above

136. Conducting respiratory gymnastics is recommended for:

- a) patient in case of fracture of one rib or sternum,
- b) A patient with limited motor activity or who is immobile,
- c) A patient with respiratory conditions,
- d) all of the above.

137. Errors in bedsores prevention include the use of:

- a) variable-pressure mattresses,
- b) physiotherapy ,
- c) Stabilization of the patient's position using supports,
- d) long interruptions in changing the patient's position.

138.Passive exercises:

- a) are exercises performed by a therapist or with the help of apparatuses
- b) are exercises performed by the patient under the direction of the therapist
- c) are breathing, movement coordination and relaxation exercises
- d) answer A and B correct

139.Contraindications to passive and active exercises are:

- a) acute inflammation of the joints or surrounding tissues
- b) spastic contractures
- c) severe general condition of the patient
- d) answer A and C are correct

140.What we measure with the Lovett scale:

- a) range of motion in the joint
- b) muscle strength
- c) length and volume
- d) pelvic tilt angle

141.The purpose of breathing exercises is to improve respiratory function by:

- a) stimulation for effective coughing
- b) Increased mobility of the chest and diaphragm
- c) increase the strength of the respiratory muscles
- d) all answers are correct

142.Which of the above is not a local factor in delayed wound healing:

- a) wound location
- b) wound infection
- c) anemia
- d) foreign body in wound

143.The attitude manifested by society of disliking the elderly, excluding them from social life is, so called:

- a) egotism
- b) ageism
- c) altruism
- d) gerotism

144.The attitude of the elderly towards the ongoing aging process, characterized by a positive attitude towards the passage of time and the ability to organize activities in retirement and not give in to the passing of time is:

- a) passive
- b) opportunistic
- c) constructive
- d) hedonistic

145.Comprehensive Geriatric Assessment is a multidirectional diagnostic process of an interdisciplinary nature, which I aim to:

- a) subjective and physical examination of the patient by specialist doctors
- b) psychological examination of the patient
- c) Determine the functional capacity and learn about the health, psychological and social needs of the elderly patient
- d) Recognizing the needs of the patient and planning nursing care

146.A common medical problem in elderly patients is:

- a) anemia
- b) fracture of the neck of the femur
- c) depression
- d) true A, B, C

147.In elderly patients in comprehensive geriatric assessment:

- a) we make the GDS scale
- b) we perform the MMSE scale
- c) we do not use any scales
- d) true answer A and B

148.Geriatrics is distinguished from other medical specialties:

- a) The unclear etiology of all conditions present
- b) multi-disease and multi-medication
- c) Its interdisciplinary nature also includes direction along with demography, psychology and sociology of old age and population pedagogy
- d) neither answer is correct

149.According to, the UN, old age begins:

- a) 65 years old
- b) 60 years old
- c) 70 years old
- d) 75 years old

150.Learning to walk completes:

- a) railing walking
- b) walking with sticks
- c) going the distance
- d) overcoming natural terrain obstacles

151.Aging processes are influenced by:

- a) free radicals
- b) genetic conditions
- c) environmental factors
- d) all of the above

152.Indicate a false sentence relating to the sleep characteristics of elderly people:

- a) Shortens the length of night sleep
- b) The need for naps during the day decreases
- c) The length of the deep sleep stage (N3) decreases
- d) Sleep disorders over the age of 65 affect about one-third of this population

153.Select possible causes of heart failure:

- a) Coronary artery disease (most common)
- b) Systolic hypertension and myocardial hypertrophy
- c) Valvular defects and pericardial diseases, cardiomyopathies
- d) all correct

154.The NYHA classification is used to assess severity:

- a) heart failure
- b) renal failure
- c) respiratory failure
- d) Advancement of chronic obstructive pulmonary disease

155.We can observe swelling of the lower extremities:

- a) in heart failure
- b) chronic venous or lifatic insufficiency
- c) Nephrotic syndromes in the course of decreased serum protein levels
- d) all correct

156.We can diagnose diabetes when:

- a) Twice the fasting blood glucose is equal to or greater than 126 mg%
- b) Adventitious measurement of blood glucose is above 200 mg% and accompanied by clinical symptoms of hyperglycemia
- c) When in a 75 g glucose load test, glycemia after 2 hours is above 200 mg%
- d) all correct

157.In the elderly in diabetes with multiple vascular complications ; choose the correct answer:

- a) Diabetes compensation criteria are more lenient than for younger patients
- b) avoid hypoglycemia in the first place
- c) simplify drug treatment regimens, including insulin therapy
- d) all answers correct

158. Changes typical of the aging process in the kidneys do not include:

- a) progressive glomerular sclerosis
- b) progressive fibrosis of the renal parenchyma
- c) A gradual increase in blood flow through the kidney cortex
- d) loss of normal urine thickening ability

159. Adaptation to the disease situation is determined by:

- a) Locations of the tumor
- b) Stage of disease
- c) Defense mechanisms
- d) Gender of the patient

160. Clinical forms of anxiety syndrome include, in addition to:

- a) Phobia
- b) Compulsion
- c) Panic
- d) Form of generalization

161. The ineffectiveness of anti-depressant treatment is due to:

- a) Failure to match the drug to the clinical picture
- b) the lack of many effective drugs on the market
- c) Reductions in the effectiveness of treatment by improper diet
- d) Improper lifestyle.

162. Decreased memory function is expressed:

- a) Confusion over time
- b) Disorientation in place
- c) Confusion in the social hierarchy
- d) Confusion in one's own personality.

163.What parameters are needed to calculate the current energy demand?

- a) age, height
- b) age, height, weight
- c) age, height, weight, sex
- d) age, height, lean body mass, gender

164.Deficiencies are most common in the elderly:

- a) Vit. A., protein, magnesium
- b) Vit. B-12, calcium, Vit. D-3
- c) Protein, iron, folic acid
- d) Zinc, omega-3 acids, vit. B-2

165.What heat treatment is recommended for preparing meals for the elderly:

- a) cooking
- b) stewing
- c) sleeve baking
- d) any of the above

166.What ingredients are used in immunostimulatory diets?

- a) hydrolysed proteins
- b) fish fat, glutamine, arginine
- c) oil, complex carbohydrates
- d) Fructose, essential amino acids, soybean oil

167.Vomiting during enteral feeding may occur due to:

- a) too rapid administration of the diet
- b) administration of a hyperosmolar diet
- c) too high a temperature of the administered diet
- d) for all the above reasons

169. According to CSO projections, in 2030, a total of 53.3% of single-person households will be headed by people of age:

- a) at least 65 years old
- b) at least 55 years old
- c) at least 70 years old
- d) at least 80 years old

170. Long-term care is aimed at people who:

- a) They have reached the age of 80 and require constant assistance from second persons
- b) Do not exceed 40 points of self-care ability on the Barthel scale
- c) exceed 40 points of self-care ability on the Barthel scale
- d) do not exceed 60 points of self-care ability on the Barthel scale

171. Subsidizing the supply of rehabilitation equipment, orthopedic items, and auxiliary aids is a task subsidized by funds:

- a) State Fund for Rehabilitation of Persons with Disabilities
- b) Municipal and Communal Social Assistance Centers.
- c) Polish Red Cross
- d) Government social assistance programs aimed at protecting the standard of living of people with disabilities

172. Dysarthria is a set of speech disorder symptoms associated with damage to the nerve centers and pathways innervating the system:

- a) breathing-phonation-articulation
- b) respiratory-articulatory
- c) articulatory-phonatory
- d) respiratory-phonatory

173. Swallowing disorders in neurological patients are:

- a) dysarthria
- b) dysphagia
- c) dysmetria
- d) dysgraphia

174. What should be the management of a patient with neglected party syndrome?

- a) Initiation of all actions according to the principle of "the neglected party has priority"
- b) bed positioned so that there is access on both sides to the patient, but limit incoming stimuli and activities on the neglected side until the deficit subsides
- c) Making the family aware of the nature of the deficit and suggesting that they stand (when washing, feeding, talking) on the healthy side, as the patient does not notice them when they stand on the neglected side
- d) Bed positioned with the neglected side against the wall and explaining to the patient the nature of the deficit

175. Anti-decubitus therapy in a patient at high risk of developing bedsores should include, as a standard:

- a) Variable-pressure mattress, limbs arranged to provide an intermediate position in the joints, in addition, frequent changes of position (1-3 h)
- b) in the supine position to relieve pressure on the heels, placed a special circle of bandage or inflatable under each heel separately
- c) In the supine position, the feet rested against the bottom wall of the bed to prevent foot drop
- d) frequent changes in patient position + laser

176. "Neurological patient", despite the absence of hemiparesis, is unable to use cutlery, scissors or a key during the activities appropriate to these equipment. It is:

- a) apraxia
- b) anosognosia
- c) anomia
- d) amnesia

177.The consequences of long-term immobilization are:

- a) pneumonia, depression, paralysis
- b) Muscle contractures and atrophy, decubitus ulcers, respiratory failure
- c) urinary tract infections, decubitus ulcers, sensory disorders
- d) decubitus ulcers, incontinence, zachlism pneumonia, movement aphasia

178.The triad of symptoms characteristic of Parkinson's disease are:

- a) motor slowing, spasticity, dementia
- b) Flaccidity or increased muscle tone, propulsion or retropulsion, depression
- c) Swallowing disorder, lead pipe or pinwheel type muscle rigidity, balance disorder
- d) Motor retardation, lead pipe or pinwheel type muscle rigidity, resting tremor

179.Hemiplegia neglect syndrome is:

- a) Malfunction on the uncooperative side
- b) Ignoring near and far space on the uncooperative side
- c) Neglecting hygiene activities
- d) Difficulties in reproducing an uncomplicated drawing

180.The patient's self-care capabilities can be assessed based on:

- a) Mini Mental State Examination (MMSE).
- b) Barthel scale
- c) Lovett test
- d) Boterella scale

181.Posture and gait in developed Parkinson's disease look as follows:

- a) Stooped silhouette, lower limbs bent at the knee joints, gait with small steps with rubbing the soles on the floor, sometimes difficulty taking the first step
- b) Silhouette stiff, upright with head bent back, reaper's gait
- c) Silhouette stiff, upright, head bowed, gait with small steps
- d) Stooped silhouette, lower limbs bent at the knee joints, reaper's gait

182.The symptoms of multiple sclerosis that make up the so-called Charcot triad are:

- a) Ocular motor nerve paralysis, intention tremor, absence of abdominal reflexes
- b) Nystagmus, intention tremor, scandalized speech
- c) Extraocular optic neuritis, intention tremor, sphincter dysfunction
- d) Scandalized speech, spastic paresis of the lower limbs, persistent paresthesias in the limbs and on the trunk

183.In nursing a patient in the early period after an ischemic stroke, attention should be paid to:

- a) Rehabilitation of speech disorders
- b) Conducting motor improvements and, in particular, learning to walk
- c) Ensuring that the patient is quiet and calm for the first 4-6 weeks
- d) Maintenance of airway patency, prevention of contractures and decubitus ulcers

184.There are tremors in Parkinson's disease:

- a) intentional
- b) resting
- c) physiological
- d) postural

185.Dysphagia is a disorder:

- a) writing
- b) swallowing
- c) speech
- d) readings

186.Hemiplegia is paralysis:

- a) half-body
- b) lower limbs
- c) one limb
- d) four-legged

187. Characteristic in assessing the functional status of a patient with MS, is a scale:

- a) Barthel
- b) Lovetta
- c) EDSS
- d) FIM

188. The characteristic symptom of meningitis is:

- a) positive Galant reflex
- b) muscle fatigue
- c) earache
- d) positive meningeal signs

189. Risk factors for stroke include:

- a) hypertension
- b) diabetes
- c) age
- d) all answers are correct

190. Exploding headache accompanied by nausea and vomiting, hypersensitivity to light and sound, with neurological meningeal signs present on examination (neck stiffness, Kernig's sign) and sometimes with loss of consciousness raises suspicion above all:

- a) subarachnoid hemorrhage (SAH)
- b) sinusitis
- c) tension headache
- d) migraines

191.Thrombolytic treatment of stroke with recombinant tissue plasminogen activator (rt-PA, alteplase) can be used:

- a) In case of ischemic stroke within 24 hours of the onset of the first symptoms in the absence of contraindications to the administration of the drug
- b) In case of ischemic stroke within 4 hours of the onset of the first symptoms in the absence of contraindications to the administration of the drug
- c) For any stroke (ischemic or hemorrhagic) within 24 hours of the onset of the first symptoms
- d) For any stroke (ischemic or hemorrhagic) within 6 hours of the onset of the first symptoms

192.The Lasègue sign test is a test that evaluates the presence of abnormalities in:

- a) Circumference of the spine and nerve roots
- b) Range of rotation in the hip joints
- c) Range of calcium ion concentration in the blood
- d) Periphery of the oculomotor nerves

193.Quantitative disorders of consciousness include:

- a) Pathological drowsiness, stupor, coma
- b) Coma, delirium syndrome
- c) De-correction, decerebration, tangled state
- d) Answers A and C are correct

194.The term paralysis means:

- a) inability to make a move
- b) abolition of deep sensation
- c) abolition of surface sensation
- d) Inability to move and abolition of all types of sensation

195.GCS rating scale:

- a) state of mind
- b) speech disorders
- c) level of sensory disturbance
- d) state of consciousness

196.In a patient with hemiparesis/hemiplegia, it is NOT advisable to:

- a) lie on your back
- b) positioning on the sick side
- c) positioning on the healthy side
- d) use of the sitting position

197.Activities regarding motor activity of the patient after ischemic stroke require:

- a) resting treatment for a period of 6 weeks
- b) very early activation in spite of existing movement limitations, change of position, proper positioning, passive exercises
- c) rehabilitation which is started about 2 weeks after the stroke
- d) use only passive exercises

198.The protrusions that conduct impulses from the periphery to the cell body (in the centripetal direction) are:

- a) neurites
- b) dendrites
- c) unipolar cells
- d) multipolar cells

199.During an epileptic seizure, it is advisable:

- a) securing the tongue against biting
- b) holding the patient within the long bones
- c) immediately administering the medications that the patient is carrying
- d) none of the aforementioned

200.In the prevention of epileptic seizures has a significant role:

- a) Exemption of the child from physical education classes
- b) total restriction of the child's activities
- c) Systematic intake of antiepileptic drugs
- d) increase the child's activity.

201.Cholinergic breakthrough occurring in a myasthenia gravis patient is most often caused by:

- a) withdrawal of cholinergic drugs
- b) Overdose of cholinergic drugs excessive
- c) exercise overheating.

202.The site of contact between a nerve cell and another neuron or effector cell is:

- a) raeceptor
- b) axon
- b) synapse
- c) dendrite

203.What role does cerebrospinal fluid play?

- a) performs a protective function by protecting the brain and spinal cord from mechanical injury
- b) equalizes pressure in the subarachnoid space
- c) has no role
- d) Reduces metabolite exchange in structures located inside the brain and medulla

204.The central nervous system is built:

- a) hemispheres of the brain, crescendo of the cerebellum and bridge
- b) The cerebrum (brain, cerebellum, brainstem), the extended medulla of the cerebral cortex and hippocampus

205.The cerebellum is responsible for:

- a) maintaining balance, posture and motor coordination
- b) Integration of afferent sensory, autonomic, olfactory information regulation of motor neuron activity
- c) flow of information related to learning, memory, emotions

206.How many pairs of cranial nerves are there?

- a) 8
- b) 10
- c) 12
- d) there are only single cranial nerves

207.Cerebellar gait is characterized by:

- a) "basket" gait, the patient staggers the lower limb in a semicircle to avoid snagging on the floor with small steps scuffing the floor
- b) gait on a wide base, with widely spaced lower limbs,
- c) shaky cocked gait caused by paralysis of the dorsal extensors of the foot and toes

208.Speech disorders related to expression and motor skills are called:

- a) motor aphasia, so-called Broca's.
- b) Sensory aphasia, so-called Wernicke
- c) aphasia, mixed aphasia
- d) apraxia

209.The assessment of the state of consciousness is a scale:

- a) Barthel
- b) Lovetta
- c) Glasgow
- d) Norton

210.VII - facial nerve relates to functions:

- a) facial sensory
- b) swallowing
- c) facial expressions
- d) sticking out the tongue

211.How you prepare a patient for a CT scan:

- a) the patient can eat and drink
- b) the patient 8 hours before the test should remain fasting and must not take fluids
- c) the patient 6 hours before the test should remain fasting, fluids can take up to 3 hours before the test
- d) The patient must not eat or drink 5 hours before the test

212.Suspected meningitis is an indication for collection:

- a) bone marrow
- b) urine
- c) cerebrospinal fluid
- d) nasal swab

213.The most important indication for electroencephalography (EEG) testing is diagnostic for:

- a) Multiple Sclerosis
- b) Spinal pain
- c) Epilepsy
- d) depression

214.Ultrasound examination of the carotid and vertebral arteries allows:

- a) imaging of extracranial and intracranial vessels
- b) imaging of vessel wall structures , determination of blood flow parameters in the vessel, indirect assessment of endothelial function by Doppler method
- c) electrical potential analysis
- d) none of the answers are true

215.The most common life-threatening cerebrovascular diseases include:

- a) Spinal pain syndrome
- b) Amyotrophic lateral sclerosis
- b) Parkinson's disease accomplished ischemic and hemorrhagic stroke,
- d) subarachnoid hemorrhage

216.The drug used for treatment in the acute period of ischemic stroke (thrombolytic treatment) is:

- a) acetylsalicylic acid
- b) recombinant tissue plasminogen activator (rtPA) mannitol 20%
- c) glycerol 10%

217.Rehabilitation after ischemic strokes should begin:

- a) after one month
- b) after 2 weeks
- c) not allowed to rehabilitate
- d) from the first days of the disease

218.The most common cause of subarachnoid hemorrhage is:

- a) increased intracranial pressure
- b) traffic injury
- c) epileptic seizures
- d) aneurysm rupture

219.Inflammatory demyelinating disease of the Central Nervous System among others is:

- a) stroke
- b) Parkinson's disease
- c) Multiple sclerosis
- d) Alzheimer's disease

220.The following scales are helpful in assessing the clinical status of Multiple Sclerosis:

- a) the Kutzeki EDSS.
- b) Scandinavian Coma Stroke Scale by Glazgow
- c) Activities of Daily Living Scale (ADL).

221.Characteristic features of extrapyramidal system disease of Parkinson's disease are:

- a) decreased muscle tone, amenorrhea, twitching
- b) Muscular rigidity, "lead pipe" symptom, "poker face", "pill twisting", postural and gait abnormalities
- c) need to "sway", stagnation
- d) involuntary movements, in the upper limbs, increased inversion-adduction movement

222.In Alzheimer's disease there are disorders of higher cortical functions:

- a) gait, incontinence, constipation
- b) Postural instability, muscle tremor
- c) dizziness, visual disturbances, dystonic movements
- d) memory, thinking, orientation, understanding, learning, counting, emotions, behavior, motivation

223.Life-threatening myasthenia gravis can result in so-called "myasthenic breakthroughs as a result:

- a) rapid progression of the disease

- b) limitations of independence in self-care activities
- c) impaired verbal communication
- d) for some unknown reason

224. Routine examination for suspected Epilepsy is:

- a) gastroscopy
- b) EMG
- c) EEG
- d) Heart echo

225. Life-threatening for a patient in an epileptic seizure are:

- a) lack of sleep and restlessness
- b) Pallor of the skin, rigidity of the muscles
- c) disturbance of consciousness
- d) prolonged seizure and epileptic state concerning tonic-clonic seizure

226. Mentioned disease among motor neuron diseases is:

- a) spinal pain syndrome
- b) brain tumor
- c) Increased intracranial pressure
- d) ALS (Amyotrophic Lateral Sclerosis).

227. The most common symptom of a herniated nucleus pulposus is:

- a) sudden pain radiating along the lower limb
- b) neck and upper limb pain
- c) abdominal pain and urinary retention
- d) headache, nausea and vomiting

228.How do you position a patient with increased intracranial pressure?

- a) The head lies below the level of the trunk
- b) head raised about 30° above the level of the trunk
- c) head raised about 45° above the level of the trunk
- d) the patient lies flat

229.The most important symptom of an epidural hematoma is:

- a) progressive disturbance of consciousness
- b) periods of bright interval
- c) long-lasting states of full consciousness
- d) the consequence of a drop in blood pressure

230.PEGs are:

- a) Drainage system
- b) Percutaneous endoscopic gastrostomy
- c) Lithotripsy
- d) Gastrectomy

231.Swallowing disorders are:

- a) dysphagia
- b) dysphasia
- c) gnosis

232.The main goal of palliative care is:

- a) satisfaction of the spiritual and psychological needs of the patient
- b) alleviation of physical ailments
- c) Ensuring the best possible quality of life for patients and their families accompanying the dying

233.The pre-terminal period is the phase of the disease:

- a) In which life-prolonging treatment has already been discontinued but in which the patient is in fairly good general condition
- b) The immediately preceding agonal period
- c) Intensely progressive and causing irreversible deterioration of general condition
- d) Usually lasting 4-6 weeks

234.About 70% of cancers are believed to be influenced by lifestyle factors. Of these factors, the greatest influence is:

- a) Diet
- b) Alcohol consumption
- c) Smoking
- d) Childbearing and sexual behavior

235.Among people's reactions to impending death, E. Kubler-Ross includes the following stages:

- a) Rejection, anger, pain, acceptance
- b) Anger, projection, identification, depression
- c) Rejection, anger, negotiation, depression, acceptance
- d) Shock, pain, negotiation, acceptance.

236.The first step of the analgesic ladder includes:

- a) Non-steroidal anti-inflammatory drugs and paracetamol
- b) Weak opioids
- c) Strong opioids
- d) Coanalgesics

237.Superior vena cava syndrome is an indication for:

- a) Immediate decompression surgery
- b) Chemotherapy
- c) Radiotherapy
- d) Administration of bronchodilators

238.Among malignancies, cancer causes the highest morbidity and mortality in men:

- a) Stomachs
- b) Large intestine
- c) Lungs
- d) Prostate gland

239.The main cause of lymphedema is/are:

- a) Cancer
- b) Vein inflammation
- c) Circulatory disorders
- d) Congestion

240.In the situation of a dying patient, the family should be encouraged:

- a) Talking to the patient, since hearing is the longest-perceived sense
- b) Standing in the patient's field of vision, since vision is the longest-perceived sense
- c) Touching the patient, since touch is the longest-perceived sense
- d) Exit the room because the patient needs peace and quiet

241.The way to stop a hiccup attack is/are:

- a) the use of drugs to reduce gastric distension
- b) irritation of the posterior pharyngeal wall with a gavage
- c) breath holding
- d) all mentioned

242.Knowledge and application of which principles are essential in providing palliative care?

- a) Acceptance of the inevitability of death
- b) improving the quality of life
- c) Holistic, team-based care for the patient and his family during the illness and bereavement period
- d) all of the above.

243.In which hospice was the modern hospice movement launched?

- a) St. Christopher's in London,
- b) St. Lazarus in Krakow,
- c) St. Joseph in London,
- d) Pallotinum in Gdansk.

244.The main factors responsible for the formation of malignant tumors in the human population are:

- a) resulting from lifestyle
- b) dependent on genetic conditions
- c) dependent on infectious agents resulting
- d) from environmental pollution

245.Which of the following scales is used to assess pain intensity:

- a) analog VAS scale
- b) Norton scale
- c) Glasgow scale
- d) MST scale

246.Comprehensive physiotherapy (CPT) in lymphedema consists of several components. Which of the following can be included in them?

- a) lymphatic and pneumatic drainage
- b) bandaging the limb with non-compressive bandages
- c) elevation of the limb
- d) all listed.

247.The basic ethical principles of palliative care are:

- respect for independence of opinion
- respect for the principle of justice
- respect for the principles of doing good
- all of the above

248.Present a diagram of the WHO three-step analgesic ladder:

- I- strong opioids, II- weak opioids, III- simple analgesics
- I- simple analgesics, II- weak opioids, III- strong opioids
- I- paracetamol, II- morphine, III- codeine
- I- medication administered every 12 hours, II- pain medication administered every 8 hours, III- medication administered every 8 hours

249.The interdisciplinary team working with the patient's family in palliative care includes:

- nurse and doctor
- nurse, doctor, psychologist, physiotherapist, chaplain, volunteers
- chaplain, volunteers
- psychologist and chaplain

250.What are piercing pains?

- Occurring in cancer
- Basic pain in cancer
- Acute, rapidly increasing, fairly quickly passing, paroxysmal pain, superimposed on existing complaints.
- Unresponsive to pain medication

251. Accompanying the patient during agony:

- A) keep calm
- B) painkillers should be administered until the end
- C) correct answers A and B
- D) for the patient does not matter

252. A state in which the patient is conscious but mentally absent, uninterested in people and unresponsive to external stimuli is referred to as death:

- A) Psychological Social
- B) Metabolic Biological

253. Indications for administration of analgesics by the subcutaneous route in a patient undergoing palliative treatment for generalized cancer are/are:

- a) difficult to control pains,
- b) difficult to control nausea and vomiting,
- c) Increased dyspnea,
- d) all of the above.

254. Acceptance of the inevitability of suffering is one of the principles of the philosophy of palliative care. This principle is:

- a) we recognize that suffering occurs in life, but we should strive to level it at all costs, even when the patient wants to suffer,
- b) we recognize that suffering is natural in the patient's life, can play a positive role, and we should not interfere to alleviate the discomfort,
- c) we recognize that suffering, grief and fear are human feelings and can play a positive role in life, moreover, we can not always completely eliminate them,
- d) The philosophy of palliative care does not take into account the principle of inevitability of suffering, as the goal of palliative care is to relieve suffering.

255. According to Polish law, by the term "euthanasia" is meant:

- a) Killing a person in a terminal state,
- b) The use of opioid drugs during agony,
- c) Failure to resuscitate during agony,
- d) Killing a person at his request and under the influence of compassion.

256. Accepting the right time of death means:

- a) Failure to take emergency action during the preterminal period,
- b) Refraining from administering painkillers,
- c) Refraining from actions aimed at hastening death,
- d) Refraining from nursing the patient during the period of agony.

257. The term adolescence means:

- A) Adolescence period
- B) Infancy period
- C) Newborn period
- D) Preschool age

258. With sudden cardiac arrest in a child, you will start CPR with:

- a) 2 rescue breaths
- b) 15 sternum compressions
- c) 30 sternum compressions
- d) 5 rescue breaths

259. What disease is caused by gluten intolerance :

- a) Pneumonia
- b) Visceral disease a.k.a. Celiac disease
- c) Crohn's disease
- d) Pharyngitis

260.Due to diarrhea and vomiting, the infant is parenteral hydration. Electrolyte disturbances should be determined and compensated for:

- a) Glucose and acetone in urine,
- b) NA and K in serum,
- c) urea and creatinine,
- d) Total protein and albumin.

261.Common otitis media in infants is predisposed to:

- a) the absence of an eardrum,
- b) Short and wide auditory trumpet,
- c) wide external ear canal,
- d) wide eardrum cavity.

262.Antibiotic therapy should include:

- a) administration of probiotics,
- b) Administration of vitamin C
- c) supplementation of potassium chloride,
- d) Increasing the supply of carbohydrates.

263.What is not part of parental authority:

- a) child custody,
- b) custody of the child's property,
- c) legal representation of the child,
- d) use of corporal punishment.

264.BCG vaccine, given the form of the antigen contains:

- a) killed microorganisms,
- b) Killed microbial fragments,
- c) live microorganisms,
- d) products of cellular metabolism.

265.Which parameter, measured by the nurse, is most important in assessing a child's development:

- a) body weight,
- b) body height,
- c) weight and growth index,
- d) child's well-being

266.A girl was born from a normal pregnancy. Established baby marking in the delivery room:

- a) should be removed for bathing the baby,
- b) Can be removed at the mother's request,
- c) cannot be removed
- d) during the child's stay in the ward can be removed if the mother and child feel well.

267.What laboratory tests indicate an ongoing acute inflammatory process:

- a) low hemoglobin levels,
- b) High hematocrit index,
- c) increased platelet count,
- d) high leukocyte count.

268.A 14-year-old girl with lateral curvature of the spine presented for examination. The above condition is called:

- a) Scoliosis
- b) lordosis,
- c) kyphosis
- d) chiropractic.

269.Symptomatic treatment of aplastic anemia, consists of:

- a) radiotherapy,
- b) Increased vitamin supply,
- c) administration of iron preparations,
- d) transfusion of blood products.

270.What organ is affected by the Willms tumor:

a) spleen,

b) pancreas,

c) kidney,

d) liver

271.Bluish coloration of the skin in Down syndrome indicates :

a) dermatological disease,

b) kidney disorder,

c) coexisting congenital heart defect,

d) liver disease.

272.The lighted Snellen board should be placed at a distance from the child:

a) 3m.

b) 4m.

c) 5m.

d) 10m.

273.Physiotherapy treatments for children with cystic fibrosis are performed in the following order:

a) occlusion, nebulization, and positioning drainage,

b) Occlusion, positioning drainage, nebulization,

c) nebulization, positioning drainage, occlusion,

d) Nebulization, occlusion, positioning drainage.

274.The basic principle of the work of a pediatric nurse is:

a) knowledge of the technique of performing surgical procedures,

b) respect for the dignity and respect for the rights of the child,

c) systematic professional development,

d) All mentioned.

275. During chemotherapy in children, the following may occur:

- a) Damage to tooth enamel,
- b) ulceration of the conjunctiva of the eye,
- c) ulceration of the oral mucosa,
- d) photophobia.

276. Physiological excessive weight loss in the newborn, can be reduced by:

- a) intravenous hydration,
- b) Including artificial feeding,
- c) avoiding overheating,
- d) keeping a fluid balance.

277. The child should be given Nebbud 0.250 mg by inhalation. Nebbud 500 micrograms in 1 ml is available on the ward. The nurse will administer:

- a) 1ml.
- b) 0.5ml.
- c) 0.25ml.
- d) 2 ml.

278. Separation of the small and large circulation occurs when there is a defect:

- a) tetralogy of Fallot,
- b) Transposition of large arterial trunks,
- c) coarctation of the aorta,
- d) persistent arterial conduit.

279. A 13-year-old girl was brought to the hospital for diagnosis of acute abdominal pain. The nurse assigned her a bed in a 4-bedded Patient Room, which housed children of different ages. The object of anxiety in the girl could be:

- a) change in habits and previous activities,
- b) uncertainty with staff, unfamiliar environment,
- c) illness and lack of intimacy,
- d) all of the above.

280.Determining bone age involves:

- a) Determining the length of the lower limbs on the centile grid,
- b) determining the length of the limbs based on a bone atlas,
- c) Comparison of an X-ray of, for example, the wrist with a bone atlas
- d) determination of the length of the wrist bones on centile grids.

281.The lysozyme in cow's milk is:

- a) Digestive enzyme,
- b) breast milk fat,
- c) An ingredient that acts lytically on the bacterial envelope,
- d) an ingredient that facilitates iron absorption.

282.When feeding naturally, it is important to breastfeed the baby:

- a) Every 3 hours.
- b) Every 3 hrs. with a night break,
- c) every 3 hrs. and top up between feedings, according to the baby's needs.

283.To prevent rickets in infants, we administer:

- a) vitamin A
- b) tran
- c) vitamin D3
- d) antibiotic

284.Cystic fibrosis is an autosomal recessive inherited disease, this means that:

- a) if both parents are carriers of the abnormal gene, all children will be sick,
- b) if both parents are carriers of the abnormal gene, some children will be healthy, but at least one will be sick,
- c) if both parents are carriers of the abnormal gene, they can have both healthy and sick children,
- d) It is enough for one parent to be a carrier of the abnormal gene for the child to be sick.

285.What test should be performed to confirm the diagnosis of vesicoureteral reflux:

- a) micturition cystography,
- b) Kidney ultrasound,
- c) kidney puncture,
- d) Daily urine collection for protein levels.

286.Hirschprung's disease is:

- a) Congenital lack of innervation of the large intestine,
- b) acquired lack of innervation of the large intestine,
- c) congenital overgrowth of a segment of the large intestine,
- d) congenital overgrowth of the rectum.

287.The number of deciduous teeth in children is:

- a) 18
- b) 20
- c) 19
- d) 25

288.Hemophilia type A is caused by a deficiency in the blood of factor:

- a) IX,
- b) VI and VIII
- c) X

289.Screening tests performed to detect hypothyroidism, consist of:

- a) conducting a thorough interview with the child's mother,
- b) anthropometric study,
- c) Serum free thyroxine determination,
- d) determination of thyrotropic hormone concentration in a dried drop of blood.

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c) kidney,

d) liver

301. The bluish coloration of the skin in Down syndrome is indicative of :

a) Dermatological disease,

b) kidney disorder,

c) coexisting congenital heart defect,

d) liver disease.

302. In the healthy nutrition of diabetic children, it is recommended to use products: With

a) a glycemic index < 50%

b) With a glycemic index > 50%

c) Simple and complex carbohydrates

d) Only simple carbohydrates

303. Headaches, abdominal pain, behavioral changes, lethargy, impaired vision, weakness, deterioration of contact, accelerated heart rate, pupil dilation are all symptoms of hypoglycemia in children:

a) Mild Moderate

b) Severe Unaware

304. Fast-acting and short-acting insulin analogues can be given to a child:

a) 0-15 minutes before a meal

b) During a meal

c) After a meal

d) All answers are correct

305. One carbohydrate exchanger (1 WW) is:

a) 10 g of assimilable carbohydrates per 100 g of product

b) Such an amount of a given product, which contains 10 g of assimilable carbohydrates

c) Using 10 g of complex carbohydrates in exchange for 10 g of simple carbohydrates

d) 10 g of simple carbohydrates in exchange for 10 g of complex carbohydrates

306.A child with fasting blood glucose in the range of 100-125 mg/dl is diagnosed with diabetes mellitus.

- a) Abnormal fasting blood glucose is recognized and an oral glucose tolerance test (OGTT) should be performed
- b) The result is correct
- c) Pre-diabetic state is diagnosed and no action is taken

307.Symptoms of hypoglycemia do NOT include:

- a) Psychomotor agitation
- b) Muscle tremor
- c) The smell of acetone from the mouth
- d) Skin damp with sweat

308.Symptoms of diabetes in children include:

- a) Weight loss, increased thirst (polydipsia), polyuria (polyuria), weakness, onset of purulent skin lesions or urinary inflammation, increased appetite (polyphagia), abnormal wound healing, visual disturbances
- b) Reduced body weight, increased thirst (polydipsia), decreased appetite, scanty urine, occurrence of purulent skin lesions or urinary inflammation, abnormal wound healing, visual disturbances
- c) Increased body weight, increased thirst (polydipsia), polyuria (polyuria), weakness, onset of purulent skin lesions or urinary inflammation, decreased appetite, visual disturbances
- d) Decreased body weight, increased sweating, anuria, weakness, occurrence of purulent skin lesions or urinary inflammation, increased appetite (polyphagia), abnormal wound healing, visual disturbances

309.According to the recommendations of the Polish Diabetes Association, hypoglycemia is diagnosed when blood glucose levels drop:

- a) Less than 60 mg/dl
- b) Less than 90 mg/dl
- c) Less than 80 mg/dl
- d) Less than 70 mg/dl

310.The normal fasting blood glucose is:

70 - 100 mg/dl

70 - 99 mg/dl

60 - 99 mg/dl

60 - 100 mg/dl

311.Which of the following symptoms occur in ketoacidosis:

Nausea, vomiting, abdominal pain

Heavy breathing, acetone smell from mouth

High thirst, dry mucous membranes

All answers are correct

312.The color vision test is carried out:

Four-Year-Old Children,

Six-Year-Old Children,

Children of ten and twelve years,

Adolescents of fourteen years.

313.Corneal reflection test (Hirschberg test) is used to detect:

Strabismus,

Visual acuity,

Cataracts,

A condition indicative of drug use.

314.What is a centile channel?

Point of intersection of age position and measured trait,

Area between centile lines,

The place where the results of measurements of the measured trait are entered,

The line marking the centiles.

315. The task of the school nurse in the current student health care system is:

- Universal medical examination,
- Prevention and health education,
- Conducting screening tests,
- Specific prevention.

316. Which parameter measured by the nurse is most important in assessing a child's physical development?

- Body weight,
- Body height,
- Weight and growth index,
- Child's self-esteem.

317. We speak of scoliosis when there is:

- Curvature of the spine in the sagittal plane,
- Lateral curvature of the spine,
- Excessive marking of the lumbar curvature,
- Excessive bending of the spine backward.

318. The child becomes "absent" during the lesson, but does not lose consciousness, does not answer the question does not follow instructions. Such behavior can be caused by:

- Seizures of unconsciousness,
- Heart rhythm disorders,
- Migraine,
- States of hypoglycemia

319. In the percentile grid, the range between the 25th and 75th percentile is:

- The range of the narrow norm,
- Range of wide norm,
- Borderline norm,
- Centile norm.

320.A referral to a doctor is required for a child with a positive test result, with suspected knee valgus, who has been diagnosed:

Distance between knees more than 1 cm,

Distance between knees more than 5 cm,

Medial vertical deviation from the axis of the lower leg and heel more than 1 cm,

Distance between the medial ankles of the lower extremities more than 5 cm.

321.A screening test as defined by the WHO is:

Preliminary identification of unrecognized diseases, disorders or defects,

Rapid diagnostic method for phenylketonuria,

A rapid diagnostic method for hypothyroidism,

Therapeutic effect on those with a confirmed diagnosis of the disorder.

322.Effective forms of interaction between the nurse and the family are:

Activating, motivating, educating,

Counseling, education, providing support to the family or its individual members,

Doractic, education, providing support to the family or its individual members,

Educational, sustaining, family support.

323.The educational activities of the family nurse to the patient with an early pacemaker should address:

Preparation for self-measurement of heart rate,

Provide guidance on the patient's physical activities,

Prepare the use of everyday equipment,

All listed.

324.To help effectively, the family nurse as a family health counselor should:

a) have qualities that enable it to function efficiently and healthily and relate well to people,

b) Be open to personal development,

c) be ready to act in new social movements and even to initiate such movements,

d) all answers correct.

325.The nursing process is:

- a) individualized nursing involving gathering data about the patient and family, setting a plan, implementing it, and evaluating the results of care,
- b) nurse's method of work,
- c) organized action cycle,
- d) all the answers are true.

326.What actions can the family nurse practitioner take independently in the patient's home until the doctor arrives if the patient has pulmonary edema?

- a) administration of fluid to drink,
- b) Placing the patient in a sitting position with the legs down,
- c) Inserting a cannula into a peripheral vein and connecting a drip infusion of 0.9% NaCl,
- d) Placing the patient in the Trendelenburg position.

327.The number of wards of the primary care nurse should not exceed:

- a) 1200 people,
- b) 2,000 people,
- c) 2750 people,
- d) 3200 people.

328.The cardiovascular disease prevention program implemented at the POZ can benefit:

- a) Beneficiaries who scored >5 points on the SCORE scale,
- b) Beneficiaries of both sexes over the age of 45,
- c) Men over 45 and women over 50,
- d) Beneficiaries of both sexes in their 35th, 40th, 45th, 50th and 55th years.

329.The family nurse, realizing the overarching goal of health promotion, undertakes activities related to:

- a) the formation in people of lifestyles and conditions conducive to the creation, improvement and protection of health,
- b) Promoting immunization in accordance with the latest trends,
- c) caring for pathological environments,
- d) conducting educational activities based on NGOs.

330.What tips will you give the family to improve the well-being of a patient with pneumonia?

- a) Frequent ventilation of rooms,
- b) Frequent change of body position,
- c) High body positioning and patting the back,
- d) dietary change.

331.Recognizing the community allows the nurse to determine:

- a) What are the opportunities for interaction and with whom a nurse can cooperate in a particular community,
- b) Who in the community can be involved in caring for and carrying out what tasks,
- c) How to use and activate the potential of the social local environment in which people live,
- d) all listed.

332.An important prerequisite for the effectiveness of the family nurse is full knowledge of the family as:

- a) social group,
- b) Institutions,
- c) A system of mutual support and assistance,
- d) all listed.

333.The overarching goal pursued by members of the educational team in relation to the diabetic patient is:

- a) The patient as executor of medical orders,
- b) So that the environment does not notice changes in behavior,
- c) Prevention of various complications of diabetes,
- d) Improvement of the patient's quality of life.

334.Self-care means:

- a) Nurse's execution of therapeutic orders without a doctor's order,
- b) Nurse's independent history taking and care planning,
- c) Nurse's decision making on patient's diet and lifestyle
- d) Leave it up to the nurse to decide on patient care issues.

335.Covering the expenses of health benefits for people who have no sources of income and are not covered by health insurance in particular falls to:

- a) District Labor Office of the provincial government
- b) County government or municipal government
- c) Family Assistance Center

336.Under health insurance, the insured are not entitled to:

- a) Palliative and hospice care
- b) Occupational health services
- c) Therapeutic rehabilitation
- d) Supply of drugs and medical supplies

337.Funding of primary health care services is based on:

- a) Global budget
- b) Fee for service rendered
- c) Fee per man-day
- d) Cavitation fee

338.The quality of health care services in primary care is guaranteed by, among other things:

- a) Possession of the right to practice by medical professionals
- b) Adequate qualifications of employees
- c) Increase in specialist consultations
- d) High incidence and prevalence rates

339.Community/family nursing is a branch of primary health care, covering care:

- a) Family, individual members of the family, and single persons in their living and housing environment
- b) Healthy and/or sick persons in their registered environment
- c) Unit, family together with its members in the environment of their residence and work
- d) Units with health problems and inpatient treatment institutions

340.The author of the theory in which the nurse estimates the size and type of care deficit and then prepares the patient for self-care is:

- a) V. Henderson
- b) C. Roy
- c) F. Naghingale
- d) D. Orem

341.In the modern approach to nursing, the nurse is expected to have:

- a) Dedication to the other person
- b) High level of knowledge, experience and continuous improvement of qualifications
- c) Impeccable attitude and understanding of the problems of a sick person
- d) Social activities for the professional environment

342.Sources of health care funding include:

- a) State budget
- b) Local government budget
- c) Donations and other income
- d) All listed above

343. Marketing of nursing services includes, but is not limited to:

- a) System of measures to improve competitiveness
- b) Planning for organizational change
- c) Rating system planning
- d) Benefit planning

344.How can the family participate in the patient's pain relief?

- a) Through supportive activities (relaxation, touch)
- b) Administration of medication, change of positioning
- c) By distraction, conversation,
- d) All answers are correct

Family impoverishment

Change in the social situation of the family

Depletion of family functioning and changes in the roles of individual family members

Social limitations of individual family members

346. Empathy is called:

- a) Ability to understand the emotional states of another person
- b) Ability to feel the emotions of another person
- c) Ability to intuitively predict other people's behavior
- d) Ability to trigger emotions in another person

347. Stress according to the physiological concept is called:

- a) A specific reaction of the body to a demand placed on it
- b) A non-specific reaction of the body to a demand placed on it
- c) A situation that is judged to be threatening,
- d) Situations that force the body to react immediately

348. Symptoms of the chronic exhaustion phase of stress can include:

- a) Increased concentration
- b) Reduced anxiety
- c) Insomnia
- d) Lack of appetite

349. When planning promotional and preventive activities in the family, the family nurse must analyze:

- a) Conditions, situations, behaviors that indicate risks and lead to adverse changes in health and affect the family's implementation of activities that strengthen health or reduce the risk of disease
- b) Conditions, situations, behaviors that indicate risks and lead to adverse changes in health and affect the family's implementation of measures to reduce the risk of disease
- c) Conditions, situations, behaviors indicating risks and affecting the family's implementation of health strengthening activities
- d) None of the above answers is true

350. When preparing and administering drugs:

- a) Wash and disinfect hands.
- b) Follow the "five W's" rule (right drug, right dose, right time, right drug form, right patient).
- c) Check medical order
- d) True all of the above

351. Factors affecting laboratory results:

- a) Influence of circadian rhythm and menstrual cycle in women and pregnancy
- b) Drugs taken, diet and surgery,
- c) Intravenous infusions and transfusions
- d) Physical exertion and body position
- e) All true

352. Factors affecting blood culture results

- a) Method and time of collection
- b) Volume of blood collected
- c) The amount and composition of the culture medium, the time and method of culture
- d) All of the above true

353. When collecting urine for culture, the nurse must remember:

- a) Washing the perineum and collecting a urine sample from the middle stream
- b) collecting urine into a sterile vessel of at least 10 ml.
- c) immediately after collection, send urine to the laboratory or store urine in the ward at 30-37°C for up to 2h
- d) All of the above true

354. When instructing the patient on how to collect urine for culture, the nurse should tell the patient that:

- a) Urinate in the morning, after a night's rest from the first portion, from the middle stream.

- b) Before collecting urine, wash yourself thoroughly and do not open the sterile vessel until urinating for the test.
- c) Women during menstrual bleeding should not urinate for testing - alternatively, urine is collected through a catheter
- d) All true

355. Stages of the Nursing Process:

- a) Recognition, planning, implementation, assessment
- b) Recognition, case description, diagnosis, nursing assessment
- c) Diagnosis, implementation of nursing actions
- d) The nursing process is a description of nursing activities

356. Nursing diagnosis is based on:

- a) Observation and interview,
- b) Analysis of documents
- c) Measurement of parameters
- d) All of the above true

357. Before gastroscopy, the patient should not consume food and liquids:

- a) for at least 2 hours,
- b) For at least 6 hours,
- c) for at least least 12 hours,
- d) around the clock.

358. When preparing a patient for a colonoscopy, attention should be paid to:

- a) thorough cleaning of the large intestine from fecal masses,
- b) The patient's passing of stool before the test,
- c) The use of starvation for the entire day preceding the test,
- d) Withholding gases during the study.

359. For colonoscopy, a nurse helps the patient assume the position:

- a) lying on the back or left side, with the need to change positioning during the examination,
- b) lying on the back or right side, with the need to change positioning during the examination,
- c) lying on the back or side, with no need to change positioning during the examination,
- d) lying or semi-sitting, depending on the patient's wishes.

360. A patient being prepared for an abdominal ultrasound should on the day of the test:

- a) not smoke and be fasting,
- b) can smoke cigarettes but remain fasting,
- c) not smoke cigarettes and have an enema performed,
- d) remain fasting and have an enema performed.

361. A relative contraindication to a CT scan is:

- a) head injury,
- b) abdominal tumor,
- c) pregnancy,
- d) convulsions of undetermined etiology.

362. During CT with the use of a shadowing agent, the nurse observes the patient for the occurrence of:

- a) Allergic symptoms,
- b) heart disorders,
- c) respiratory disorders,
- d) indigestion symptoms.

363. A nurse who has observed the following symptoms in a patient: abdominal pain, inability to pass gas and stool, bloating and abdominal tension, should first:

- a) Apply warm compresses to the abdominal shells,
- b) Apply cold compresses to the abdominal shells,
- c) Report to the doctor on duty the above symptoms of the patient,
- d) Insert a dry tube into the rectum.

364. Preparation for an abdominal review examination consists of:

- a) Administration to the patient by the nurse, on the doctor's order (in the evening, the day before the examination) of pharmacological agents to facilitate intestinal degassing, such as Esputicon.
- b) Not giving the patient dinner.
- c) Performance of enemas by a nurse or administration of oral laxatives, such as Bisacodyl.
- d) On the day of the test, the patient remains fasting.

365. Preparing a patient for a urography examination involves:

- a) Administering in the evening on the day before the test for the patient to eat an easily digestible dinner and drink beverages, and giving the patient oral laxatives, such as Bisacodyl
- b) Determining whether the patient is allergic to iodine and having the nurse measure the patient's weight to calculate the dose of shading agent.
- c) On the day of the test, the patient should remain fasting, and in patients who are dehydrated, additional fluids are administered the day before or on the day of the test in the form of IV drip infusions.
- d) All of the above correct.

366. After upper gastrointestinal endoscopy, it is recommended:

- a) Not consuming drinks and meals until the anesthesia of the return of the swallowing reflex is maintained
- b) Going to the toilet to pass gas, which causes abdominal bloating
- c) Brushing teeth to clean the mouth of residual mucous secretions
- d) Not eating until the next day

367. To insert the gastric tube, the patient is placed in the position:

- a) Always lying down,
- b) Always semi-erect,
- c) Unconscious patients on the right side, and conscious patients in the sitting position,
- d) The body position does not play a significant role during the insertion of the gavage into the stomach

368. The basal body temperature of an adult measured under the armpit varies:

- a) within 36-37 °C, in the rectum is 0.5°C, and in the oral cavity is 0.3°C higher than under the armpit.
- b) within 35-38 °C, in the rectum is 0.5°C, and in the oral cavity is 0.3°C higher than under the armpit.
- c) within 36-37 °C, in the rectum is 1.0°C, and in the oral cavity is 0.5°C higher than under the armpit.
- d) within less than 38 °C, in the rectum and oral cavity is about the same as under the armpit.

369. The procedure of transfusing a blood product can be performed by a nurse:

- a) Only on the written order of a doctor and having completed a course in transfusion of blood and blood products
- b) In the presence of a physician at the start of the transfusion of each successive container of blood or its component
- c) May transfuse without a doctor's order in a life-threatening situation for the patient and in the presence of a nurse licensed to transfuse blood and blood products
- d) True A and B

370. Blood can stay at room temperature for no longer than:

- a) 60 minutes.
- b) 30 minutes
- c) 45 minutes
- d) 120 minutes

371.Before and after blood transfusion, the following should be measured and recorded:

- a) body temperature
- b) pulse
- c) blood pressure
- d) all of the above true

372.Finishing the transfusion, the nurse must leave about 10 ml of the preparation in the container and store the sterile container so protected in the refrigerator:

- a) +2 OC to +6 OC for 2 days
- b) +2 OC to +6 OC for 3 days
- c) -2 OC to +2 OC for 2 days
- d) There is no need to store in the refrigerator,

373.Disinfection of the injection site should last:

- a) No less than 30 sec.
- b) Approximately 60 seconds
- c) 1 to 2 minutes
- d) Insertion sites do not need to be disinfected

374.When inserting a cannula, avoid:

- a) Surrounding joints, veins on the lower extremities, veins close to the arteries.
- b) Deep veins, veins irritated by previous cannulation, fragile and hardened veins.
- c) Circumstances where there is lymphedema or inflammation orz infected and injured skin surfaces,
- d) All true

375.A nurse performing a subcutaneous injection should remember that:

- a) It can be performed in areas abundant with loose subcutaneous tissue
- b) The amount of drug administered by this route should not exceed 2 ml
- c) Aqueous drug solutions of isotonic concentration can be introduced and absorption of the drug takes about 15- 20 minutes.
- d) All of the above true.

376. Solutions can be administered by intramuscular injection:

- a) Hypotonic
- b) Hypertonic
- c) Aqueous, oily and suspensions in volumes up to 10 ml
- d) All drug forms

377. The intradermal test consists of:

- a) introduction of a certain amount of a substance that can cause an allergic reaction contained in 0.1 ml of solvent.
- b) introduction of a certain amount of a substance that can cause an allergic reaction contained in 0.5 ml of solvent.
- c) Introduction of a specific substance, the dose of which depends on the patient's condition
- d) Nowadays, we no longer perform an intradermal test

378. To evaluate the reaction to the prick and introduction of a biological substance when performing an intradermal test:

- a) A control test is performed by injecting 0.9% NaCl solution in an amount of 0.1 ml at another site
- b) The same amount of drug is administered again after 72 hours.
- c) An air bubble forms in the subcutaneous tissue
- d) Such an evaluation for intradermal injection is unnecessary.

379. The following rules should be observed when administering insulin

- a) Insulin should be administered subcutaneously, not intramuscularly, and it is not necessary to disinfect the site of insulin administration, and it is sometimes recommended to make a skin fold before inserting the needle
- b) Injections are performed at 45 or 90 degrees, depending on the degree of excess weight, the amount of fat at the injection site.
- c) After the injection is complete, do not withdraw the needle for 6-10 s
- d) All true

380.ComPLICATIONS that can occur during peripheral vein cannulation:

- a) Puncture and rupture of the vein and transfusion of fluid out of the vein
- b) accidental arterial puncture
- c) Thrombophlebitis and even venous thrombosis
- d) all of the above true

381.DON'T take blood pressure measurements on an arm where:

- a) A venous catheter has been placed
- b) In dialysis patients with arteriovenous fistula in place
- c) There is swelling of the hand
- d) Correct A and B

382.NORMAL blood pressure is considered to be:

- a) 85-89/130-139
- b) 90-95/140-165
- c) 100/150
- d) systolic pressure should be 100 plus the patient's age, and the amplitude between systolic and diastolic pressure should be between 30 - 50 mmHg

383.BRADYCARDIA is the heart rate:

- a) Under 50 u/min.
- b) Less than 60 u/min.
- c) Above 100 u/min.
- d) 60 - 100 u/min.

384.THE year that is taken as the beginning of professional nursing:

- a) 1860
- b) 1892
- c) 1854
- d) 1900

385. International Day of the Nurse and Midwife falls on:

- a) February 14
- b) May 1
- c) May 12
- d) July 5

386. Poland's first nursing school based on modern principles of patient care opened in:

- a) Krakow in 1911
- b) Warsaw in 1866
- c) Lublin in 1954
- d) Lublin in 1925

387. The date of the formation of the Polish Association of Professional Nurses and accession to the ICN is taken as the date:

- a) 1925
- b) 1954
- c) 1899
- d) 1969

388. Practice of nursing:

- a) It consists in the provision of health services by a person with the required qualifications confirmed by appropriate documents, in particular nursing, preventive diagnostic, therapeutic, rehabilitation and health promotion services: health.
- b) First of all, it means helping people (both sick and healthy) to perform activities that contribute to maintaining health or restoring it (or to a peaceful death), which these activities a person would perform on his own if he had enough strength, motivation or adequate knowledge. The nurse's tasks also include acting and helping the person in question so that he or she becomes independent of this help as soon as possible.
- c) It is a learned care, and undertaken in a highly humanistic and skillful way, which involves assisting people from different cultures and social strata, and is aimed at helping them to form a favorable lifestyle, prevent illness, and regain health
- d) True all above.

389.The Law on Self-Government of Nurses and Midwives came into being:

- a) July 1, 2011
- b) September 28, 1993
- c) July 1, 2002
- d) October 2, 1971

390.The date of the Nursing and Midwifery Profession Act is assumed to be:

- a) July 15, 2011
- b) February 21, 1969
- c) September 27, 1993
- d) November 27, 1991

391.The Code of Professional Ethics for Nurses and Midwives was adopted at:

- a) Scientific Conference of Nurses and Midwives in 1999 in Cracow
- b) IV National Meeting of Nurses and Midwives in Warsaw in 2003.
- c) The General Assembly of the Chambers of Nursing in Warsaw in 2001
- d) Trade Union of Nurses and Midwives in Krakow in 2003.

392.Nurses practice their profession based on:

- a) The Act of July 15, 2011 on the professions of nurse and midwife and the Act of July 1, 2011 on the self-government of nurses and midwives
- b) Labor Code, Criminal Code, Civil Code,
- c) Company regulations, terms of reference for duties, powers and responsibilities on the job
- d) All of the above true

393.Pursuant to the Law of July 15, 2011 on the professions of nurse and midwife, a nurse is authorized to perform independently, without a doctor's order, diagnostic services including:

- a) Performing an ECG
- b) Assessing the degree and area of burns and taking treatment measures as part of pre-medical aid,
- c) All of the above true
- d) All false

394.The nurse is authorized to perform immunizations independently, without a doctor's order, within the framework of the immunization calendar and on the order of the competent health care units, and to issue related certificates, provided:

- a) Possession of a License to practice the profession
- b) Completion of a specialized course,
- c) Completion of community nurse specialization
- d) All false

395.The professional responsibility of a nurse is?

- a) The moral or legal obligation to bear the consequences for professional acts performed personally or instructed another person to perform, or for their neglect or omission.
- b) The descriptive science of morality is concerned with describing and explaining the regularities of the development of morality in different periods, social groups
- c) Metaethics (logic and methodology of ethics) - deals with the analysis of the language of morality and issues of veracity of norms and judgments.
- d) All of the above true

396.With a patient's urinary retention, after catheterization, the nurse must remember not to drop more than ... at a time:

- a) 600-800 ml of urine.
- b) 100 - 200 ml of urine
- c) not more than 1500 ml
- d) does not matter

397.If the rules for catheterization are not followed, the patient risks:

- a) introduction of infection, mechanical injury to the urethra,
- b) Psychological trauma, bleeding
- c) all of the above correct
- d) all of the above false

398.Before catheterizing a patient, it is important:

- a) Performing perineal toilet
- b) Disinfection of the urethral outlet
- c) Perform all operations in accordance with aseptic and antiseptic principles
- d) All of the above true

399.Decubitus ulcer is:

- a) Local necrosis of tissues adjacent to convex parts of the skeletal system. It occurs as a result of local ischemia caused by excessive pressure on arterial and venous vessels.
- b) damage to the skin and underlying tissues caused by pressure and/or shear forces that close or destroy capillaries.
- c) The effect of ischemia, hypoxia and cell death.
- d) All of the above correct

400.Indirect (internal) factors in the formation of bedsores:

- a) deficiencies of blood, protein, electrolytes, long-term illness that reduces the efficiency of all physiological functions, and vascular factors, such as atherosclerosis, diabetes.
- b) Excessive static, that is, prolonged, unchanging pressure on the tissue around bony protrusions, in the area of which bedsores form.
- c) Friction - movement of the body on the ground, impacts, shocks, violent movements arising at moments of change in body position
- d) All of the above true

401.Biot's Breath is:

- a) several deep breaths are followed by a brief respiratory arrest
- b) increasingly deep and then increasingly shallow breaths, ending with momentary apnea

- c) very deep, regular breaths with short periods of apnea
- d) The chest rises during exhalation.

402. The respiratory rate in an adult is:

- a) 16-20
- b) 20-24
- c) 30 - 40
- d) All false

403. Enteral nutrition consists of:

- a) administration of nutrients intravenously
- b) administration of fluids intravenously
- c) feeding liquid nutrient mixtures intragastrically or enteral by gavage or fistula.
- d) All true

404. Parenteral nutrition is:

- a) Enteral nutrition
- b) involves delivering all the nutrients directly to the circulatory system
- c) True A and B

405. Microjejunostomy is:

- a) A nutrient fistula made between the jejunum and the abdominal shell.
- b) Urinary fistula
- c) Fecal fistula
- d) All false

406. Malnutrition is:

- a) Weight loss in the past 3 months greater than 10%
- b) Albumin level < 3.5 g/dl
- c) Total lymphocyte count in peripheral blood < 1500/mm<sup>3</sup> of blood.
- d) All true

407.The professional ethics of Nurses and Midwives are?

- a) a set of rules and norms defining the morally correct way of behavior and conduct of representatives of a specific professional group
- b) the obligation of the perpetrator to compensate for the damage or loss caused
- c) The obligation of the employee to perform the tasks specified by the employer and to be responsible for the actions in this regard
- d) All of the above true

408.Nurses bear legal and moral responsibility for the performance of their professional duties, i.e.:

- a) Implementing care at the highest possible level and using appropriate methods,
- b) Protecting the health and safety of the patient, informing the patient about the scope of nursing care provided,
- c) Obtaining the patient's consent to the proposed nursing program, providing the patient during nursing with conditions of intimacy, respect for personal freedom and dignity, maintaining professional confidentiality.
- d) All of the above true

409.The following rules apply to oxygen therapy:

- a) Oxygen is a drug, and like any drug, it should be used as indicated and dosed accurately because an overdose of oxygen leads to toxic effects
- b) The nurse can independently, without a doctor's order, administer oxygen on an ad hoc basis.
- c) For oxygen therapy, it is mandatory to complete a specialized course in nursing
- d) All true

410.Preparing the patient for inhalation involves:

- a) Positioning in a high sitting or lying position depending on the patient's condition.
- b) Informed to stay indoors after the procedure for 15-30 min and to refrain from smoking, consuming cold liquids and loud conversations for 1-2 h.
- c) Informing you on how to breathe during the procedure, i.e., taking rhythmic, slow and deep breaths
- d) All of the above true

411.An ileostomy is this:

- a) Stoma made at the level of the terminal segment of the small intestine by emerging this segment of intestine on the surface of the abdominal wall.
- b) Stoma made at the level of the bowel segment and emergence of this bowel segment on the surface of the abdominal wall
- c) Stoma where the amount of intestinal contents is much more than normal, it is liquid and has an irritating effect on the skin
- d) True A and C

412.In order to calculate the correct drug dose to be set on the IV fluid transfusion set dropper, the nurse needs to know that:

- a) 1 ml = 20 drops
- b) 1 ml = 30 drops
- c) 1 ml = 10 drops
- d) All of the above true, the number of drops in 1 ml depends on the type of fluid being rolled and the volume

413.In 2% Lidocaine, where the ampoule is 2 ml is:

- a) 20 mg of the drug in 1 ml
- b) 40 mg of the drug in 1 ml
- c) 20 mg of the drug in 2 ml
- d) The dose is calculated according to the amount of drug dissolved in the syringe

414.Intramuscular administration of polbicillin in a dose of 600,000 IU was ordered, You have a 1 ml ampoule with 800tys of IU in it How much of the drug will you administer?

- a) 0,75 ml.
- b) 0,25 ml.
- c) It all depends on the age of the patient
- d) All of the above false

415. In order to maintain a fluid balance, lost fluids from the body are taken in amounts:

- a) Urine - 1500ml; Stool - 200ml; Intractable losses - 800ml.
- b) Urine - 1500ml; Stool - 800ml; Elusive losses - 200ml.
- c) Urine - 1500ml; Stool - 1000ml; Elusive losses - 1000ml.
- d) Urine - 2500ml; Stool - 200ml; Elusive losses - 800ml.

416. When preparing enema, the nurse must keep in mind:

- a) The fluid ordered should be at a temperature of 36 or 38°C
- b) quantities for an adult 500-2000 ml, for a child 100-500 ml.
- c) The temperature difference between the fluid and the mucous membranes should be 1°C.
- d) All real

417. Activities that improve urination are:

- a) Placing the patient on a heated pool or giving a duck with warm water, pouring warm water on the perineum, turning off the tap
- b) Ensuring intimate conditions during urination, persuading the patient to urinate, uprighting the patient or placing the patient in a sitting position, applying dry heat to the bladder area (if ordered by the doctor), tapping, massaging the bladder area,
- c) Catheterization on doctor's orders,
- d) Correct A and B

418. The nursing action algorithm is?

- a) This is a recipe for the performance of the task, which allows you to correctly solve all the tasks specified in the given formula.
- b) the form of implementation of tasks and activities falling within the scope of professional practice and arising from the professional role of a nurse
- c) This is the standard of the nurse's performance of tasks with respect to patients in various conditions
- d) All of the above true

419. Holism in nursing means:

- a) Providing care in all areas of a person's life and in all their conditions
- b) provides a philosophical basis for activities oriented to the bio-psycho-social model of health.
- c) Treating the patient as a potential carrier, i.e. a person who may be a source of occupational exposure
- d) The real A and B

420. When checking the care of a febrile patient, the nurse in charge of the fluid balance must take into account the invisible evaporation, which increases when the temperature rises by 1 degree Celcius and is:

- a) 200 ml/day;
- b) 500 ml/day;
- c) 1000 ml/day;
- d) 1200 ml/day.

421. SWOT analysis consists of strategic questions such as:

- a) Strengths, Competition, Demand, Market position,
- b) Strengths, weaknesses, opportunities, threats,
- c) Competition, market, costs, profit evaluation,
- d) Threats of competition, market position, market opportunity, profit evaluation.

422. With a temperature increase of 1 degree C, the heart rate accelerates by:

- a) 1 beat per minute,
- b) 10 beats per minute,
- c) 15 beats per minute,
- d) 20 beats per minute

423. Non-invasive methods of monitoring basic vital functions are:

- a) RKZ
- b) ECG
- c) IBP

424. When inserting a Foley bladder catheter, you will wear:

- a) Disposable gloves
- b) Disinfect your hands and wear sterile gloves
- c) Wash your hands and wear sterile gloves
- d) The type of gloves does not matter

425. Before administering the drug to a patient, check:

- a) 3 times the name of the drug
- b) Expiration date
- c) Dose
- d) All answers are correct

426. Aseptic is called:

- a) Strive for sterility of instruments, rooms, dressing materials and other items
- b) Disinfectant treatment to destroy microorganisms on the skin, mucous membranes
- c) Proceedings to destroy vegetative forms of microorganisms on objects and usable surfaces
- d) All answers are correct

427. For what symptoms should the cannula be removed from a peripheral vessel?

- a) Redness
- b) Swelling
- c) Pain
- d) All answers are correct

428. In Stage IV of the nursing process, the following is done:

- a) Analysis of the results of nursing care, formulation of assessment
- b) Re-planning of activities
- c) Documenting the nursing process
- d) Evaluation of the patient data sheet

429.Which drugs are not included in the anti-shock kit:

- a) Epinephrine
- b) Furosemide
- c) Propranolol
- d) Atropine

430.After the patient's injection, the nurse discarded the needle to:

- a) Red medical waste bag
- b) Blue medical waste bag
- c) Yellow medical waste bag
- d) Rigid container with opening

431.A nurse in a professional role is obliged to:

- a) Provide caring care to all patients in accordance with current standards,
- b) Provide first aid in emergencies and life-threatening situations,
- c) Provide accurate and understandable information to the patient regarding the nursing process.
- d) All answers are correct

432.The nurse having realized that an error has been made in the medical procedure (especially in the case of an error threatening the life or health of the patient) should:

- a) Immediately notify the doctor on duty
- b) Inform the other nurse
- c) Inform the paramedic
- d) Do not pass anything on to anyone

433.The nurse shall observe the following rules under the patient's rights:

- a) Respect the patient's right to intimacy and personal dignity when providing medical services,
- b) carry out nursing services with the patient's consent, as long as the patient is able to formulate it

c) Inform the patient, in cases where the patient refuses to give consent, of the possible consequences of his or her decision and attempt to persuade the patient to change his or her mind

d) All answers are correct

434. Fever arises as a result of pathogenetic mechanisms, determined by which?

a) Excessive heat production in the body

b) Lack of proper regulation of heat loss through the skin

c) Malfunction of the hypothalamus in the body's thermoregulation process

d) All answers are correct

435. A fever is an elevation of the body's heat to temperature:

a) above 40°C to 37°C

b) above 37°C to 38°C

c) above 38°C to 40°C

436. A pulse oximeter is a device for measuring:

a) Blood pressure

b) Blood glucose

c) Respiratory oxygen

d) Saturation of blood

437. Hospital-acquired infection is defined as:

a) Any hospital-acquired infection, clinically diagnosed and/or laboratory-confirmed, the infectious agent of which is of endogenous origin

b) Any hospital-acquired infection, clinically diagnosed and/or laboratory-confirmed, the infectious agent of which is of exogenous origin

c) Infection that became apparent during the period of the patient's stay in the hospital or after leaving the hospital, and which was not in the incubation period at the time of admission to the hospital

d) All true

438. Endogenous Infections :

- a) This is any infection that was not found on admission to the hospital and was not in the incubation period, but occurred during the hospital stay and was caused by the patient's own flora.
- b) This is any infection that was not found on admission to the hospital and was not in the incubation period, but occurred during the hospital stay and was caused by flora from another patient or medical personnel.
- c) It is any infection found during a patient's stay in the hospital.
- d) It is an opportunistic infection

439. Antiseptic is:

- a) Decontamination procedure to destroy microorganisms on instruments
- b) Decontamination using ultraviolet rays and ionizing radiation.
- c) Disinfection treatment to destroy microorganisms on the skin and mucous membranes,
- d) True A and B

440. Aseptic is:

- a) Proceedings to strive for bacteriological asepsis of rooms, instruments, dressing materials and other objects in order to keep microorganisms out of the specified environment,
- b) Decontamination with chemicals,
- c) Aiming to eliminate microorganisms colonized on human mucous membranes
- d) All false

441. Disinfection:

- a) Destruction of vegetative forms of microorganisms in the external environment
- b) Action to clean surgical instruments of potentially infectious material
- c) Dipping surgical instruments in disinfectant immediately after a surgical procedure.
- d) True A and B

442. Sterilization:

- a) A unitary technological process involving the destruction of all, both vegetative and spore forms of microorganisms.
- b) Reduction of microorganisms to safe levels
- c) Action to prevent infection of sterile material
- d) All true

443. Properly sterilized material is:

- a) Sterile - that is, it does not contain any live microorganisms and their spore forms or toxins.
- b) Sterile, but there may be spore forms on it
- c) Liable to temperature.
- d) Can only be sterile for 2 months

444. Disinfection results depend on:

- a) The microorganism - species, number, physiological activity,
- b) Disinfectant - chemical and physical properties, concentration, duration of action,
- c) environment - temperature, humidity, pH, presence of organic matter, levels of  $\text{Ca}^{2+}$  and  $\text{Mn}^{2+}$  cations, etc.
- d) All true

445. Management after exposure to blood or other potentially infectious material consists of:

- a) Post-stabbing management: proximal management: squeezing out the blood at the site of the stabbing, dressing the site of the stabbing, follow-up management: reporting the stabbing incident to the emergency room
- b) Management after a stabbing: proximal management - washing, dressing the stabbing site, follow-up: reporting the stabbing incident to the emergency room
- c) Management after a puncture: proximal management: wider dissection of the puncture site for drainage, provision of the puncture site, follow-up: report the puncture incident to the emergency room

446. Other potentially infectious material (IPIM) is:

- a) Semen, vaginal secretions, cerebrospinal fluid, pleural fluid,
- b) Joint fluid, pericardial fluid, peritoneal fluid, amniotic fluid, breast milk,
- c) Saliva and any body fluid that is contaminated with blood.
- d) All true

447. Professional exposure is contact with IPIM:

- a) Which occurred while the employee was performing his professional duties (stabbing, cutting, splashing).
- b) Which occurred as a result of an error in our actions and the patient was infected with HIV
- c) Which occurred during sexual contact
- d) All true

448. Urine, feces, saliva, sputum, vomit, nasal secretions, sweat and tears, if they do not contain blood or IPIM, are not infectious and:

- a) Contact with them does not require the use of post-exposure prophylaxis
- b) Require the use of post-exposure prophylaxis
- c) They are always contagious
- d) True B and C

449. Isolation of the infected patient is:

- a) One of the primary methods for reducing the spread of infections in hospital settings.
- b) Knowledge based on experience in the epidemiology of infectious diseases.
- c) It is the appropriate selection of methods and measures necessary to interrupt the transmission pathways of infections.
- d) All of the above true

450.Isolation is:

- a) A complex of rooms, consisting of a patient room, a sanitary node and a sluice - located between the room and the ward's main circulation path.
- b) It should have a direct exit to the outside of the building.
- c) Isolation of infected and suspected infected individuals under conditions that prevent transmission of infection to susceptible individuals.
- d) The real A and B

451.Social hand washing:

- a) Apply before all routine procedures in the ward; patient care, meal preparation, feeding
- b) eliminates transient flora
- c) make it with soap and running water for at least 10 -15 seconds
- d) all of the above true

452.Hygienic hand washing:

- a) Use in high-risk areas, before performing medical procedures and after contact with secretions and excretions
- b) We use before putting on and after taking off the gloves and before and after taking care of the patient
- c) all the above true
- d) all false

453.Surgical hand washing:

- a) We use before all surgical and invasive procedures
- b) eliminates transient flora and significantly reduces solid flora
- c) consists of an extended washing time up to 3-5 minutes with enlargement of the washed skin areas by wrists and forearms and cleaning of nails, drying hands with a sterile towel, double disinfection usually 2 x 5 ml of the preparation each time until the skin is completely dry
- d) all of the above true

454.The infection is:

- a) the presence of pathogenic microorganisms in the body to cause the disease process
- b) a cut with a sharp surgical instrument
- c) Contamination of microorganisms on inanimate matter
- d) all true

455.The risk of infection depends on:

- a) the predisposition of the patient,
- b) the nature of the microorganism
- c) activities related to the diagnostic and treatment process during hospitalization
- d) all true

456.Patient-dependent risk factors for nosocomial infections are:

- a) Age, underlying and concomitant diseases
- b) Malnutrition or obesity
- c) Chronic hypoxia and poor personal hygiene
- d) All true

457.Prevention of HCV infection in a hospital setting, consists of:

- a) testing blood donors for anti-HCV antibodies,
- b) Use of disposable equipment in all possible situations,
- c) Use of virucidal preparations for disinfection of reusable equipment,
- d) all mentioned.

458.What scale should be used to determine the condition of the newborn immediately after birth:

- a) AVPU scale
- b) VAS scale
- c) Apgar scale
- d) Barthel scale

459.The most important indicators of fertility include:

- a) Changes in basal body temperature,
- b) changes in the appearance of cervical mucus,
- c) changes in the cervix,
- d) all answers are correct.

460.The rise in basal body temperature is responsible for:

- a) progesterone,
- b) estrogen,
- c) FSH and LH
- d) progesterone and estrogens

461.An example of the use of primary prophylaxis in the pre-conception period is:

- a) administration of folic acid and iodine preparations,
- b) Girls' rubella vaccination program,
- c) hepatitis vaccination
- d) Answer A and B are correct.

462.Amniocentesis involves:

- a) viewing amniotic fluid with an amnioscope,
- b) puncturing the umbilical cord and taking a blood sample,
- c) collecting amniotic fluid under ultrasound guidance,
- d) answer A and C is correct.

463.The PAPP-A, double test is a screening test performed between 10 and 14 weeks of pregnancy for the likelihood of detection:

- a) Down syndrome (trisomy of chromosome 21),
- b) Edward syndrome (trisomy of chromosome 18),
- c) Patao syndrome (trisomy of chromosome 13)
- d) all answers are correct

464. According to the guidelines of the Polish Gynecological Society, during a normal pregnancy, medical examinations between 32 and 36 weeks of pregnancy should take place:

- a) Every 4 weeks,
- b) Every 2 weeks,
- c) every week,
- d) no answer is correct.

465. The first movements of the fetus can be felt:

- a) by primiparous women at 20 weeks of pregnancy, and at 18 by multiparous women,
- b) at 20 weeks regardless of which pregnancy it is,
- c) by multiparous women at 20 weeks, and at 18 by primiparous women,
- d) neither answer is correct.

466. Risk factors for cervical cancer incidence include:

- a) early onset of sexual life, young age at the time of first pregnancy,
- b) high sexual activity, combined with a large number of partners
- c) Chronic vaginal inflammation caused by Clamydia trachomatis or Neisseria gonorrhoeae,
- d) All answers are correct.

467. Risk factors for developing gestational diabetes include:

- a) Age over 35, overweight before pregnancy, hypertension and kidney disease, history of glucose intolerance,
- b) cigarette smoking
- c) Use of hormonal contraception
- d) all answers are correct.

468.Pregnancy hypertension is:

- a) Elevated blood pressure occurring after 20 weeks of pregnancy without accompanying proteinuria,
- b) a syndrome arising after 20 weeks of pregnancy or during labor or postpartum, characterized by hypertension ( $\geq 140/90$  mmHg) accompanied by proteinuria ( $\geq 300$  mg/l per day),
- c) Hypertension diagnosed before pregnancy or before the 20th week of pregnancy, persisting for more than 6 weeks after delivery,
- d) no answer is correct.

469.Non-pharmacological treatments for hypertension in pregnant women include:

- a) lifestyle changes, diet and rest,
- b) Diet and moderate physical activity,
- c) limiting sodium intake,
- d) all answers are correct.

470.Profuse, frothy, gray or yellow-green discharge with a characteristic faint odor, itching and, during acute infection, severe pain are symptoms:

- a) Vaginal candidiasis,
- b) bacterial vaginosis,
- c) cervicitis.

471.The normal fetal heart rate is:

- a) 100 beats per minute,
- b) 120 -160 beats per minute,
- c) about 140 beats per minute,
- d) Answer B and C are correct.

472. Non-pharmacological methods of relieving pain during labor include:

- a) Preparation for active participation in childbirth,
- b) water immersion, homeopathy, hypnosis, acupuncture,
- c) Transcutaneous electrical nerve stimulation, vulvar nerve block, nitrous oxide,
- d) Answer B and C are correct.

473. Preinduction of labor is:

- a) Administration of exogenous oxytocin to induce contraction,
- b) administration of prostaglandins to prepare the cervix for labor,
- c) puncture of the fetal bladder,
- d) no answer is correct.

474. Leopold's grips are used to:

- a) Assessment of cervical maturity,
- b) Determine the size of the fetus and determine the topography of the fetus in the birth canal,
- c) assess the structure of the bony pelvis,
- d) neither answer is correct.

475. Determining the obstetric condition of the patient on the second day after delivery, we assess:

- a) the height of the uterine fundus,
- b) Feces from the reproductive tract,
- c) healing of postpartum wounds,
- d) all answers are correct.

476.Increase in body temperature to 38°C on the first day after delivery:

- a) Is always a sign of puerperal infection,
- b) does not necessarily indicate an ongoing disease process, it may be the result of the body's reaction to pyrogenic substances from damaged tissues of the birth canal,
- c) Is a symptom of thrombosis,
- d) Is a symptom of mastitis.

477.According to the World Health Organization's recommendation, a baby should be fed only breast milk for:

- a) The first 12 months of life,
- b) the first 8 months of life,
- c) the first 6 months of life,
- d) the first 4 months of life.

478.With glandulitis, which runs with a body temperature of 38 - 39°C, it should be recommended:

- a) Starting feeding at the sick breast, feeding more frequently, even every 2 hours, and attaching the baby in different positions,
- b) Warm compresses before feeding on the sick breast, cold compresses after feeding,
- c) as long as the elevated body temperature persists, do not attach the baby to the breast.
- d) answers A and B are correct.

479.Breast milk for babies born on time, we can store at room temperature up to:

- a) 6 hours,
- b) 8 hours,
- c) 12 hours,
- d) 24 hours.

480.The Apgar scale is used for:

- a) Assessment of the general condition of each newborn at birth,
- b) assessment of the maturity of the newborn,
- c) assessing the fetal age of the newborn,
- d) none of the answers is correct.

481.Physiological weight loss in the newborn under normal conditions:

- a) does not exceed 5-10% of birth weight,
- b) is about 300 g.
- c) Should not exceed 200 g.
- d) no answer is correct.

482.Fetal oozing that covers the body of a newborn:

- a) Moisturizes the skin of the fetus,
- b) Protects the skin of the fetus from maceration in the amniotic fluid environment,
- c) Protects the fetus during pregnancy from infectious agents in the amniotic fluid.
- d) all answers are correct.

483.Physiological jaundice of newborns is:

- a) Transient hyperbilirubinemia not exceeding 242  $\mu\text{mol/L}$  (12mg%) in the first 72 hours of life,
- b) Yellowing of the skin coating occurring in all newborns within the first 24 hours of life,
- c) Elevated bilirubin levels found in newborns born to mothers with HBS+
- d) no answer is correct.

484.Pregnancy reactions in the newborn are:

- a) erythematous irregular patches, papular lesions occurring in a high percentage of newborns in the first 48 hours of life,

- b) Changes in the mammary glands and genital organs in the newborn due to the transport of maternal hormones across the placenta,
- c) Minor bleeding (from the umbilicus, mucous membranes, gastrointestinal tract), prolonged jaundice, diarrhea, vomiting,
- d) Appearing about 4-5 days brown-green loose stools.

485.The following immunizations are given to the newborn in the first 24 hours of life:

- a) typhoid fever and diphtheria,
- b) against tuberculosis -BCG and hepatitis B
- c) no vaccination is performed in the first 24 hours,
- d) against diphtheria, tuberculosis and hepatitis B

486.A periodic contraindication to administering the TB vaccine to a newborn is:

- a) weight less than 2.000 grams.
- b) Gestational age less than 32
- c) weeks of severe disease,
- d) all answers are correct.

487.What screening tests are performed on newborns in the first few days after birth:

- a) Screening tests for metabolic diseases (phenylketonuria, hypothyroidism, cystic fibrosis),
- b) hearing test,
- c) testing for detection of congenital hip dysplasia,
- d) all answers are correct.

488.The tasks of the nurse/midwife in the early developmental stimulation of newborns born prematurely include:

- a) Provide a sense of security, reduce noise, light, pain,
- b) use of "sockets"
- c) the "kangaroo" method
- d) Answers A and B are correct.

489.The most important risk factors for retinopathy of prematurity are:

- a) Prematurity less than 28 weeks gestation, birth weight less than 1250g, oxygen therapy and multiple blood transfusions, and infections in perinatal life,
- b) acute metabolic disorders,
- c) bleeding into the brain,
- d) all answers are correct

490.Health promotion is:

- a) Early diagnosis and treatment of civilization diseases in working people,
- b) Periodic immunization of children and adults,
- c) Prevention of infectious diseases in parenting and teaching environments,
- d) A process that enables people to increase control over their health and creates opportunities for them to strengthen it.

491.Obesity, smoking, sedentary lifestyle, too much mental tension will count as health measures:

- a) Positive,
- b) Negative,
- c) Exposure (risk),
- d) Negative and at the same time exposure (risk).

492.The least impact on an individual's health is:

- a) health care,
- b) Lifestyle,
- c) Physical and social environment,
- d) Genetic factors.

493. Health according to WHO is:

- a) No disease,
- b) The basis of human capabilities,
- c) Good physical and mental form,
- d) The complete physical, mental and social well-being of a person, not just the absence of disease or disability.

494. About health education we say that it :

- a) Imparting the knowledge and skills necessary for behavior beneficial to their health,
- b) A process in which people learn how to take care of their own health and the health of the community in which they live,
- c) Activating people to strengthen their own health potential and take health-promoting measures,
- d) Empowering people to decide on health issues.

495. Sociometric health indicators are measures of an individual's health status that determine:

- a) The health status of an individual conditioned by the social roles performed,
- b) The impact of illness on an individual's social functioning and performance of social roles,
- c) Restrictions on access to health care due to social situation (education, occupation, economic situation),
- d) Diseases specific to a certain category of people characterized by a similar type of social activity.

496. We speak of health behavior when :

- a) All human behavior that affects a person's health,
- b) Human behavior that affects his positive health,
- c) Behaviors implemented by healthy people,
- d) Health promotion behaviors.

497.Which of the following factors has the greatest impact on the health of modern man, Lalond reports:

- a) Physical and social environment,
- b) Lifestyle,
- c) Genetic Factors,
- d) Health Services.

498.The elements of health promotion are:

- a) Health education,
- b) Disease prevention,
- c) Local health policy,
- d) All of the above.

499.One of the primary goals of health education is:

- a) Transfer of knowledge on health-promoting behaviors and evaluation of these activities,
- b) Transfer of knowledge on proper lifestyle and evaluation of effects,
- c) Transfer of knowledge on health behaviors,
- d) Stimulate the development of health-promoting behaviors and modify behaviors that pose health risks.

500.Delusions are (indicate the correct answer):

- a) false perception,
- b) False judgments that the patient does not correct despite evidence of error,
- c) incorrect thought creations along with false perceptions,
- d) type of phobia.

501.The entanglement is (indicate the correct answer):

- a) qualitative disorders of consciousness,
- b) quantitative disorder of consciousness,
- c) A condition similar to mania,
- d) type of depression.

502.Indicate the correct answer from the following nursing procedures that you would apply to a mentally disturbed person with manic syndrome:

- a) "observe after meals to prevent the provocation of vomiting, document the meals consumed, the number of bowel movements, take daily measurements of body weight, and monitor the condition of the skin."
- b) "provide care with the help of as few people as possible, warn the patient about planned procedures just before they are carried out, correct misorientation in time and space from time to time."
- c) "avoid situations in which the patient reacts with increased irritability unnecessarily do not discuss, do not get into arguments, do not impose your own decisions, do not respond with aggression."
- d) "use direct coercion"

503.The characteristics of a therapeutic attitude are (indicate the correct answer):

- a) instructing, belittling problems, lack of emotional involvement,
- b) Giving orders, instructing, questioning, instructing,
- c) Mutual cooperation, empathy, acceptance, active listening,
- d) Withdrawal and escape from deep contact.

504.Active listening is:

- a) Asking as many detailed questions as possible to gain a broad knowledge of the patient,
- b) a conscious attitude that gives the patient confidence that what we say is important to us and that we understand them,

- c) The use of psychological techniques by which we gain knowledge about the patient against his or her will,
- d) behavior that gives the impression that we are listening even though we are not interested at all.

505.Which situations are among the most common emergencies in psychiatry:

- a) Strong agitation with disorganized action,
- b) Shortness of breath, chest pain in distress reported during direct coercion,
- c) sudden states of anxiety,
- d) all listed.

506.What is the full definition of an emergency in psychiatry:

- a) These are states in which it is necessary to use direct coercive measures,
- b) These are states that directly involve a threat to human life or health,
- c) Are conditions that result from acute symptoms of psychological, somatic conditions and require immediate intervention,
- d) These are conditions that directly involve a threat to a person's life or health, or such circumstances where the symptom is not threatening, but the immediate provision of help can bring about a marked improvement in the psychopathological state and functioning of the patient.

507.What to keep in mind when using patient immobilization:

- a) The head should be slightly elevated,
- b) Provide for intravenous insertion,
- c) The patient should be observed and provided with staff contact,
- d) About all of the above.

508.In what situations a patient's suicidal tendencies may arise:

- a) In states of deeply depressed mood, feelings of anxiety and restlessness,
- b) In states of abnormal adaptive response to stress associated with hospitalization ,
- c) In personality disorders,
- d) In all of the above.

509.What are the goals of crisis intervention:

- a) commitment to recovery
- b) initiation of the change process
- c) ensuring security,
- d) all of the above objectives are true.

510.Who is most commonly affected by occupational burnout:

- a) groups of employees working with equipment,
- b) groups of persons performing public functions
- c) groups of people of pre-retirement age
- d) groups of people helping people.

511.What Article 18 of the Mental Health Law refers to:

- a) The possibility of dealing with a patient in the hospital without consent,
- b) the application of preventive measures
- c) application of direct coercion,
- d) The possibility of admitting a patient without consent to a psychiatric hospital.

512.What is a state of disturbed consciousness:

- a) is a condition of impaired accuracy and logical thinking combined with abnormal orientation as to time, place and person,
- b) is a condition after the use of a psychoactive substance,
- c) is a mental illness,
- d) hallucination and delusion.

513.Electroconvulsive therapy is most commonly used to treat the syndrome:

- a) anankastic,
- b) catatonic,
- c) paranoid,
- d) manic.

514. Supervision of a patient with anorexia nervosa includes:

- a) Controlling the amount and pace of meals consumed
- b) weight control,
- c) surveillance,
- d) all answers correct.

515. Hallucinations are:

- a) Sensory perceptions that occur without the occurrence of an external stimulus,
- b) A disorder of the content of thinking consisting of false beliefs, erroneous judgments, resistant to all argumentation and sustained despite the presence of evidence indicating their falsity,
- c) Sensory perceptions that occur as a result of external stimuli operating,
- d) all answers correct.

516. In the Mental Health Act, health care consists of:

- a) Full and immediate availability of inpatient care,
- b) Mental health promotion and prevention of mental disorders,
- c) Access to free medicines,
- d) full and immediate accessibility to mental health clinic care.

517. The empty nest phase describes:

- a) A young couple without children,
- b) An elderly couple after their adult children moved out,
- c) A broken family, e.g., after a divorce,
- d) A family disconnected by, for example, a trip.

518. Which of the following statements does not characterize the phenomenon of hallucination:

- a) it is accompanied by a misleading realization judgment,
- b) it is projected inside the body,
- c) it is accompanied by a sense of reality,
- d) may be elementary or simple in nature.

519.Delusions are among the disorders:

- a) content of thinking,
- b) line of thinking,
- c) perceptual disorders.
- d) no answer is correct.

520.The immobilized patient should be under special nursing supervision and his psychophysical condition should be monitored:

- a) Not less frequently than every 15 minutes,
- b) Not less frequently than every 1 hour,
- c) Not less frequently than every 2 hours,
- d) if necessary.

521.The phobia is:

- a) a strong, uncontrollable anxiety reaction that is not controllable, cannot be justified, often arises during sudden contact with an object,
- b) a defensive reaction to coming into contact with an objectively existing source of danger,
- c) a thought and an idea that comes to mind against the will,
- d) a change in perception of self and environment.

522.The optimal number of people to immobilize a person with belts is:

- a) 2 people,
- b) 2-3 people,
- c) 3-4 people,
- d) 5 people.

523.Neuroleptics with prolonged action (depot type) by intramuscular injection should be administered:

- a) deep intramuscularly,
- b) shallow intramuscularly,

- c) Without first disinfecting the skin,
- d) Always along with the anesthetic drug.

524. Direct coercion can be decided:

- a) doctor,
- b) doctor or nurse,
- c) each member of the therapeutic team,
- d) ward manager.

525. The placebo effect is:

- a) The patient gets an inert substance, which he is convinced is a drug,
- b) The patient gets a substitute for the drug,
- c) The patient gets the drug in a double dose,
- d) The dose of the drug is undetermined.

526. Indicate which of the following scales is used to assess the patient's cognitive function and mental state:

- a) MMSE
- b) Norton,
- c) Bartel,
- d) Keringa

527. An atypical neuroleptic is NOT:

- a) Quetiapine
- b) Risperidol
- c) Olzapine
- d) Promazin

528.Malignant poneuroleptic syndrome (PMS) is characterized by disturbances of:

- a) consciousness, trachycardia, hyperthermia, convulsions,
- b) rigidity of memory muscles, bradycardia, hypothermia, muscle flaccidity
- c) consciousness, swallowing disorders, hypothermia, rigidity of memory
- d) muscles, muscle paralysis, itching and redness of the skin

529.A nurse caring for a patient with depression should know that activities are advisable in activating patients:

- a) simple, which the patient can perform to the end
- b) requiring logical thinking
- c) requires focus
- d) simple, which the patient can perform to the end, attractive, lasting a short time

530.The most important factor in successful psychotherapy is:

- a) type and strength of relationship between therapist and patient
- b) type of psychotherapy
- c) type of patient's condition
- d) age difference between patient and psychotherapist

531.Psycho-education of the family of a schizophrenic patient involves, among other things:

- a) recognizing the social needs of the family,
- b) providing the family with frequent information about the patient's condition
- c) teaching to recognize early warning signs of relapse
- d) teaching ways to relieve the patient of duties he or she cannot handle

532.Which of the actions of health care workers are iatropathogenic:

- a) unjustified use of drugs
- b) use of the wrong treatment method
- c) superiority attitude towards the patient
- d) all of the above mentioned

533.An important part of completing skills training for participation in one's own pharmacotherapy is:

- a) thorough knowledge of neuroleptics
- b) Involving the family in controlling medication intake
- c) ability to schedule medications
- d) opportunity to independently apply the acquired skills in practice

534.The optimal number of participants in a therapy group is within the range:

- a) 3-6 people
- b) 4-8 people
- c) 8-14 people
- d) 6-12 people

535.One of the principles of psychiatric rehabilitation is the principle of partnership, which is:

- a) addressing each other by name
- b) respect for the rights and individuality of the patient
- c) acceptance of the patient's behavior
- d) implementation of the principles of interpersonal communication

536.You will suspect drug-induced akathisia in a patient taking psychotropic drugs if it occurs:

- a) dry mouth
- b) constipation
- c) motor restlessness difficulty
- d) urinating

537.When we talk about psychodrome, we mean it as:

- a) individual therapy method
- b) therapy method using hypnosis

c) a form of autogenic training

d) group therapy method

538. An important part of rehabilitating a patient with mental disorders is:

a) shifting the main burden of responsibility for treatment to the patient

b) teaching the patient to control the symptoms of recurrent disorders

c) educating the patient on the use of medication and cooperation with the doctor

d) all answers correct

539. Providing therapeutic contact with the patient, with anxiety disorders is fostered by the following attitudes of the nurse, EXCEPT:

a) willingness to understand the patient

b) listening and taking into account what the patient wants

c) downplaying the patient's feelings

d) patience and composure

540. Training in skills for active participation in one's own drug treatment can be conducted:

a) psychologist or psychiatrist nurse,

b) social worker

c) occupational therapist

d) all persons mentioned above

541. When selecting patients for the active participation skills training group for their own drug treatment, care should be taken:

a) there were no people with psychotic symptoms or other cognitive impairment among them

b) was a group with the same disease entity

c) it was not a group with too much age difference

d) people in the group were with a low degree of independence

542.The "Schizophrenia-Open Doors" program implemented in Poland is an example of mental health promotion:

- a) In the workplace,
- b) learning in the rural community
- c) in the media
- d) all of the above

543.Active listening is one of the basic techniques for communicating with a mentally ill person. The characteristics of active listening are the following with EXCEPTION:

- a) An open and sympathetic attitude toward the patient
- b) Focusing on the form of the message rather than its meaning
- c) Motivation to listen to the patient
- c) observation of the patient's non-verbal signals

544.Rehabilitation activities conducted in psychiatric hospitals must NOT be:

- a) subordinated to economic objectives
- b) paid in the form of patient's salary
- c) recommended by staff as desirable
- d) organized in the group

545.In order to achieve good interpersonal communication, one should:

- a) learn to listen to people or the patient
- b) pay no attention to non-verbal gestures
- c) do not negotiate
- d) all of the above

546.Balint group meetings are mainly attended by:

- a) families of patients with schizophrenia
- b) Therapists and medical professions of various specialties

c) children and their families

d) patients with depression

547. An organized form of active rehabilitation combined with recreation aimed at improving mental and physical fitness is:

a) patient club

b) hostel

c) vocational activation facility

d) rehabilitation turnout

548. An essential element in the training of all social skills is:

a) taking care of the accuracy of the activities performed

b) multiple repetition of activities

c) learning the sequence of activities

d) using visual materials in training

549. Use of which of the listed groups of psychoactive substances can cause social problems:

a) hallucinogenic substances

b) alcohol

c) sedatives and sleeping pills

d) all listed

550. The principle of neutrality in communicating with the patient's family means a therapist's attitude that:

a) prevents being drawn into the family game

b) establishes relationships in the parallel plane

c) guarantees acceptance, obtaining a certain position in the family

d) does not threaten the identity of the family

551.Among the general principles of social skills training is NOT one of the following:

- a) training begins only after therapeutic contact has been established with the patient
- b) Training should begin while acute symptoms are present
- c) the patient must receive clear instructions and thorough explanations of each stage of training
- d) regular evaluation of training progress is necessary

552.Mistakes in communicating with the mentally ill do NOT result from:

- a) asking too many questions
- b) asking many questions at once
- c) asking if the patient does not want to talk asking
- d) open-ended questions

553.The principle of the therapeutic community is NOT:

- a) principle of democracy
- b) principle of permissiveness
- c) principle of partnership
- d) principle of consensus

554.A mistake in communicating with a patient with perceptual and thinking disorders is to:

- a) present your point of view on a topic
- b) Discussing with the patient about his or her
- c) delusions verbally expressing doubts
- d) active listening

555.The use of the creative process and art for therapeutic purposes is referred to by the name:

- a) art therapy
- b) psychotherapy
- c) sociotherapy
- d) psychoeducation

556.The safe period of use of benzodiazepine derivatives in the treatment of sleep disorders is:

- a) no longer than 4 weeks
- b) not longer than 6 weeks
- c) up to 3 months
- d) up to 6 months

557.Prolonged-acting neuroleptics by intramuscular injection should be administered:

- a) deep intramuscularly
- b) shallow intramuscularly
- c) without prior skin disinfection
- d) always with an anesthetic drug

558.In acute renal failure, the most serious electrolyte disorder that can be life-threatening is:

- a) hypokalemia
- b) hyponatremia
- c) hyperkalemia
- d) hypernatremia

559.We speak of tachycardia, when the heart rate is higher than ?

- a) 80 beats per minute
- b) 100 beats per minute
- c) 90 beats per minute
- d) 110 beats per minute

560.Pulmonary edema is a form of :

- a) acute left heart failure
- b) acute right heart failure
- c) chronic circulatory insufficiency
- d) chronic respiratory failure

561. Sengstaken - Blakemor probe is used for:

- a) pulmonary hemorrhage
- b) hemorrhage from esophageal varices
- c) hemorrhage from anal varices
- d) lower gastrointestinal hemorrhage

562. Causes of acute urinary retention can occur in cases of poisoning:

- a) amphetamines
- b) antidepressants
- c) antihistamines
- d) all of the above groups

563. Screening for diabetes using an oral glucose tolerance test is performed by a nurse:

- a) 75 g of glucose dissolved in 250 ml of water (patient should drink the solution within 5 minutes)
- b) 50 g of glucose dissolved in 500 ml of water (patient should drink the solution within 5 minutes)
- c) 75 g of glucose dissolved in 50 ml of water
- d) all answers are wrong

564. The essence of asthma according to current definitions is:

- a) Increased sensitivity of the respiratory tract to various stimuli
- b) coughing, wheezing, shortness of breath
- c) Restriction of airflow in the respiratory tract
- d) all answers are correct

565. When observing a patient with suspected myocardial infarction, the nurse should assess the patient for the presence of:

- a) pain lasting more than 20 minutes, occurrence of clammy, sticky sweats, anxiety
- b) pain radiating to the larynx, decreased leukocytosis, atrophy of the cardiac rhythm
- c) gray skin, pain in the lower abdominal region, increased blood sugar levels
- d) non-moderate heart function, cardiac rhythm, elevated body temperature

566.The nurse presents the diabetic with the main causes of hypoglycemia, which include:

- a) use of excessive doses of insulin or oral medications
- b) Diseases other than diabetes that go along with loss of appetite
- c) Dietary errors, too little exercise
- d) Use of too low doses of insulin or oral medications

567.Symptoms of significant hyperglycemia will not include:

- a) polydipsia
- b) pruritus skin
- c) polyuria
- d) dry mouth

568.A properly educated diabetic patient knows that the proper proportions of intake of major nutrients are as follows:

- a) Carbohydrates 40-60% , fats 10-25% and proteins 20-25%
- b) carbohydrates 40%, fats 25% and proteins 25%
- c) carbohydrates 25%, fats 25% and proteins 50%
- d) Carbohydrates 50-60% , fats 20-30% and proteins 15-20%

569.By assessing diuresis, the nurse can diagnose the presence of oliguria, when the patient excretes:

- a) <600 ml of urine per day
- b) <400 ml of urine per day
- c) <200 ml of urine per day
- d) <100 ml of urine per day

570.When caring for a diabetic patient, the nurse should know that in the event of overdiagnosis (hyperglycemia) of the body, one of the first symptoms will be:

- a) photophobia and headache
- b) kidney pain and vomiting

c) polyuria and thirst

d) hand tremor

571. Determination of the level of glycosylated hemoglobin HbA1C in patients with diabetes is used for:

a) routine measurement of sugar levels

b) For monitoring hypoglycemia

c) to confirm the diagnosis of diabetes

d) Determines average glucose levels over 2-3 months prior to measurement

572. What position will you use on a patient with pulmonary edema:

a) sitting with legs lowered

b) Trendelenburg position

c) sitting with legs raised

d) lying with legs down

573. Myocardial infarction is a situation in which there is :

a) Closing the lumen of the vessel and blocking the blood supply to the right atrium of the heart

b) Closure (blockage) by atherosclerotic plaque of the coronary artery, i.e. the artery that brings oxygenated blood to the heart

c) Closure of the pulmonary trunk and blockage of outflow from the right ventricle,

d) All false.

574. In the early clinical diagnosis of fresh myocardial infarction, the determination is of greatest importance:

a) cardiac troponin (TnT),

b) lactate dehydrogenase (LDH),

c) aspartate aminotransferase (AST),

d) alanine aminotransferase (ALT) .

575.The severity of heart failure can be assessed using the classification:

- a) Katz,
- b) NYHA,
- c) Norton,
- d) Barthel

576.Which of the following statements regarding physical activity of a patient with heart failure classified in NYHA functional class II is true?

- a) slight restriction of physical activity,
- b) no restriction,
- c) Inability to make any effort,
- d) significant reduction in physical activity.

577.The daily intake of table salt by patients with hypertension, should NOT exceed per day:

- a) 6 g,
- b) 8 g,
- c) 10 g
- d) 12 g.

578.The characteristic subjective symptoms of asthma are:

- a) Paroxysmal dyspnea, mainly expiratory, wheezing, coughing,
- b) Inspiratory dyspnea, wheezing, coughing,
- c) mainly inspiratory dyspnea, wet cough, fever,
- d) Cough with expectoration, hemoptysis, accelerated breathing.

579.The patient for rectoscopy should be placed in position :

- a) flat,
- b) Knee-elbow,
- c) Trendelenburg,
- d) Fowler.

580.Which of the following tests is NOT part of endoscopic gastroenterology diagnostics?

- a) sigmoidoscopy,
- b) Endoscopic retrograde cholangiopancreatography,
- c) esophagoscopy,
- d) cystoscopy.

581.Among the common urinary disorders, there is nycturia, which means:

- a) painful urination,
- b) The need to urinate at night,
- c) the presence of protein in the urine,
- d) Increased urinary excretion.

582.Insulin Mixtard 30:

- a) contains 30% extended-acting insulin and 70% short-acting insulin,
- b) contains 30% short-acting insulin and 70% extended-acting insulin
- c) is exclusively short-acting insulin,
- d) is an insulin analogue

583.Insulin absorption is fastest after injection:

- a) within the abdomen,
- b) To the subcutaneous tissue of the thigh,
- c) To the subcutaneous tissue of the arms,
- d) Into the subcutaneous tissue in the intercostal region.

584.An oral glucose tolerance test was performed on the patient who was hospitalized.

After 120 minutes, the glycemic level was 8.5 mmol/L (153mg%). This indicates:

- a) normal glucose tolerance,
- b) Abnormal glucose tolerance,
- c) diabetes,
- d) hypoglycemia

585.Respiratory diseases are among the most common causes of death in Poland for people over the age of 60. Next is:

- a) Cancer,
- b) cardiovascular diseases,
- c) accidents and poisoning.

586.The pink blower is a patient:

- a) With low respiratory drive , high dyspnea, hypercapnia
- b) With increased respiratory drive, significant dyspnea, hypoxemia, hyperventilation
- c) with normal breathing , hypercapnia
- d) With hypoventilation, minor dyspnea, hypercapnia

587.Symptoms of pulmonary embolism are:

- a) dyspnea, non-productive cough, tachypnoe, tachycardia, hypoxia, hypercapnia
- b) Cough, fatigue, lack of appetite, bradycardia, hypocapnia
- c) dizziness, hypoventilation, tachycardia, abdominal pain
- d) productive cough, fever, tachycardia

588.Sputum for bacteriological examination should be collected:

- a) In the morning after waking up,
- b) After eating a meal,
- c) evening,
- d) At any time of the day.

589.HbA1C indicates an average level:

- a) Blood glucose in the last 2-4 weeks,
- b) Blood glucose in the last 2-3 months,
- c) Blood glucose over the past 24 hours,
- d) Blood hemoglobin in the last 2-3 months.

590.Dysuric symptoms are characteristic of:

- a) Chronic renal failure,
- b) acute renal failure,
- c) urinary tract infections,
- d) renal colic.

591.Which group of nursing problems is characteristic of a patient with advanced cirrhosis?

- a) Weight loss, anxiety due to palpitations, dizziness,
- b) Feeling itchy skin, ascites, disturbance of consciousness,
- c) Generalized edema, severe girdling pain in the epigastrium, headaches,
- d) Decrease in immunity, lack of appetite, painful urge to stool.

592.Knowing the clinical course of hypertension, the nurse knows that the complication of hypertension cannot be:

- a) retinopathy
- b) acceleration of the development of atherosclerotic lesions in the arteries
- c) hyperreactivity of the bronchial tree
- d) dissecting aortic aneurysm

593.In anuria occurs :

- a) Urineless,
- b) polyuria,
- c) scanty,
- d) bacteriuria

594.The symptoms of II° decubitus ulcers according to Torrance are NOT:

- a) ulceration,
- b) erythema persisting after cessation of pressure,
- c) superficial swelling,
- d) epidermal damage.

595. When preparing a patient for gastroscopy as a standard, the nurse performs the following activities:

- a) prepares and supports the patient mentally, establishes communication, ensures that he is fasting, does not smoke, removes dentures before the examination, then anesthetizes the throat, and lays on the left side in the crouching position,
- b) Informs about the course and purpose of the examination, reassures, performs a rectal infusion, determines how to communicate with the patient, makes sure he is fasting,
- c) informs about the course, the purpose of the examination, administers a degassing agent, makes sure he is fasting, removes his dentures before the examination, then anesthetizes his throat,
- d) informs about the purpose and course of the examination, supports, establishes the method of communication, ensures that he is fasting, checks the presence of prostheses, and arranges in the embryonic position on the right side.

596. The essence of asthma according to current definitions is:

- a) increased sensitivity of the airways to various stimuli,
- b) Coughing, wheezing, shortness of breath,
- c) Restriction of airflow in the airways,
- d) all answers are correct.

597. When recommending breathing exercises in asthma, the nurse should offer the patient track breathing:

- a) abdominal thoracic
- b) thoracoabdominal
- c) breathing track is meaningless

598. BLS basic resuscitation procedures in a child. Indicate the correct algorithm?

- a) Establish an airway, perform 5 rescue breaths, perform 30 chest compressions, perform 2 rescue breaths, call for help.
- b) Establish an airway, perform 30 chest compressions, perform 2 rescue breaths, call for help.
- c) Establish an airway, perform 2 rescue breaths, call for help, perform 30 chest compressions.
- d) call for help, perform 15 chest compressions, perform 2 rescue breaths.