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**Question Database – First-Degree Nursing**

**Part I**

1. **The cuff sealing the endotracheal tube is NOT used for:**
  - a) stabilizing the tube
  - b) ensuring gas exchange exclusively through the lumen of the endotracheal tube
  - c) sealing the space between the tube and the tracheal wall
  - d) preventing gastric contents, blood, and mucus from entering the trachea
  
2. **ARDS - adult respiratory distress syndrome is the result of:**
  - a) an inflammatory process, damage to lung tissue
  - b) accumulation of edema fluid
  - c) pulmonary edema
  - d) circulatory failure
  
3. **Inferior vena cava syndrome, which sometimes occurs in pregnant women lying on their backs, manifests as:**
  - a) decreased - cardiac output, decreased blood pressure
  - b) increased cardiac output, decreased blood pressure
  - c) decreased cardiac output, increased blood pressure
  - d) increased cardiac output, increased blood pressure
  
4. **Resuscitation procedures are NOT performed when cardiac arrest:**
  - a) has occurred in our presence
  - b) is not the result of a terminal illness
  - c) is the result of a terminal illness
  - d) is the result of a foreign body in the airways
  
5. **The ASA scale assesses:**
  - a) intubation difficulties
  - b) intensity of pain
  - c) perioperative risk
  - d) respiratory efficiency
  
6. **The size of the endotracheal tube in adults for oral intubation depends on:**
  - a) the size of the subglottic space

- b) the width of the glottic opening
  - c) the size of the epiglottis
  - d) the length of the arytenoid cartilages
7. **A Swan-Ganz catheter CANNOT be used to directly measure:**
- a) pulmonary artery pressure
  - b) pulmonary vascular resistance
  - c) body temperature
  - d) central venous pressure
8. **The carbon dioxide content in exhaled air during anaesthesia can be assessed using:**
- a) pulse oximetry
  - b) fluorescent angiography
  - c) capnometry and capnography
  - d) biochemical and coagulation tests
9. **10 micrograms is an equivalent to:**
- a) 0.1 mg
  - b) 0.01 mg
  - c) 0.001 mg
  - d) 0.0001 mg
10. **The following is used for immediate recognition of accidental intubation into the oesophagus:**
- a) pulse oximetry
  - b) capnometry
  - c) assessment of skin colour
  - d) high airway pressure alarm
11. **In organ donors, the following examination may be omitted:**
- a) bacteriological examination
  - b) radiological examination of the oesophagus
  - c) blood electrolyte levels

d) serological tests for viral infections

12. **The volume that includes all air not participating in gas exchange is:**

- a) anatomical dead space
- b) physiological dead space
- c) additional dead space
- d) non-functional space

13. **The total number of groups in the ASA classification is:**

- a) 2 groups
- b) 3 groups
- c) 5 groups
- d) 7 groups

14. **When preparing a patient for general anaesthesia, the oral antihypertensive and antiarrhythmic medications the patient has been taking should be:**

- a) discontinued the day before the procedure
- b) discontinued two days before the procedure
- c) continued up to the day of the procedure
- d) discontinued several days before the procedure

15. **The purpose of pre-emptive analgesia is:**

- a) to improve the quality of postoperative analgesia
- b) sedative effect
- c) anxiolytic effect
- d) to replace premedication

16. **An organ donor may be a person:**

- a) who has registered their objection in the Central Register of Objections
- b) who is over 85 years old
- c) who has been diagnosed with brain death
- d) who has experienced a subarachnoid haemorrhage

17. **During prolonged general anaesthesia, pressure changes occur in the cuff sealing the endotracheal tube, which are caused by:**
- a) the use of Sevoflurane
  - b) preoxygenation
  - c) warming of respiratory gases and the use of nitrous oxide
  - d) management of the patient using controlled negative-pressure ventilation
18. **Total intravenous anaesthesia (TIVA) is a method of administering anaesthesia without the use of:**
- a) oxygen
  - b) nitrous oxide
  - c) air
  - d) propofol
19. **The demand for anaesthetics in a state of alcohol intoxication:**
- a) increases
  - b) decreases
  - c) remains unchanged
  - d) anaesthetics do not work in a state of alcohol intoxication
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-anaesthesia monitoring area should be equipped with:**
- a) capnograph
  - b) blood pressure monitor, ECG monitor, pulse oximeter, suction device, oxygen source
  - c) N<sub>2</sub>O cylinder, ECG monitor, pulse oximeter
  - d) N<sub>2</sub>O cylinders
22. **Advanced (specialized) resuscitation procedures are abbreviated in English as:**
- a) ALS

- b) BLS
  - c) CLS
  - d) DLS
23. **Before induction of general anaesthesia, a pregnant woman should be positioned:**
- a) on her back
  - b) tilted to the left side
  - c) tilted to the right side
  - d) in the Trendelenburg position
24. **Monitoring the effectiveness of artificial ventilation does not include:**
- a) hourly diuresis
  - b) nail bed coloration
  - c) normal blood pressure and heart rate
  - d) chest auscultation
25. **During the caloric test, which is one of the mandatory tests of brainstem reflexes in potential organ donors, the following is assessed:**
- a) cough reflexes
  - b) eye movements
  - c) respiratory muscle movements
  - d) extensor muscle movements
26. **In intensive care units, total parenteral nutrition is administered via:**
- a) central venous catheter
  - b) gastrostomy
  - c) intestinal tube
  - d) nasogastric tube
27. **You have 2% lignocaine in 2 ml ampoules. Calculate how much solution you will use to administer 100 mg of this drug to the patient:**
- 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) vascular bed filling and right ventricular function
- b) respiratory function
- c) consciousness
- d) left ventricular function
29. **For which type of anaesthesia is a low-resistance syringe used?**
- a) spinal (subarachnoid) anaesthesia
- b) infiltration anaesthesia
- c) epidural anaesthesia
- d) brachial plexus block
30. **A drop in blood pressure during shock is characteristic of the phase:**
- a) compensated
- b) uncompensated
- c) irreversible
- d) lack of proper response
31. **One of the conditions for successful orthopaedic surgery after trauma is the so-called 2+2 rule. It states that:**
- a) during the operation, two fixations can be performed on the upper limbs and two anastomoses on the lower limbs
- b) the duration of orthopaedic surgery should not exceed two hours, during which time more than two units of blood should not be transfused
- c) patients with a GCS score above 2 should not be eligible for surgery, and the duration of limb ischemia during surgery should not exceed two hours
- d) during the operation, a maximum of two bones should be fused, with damage in no more than two places
32. **What should be done in a patient with a vascular catheter who suddenly develops fever, malaise, chills, and a drop in blood pressure when bacteraemia is suspected?**
- a) monitor blood pressure every 6 hours

- b) remove the catheter and perform bacteriological tests
  - c) apply antibiotic ointment to the puncture site
  - d) change the dressing
33. **Blood products free from the risk of transmitting viral diseases include:**
- a) albumin
  - b) factor VIII and IX concentrates
  - c) cryoprecipitate
  - d) plasma
34. **Older patients are at greater risk of post-operative complications, including:**
- a) circulatory complications
  - b) pulmonary complications
  - c) neurological complications
  - d) postoperative wound complications
35. **The basic fluid requirement for adults is:**
- a) 8 ml/kg bw/h
  - b) 6 ml/kg bw/h
  - c) 4 ml/kg bw/h
  - d) 2 ml/kg bw/h
36. **In the case of chemical burns, the first steps are:**
- a) cool the burned area with ice
  - b) rinse the burned area with plenty of water
  - c) obtain detailed information about the chemical that caused the injury
  - d) cover the injury with a sterile dressing
37. **During endoscopic examinations, there is a possibility of infection with the following viruses:**
- a) HBV and HCV
  - b) HIV
  - c) HBV, HCV, and HIV

- d) HAV, HEV, and HIV
38. **The Trapnell classification on a four-point scale is used to assess:**
- a) the severity of injuries
  - b) the risk and course of phlebitis associated with cannulation
  - c) acute pancreatitis
  - d) pressure ulcers
39. **When caring for a patient with suspected abdominal organ damage, the following should be done first and foremost:**
- a) ensure an adequate amount of fluids for infusion
  - b) prepare an adequate amount of painkillers
  - c) systematically monitor blood pressure, heart rate, and diuresis
  - d) conduct breathing exercises
40. **In patients with thromboembolic disease treated with heparin, it is contraindicated to perform injections:**
- a) subcutaneous
  - b) intravenous
  - c) intramuscular
  - d) intradermal injections
41. **Symptoms of a skull base fracture communicating with air-filled cranial cavities include**
- a) bloody or cerebrospinal fluid leakage 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, rehabilitation should be started:**
- 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 maintaining a patient's fluid balance chart, the following should be taken into account:**
- a) the volume of oral fluids taken, the volume and type of intravenous fluids administered, the amount of urine output
  - b) the volume and type of intravenous fluids administered, the amount of urine output, the amount of secretions from a tube, drain, or intestinal fistula
  - c) the volume of oral fluids taken, the volume and type of intravenous fluids administered, the amount of urine output, the amount of secretions from a tube, drain, or intestinal fistula
  - d) the volume of oral fluids taken, the volume and type of intravenous fluids administered, the amount of secretions from a tube, drain, or intestinal fistula
44. **In the case of total lung resection, it is incorrect to connect the drain left in place during the procedure to suction, as this may result in:**
- a) hemothorax
  - b) bronchial fistula in the bronchial stump
  - c) mediastinal shift to the operated side
  - d) tension pneumothorax, and cardiac arrest
45. **Indicate the incorrect recommendations for the management of a patient with acute intracranial hypertension:**
- a) placing the patient in the supine position with the head elevated by 30°-45°
  - b) head hypothermia and hyperventilation
  - c) use of controlled breathing in patients below 8 GCS points
  - d) administration of glucose in continuous infusion
46. **In the case of uncomplicated, single fractures of several ribs, the management of the patient to prevent atelectasis consists of:**
- a) administration of cough suppressants
  - b) applying an immobilizing dressing to the chest
  - c) intensive respiratory rehabilitation after administering painkillers
  - d) use of expectorants
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 any debris and skin fragments
  - b) administer pain medication as prescribed by the doctor, preferably 15-30 minutes in advance

- c) shave the hair around the wound before reapplying the dressing
  - d) moisten the previous dressing with saline solution
48. **For peripheral veins, in parenteral nutrition, we administer solutions:**
- a) with osmolarity > 800mOsm/l
  - b) with osmolarity < 800mOsm/l
  - c) with low calorie and nitrogen content
  - d) answers b and c are correct
49. **What is the maximum amount of food that should be given at one time to a patient fed through a gastric tube using the portion method within 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) pelvic vein thrombosis
  - c) upper limb vein thrombosis
  - d) deep vein thrombosis of the lower limbs
51. **Hypovolemic shock is a consequence of:**
- a) trauma
  - b) internal or external bleeding
  - c) diabetes
  - d) all of the above
52. **Prevention of respiratory complications involves, among other things, chest percussion in bedridden and immobile patients. Chest tapping is not performed in patients after:**
- a) abdominal surgery
  - b) cardiac surgery
  - c) orthopaedic surgery on the upper half of the body

- d) thoracic surgery
53. **The consequences of shock are:**
- a) disseminated intravascular coagulation (DIC)
  - b) respiratory failure
  - c) renal tubular necrosis
  - d) all of the above
54. **Congestive dilation of the jugular veins is characteristic of pneumothorax:**
- a) closed
  - b) open
  - c) tension pneumothorax
  - d) closed and open
55. **Secondary consequences of malnutrition in surgically treated patients include:**
- a) increased morbidity and mortality, weight loss
  - b) impaired wound healing, increased morbidity and mortality
  - c) impaired immunity, intestinal mucosal atrophy
  - d) impaired wound healing, hypochromic anaemia
56. **A Kehr drain is inserted into:**
- a) the pancreatic duct
  - b) duodenum
  - c) the stomach
  - d) the common bile duct
57. **When transporting a patient after thoracic surgery from the operating room to the intensive care unit, do NOT close or bend the drains, as even minimal air leakage can lead to:**
- a) hemothorax
  - b) bronchial fistula in the bronchial stump
  - c) negative pressure in the pleural cavity
  - d) tension pneumothorax, and cardiac arrest

58. **A concussion manifests itself as a brief loss of consciousness at the moment of injury. The duration of unconsciousness may range from:**
- 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. **Self-examination of breasts is a simple method of early detection of changes in the breast 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, regularly several times a month
60. **A patient undergoing enteral feeding via a tube placed in the jejunum may be given:**
- a) blended foods and special nutritional mixtures
  - b) blended foods only
  - c) exclusively factory-prepared nutritional mixtures
  - d) special nutritional mixtures and 20% glucose solutions
61. **Tetany, which most often occurs several to several dozen hours after surgery, is caused by**
- a) postoperative hypoparathyroidism as a result of their removal or damage to their blood supply
  - b) thyrotoxic crisis as a result of improperly treated hyperthyroidism in the preoperative period
  - c) collapse of the tracheal cartilages
  - d) damage to the superior laryngeal nerve and/or recurrent laryngeal nerve
62. **The commonly used scale to determine the activity of ulcer bleeding is:**
- a) Forrest
  - b) Glasgow
  - c) Apache II
  - d) ASA

63. **In what position should a patient with a head injury be placed:**
- a) elevation of the head by 30° relative to the body axis
  - b) raise the head at a 15° angle to the torso
  - c) flat with the lower limbs bent at the knee and hip joints
  - d) in the anti-shock position
64. **Test - stool for "occult blood"; to be reliable, it is collected:**
- a) once is sufficient
  - b) twice
  - c) three times
  - d) four times
65. **Symptoms such as pale skin, cooling of the skin, especially in the distal parts of the body, oliguria, tachycardia, sweating, decreased blood pressure, increased respiratory rate are symptoms of which shock:**
- a) anaphylactic
  - b) septic
  - c) cardiogenic
  - d) hypovolemic
66. **The patient developed venous thrombosis which occurred at the site of peripheral IV cannula insertion. The prescribed drip infusion should be connected:**
- a) above the inflammatory reaction
  - b) to another vein
  - c) below the inflammatory reaction
  - d) none of the above
67. **Short bowel syndrome is:**
- a) a consequence of a reduction in the absorption area of the small intestine, e.g., after extensive resection
  - b) a reduction in the absorption area in the large intestine
  - c) changes in the course of intestinal obstruction
  - d) changes in the rectum

68. **In small bowel obstruction, an upright abdominal X-ray will show:**
- a) distension of intestinal loops with pneumatosis intestinalis
  - b) distension of the stomach and intestinal loops
  - c) distended intestinal loops with distinct fluid levels
  - d) calcifications within the abdominal cavity
69. **A dressing that can be used as a preventive measure in areas exposed to pressure and friction is:**
- a) alginate dressing
  - b) semi-permeable polyurethane film
  - c) sterile hydrogel dressing
  - d) hydrocolloid dressing
70. **In patients who have undergone balanced skeletal traction, the areas most vulnerable to pressure ulcers are:**
- a) calf
  - b) sacrum and sacroiliac joint
  - c) ankle joint
  - d) elbow joints
71. **In orthopaedic patients treated surgically, rehabilitation should be started:**
- a) after bone tissue fusion has been achieved, in order to perform weight-bearing exercises
  - b) immediately after surgery to prevent muscle atrophy and contractures
  - c) before surgery
  - d) after removal of sutures from the surgical wound, to prevent wound edges from separating
72. **The most important contraindications for mobilizing a patient treated in a surgical ward are as follows:**
- a) bradycardia <35 beats/min
  - b) low-grade fever, nausea, headache
  - c) unstable hypertension
  - d) answers a and c are correct

73. **The Polish Society for Parenteral and Enteral Nutrition recommends that every adult patient admitted to hospital for treatment should undergo a nutritional assessment using:**
- a) the Subjective Global Assessment (SGA) form or centile chart
  - b) body mass index (BMI) on the centile chart
  - c) the NRS 2002 form or Subjective Global Assessment (SGA)
  - d) the Minimum Nutritional Assessment (MNA) form, and a centile chart
74. **Respiratory exercises are recommended for:**
- a) patients with a single rib or sternum fracture
  - b) patients with limited mobility or immobilized patients
  - c) patients with respiratory diseases
  - d) all of the above
75. **What characteristic nursing problem does a nurse encounter when caring for a patient after lower limb amputation as a result of Buerger's disease?**
- a) postoperative wound pain
  - b) phantom pain
  - c) depression and apathy
  - d) unwillingness to cooperate with the therapeutic team
76. **Complications of bone fusion include delayed fusion, non-union, and:**
- a) the formation of a pseudoarthrosis
  - b) algodystrophy
  - c) Volkmann's ischemic contracture
  - d) acute osteomyelitis
77. **In acute mechanical obstruction, abdominal pain is paroxysmal. The lower the obstruction is located, the longer the intervals between pain episodes:**
- a) shorter
  - b) longer
  - c) there are no intervals, the pain is constant
  - d) it does not matter

78. **The care of catheters left in the urinary tract should take into account, among other things, the prevention of infection. In the prevention of urinary tract infections, nurses should pay particular attention to:**
- a) a high fluid intake for the patient
  - b) the use of a closed urine drainage system
  - c) replacing bags and catheters in accordance with applicable aseptic and antiseptic rules and maintaining catheter patency
  - d) all of the above
79. **If weights cause a patient with a traction device on their lower limb to slide down the bed, proper countertraction should be ensured by:**
- a) removing enough weights so that the patient does not slide down
  - b) raising the foot of the bed by placing appropriate pads under it
  - c) securing the patient's torso to the bed with a wide belt
  - d) using a fixed traction cord lock
80. **A patient who is scheduled to have an intestinal stoma created during surgery should have the stoma site marked by a nurse before the procedure. The stoma site is marked in the following positions:**
- a) standing and sitting
  - b) sitting and lying
  - c) lying and standing
  - d) sitting, lying down, and standing
81. **Complications of long-term catheterization include:**
- a) symptomatic urinary tract infections, urethral stricture, urinary tract stones
  - b) bedsores, burns, urethral deformities
  - c) weak urine stream, persistent urinary tract bleeding, urinary incontinence
  - d) infections, urinary incontinence, bedsores
82. **The primary treatment, regardless of the form of shock, is:**
- a) the use of broad- spectrum antibiotics
  - b) appropriate fluid therapy aimed at restoring intravascular volume and normal tissue perfusion
  - c) endotracheal intubation
  - d) determination of electrolyte, glucose, urea, and creatinine levels in the blood

83. **A patient who has undergone surgery under epidural or spinal anaesthesia should be placed in the following position:**
- flat supine position or on the side with the head elevated 30°
  - semi-upright on their back
  - on your stomach with your head to the side
  - on their back with their head raised at a 60° angle
84. **A patient after gastrointestinal surgery with a gastrostomy. The first meal should be administered as follows:**
- in the presence of a doctor, administer approx. 50 ml of boiled water, increase subsequent portions while observing whether any contents are flowing out near the fistula and whether the patient feels any distension in the stomach
  - give approx. 150 ml of boiled and cooled water, the next portion after 30 minutes, observing whether the contents are flowing out near the fistula and whether the patient feels bloated
  - in the presence of a doctor, give approx. 50 ml of gruel, increase subsequent portions while observing whether any contents are leaking from the fistula and whether the patient feels any distension in the stomach
  - in the presence of a physician, administer approximately 250 ml of boiled water, observing whether any contents flow out near the fistula and whether the patient feels any distension in the stomach
85. **On the second day after surgery, the patient has a feeding tube inserted to relieve the digestive tract of retained contents. To prevent pulmonary complications, the following measures should be taken:**
- place the patient in a semi-upright position, perform breathing exercises
  - place the patient in a flat position, use a narrow-bore tube
  - teach the patient a breathing technique that involves shallow breathing
  - flush the tube after each portion of food given to the patient
86. **Which stage of pressure ulcer progression according to the Torrance classification is described below? "Ulceration – full-thickness skin loss reaching the border of the subcutaneous tissue. The edges of the wound are well defined, surrounded by edema and erythema) The bottom of the wound is filled with red granulation tissue or yellow masses of decaying tissue.":**
- grade 2
  - grade 3
  - grade 5
  - grade 7

87. **Greenstick fractures are characteristic of:**
- a) women
  - b) men
  - c) children
  - d) elderly people
88. **Symptoms suggesting complications after applying an immobilizing dressing to a limb include all of the following, EXCEPT:**
- a) finger movement disorders
  - b) sensory disturbances in the periphery of the limb
  - c) cyanosis of the skin of the foot or hand
  - d) absence of pain in the limb
89. **Tension pneumothorax occurs as a result of:**
- a) a certain amount of air entering the pleural cavity without the possibility of this air freely passing into the atmosphere and back
  - b) one-way air entry into the pleura
  - c) air entering the subcutaneous tissue
  - d) constant communication between the pleural cavity and the atmosphere, which allows air to flow freely into and out of the pleural cavity
90. **In the care of elderly patients, the prevention of complications in the perioperative period is very important. All of the following are recommended, EXCEPT:**
- a) early mobilization
  - b) avoiding the risk of mental disorders
  - c) shorter skin suture retention
  - d) constant presence of a nurse with the patient
91. **Which of the following statements is true?**
- a) alkali burns reach much deeper into the tissue than acid burns
  - b) acid burns reach much deeper into the tissue than alkali burns
  - c) the depth of damage does not depend on the factor causing the burn
  - d) alkali burns lead to protein coagulation

92. **The goal of preoperative respiratory rehabilitation is to teach:**
- a) diaphragmatic breathing and coughing
  - b) breathing quickly and shallowly without causing pain
  - c) taking deep breaths using the diaphragm and avoiding coughing
  - d) breathing using the diaphragm, the correct inhalation technique, effective coughing, non-pharmacological methods of pain relief and protection of the surgical site
93. **Deep vein thrombosis occurs as a result of:**
- 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) breathing disorders (tachypnea) and/or circulatory disorders (tachycardia)
  - d) all of the above
95. **The best time to change urostomy bags is:**
- a) in the afternoon, after a meal and a short rest
  - b) in the evening, before going to bed
  - c) in the morning, before drinking fluids, when the fistula is less active
  - d) in the morning, after eating a meal and taking a short walk
96. **The pressure caused by the cast may result in:**
- a) muscle atrophy, bone decalcification, bedsores
  - b) limb ischemia, bone atrophy, bone decalcification
  - c) impaired blood supply to the limb, edema, nerve paralysis
  - d) deep vein thrombosis, fibrosis of the joint capsules, and edema

97. **Post-traumatic cerebrospinal fluid leakage from the nasal passages, ears, or down the back of the throat is a symptom indicating:**
- a) depression of the skull bone
  - b) fracture of the skull base with damage to the dura mater
  - c) subarachnoid haemorrhage with intracerebral hematoma
  - d) intraventricular haemorrhage
98. **Moist dressings are used in the treatment of burns, which:**
- a) facilitate the absorption of the applied medication, reduce pain
  - b) reduce the possibility of repeated skin damage when changing the dressing
  - c) do not inhibit the process of epidermal regeneration
  - d) all of the above
99. **The greatest blood loss in the case of bone fractures is to be expected in fractures of:**
- a) several vertebrae and ribs
  - b) the femur
  - c) both forearm bones
  - d) pelvis
100. **Contraindications for chest percussion include:**
- a) traumatic brain injury
  - b) thyroidectomy
  - 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" appearance (peau d'orange)
  - d) answers b and c are correct
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 pleural (chest) drainage should be placed in the following position:**

- a) flat on their back
- b) with the head raised by about 30°, on the healthy side
- c) semi-sitting position with the set placed approximately 1 m below chest level
- d) sitting position with the set placed approximately 30 cm below chest level

104. **The presence of tarry stools in a patient indicates:**

- a) anal fissure
- b) colon polyposis
- c) bleeding from the upper gastrointestinal tract
- d) haemorrhoids

105. **When applying a hydrocolloid dressing to a wound, it is essential to leave a margin beyond the edge of the wound of:**

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

106. **The role of the nurse in preventing thrombophlebitis of the lower limbs in patients after surgery is to:**

- a) mobilizing the patient early
- b) immobilization of the patient in bed
- c) performing all hygiene procedures on the patient
- d) positioning the limb on a splint

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

- a) segmentectomy
- b) lobectomy
- c) pneumonectomy

d) bilobectomy

108. **Temporary loss of consciousness is:**

- a) syncope (fainting)
- b) unconsciousness
- c) coma
- d) lack of proper response

109. **The patient has a plaster cast on their lower limb) A symptom indicating pressure on the peroneal nerve will NOT be:**

- a) numbness and tingling in the toes
- b) inability to bend and straighten the toes
- c) discoloration of the limb (pale limb)
- d) foot drop

110. **Alginate dressings are NOT recommended for use on wounds:**

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

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

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

112. **Palpable tissue crepitus is a late symptom of:**

- a) tetanus
- b) advanced gas gangrene
- c) limb phlegmon
- d) subcutaneous infection

113. **A constructive attitude in adapting to old age is characterized by:**
- a) passivity, low ambition, a tendency toward excessive optimism
  - b) excessive social and family activity, excessive control of emotions, self-sufficiency
  - c) aggression, suspicion, a tendency to blame others, quarrelsomeness
  - d) independence, activity, tolerance, extensive interests, and social life
114. **In the education of patients with OSA (obstructive sleep apnoea) in order to control or alleviate symptoms, a change in lifestyle is recommended through:**
- a) weight loss (for obese or overweight individuals),
  - b) avoiding sleeping on your back
  - c) avoiding alcohol and sedatives at night
  - d) all of the above
115. **Which factors predispose to the development of bedsores?**
- a) thin skin in elderly people
  - b) gender: women are twice as likely to develop bedsores
  - c) apathy and lack of movement
  - d) each of these factors predisposes to the development of bedsores
116. **Social assistance is:**
- a) a state social policy institution
  - b) a care and health institution of state policy
  - c) a task of the municipality
  - d) a task commissioned by the provincial governor
117. **Guaranteed benefits provided at home by long-term home nursing care include:**
- a) nursing services, preparing the beneficiary and their family for self-care and self-nursing, including developing skills in coping with disability
  - b) health education for the beneficiary and their family members
  - c) assistance in obtaining medical and rehabilitation equipment necessary for proper care and rehabilitation
  - d) all of the above

118. **The conditions for the effective organization of care for the elderly are:**
- a) shaping the right attitudes in society towards old age
  - b) shaping the right attitudes among older people towards old age as such and their own old age
  - c) eliminating the phenomenon of ageism from the environment of older people
  - d) all of the above
119. **The decision to refer a person to a social welfare home is made by:**
- a) the county administrator
  - b) the County Family Assistance Centre
  - c) the municipal authority
  - d) the crisis intervention centre
120. **Caring for a person with Alzheimer's disease at home should consist of:**
- a) assisting the patient in everyday activities due to their inability to care for themselves
  - b) limiting physical activity and pharmacological sedation due to the risk of physical injury
  - c) involving the patient in family life and exercising remaining skills
  - d) constant supervision and discreet restriction of the patient's independence in order to ensure their maximum safety
121. **The patient's eligibility for long-term nursing care is determined using the following scale:**
- a) Glasgow
  - b) Douglas
  - c) Waterlow
  - d) Barthel
122. **Geriatrics is:**
- a) the science of aging
  - b) the study of internal medicine
  - c) the study of diseases of old age
  - d) answers a and c are correct
123. **Aging is:**
- a) an imbalance between intracellular damage and the body's ability to repair itself

- b) an increase in the ability to self-repair
  - c) self-harm
  - d) immune system disorder
124. **The characteristic features of the aging digestive system are:**
- a) diarrhoea and weight loss
  - b) increased appetite
  - c) slowed intestinal peristalsis and tendency to constipation
  - d) increased activity of digestive enzymes and tendency to constipation
125. **The term "geriatric patient" is most often understood to mean:**
- a) a complex patient with multiple coexisting diseases and interactions between them
  - b) a complex and infirm patient who always requires the care of another person
  - c) a nursing home patient
  - d) a complex patient up to 65 years of age
126. **A comprehensive geriatric assessment is:**
- a) geriatric patient examination
  - b) frailty assessment scale
  - c) interdisciplinary and integrated diagnostic process used to identify health and functional problems in seniors
  - d) a multidimensional, interdisciplinary process used to assess the need for rehabilitation
127. **Objectives of Comprehensive Geriatric Assessment:**
- a) assessment of fitness
  - b) assessment of mental status
  - c) assessment of fitness and planned physical therapy
  - d) planning of therapy, planning of rehabilitation, planning of long-term care
128. **The specificity of illness in old age consists in:**
- a) the occurrence of certain diseases only after the age of 65
  - b) a different, often uncertain prognosis, the appearance of "disease masks"
  - c) taking more medications due to the presence of multiple diseases

d) answers a and b are correct

129. **What are the possible symptoms of pneumonia in the elderly:**

- a) cough, no fever
- b) confusion, weakness, no auscultatory changes
- c) sweating, drowsiness, lack of appetite
- d) answers a and b are correct

130. **Polypharmacy is:**

- a) excessive and unnecessary use of medications
- b) excessive intake of dietary supplements
- c) use of drugs from different groups, including dietary supplements
- d) the use of multiple medications due to multiple medical conditions

131. **Select the correct answer describing falls in older people in the system:**

- a) mutual cause-and-effect development of neurovegetative disorders
- b) difficulties in moving around – with mental disorders
- c) sudden irreversible change of position resulting in loss of balance
- d) sudden unintentional change of position accompanied by loss of balance

132. **Aging:**

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

133. **The following factors contribute in particular to falls among the elderly:**

- a) nutritional disorders or malnutrition
- b) respiratory diseases
- c) use of antihypertensive drugs and neurological disorders
- d) answers a and b are correct

134. **Active verticalization is:**
- a) the patient moving around with the aid of crutches
  - b) performing active exercises
  - c) moving independently
  - d) gradual transition of the patient from lying to standing
135. **The use of a scale for assessing the risk of developing pressure ulcers allows for:**
- a) identify a group of patients at particular risk of developing pressure ulcers
  - b) determine the duration of immobilization of patients after injuries
  - c) determining the degree of muscle tension in unconscious patients
  - d) none of the above
136. **Breathing exercises are recommended for:**
- a) patients with a single rib or sternum fracture
  - b) patients with limited mobility or who are immobilized
  - c) patients with respiratory diseases
  - d) all of the above
137. **Errors in pressure ulcer prevention include the use of:**
- a) alternating pressure mattresses
  - b) physiotherapy
  - c) stabilizing the patient's position with supports
  - d) long breaks between changing the patient's position
138. **Passive exercises:**
- a) these are exercises performed by a therapist or with the aid of equipment
  - b) These are exercises performed by the patient under the guidance of a therapist
  - c) These are breathing, movement coordination, and relaxation exercises
  - d) answers a and b are correct
139. **Contraindications for passive and active exercises include:**
- a) acute inflammation of the joints or surrounding tissues

- b) spastic contractures
- c) severe general condition of the patient
- d) answers a and c are correct

140. **What do 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 aim of breathing exercises is to improve respiratory function by:**

- a) stimulating effective coughing
- b) increasing chest and diaphragm mobility
- c) increase respiratory muscle strength
- d) all of the above

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

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

143. **The attitude of hostility towards older people manifested by society, excluding them from social life, is known as:**

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

144. **The attitude of older people towards the aging process, characterized by a positive attitude towards the passage of time and the ability to organize activities during 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 aims to:**
- a) physical examination of the patient by specialist doctors
  - b) psychological examination of the patient
  - c) determination of functional capacity and identification of the health, psychological, and social needs of elderly patients
  - d) identifying the patient's needs and planning nursing care
146. **A common medical problem in elderly patients is:**
- a) anaemia
  - b) fracture of the femoral neck
  - c) depression
  - d) answers a, b and c are correct
147. **In elderly patients, in a comprehensive geriatric assessment:**
- a) we use the GDS scale
  - b) we use the MMSE scale
  - c) we do not use any scales
  - d) answers a and b are correct
148. **Geriatrics differs from other medical specialties in that:**
- a) unclear etiology of all existing diseases
  - b) multimorbidity and polypharmacy
  - c) its interdisciplinary nature, also covering the field of gerontology, psychology, and sociology of old age, as well as population pedagogy
  - d) none of the above
149. **According to the UN, old age begins at:**
- a) 65 years of age
  - b) 60

- c) 70
- d) 75

150. **Gait training ends with:**

- a) walking with railings
- b) walking with canes
- c) walking long distances
- d) overcoming natural terrain obstacles

151. **The aging process is influenced by:**

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

152. **Identify the false statement regarding the characteristics of sleep in elderly people:**

- a) the length of night-time sleep decreases
- b) the need for naps during the day decreases
- c) the length of deep sleep (N3) decreases
- d) sleep disorders in people over 65 affect about one-third of this population

153. **Select the possible causes of heart failure:**

- a) coronary artery disease (most common)
- b) systolic hypertension and cardiac hypertrophy
- c) valvular defects and pericardial diseases, cardiomyopathies
- d) all of the above

154. **The NYHA classification is used to assess the severity of:**

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

155. **Edema of the lower limbs can be observed:**
- a) in heart failure
  - b) chronic venous or lymphatic insufficiency
  - c) nephrotic syndrome associated with decreased serum protein levels
  - d) all of the above
156. **Diabetes can be diagnosed when:**
- a) fasting blood glucose  $\geq 126$  mg/dL on two separate measurements
  - b) a random blood glucose measurement is above 200 mg/dL and is accompanied by clinical symptoms of hyperglycaemia
  - c) when, in a 75 g glucose tolerance test, blood glucose after 2 hours is above 200 mg/dL
  - d) all of the above
157. **In elderly patients with diabetes and numerous vascular complications, select the correct answer:**
- a) the criteria for diabetes control are less stringent than in younger patients
  - b) we avoid hypoglycaemia above all
  - c) we simplify pharmacological treatment regimens, including insulin therapy
  - d) all of the above
158. **The following is not a typical change associated with the aging process in the kidneys:**
- a) progressive glomerulosclerosis
  - b) progressive renal parenchymal fibrosis
  - c) gradual increase in blood flow through the renal cortex
  - d) loss of normal ability to concentrate urine
159. **Adaptation to the disease is determined by:**
- a) tumour location
  - b) stage of the disease
  - c) defense mechanisms
  - d) patient's gender
160. **Clinical forms of anxiety disorders include all of the following EXCEPT:**
- a) phobia

- b) compulsion
- c) panic
- d) generalized form

161. **The ineffectiveness of antidepressant treatment results from:**

- a) inappropriate medication for the clinical picture
- b) the lack of many effective drugs on the market
- c) reduced treatment effectiveness due to poor diet
- d) an unhealthy lifestyle

162. **Memory impairment manifests itself as:**

- a) disorientation in time
- b) disorientation in place
- c) disorientation in social hierarchy
- d) disorientation regarding one's own identity

163. **What parameters are needed to calculate current energy requirements?**

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

164. **The most common deficiencies in the elderly are:**

- a) vitamin A, protein, magnesium
- b) vitamin B-12, calcium, vitamin D-3
- c) protein, iron, folic acid
- d) zinc, omega-3 fatty acids, vitamin B-2

165. **Which heat treatment method is recommended for preparing meals for the elderly:**

- a) cooking
- b) stewing
- c) baking in a sleeve

d) all of the above

166. **What ingredients are used in immunostimulatory diets?**

- a) protein hydrolysates
- b) fish oil, glutamine, arginine
- c) olive 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) the temperature of the diet being too high
- d) all of the above

168. **According to forecasts by the Central Statistical Office, in 2030 a total of 53.3% of single-person households will be run by people aged:**

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

169. **Long-term care is intended for people who:**

- a) are over 80 years of age and require constant assistance from others
- b) score  $\leq 40$  points on the Barthel Index of self-care ability
- c) exceed 40 points on the Barthel Index of self-care ability
- d) do not exceed 60 points on the Barthel Index of self-care ability

170. **Subsidies for the supply of rehabilitation equipment, orthopaedic items, and assistive devices are financed by the following funds:**

- a) State Fund for Rehabilitation of Disabled Persons
- b) Municipal and Communal Social Welfare Centres
- c) the Polish Red Cross
- d) Government social assistance programs aimed at protecting the standard of living of persons with disabilities

171. **Dysarthria is a set of speech disorders associated with damage to the centres and nerve pathways innervating which system?**
- a) respiratory-phonatory-articulatory system
  - b) respiratory-articulatory system
  - c) articulation and phonation system
  - d) respiratory-phonatory system
172. **Swallowing disorders in neurological patients are called:**
- a) dysarthria
  - b) dysphagia
  - c) dysmetria
  - d) dysgraphia
173. **What should be the procedure for a patient with neglect syndrome?**
- a) initiate all activities according to the principle of "the neglected side has priority"
  - b) position the bed so that the patient can be accessed from both sides, but limit the amount of stimuli and activities on the neglected side until the deficit resolves
  - c) make the family aware of the nature of the deficit and suggest 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) position the bed with the neglected side against the wall and explain the nature of the deficit to the patient
174. **Anti-bedsores therapy for patients particularly prone to bedsores should typically include:**
- a) an alternating pressure mattress, limbs positioned to ensure an intermediate position in the joints, and frequent position changes (every 1-3 hours)
  - b) lying on your back to relieve pressure on the heels, with a special bandage ring or inflatable ring placed under each heel separately
  - c) in the supine position, feet resting against the lower wall of the bed to prevent foot drop
  - d) frequent changes of patient position + laser therapy
175. **Despite the absence of paresis, a "neurological patient" is unable to use cutlery, scissors, or a key during activities appropriate for these tools. This is:**
- a) apraxia
  - b) anosognosia
  - c) anomia
  - d) amnesia

176. **The consequences of prolonged immobilization are:**
- a) pneumonia, depression, paralysis
  - b) contractures and muscle atrophy, bedsores, respiratory failure
  - c) urinary tract infections, bedsores, sensory disturbances
  - d) bedsores, urinary incontinence, aspiration pneumonia, motor aphasia
177. **The triad of symptoms characteristic of Parkinson's disease are:**
- a) bradykinesia, spasticity, dementia
  - b) muscle weakness or increased muscle tone, propulsion or retropulsion, depression, dysphagia
  - c) lead pipe or cogwheel rigidity, balance disorders
  - d) bradykinesia, lead pipe or cogwheel rigidity, resting tremor
178. **Hemiplegic neglect syndrome is:**
- a) impaired functioning on the affected side
  - b) ignoring near and far space on the affected side
  - c) neglect of hygiene activities
  - d) difficulties in reproducing a simple drawing
179. **The patient's self-care abilities can be assessed on the basis of:**
- a) Mini Mental State Examination (MMSE)
  - b) Barthel Scale
  - c) Lovett Test
  - d) Boterell Scale
180. **Posture and gait in advanced Parkinson's disease are as follows:**
- a) stooped posture, lower limbs bent at the knees, small steps with the soles of the feet rubbing against the floor, sometimes difficulty taking the first step
  - b) stiff, upright posture with head tilted back, scythe gait
  - c) stiff, upright posture, head bent forward, walking with small steps
  - d) stooped posture, lower limbs bent at the knees, scythe gait

181. **The symptoms of multiple sclerosis that make up the so-called Charcot triad are:**
- a) paralysis of the motor nerves of the eyeballs, intention tremor, absence of abdominal reflexes
  - b) nystagmus, intention tremor, scanning speech
  - c) retrobulbar optic neuritis, intention tremor, sphincter dysfunction
  - d) chanting speech, spastic paresis of the lower limbs, persistent paraesthesia in the limbs and trunk
182. **When caring for a patient in the early stages after an ischemic stroke, attention should be paid to:**
- a) rehabilitation of speech disorders
  - b) conducting physical therapy, in particular learning to walk
  - c) ensuring peace and quiet for the patient during the first 4-6 weeks
  - d) maintaining airway patency, preventing contractures and bedsores
183. **Parkinson's disease is characterized by tremors:**
- a) intentional
  - b) resting
  - c) physiological
  - d) postural
184. **Dysphagia is a disorder affecting:**
- a) writing
  - b) swallowing
  - c) speech
  - d) reading
185. **Hemiplegia is paralysis:**
- a) one half of the body
  - b) lower limbs
  - c) one limb
  - d) all four limbs
186. **The scale characteristic for functional assessment in multiple sclerosis is:**
- a) Barthel

- b) Lovett
- c) EDSS
- d) FIM

187. **A characteristic symptom of meningitis is:**

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

188. **Risk factors for stroke include:**

- a) hypertension
- b) diabetes
- c) age
- d) all of the above

189. **An exploding headache accompanied by nausea and vomiting, hypersensitivity to light and sound, with neurological meningeal symptoms present on examination (neck stiffness, Kernig's sign) and sometimes loss of consciousness, primarily raises suspicion of:**

- a) subarachnoid haemorrhage (SAH)
- b) sinusitis
- c) tension headache
- d) migraine

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

- a) in the 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 the 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 haemorrhagic) within 24 hours of the onset of the first symptoms
- d) in the case of any stroke (ischemic or haemorrhagic) within 6 hours of the onset of the first symptoms

191. **The Lasègue test is a test that assesses the presence of abnormalities in:**
- a) the spine and nerve roots
  - b) the range of rotation in the hip joints
  - c) the range of calcium ion concentration in the blood
  - d) the area of the oculomotor nerves
192. **Quantitative disorders of consciousness include:**
- a) pathological sleepiness, stupor, coma
  - b) coma, delirium
  - c) decortication, decerebration, confusion
  - d) answers a and c are correct
193. **The term paralysis means:**
- a) the inability to perform movement
  - b) loss of deep sensation
  - c) loss of surface sensation
  - d) inability to move and loss of all types of sensation
194. **GCS – is a scale for assessing:**
- a) level of consciousness
  - b) speech disorders
  - c) level of sensory impairment
  - d) state of consciousness
195. **In patients with hemiparesis/hemiplegia, the following is NOT RECOMMENDED:**
- a) lying supine
  - b) lying on the affected side
  - c) lying on the healthy side
  - d) sitting
196. **Activities related to the physical activity of patients after ischemic stroke require:**
- a) rest treatment for a period of 6 weeks

- b) very early activation despite existing mobility limitations, changing position, proper positioning, passive exercises
  - c) rehabilitation, which begins approximately 2 weeks after the stroke
  - d) the use of passive exercises only
197. **The projections that conduct impulses from the circuit to the cell body (in the centripetal direction) are:**
- a) neurites
  - b) dendrites
  - c) unipolar cells
  - d) multipolar cells
198. **During an epileptic seizure, it is advisable to:**
- a) protect the tongue from being bitten
  - b) holding the patient within the long bones
  - c) immediately administering the medication that the patient has with them
  - d) none of the above
199. **The following plays a significant role in the prevention of epileptic seizures:**
- a) exempting the child from physical education classes
  - b) completely restricting the child's activity
  - c) taking anti-epileptic drugs regularly
  - d) increasing the child's activity
200. **A cholinergic crisis in a patient with myasthenia gravis is most often caused by:**
- a) discontinuation of cholinergic drugs
  - b) overdose of cholinergic drugs
  - c) excessive physical exertion
  - d) overheating
201. **The point of contact between a nerve cell and another neuron or effector cell is:**
- a) receptor
  - b) axon
  - c) synapse

d) dendrite

202. **What role does cerebrospinal fluid play?**

- a) it has a protective function, protecting the brain and spinal cord from mechanical injury
- b) it equalizes pressure in the subarachnoid space
- c) it plays no role
- d) it limits the exchange of metabolites in structures located inside the brain and spinal cord

203. **The central nervous system is composed of:**

- a) the cerebral hemispheres and telencephalon
- b) the cerebellum and pons
- c) the brain and the spinal cord
- d) the cerebral cortex and hippocampus

204. **The cerebellum is responsible for:**

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

205. **How many pairs of cranial nerves are there?**

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

206. **The cerebellar gait is characterized by:**

- a) a circumduction gait, where the patient swings the leg in a semicircle to avoid dragging the foot
- b) taking small steps and shuffling along the floor
- c) a wide-based gait, with the lower limbs spread wide apart, unsteady
- d) a cock-like gait caused by paralysis of the dorsal extensors of the foot and toes

207. **Speech disorders related to expression and motor skills are called:**
- a) motor aphasia, known as Broca's aphasia
  - b) sensory aphasia, known as Wernicke's aphasia
  - c) mixed aphasia
  - d) apraxia
208. **Assessment of the level of consciousness is based on which scale?**
- a) Barthel
  - b) Lovett
  - c) Glasgow
  - d) Norton
209. **Nerve VII – facial nerve affects the following functions:**
- a) facial sensation
  - b) swallowing
  - c) facial expressions
  - d) tongue protrusion
210. **How should a patient be prepared for a CT scan?**
- a) the patient may eat and drink
  - b) the patient should fast for 8 hours before the test and must not consume any liquids
  - c) the patient should fast for 6 hours before the examination and may consume liquids up to 3 hours before the examination
  - d) the patient should not eat or drink for 5 hours before the test
211. **Suspected meningitis is an indication for collection of:**
- a) bone marrow
  - b) urine
  - c) cerebrospinal fluid
  - d) nasal swab
212. **The most important indication for electroencephalography (EEG) is diagnosis of:**
- a) multiple sclerosis

- b) back pain
- c) epilepsy
- d) depression

213. **Ultrasound examination of the carotid and vertebral arteries allows for:**

- 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 using the Doppler method
- c) analysis of electrical potential
- d) none of the above

214. **The most common life-threatening cerebrovascular diseases include:**

- a) spinal pain syndrome
- b) amyotrophic lateral sclerosis
- c) Parkinson's disease
- d) ischemic and haemorrhagic stroke, subarachnoid haemorrhage

215. **The drug used in the treatment of acute ischemic stroke (thrombolytic therapy) is:**

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

216. **Rehabilitation after ischemic strokes should begin:**

- a) after one month
- b) after 2 weeks
- c) rehabilitation is not allowed
- d) from the first days of illness

217. **The most common cause of subarachnoid haemorrhage is:**

- a) increased intracranial pressure
- b) traffic accident
- c) epileptic seizures

d) aneurysm rupture

218. **Inflammatory demyelinating diseases of the central nervous system include:**

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

219. **The following scale is helpful in assessing the clinical condition of multiple sclerosis:**

- a) Kutzek's EDSS
- b) Scandinavian Stroke Scale
- c) Glasgow Coma Scale
- d) Activities of Daily Living (ADL) Scale

220. **A characteristic feature of the extrapyramidal system disease Parkinson's disease is:**

- a) decreased muscle tone, anuria, shuffling
- b) muscle rigidity, lead-pipe rigidity, masked facies, pill-rolling tremor, posture and gait disorders
- c) the need to "sway," freezing
- d) involuntary movements, increased abduction-adduction movement in the upper limbs

221. **Alzheimer's disease is characterized by disorders of higher cortical functions:**

- a) gait, urinary incontinence, constipation
- b) postural instability, muscle tremors
- c) dizziness, visual disturbances, dystonic movements
- d) memory, thinking, orientation, understanding, learning, counting, emotions, behaviour, motivation

222. **Myasthenic crisis is usually triggered by:**

- a) rapid progression of the disease
- b) limited independence in self-care activities
- c) impaired verbal communication
- d) unknown causes

223. **The routine test for suspected epilepsy is:**
- a) gastroscopy
  - b) EMG
  - c) EEG
  - d) echocardiogram
224. **Life-threatening complications during an epileptic seizure include:**
- a) lack of sleep and anxiety
  - b) pallor of the skin, muscle stiffness
  - c) disturbances of consciousness
  - d) prolonged seizure and status epilepticus involving a tonic-clonic seizure
225. **The disease listed among motor neuron diseases is:**
- a) spinal pain syndrome
  - b) brain tumour
  - c) increased intracranial pressure
  - d) ALS (amyotrophic lateral sclerosis)
226. **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
227. **How do you position a patient with increased intracranial pressure?**
- a) head below the level of the torso
  - b) head elevated approximately 30° above the level of the torso
  - c) head elevated approximately 45° above the level of the torso
  - d) patient lying flat
228. **The most important symptoms of epidural hematoma are:**
- a) progressive disturbances of consciousness

- b) long periods of lucidity
  - c) states of full consciousness
  - d) a consequence of a drop in arterial blood pressure
229. **PEG is:**
- a) drainage system
  - b) percutaneous endoscopic gastrostomy
  - c) lithotripsy
  - d) gastrectomy
230. **Swallowing disorders are:**
- a) gnosia
  - b) dysphagia
  - c) dysplasia
  - d) dysarthria
231. **The main goal of palliative care is:**
- a) to meet the spiritual and psychological needs of the patient
  - b) to alleviate physical discomfort
  - c) ensuring the best possible quality of life for patients and their families
  - d) accompanying the dying
232. **The pre-terminal period is the phase of the disease:**
- a) in which life-prolonging treatment has been discontinued, but in which the patient is in fairly good general condition
  - b) immediately preceding the agonal period
  - c) intensively progressive and causing irreversible deterioration of the general condition
  - d) usually lasting 4-6 weeks
233. **It is believed that lifestyle factors contribute to the development of approximately 70% of cancers. Among these factors, the most significant are:**
- a) diet
  - b) alcohol consumption

- c) smoking
  - d) fertility and sexual behaviour
234. **Elisabeth Kubler-Ross identifies the following stages in people's reactions to impending death:**
- a) denial, anger, pain, acceptance
  - b) anger, projection, identification, depression
  - c) denial, anger, bargaining, depression, acceptance
  - d) shock, grief, bargaining, acceptance
235. **The first step of the analgesic ladder includes:**
- a) nonsteroidal anti-inflammatory drugs and paracetamol
  - b) weak opioids
  - c) strong opioids
  - d) co-analgesics
236. **Superior vena cava syndrome is an indication for:**
- a) immediate decompression surgery
  - b) chemotherapy
  - c) radiotherapy
  - d) administration of bronchodilators
237. **Among malignant tumours, the highest incidence and mortality rates in men are caused by cancer of the:**
- a) stomach
  - b) colon
  - c) lungs
  - d) prostate
238. **The main cause(s) of lymphedema is/are:**
- a) cancer
  - b) phlebitis
  - c) circulatory disorders
  - d) congestion

239. **When a patient is dying, the family should be encouraged to:**
- a) talk to the patient, because hearing is the longest-lasting sense
  - b) standing within the patient's field of vision, as sight is the longest-lasting sense
  - c) touching the patient, as touch is the longest-lasting sense
  - d) leaving the room, because the patient needs peace and quiet
240. **Ways to stop hiccups include:**
- a) using medications that reduce stomach bloating
  - b) irritating the back of the throat with a tube
  - c) holding your breath
  - d) all of the above
241. **Knowledge and application of which principles is essential in palliative care?**
- a) acceptance of the inevitability of death
  - b) improving quality of life
  - c) holistic, team-based care for the patient and their family during the illness and bereavement period
  - d) all of the above
242. **In which hospice did the modern hospice movement begin?**
- a) St. Christopher's in London
  - b) St. Lazarus in Krakow
  - c) St. Joseph's in London
  - d) Pallotinum in Gdańsk
243. **The main factors responsible for the development of malignant tumours in the human population are:**
- a) lifestyle-related
  - b) genetic factors
  - c) infectious factors
  - d) environmental pollution
244. **Which of the following scales is used to assess the intensity of pain:**
- a) (VAS) Visual Analogue Scale

- b) Norton scale
  - c) Glasgow scale
  - d) MST scale
245. **Comprehensive physiotherapy (CPT) for lymphoedema consists of several elements. Which of the following can be included?**
- a) lymphatic and pneumatic drainage
  - b) bandaging the limb with compression bandaging
  - c) elevation of the limb
  - d) all of the above
246. **The basic ethical principles of palliative care are:**
- a) respect for independence of opinion
  - b) respect for the principle of justice
  - c) adherence to the principles of doing good
  - d) all of the above
247. **Present the WHO three-step analgesic ladder:**
- a) I - strong opioids, II - weak opioids, III - simple analgesics
  - b) I - simple analgesics, II - weak opioids, III - strong opioids
  - c) I - paracetamol, II - morphine, III - codeine
  - d) I - drugs administered every 12 hours, II - painkillers administered every 8 hours, III - drugs administered every 8 hours
248. **The interdisciplinary team working with the patient's family in palliative care includes:**
- a) a nurse and a doctor
  - b) a nurse, doctor, psychologist, physiotherapist, chaplain, volunteers
  - c) chaplain, volunteers
  - d) psychologist and chaplain
249. **What are breakthrough pains?**
- a) occurring in cancer
  - b) basic pain in cancer

- c) acute, rapidly increasing, fairly quickly passing, paroxysmal pain, overlapping existing symptoms
  - d) pain which does not respond to pain medication
250. **When accompanying the patient during agony:**
- a) remain calm
  - b) administer painkillers until the end
  - c) answers a and b are correct
  - d) it does not matter to the patient
251. **A state in which the patient is conscious but mentally absent, uninterested in people and unresponsive to external stimuli, is referred to as:**
- a) psychological death
  - b) social death
  - c) metabolic death
  - d) biological death
252. **The indications for administering pain medication subcutaneously in a patient receiving palliative care for generalized cancer are:**
- a) difficult-to-control pain
  - b) difficult-to-control nausea and vomiting
  - c) severe shortness of breath
  - d) all of the above
253. **Acceptance of the inevitability of suffering is one of the principles of palliative care philosophy. This principle is based on the following:**
- a) we recognize that suffering occurs in life, but we should strive to eliminate it at all costs, even when the patient wants to suffer
  - b) we recognize that suffering is a natural part of life and may have meaning for the patient, although it should be alleviated whenever possible
  - c) we recognize that suffering, grief, and fear are human emotions and can play a positive role in life; moreover, we cannot always completely eliminate them
  - d) the philosophy of palliative care does not take into account the inevitability of suffering, as the goal of palliative care is to alleviate suffering

254. **According to Polish law, the term "euthanasia" is understood as:**
- a) killing a terminally ill person
  - b) the use of opioid drugs during agony
  - c) not performing resuscitation during agony
  - d) killing a person at their request and out of compassion
255. **Accepting the right time of death means:**
- a) not taking extraordinary measures in the preterminal period
  - b) refraining from administering painkillers
  - c) refraining from actions aimed at hastening death
  - d) refraining from caring for the patient during the agony
256. **The term adolescence means:**
- a) the period of maturation between childhood and adulthood
  - b) infancy
  - c) the neonatal period
  - d) preschool age
257. **In the event of sudden cardiac arrest in a child, you will begin resuscitation with:**
- a) 2 rescue breaths
  - b) 15 chest compressions
  - c) 30 chest compressions
  - d) 5 rescue breaths
258. **What disease is caused by gluten intolerance:**
- a) Pneumonia
  - b) Celiac disease
  - c) Crohn's disease
  - d) Pharyngitis
259. **Due to diarrhoea and vomiting, the infant is receiving parenteral hydration. In order to determine and correct electrolyte imbalances, the following concentrations should be measured:**
- a) glucose and acetone in urine

- b)  $\text{Na}^+$  and  $\text{K}^+$  in serum
- c) urea and creatinine
- d) total protein and albumin

260. **Frequent otitis media in infants is predisposed by:**

- a) absence of the tympanic membrane
- b) short and wide Eustachian tube
- c) wide external auditory canal
- d) wide tympanic cavity

261. **Antibiotic therapy should be accompanied by:**

- a) administration of probiotics
- b) administration of vitamin C
- c) potassium chloride supplementation
- d) increased carbohydrate intake

262. **What is not within the scope of parental authority:**

- a) childcare
- b) care of the child's property
- c) legal representation of the child
- d) use of corporal punishment

263. **The BCG vaccine, taking into account the form of the antigen, contains:**

- a) dead microorganisms
- b) dead fragments of microorganisms
- c) live microorganisms
- d) products of cellular metabolism

264. **Which parameter measured by a nurse is most important in assessing a child's development:**

- a) body weight
- b) body height
- c) weight-to-height ratio

d) child's well- being

265. **A girl was born from a normal pregnancy. The baby's identification tag in the delivery room:**

- a) it should be removed for bathing the baby
- b) may be removed at the mother's request
- c) cannot be removed
- d) may be removed during the baby's stay in the ward if the mother and baby are feeling well

266. **What laboratory tests indicate an ongoing acute inflammatory process:**

- a) low haemoglobin level
- b) high haematocrit
- c) increased platelet count
- d) high white blood cell count

267. **A 14-year-old girl with lateral curvature of the spine came in for an examination. This condition is called:**

- a) scoliosis
- b) lordosis
- c) kyphosis
- d) spondylolisthesis

268. **Symptomatic treatment of aplastic anaemia consists of:**

- a) radiotherapy
- b) increased vitamin intake
- c) administration of iron supplements
- d) blood transfusion

269. **Which organ is affected by Wilms' tumour:**

- a) the spleen
- b) the pancreas
- c) the kidneys
- d) the liver

270. **Blue discoloration of the skin in Down syndrome indicates:**
- a) a dermatological disease
  - b) a kidney disease
  - c) a congenital heart defect
  - d) a liver disease
271. **The illuminated Snellen chart should be placed at a distance of:**
- a) 3m from the child
  - b) 4m from the child
  - c) 5m from the child
  - d) 10m from the child
272. **Physiotherapy treatments for children with cystic fibrosis are performed in the following order:**
- a) percussion, nebulization, postural drainage
  - b) percussion, postural drainage, nebulization
  - c) nebulization, postural drainage, percussion
  - d) nebulization, percussion, postural drainage
273. **The basic principle of a paediatric nurse's work is:**
- a) knowledge of the technique of performing procedures
  - b) respect for the dignity and rights of the child
  - c) systematic professional development
  - d) all of the above
274. **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
275. **Physiological excessive weight loss in newborns can be limited by:**
- a) intravenous hydration

- b) introducing artificial feeding
  - c) avoiding overheating
  - d) maintaining fluid balance
276. **The child should be given Nebbud at a dose of 0.250 mg by inhalation. Nebbud 500 micrograms in 1 ml is available in the ward) The nurse will administer:**
- a) 1 ml
  - b) 0.5ml
  - c) 0.25ml
  - d) 2 ml
277. **Separation of pulmonary and systemic circulation occurs when there is a defect:**
- a) tetralogy of Fallot
  - b) transposition of the great arteries
  - c) coarctation of the aorta
  - d) patent ductus arteriosus
278. **A 13-year-old girl was admitted to hospital for diagnosis of acute abdominal pain. The nurse assigned her a bed in a 4-bed ward with children of various ages. The girl's fears may be caused by:**
- a) a change in her habits and daily activities
  - b) uncertainty about the staff and being in an unfamiliar environment
  - c) illness and lack of privacy
  - d) all of the above
279. **Determining bone age involves:**
- a) determining the length of the lower limbs on a centile chart
  - b) determining the length of the limbs based on a bone atlas
  - c) comparing an X-ray image, e.g., of the wrist, with a bone atlas
  - d) determining the length of the wrist bones on centile charts
280. **Lysozyme contained in cow's milk is:**
- a) a digestive enzyme
  - b) a fat in human milk

- c) a component that has a lytic effect on the bacterial envelope
- d) a component that facilitates iron absorption

281. **When breastfeeding, the baby should be fed:**

- a) every 3 hours
- b) every 3 hours with a night break
- c) every 3 hours along with extra fluids between feedings
- d) according to the baby's needs

282. **To prevent rickets in infants, we administer:**

- a) vitamin A
- b) cod liver oil
- c) vitamin D3
- d) antibiotic

283. **Cystic fibrosis is an autosomal recessive inherited disease, which means that:**

- a) if both parents are carriers of the defective gene, all children will be affected
- b) if both parents are carriers of the abnormal gene, some children will be healthy, but at least one will be affected
- c) if both parents are carriers of the abnormal gene, they may 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 affected

284. **What tests should be performed to confirm the diagnosis of vesicoureteral reflux:**

- a) voiding cystography
- b) ultrasound of the kidneys
- c) kidney puncture
- d) 24-hour urine collection for protein level

285. **Hirschsprung's disease is:**

- a) congenital lack of innervation of the large intestine
- b) acquired lack of innervation of the large intestine
- c) congenital atresia of the large intestine
- d) congenital atresia of the anus

286. **The number of baby teeth in children is:**
- a) 18
  - b) 20
  - c) 19
  - d) 25
287. **Haemophilia type A is caused by a deficiency of factor:**
- a) IX in the blood
  - b) VI and I in the blood
  - c) VIII in the blood
  - d) X in the blood
288. **Screening tests carried out to detect hypothyroidism consist of:**
- a) conducting a thorough interview with the child's mother
  - b) an anthropometric examination
  - c) determination of free thyroxine in blood serum
  - d) determination of thyrotropin concentration in a dried blood spot
289. **A healthy diet for children with diabetes should include products with:**
- a) a glycaemic index < 50%
  - b) with a glycaemic index > 50%
  - c) simple and complex carbohydrates
  - d) only simple carbohydrates
290. **Headaches, abdominal pain, behavioural changes, drowsiness, blurred vision, weakness, impaired communication, rapid heartbeat, and dilated pupils are which symptoms of hypoglycaemia in children:**
- a) mild
  - b) moderate
  - c) severe
  - d) unaware
291. **Rapid-acting insulin analogues may be administered to a child:**
- a) 0–15 minutes before a meal

- b) during a meal
- c) after a meal
- d) all of the above

292. **One carbohydrate exchange (CE) is:**

- a) 10g of digestible carbohydrates in 100 g of product
- b) the amount of a given product containing 10g of digestible carbohydrates
- c) use 10g of complex carbohydrates instead of 10g of simple carbohydrates
- d) 10g of simple carbohydrates instead of 10g of complex carbohydrates

293. **In a child with fasting blood glucose levels between 100 and 125 mg/dl:**

- a) diabetes is diagnosed
- b) impaired fasting glucose is diagnosed and an oral glucose tolerance test (OGTT) should be performed
- c) the result is normal
- d) prediabetes is diagnosed and no action is taken

294. **The following are NOT symptoms of hypoglycaemia:**

- a) psychomotor agitation
- b) muscle tremors
- c) acetone breath
- d) cold, clammy skin

295. **Symptoms of diabetes in children include:**

- a) weight loss, increased thirst (polydipsia), excessive urination (polyuria), weakness, purulent skin lesions or inflammation of the urinary tract, increased appetite (polyphagia), abnormal wound healing, visual disturbances
- b) weight loss, increased thirst (polydipsia), decreased appetite, oliguria, purulent skin lesions or inflammation of the urinary tract, abnormal wound healing, visual disturbances
- c) weight gain, increased thirst (polydipsia), polyuria, weakness, occurrence of purulent skin lesions or inflammation of the urinary tract, decreased appetite, visual disturbances
- d) weight loss, increased sweating, anuria, weakness, occurrence of purulent skin changes or inflammation of the urinary tract, increased appetite (polyphagia), abnormal wound healing, visual disturbances

296. **According to the recommendations of the Polish Diabetes Association, hypoglycaemia is diagnosed when blood glucose levels fall below:**
- a) below 60 mg/dl
  - b) below 90 mg/dl
  - c) below 80 mg/dl
  - d) below 70 mg/dl
297. **Normal fasting blood glucose levels are:**
- a) 70–100 mg/dL
  - b) 70–99 mg/dL
  - c) 60–99 mg/dL
  - d) 60–100 mg/dL
298. **Which of the following symptoms occur in diabetic ketoacidosis:**
- a) nausea, vomiting, abdominal pain
  - b) shortness of breath, acetone breath
  - c) extreme thirst, dry mucous membranes
  - d) all of the above
299. **Colour vision testing is performed on:**
- a) four-year-old children
  - b) six-year-old children
  - c) ten-year-old and twelve-year-old children
  - d) fourteen-year-old adolescents
300. **The examination of light reflection on the corneas (Hirschberg test) is used to detect:**
- a) strabismus
  - b) visual acuity
  - c) cataracts
  - d) conditions indicating drug use
301. **What is a centile channel?**
- a) the point of intersection between age and the measured characteristic

- b) the area between the centile lines
  - c) the place where the results of measurements of the measured trait are entered
  - d) the line marking the percentiles
302. **The role of the school nurse in the current student healthcare system is:**
- a) universal medical examinations
  - b) prevention and health education
  - c) conducting screening tests
  - d) specific prevention
303. **Which parameter measured by the nurse is most important in assessing a child's physical development?**
- a) body weight
  - b) body height
  - c) weight-to-height ratio
  - d) child's well-being
304. **Scoliosis is diagnosed when the following occurs:**
- a) curvature of the spine in the sagittal plane
  - b) lateral curvature of the spine
  - c) excessive lumbar curvature
  - d) excessive backward curvature of the spine
305. **During class, the child becomes "absent," but does not lose consciousness, does not answer questions, and does not follow instructions. This behaviour may be caused by:**
- a) seizures
  - b) heart rhythm disorders
  - c) migraine
  - d) hypoglycaemia
306. **In the centile grid, the range between the 25th and 75th centiles is:**
- a) narrow normal range
  - b) the wide normal range
  - c) the borderline normal range

- d) the centile norm
307. **A child with a positive test result, suspected knee valgus, and the following findings should be referred to a doctor:**
- a) distance between the knees greater than 1 cm
  - b) distance between the knees greater than 5 cm
  - c) medial deviation of the lower leg axis and heel greater than 1 cm
  - d) distance between the medial malleoli of the lower limbs greater than 5 cm
308. **According to the WHO definition, a screening test is:**
- a) preliminary identification of unrecognized disease or defects in apparently healthy individuals
  - b) rapid diagnostic method for phenylketonuria
  - c) a rapid diagnostic method for hypothyroidism
  - d) therapeutic action in relation to persons with a confirmed diagnosis of disorders
309. **Effective forms of cooperation between nurses and families include:**
- a) activation, motivation, education
  - b) counselling, education, providing support to the family or individual family members
  - c) advising, educating, providing support to the family or individual family members
  - d) educating, sustaining, supporting the family
310. **The educational activities of a family nurse towards a patient with an early pacemaker should concern:**
- a) preparation for independent heart rate measurement
  - b) providing guidance on physical activity for the patient
  - c) preparing for the use of everyday equipment
  - d) all of the above
311. **In order to provide effective assistance, a family nurse, as a family health advisor, should:**
- a) have qualities that enable her to function efficiently and healthily and have good relationships with people
  - b) be open to personal development
  - c) be ready to act in new social movements and even to initiate such movements
  - d) all of the above

312. **The nursing process is:**
- a) individualized nursing care consisting of collecting data about the patient and their family, establishing a plan, implementing it, and evaluating the results of care
  - b) the nurse's working method
  - c) organized action cycle
  - d) all of the above
313. **What actions can a family nurse take independently at the patient's home until the doctor arrives if the patient has pulmonary edema?**
- a) give the patient something to drink
  - b) place the patient in a sitting position with their legs down
  - c) inserting a cannula into a peripheral vein and connecting a 0.9% NaCl drip
  - d) place the patient in the Trendelenburg position
314. **The number of patients under the care of a primary care nurse should not exceed:**
- a) 1,200 people
  - b) 2,000 people
  - c) 2,750 people
  - d) 3,200 people
315. **The following people can benefit from the cardiovascular disease prevention program implemented in primary care:**
- 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 aged 35, 40, 45, 50, and 55
316. **In pursuing the overarching goal of health promotion, family nurses undertake activities related to:**
- a) shaping people's lifestyles and conditions conducive to creating, improving, and protecting health
  - b) promoting protective vaccinations in line with the latest trends
  - c) caring for pathological environments
  - d) conducting educational activities based on non-governmental organizations

317. **What advice would you give to the family to improve the well-being of a patient with pneumonia?**
- a) frequent ventilation of rooms
  - b) frequent changes in body position
  - c) keeping the patient in an elevated position along with percussion of the chest
  - d) change of diet
318. **Assessing the local community allows the nurse to determine:**
- a) what opportunities for cooperation exist and with whom the nurse can cooperate in a specific community
  - b) who in the community can be involved in care and what tasks they can perform
  - c) how to use and activate the potential of the local social environment in which the person lives
  - d) all of the above
319. **An important condition for the effectiveness of a family nurse's activities is full knowledge of the family as:**
- a) a social group
  - b) an institution
  - c) a system of mutual support and assistance
  - d) all of the above
320. **The primary goal pursued by members of the educational team in relation to patients with diabetes is:**
- a) the patient as the executor of medical orders
  - b) to ensure that the environment does not notice changes in behaviour
  - c) prevention of various complications of diabetes
  - d) improvement of the patient's quality of life
321. **Independent nursing means:**
- a) carrying out medical orders without a doctor's supervision
  - b) the nurse independently collecting medical history and planning care
  - c) the nurse deciding on the patient's diet and lifestyle
  - d) leaving decisions about patient care to the nurse

322. **Covering the costs of healthcare services for people who have no means of support and are not covered by health insurance is the responsibility of, in particular:**
- a) the county labour office
  - b) the provincial government
  - c) county or municipal government
  - d) family assistance centre
323. **The following are not covered by health insurance:**
- a) palliative and hospice care
  - b) occupational health services
  - c) medical rehabilitation
  - d) supply of medicines and medical materials
324. **Funding for primary healthcare services is based on:**
- a) the global budget
  - b) fee for services rendered
  - c) fee per person per day
  - d) capitation fee
325. **The quality of primary healthcare services is guaranteed by, among other things:**
- a) the right to practice by persons performing medical professions
  - b) appropriate qualifications of employees
  - c) increase in specialist consultations
  - d) high morbidity and mortality rates
326. **Community/family nursing is a branch of primary health care that provides care for:**
- a) families, individual family members, and single persons in their living and residential environment
  - b) healthy and/or sick persons in their registered place of residence
  - c) individuals, families and their members in their living and working environments
  - d) individuals with health problems and inpatient treatment institutions

327. **The author of the theory in which a nurse assesses the extent and type of care deficit and then prepares the patient for self-care is:**
- a) V. Henderson
  - b) C) Roy
  - c) F. Nightingale
  - d) D) Orem
328. **In the modern approach to nursing, nurses are expected to:**
- a) devote themselves to other people
  - b) high level of knowledge, experience, and continuous improvement of qualifications
  - c) impeccable attitude and understanding of the problems of sick people
  - d) social activity for the benefit of the professional environment
329. **Sources of healthcare funding include:**
- a) state budget
  - b) local government budget
  - c) donations and other income
  - d) all of the above
330. **Marketing of nursing services includes, among others:**
- a) a system of measures to increase competitiveness
  - b) planning organizational changes
  - c) planning of assessment systems
  - d) planning of benefits
331. **How can the family participate in alleviating the patient's pain?**
- a) through supportive activities (relaxation, touch)
  - b) administering medication, changing the patient's position
  - c) through distraction, conversation
  - d) all of the above
332. **The illness of a family member entails:**
- a) impoverishment of the family

- b) a change in the family's social situation
  - c) impoverishment of the family's functioning and changes in the roles of its members
  - d) social restrictions for individual family members
333. **Empathy is defined as:**
- a) the ability to understand other people's emotional states
  - b) the ability to feel other people's emotions
  - c) the ability to intuitively predict other people's behaviour
  - d) the ability to trigger emotions in other people
334. **According to the physiological concept, stress is defined as:**
- 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 assessed as threatening
  - d) a situation that forces the body to react immediately
335. **Symptoms of chronic exhaustion due to stress may include:**
- a) increased concentration
  - b) reduced anxiety
  - c) insomnia
  - d) loss of appetite
336. **When planning promotional and preventive activities in the family, the family nurse must analyse:**
- a) conditions, situations, and behaviours that indicate risks and lead to adverse health changes, as well as those that affect the family's implementation of health-promoting or disease-risk-reducing activities
  - b) conditions, situations, and behaviours that indicate risks and lead to adverse health changes, and that affect the family's implementation of measures to reduce the risk of disease
  - c) conditions, situations, and behaviours that indicate risks and affect the family's implementation of health-promoting measures
  - d) none of the above
337. **When preparing and administering medication:**
- a) wash and disinfect your hands
  - b) follow the "five Rs" rule (right medication, right dose, right time, right form of medication, right patient)

- c) check the doctor's order  
d) all of the above
338. **Factors affecting laboratory test results:**
- a) the influence of circadian rhythm and the menstrual cycle in women and pregnancy  
b) medications taken, diet, surgery, intravenous infusions, and transfusions  
c) physical exertion and body position  
d) all of the above
339. **Factors affecting blood culture results:**
- a) method and time of collection  
b) volume of blood collected  
c) amount and composition of the culture medium, as well as the time and method of culture  
d) all of the above
340. **When collecting urine for culture, the nurse must remember to:**
- a) washing the perineum and collecting the urine sample from the middle of the stream  
b) collecting at least 10 ml of urine in a sterile container.  
c) immediately after collection, send the urine to the laboratory or store it in the ward at a temperature of 30-37°C for up to 2 hours  
d) all of the above
341. **When instructing the patient on how to collect urine for culture, the nurse should inform them that:**
- a) urine should be collected in the morning, after a night's rest, from the first portion of the middle stream  
b) before collecting urine, wash thoroughly and do not open the sterile container until you have passed urine for testing  
c) women should not provide urine for testing during menstrual bleeding - alternatively, urine can be collected via a catheter  
d) all of the above
342. **Stages of the Nursing Process:**
- a) assessment, diagnosis, planning, implementation, evaluation  
b) assessment, case description, diagnosis, evaluation

- c) diagnosis, implementation of nursing actions
  - d) the nursing process is a description of nursing actions
343. **Nursing diagnosis is based on:**
- a) observation and interview,
  - b) document analysis
  - c) measurement of parameters
  - d) all of the above
344. **Before gastroscopy, the patient should not eat or drink anything for at least:**
- a) 2 hours
  - b) 6 hours
  - c) 12 hours
  - d) 24 hours
345. **When preparing a patient for a colonoscopy, attention should be paid to:**
- a) complete bowel cleansing
  - b) the patient passing stool before the examination
  - c) fasting throughout the day preceding the examination
  - d) refraining from passing gas during the examination
346. **For a colonoscopy, the nurse helps the patient to assume the following position:**
- a) lying on their back or left side, with the need to change position during the examination
  - b) lying on their back or right side, with the need to change position during the examination
  - c) lying on their back or side, without the need to change position during the examination
  - d) lying or semi-sitting, depending on the patient's wishes
347. **On the day of the examination, a patient being prepared for an abdominal ultrasound should:**
- a) not smoke and remain fasting
  - b) may smoke cigarettes but must remain fasting
  - c) not smoke cigarettes and have an enema
  - d) remain fasting and have an enema

348. **A relative contraindication to computed tomography (CT) scanning is:**
- a) head injury
  - b) abdominal tumour
  - c) pregnancy
  - d) seizures of unknown etiology
349. **During a CT scan with contrast medium, the nurse observes the patient for the occurrence of:**
- a) allergic reactions
  - b) cardiac disorders
  - c) respiratory disorders
  - d) symptoms of indigestion
350. **A nurse who observes the following symptoms in a patient: abdominal pain, inability to pass gas or stool, bloating, and abdominal tension, should first:**
- a) apply warm compresses to the abdominal wall
  - b) apply cold compresses to the abdominal wall
  - c) immediately report the patient's symptoms to the doctor on duty
  - d) insert a dry tube into the rectum
351. **Preparation for an abdominal examination consists of:**
- a) the nurse, on the doctor's orders (in the evening, on the day before the examination), administers pharmacological agents to facilitate intestinal degassing, e.g., Esputicon
  - b) not giving the patient dinner
  - c) the nurse performing an enema or administering oral laxatives, e.g., Bisacodyl
  - d) the patient remains fasting on the day of the examination
352. **Preparing the patient for a urography examination consists of:**
- a) giving the patient a light dinner and drinks in the evening before the test and administering oral laxatives, e.g., Bisacodyl
  - b) determining whether the patient is allergic to iodine and having a nurse measure the patient's weight in order to calculate the dose of contrast medium
  - c) on the day of the examination, the patient should fast, and dehydrated patients should be given additional fluids in the form of intravenous drips on the day before or on the day of the examination
  - d) all of the above

353. **After upper gastrointestinal endoscopy, it is recommended to:**
- a) do not consume any food or drink until the anaesthesia wears off and the swallowing reflex returns
  - b) going to the toilet to pass gas, which causes abdominal bloating
  - c) brushing your teeth to clean the mouth of mucous secretions
  - d) not eating until the next day
354. **To insert a stomach tube, place the patient in the following position:**
- a) always lying down
  - b) always semi-upright
  - c) unconscious patients on their right side, and conscious patients in a sitting position
  - d) the patient's body position does not significantly affect the insertion of a stomach tube
355. **The basic body temperature of an adult measured under the armpit ranges from:**
- a) between 36 and 37 °C, in the rectum it is 0.5 °C higher, and in the mouth, it is 0.3 °C higher than under the armpit
  - b) between 35 and 38 °C, in the rectum it is 0.5 °C higher, and in the mouth, it is 0.3 °C higher than under the armpit
  - c) between 36 and 37 °C, in the rectum it is 1.0 °C higher, and in the mouth, it is 0.5 °C higher than under the armpit
  - d) within the range of less than 38 °C, in the rectum and mouth it is the same as under the arm
356. **A nurse may perform a blood transfusion:**
- 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 doctor at the start of the transfusion of each subsequent container of blood or blood component
  - c) may perform a transfusion without a doctor's order in a life-threatening situation and in the presence of another nurse authorized to transfuse blood and blood products
  - d) answers a and b are correct
357. **Before connection, blood may be kept at room temperature for no longer than:**
- a) 60 minutes
  - b) 30 minutes
  - c) 45 minutes
  - d) 120 minutes

358. **Before and after the blood transfusion, the following measurements must be taken and recorded:**
- a) body temperature
  - b) pulse
  - c) blood pressure
  - d) all of the above
359. **After completing the transfusion, the nurse must leave approximately 10 ml of the preparation in the container and store the sterile container in the refrigerator:**
- a) +2°C to +6°C for 2 days
  - b) +2°C to +6°C for 3 days
  - c) -2°C to +2°C for 2 days
  - d) no need to store it in the refrigerator
360. **Disinfection of the injection site should last:**
- a) no less than 30 seconds
  - b) approximately 60 seconds
  - c) from 1 to 2 minutes
  - d) the puncture site does not need to be disinfected
361. **When inserting the cannula, avoid:**
- a) areas around joints, veins in the lower limbs, veins located close to arteries
  - b) deep veins, veins irritated by previous cannulation, fragile and hardened veins
  - c) areas where there is lymphatic or inflammatory edema or infected and injured skin surfaces
  - d) all of the above
362. **A nurse performing a subcutaneous injection should remember that:**
- a) it can be performed in areas rich in loose subcutaneous tissue
  - b) the amount of medication administered in this way should not exceed 2 ml
  - c) isotonic aqueous solutions of drugs can be administered, and are absorbed within approximately 15–20 minutes
  - d) all of the above

363. **The following solutions can be administered by intramuscular injection:**
- a) hypotonic
  - b) hypertonic
  - c) aqueous, oily, and suspensions in volumes up to 10 ml
  - d) all forms of drugs
364. **An intradermal test consists of:**
- a) the introduction of a specific amount of a substance that may cause an allergic reaction, contained in 0.1 ml of solvent
  - b) the introduction of a specific amount of a substance that may cause an allergic reaction, contained in 0.5 ml of solvent
  - c) the introduction of a specific substance, the dose of which depends on the patient's condition
  - d) we no longer perform intradermal tests
365. **In order to assess the reaction to the prick and the introduction of a biological substance during the intradermal test:**
- a) a control test is performed by injecting 0.1 ml of a 0.9% NaCl solution into another site
  - b) the same amount of the drug is administered again after 72 hours
  - c) an air bubble forms in the subcutaneous tissue
  - d) such an assessment is unnecessary in the case of intradermal injection
366. **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. It is sometimes recommended to make a skin fold before inserting the needle
  - b) injections are performed at an angle of 45 or 90 degrees, depending on the degree of excess weight and the amount of fat tissue at the injection site
  - c) after the injection, keep the needle in place for 6–10 seconds
  - d) all of the above
367. **Complications that may occur during peripheral vein cannulation include:**
- a) puncture and rupture of the vein and fluid transfusion outside the vein
  - b) accidental intravascular puncture
  - c) thrombophlebitis and even venous thrombosis

d) all of the above

368. **Blood pressure should not be measured on the arm on which:**

- a) a venous catheter has been inserted
- b) patients undergoing dialysis with an arteriovenous fistula
- c) there is swelling of the hand
- d) answers a and b are correct

369. **The following blood pressure is considered normal:**

- 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 and 50 mmHg

370. **Bradycardia is a heart rate:**

- a) below 50 bpm
- b) below 60 bpm
- c) above 100 bpm
- d) 60-100 bpm

371. **The year considered to be the beginning of professional nursing is:**

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

372. **International Nurses and Midwives Day falls on:**

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

373. **The first Polish nursing school based on modern principles of patient care was opened in:**
- a) Krakow in 1911
  - b) Warsaw in 1866
  - c) Lublin in 1954
  - d) Lublin in 1925
374. **The date of establishment of the Polish Association of Professional Nurses and its accession to the ICN is accepted as:**
- a) 1925
  - b) 1954
  - c) 1899
  - d) 1969
375. **The practice of nursing:**
- a) it consists of providing health services, in particular nursing, preventive, diagnostic, therapeutic, rehabilitation, and health promotion services, by a person with the required qualifications confirmed by relevant documents
  - b) it primarily means helping people (both sick and healthy) to perform activities that contribute to maintaining or restoring their health (or to a peaceful death), which they would perform themselves if they had enough strength, motivation, or knowledge. The tasks of a nurse also include activities and assistance to a given person so that they can become independent of this assistance in the shortest possible time
  - c) this is learned, highly humanistic, and skilled care, consisting of assisting people from different cultures and social strata, and aimed at helping them develop a healthy lifestyle, prevent disease, and regain health
  - d) all of the above
376. **The Act on the Self-Government of Nurses and Midwives was enacted on:**
- a) July 1st, 2011
  - b) September 28th, 1993
  - c) July 1st, 2002
  - d) October 2nd, 1971
377. **The date of enactment of the Act on the Profession of Nurse and Midwife is accepted as:**
- a) July 15th, 2011
  - b) February 21st, 1969
  - c) September 27th, 1993
  - d) November 27th, 1991

378. **The Code of Professional Ethics for Nurses and Midwives was adopted at:**
- a) the Scientific Conference of Nurses and Midwives in 1999 in Krakow
  - b) the 4th National Congress of Nurses and Midwives in Warsaw in 2003
  - c) the General Assembly of Nursing Chambers in Warsaw in 2001
  - d) by the Nurses and Midwives Trade Union in Krakow in 2003
379. **Nurses practice their profession based on:**
- a) the Act of July 15th 2011, on the professions of nursing and midwifery and the Act of July 1st 2011 on the self- government of nurses and midwives
  - b) the Labor Code, the Criminal Code, the Civil Code
  - c) company regulations, job descriptions, powers, and responsibilities at work
  - d) all of the above
380. **Pursuant to the Act of July 15th 2011, on the professions of nursing and midwifery, a nurse is authorized to perform independently, without a doctor's order, diagnostic services including:**
- a) performing ECG
  - b) assessing the degree and area of burns and taking medical action as part of pre-medical care
  - c) all of the above
  - d) none of the above
381. **A nurse is authorized to perform preventive vaccinations independently, without a doctor's order, as part of the vaccination schedule and at the request of the relevant health service organizations, and to issue related certificates, provided that:**
- a) they hold a valid license to practice
  - b) they have completed a specialist course
  - c) completion of a community nurse specialization
  - d) none of the above
382. **What is the professional responsibility of a nurse?**
- a) a moral or legal obligation to bear the consequences for professional activities performed personally or assigned to another person, or for their neglect or omission
  - b) descriptive morality deals with describing and explaining the regularities of moral development in different periods and social groups
  - c) metaethics (the logic and methodology of ethics) deals with the analysis of the language of morality and issues of the truthfulness of norms and judgments

d) all of the above

383. **In the event of urinary retention in a patient, after catheterization, the nurse must remember not to drain more than:**

- a) 600-800 ml of urine at a time
- b) 100–200 ml of urine at a time
- c) no more than 1500 ml of urine at a time
- d) it does not matter

384. **If the rules for catheterization are not followed, the patient is at risk of:**

- a) infection, mechanical injury to the urethra
- b) psychological trauma, bleeding
- c) all of the above
- d) none of the above

385. **Before catheterizing a patient, it is important to:**

- a) perform perineal hygiene
- b) disinfect the urethral opening
- c) perform all procedures in accordance with the principles of asepsis and antisepsis
- d) all of the above

386. **A bedsore is:**

- a) local necrosis of tissues adjacent to the convex parts of the skeletal system. It is caused by local ischemia resulting from prolonged pressure on arterial and venous vessels
- b) damage to the skin and deeper tissues caused by pressure and/or shearing forces that close or destroy capillaries
- c) the effect of ischemia, hypoxia, and cell death
- d) all of the above

387. **Indirect (internal) factors contributing to the development of pressure ulcers:**

- a) deficiencies in blood, protein, electrolytes, along with long-term illness, reducing the efficiency of all physiological functions, and vascular factors, e.g., atherosclerosis, diabetes
- b) excessive static, i.e., prolonged, unchanging pressure on the tissue around protruding bone elements, in the area where pressure ulcers develop
- c) friction - moving the body on the ground, impacts, shocks, sudden movements occurring when changing body position

d) all of the above

388. **Biota breathing occurs as:**

- a) a few deep breaths, along with a brief pause in breathing
- b) progressively deeper then shallower breaths, ending with a brief pause in breathing
- c) very deep, regular breaths with short periods of apnea
- d) the chest rising during exhalation

389. **The respiratory rate in an adult is:**

- a) 16-20
- b) 20-24
- c) 30 – 40
- d) none of the above

390. **Enteral nutrition involves:**

- a) the intravenous administration of nutrients
- b) the intravenous administration of fluids
- c) the administration of liquid nutritional mixtures via a feeding tube or feeding fistula into the stomach or intestines
- d) all of the above

391. **Parenteral nutrition is:**

- a) non-enteral nutrition
- b) enteral nutrition
- c) involves delivering all nutrients directly into the circulatory system
- d) answers a and b are correct

392. **Microjejunostomy is:**

- a) a feeding fistula created between the jejunum and the abdominal wall
- b) a urinary fistula
- c) a faecal fistula
- d) none of the above

393. **Malnutrition is regarded as:**
- a) weight loss of more than 10% of body mass in the last 3 months
  - b) serum albumin level less than  $< 3.5$  g/dl
  - c) total lymphocyte count in peripheral blood less than  $< 1500/\text{mm}^3$
  - d) all of the above
394. **Professional ethics for nurses and midwives is:**
- a) a set of rules and standards defining the morally correct way of behaving and acting for representatives of a specific professional group
  - b) the obligation to compensate for damage or loss caused by the perpetrator
  - c) the employee's obligation to perform tasks specified by the employer and to bear responsibility for actions in this regard
  - d) all of the above
395. **Nurses bear legal and moral responsibility for the performance of their professional duties, i.e.:**
- a) providing 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 care program, ensuring that the patient's privacy, freedom, and personal dignity are respected during care, maintaining professional confidentiality
  - d) all of the above
396. **The following rules apply to oxygen therapy:**
- a) oxygen is a medicine, and like any medicine, it must be used as directed and dosed accurately, because an overdose of oxygen can lead to toxic effects
  - b) a nurse may administer oxygen on an ad hoc basis without a doctor's order
  - c) oxygen therapy requires completion of a specialist nursing course
  - d) all of the above
397. **Preparing a patient for inhalation involves:**
- a) placing the patient in an upright or lying position, depending on their condition
  - b) informing the patient of the need to remain in a closed room for 15-30 minutes after the procedure and to refrain from smoking, consuming cold liquids, and talking loudly for 1-2 hours
  - c) informing the patient about how to breathe during the procedure, i.e., taking rhythmic, slow, and deep breaths

d) all of the above

398. **An ileostomy is:**

- a) a stoma created at the end of the small intestine by bringing this section of the intestine to the surface of the abdominal wall
- b) a stoma created at the level of the large intestine and bringing this section of the intestine to the surface of the abdominal wall
- c) a stoma where the number of intestinal contents is significantly higher than normal, is liquid, and irritates the skin
- d) answers a and c are correct

399. **In order to calculate the appropriate dose of medication to be set on the dropper of the infusion set, the nurse must know that:**

- a) 1 ml of water = 20 drops
- b) 1 ml of water = 30 drops
- c) 1 ml of water = 10 drops
- d) all of the above are correct; the number of drops per ml depends on the type and volume of the fluid being infused

400. **In 2% lidocaine, where the ampoule contains 2 ml, there 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 depends on the amount of drug dissolved in the syringe

401. **An intramuscular injection of 600,000 IU of polybicillin has been prescribed) You have a 1 ml ampoule containing 800,000 IU. How much of the drug will you administer?**

- a) 0.75 ml
- b) 0.25 ml
- c) it all depends on the patient's age
- d) none of the above

402. **In order to maintain fluid balance, the following amounts of fluid are assumed to be excreted from the body:**

- a) urine – 1500 ml; stool – 200 ml; imperceptible losses – 800 ml

- b) urine – 1500 ml; stool – 800 ml; unaccounted losses – 200 ml
  - c) urine – 1500 ml; stool – 1000 ml; unaccounted losses – 1000 ml
  - d) urine – 2500 ml; stool – 200 ml; insensible losses – 800 ml
403. **When preparing an enema, the nurse must remember that:**
- a) the prescribed fluid should be at a temperature of 36–38°C
  - b) amounts for adults: 500-2000 ml, for children: 100-500 ml
  - c) the temperature difference between the fluid and the mucous membranes should be 1°C
  - d) all of the above
404. **Measures to improve urination include:**
- a) placing the patient on a heated bed or administering a warm water enema, pouring warm water over the perineum, turning on the tap
  - b) ensuring privacy during urination, encouraging the patient to urinate, placing the patient in an upright or sitting position, applying dry heat to the bladder area (as directed by a doctor), tapping and massaging the bladder area
  - c) catheterization as directed by a doctor
  - d) answers a and b are correct
405. **What is the nursing algorithm?**
- a) it is a recipe for performing a task that enables the correct solution of all tasks specified in the given pattern
  - b) the form of performing tasks and activities falling within the scope of professional practice and resulting from the professional role of a nurse
  - c) it is a standard for the performance of tasks by a nurse in relation to patients in various conditions
  - d) all of the above
406. **Holism in nursing means:**
- a) providing care in all areas of human life and in all human conditions
  - b) it is the philosophical basis for activities oriented towards 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) answers a and b are correct

407. **When checking on a patient with a fever, the nurse conducting the fluid balance must consider invisible evaporation, which increases with a temperature rise of 1 degree Celsius and amounts to:**
- a) 200 ml/day
  - b) 500 ml/day
  - c) 1000 ml/day
  - d) 1200 ml/day
408. **A SWOT analysis consists of strategic questions such as:**
- a) strengths, competition, demand, market position
  - b) strengths, weaknesses, opportunities, threats
  - c) competition, market, costs, profit assessment
  - d) competitive threats, market position, market opportunity, profit assessment
409. **With a temperature increase of 1 degree C, the heart rate increases by:**
- a) 1 beat per minute
  - b) 10 beats per minute
  - c) 15 beats per minute
  - d) 20 beats per minute
410. **Non-invasive methods of monitoring basic vital functions include:**
- a) RKZ
  - b) OCŻ
  - c) EKG
  - d) IBP
411. **When inserting a Foley catheter into the bladder, you will put on:**
- a) disposable gloves
  - b) you will disinfect your hands and put on sterile gloves
  - c) you will wash your hands and put on sterile gloves
  - d) the type of gloves does not matter
412. **Before administering the medication to the patient, you should check:**
- a) the name of the medication 3 times

- b) the expiration date
- c) the dosage
- d) all of the above

413. **Asepsis is defined as:**

- a) striving for sterility of tools, rooms, dressing materials, and other items
- b) disinfection procedure aimed at destroying microorganisms on the skin and mucous membranes
- c) procedures aimed at destroying vegetative forms of microorganisms on objects and usable surfaces
- d) all of the above

414. **In which cases should the cannula be removed from the peripheral vessel?**

- a) redness
- b) swelling
- c) pain
- d) all of the above

415. **In stage IV of the nursing process, the following is performed:**

- a) analysis of nursing care results, formulation of an assessment
- b) replanning of activities
- c) documentation of the nursing process
- d) evaluation of the patient data sheet

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

- a) adrenaline
- b) furosemide
- c) propranolol
- d) atropine

417. **After administering the injection to the patient, the nurse disposes of the needle in:**

- a) a red medical waste bag
- b) a blue medical waste bag
- c) a yellow medical waste bag

d) a rigid container with an opening

418. **In their professional role, nurses are required to:**

- a) provide all patients with attentive care in accordance with applicable standards
- b) provide first aid in emergencies and life-threatening situations
- c) provide the patient with reliable and understandable information about the nursing process
- d) all of the above

419. **A nurse who realizes that a mistake has been made in medical treatment (especially in the case of a mistake that threatens the life or health of the patient) should:**

- a) immediately notify the doctor on duty
- b) inform another nurse
- c) inform the paramedic
- d) not tell anyone anything

420. **Which of the following rules must a nurse observe in accordance with the patient's rights?**

- a) respect the patient's right to privacy and personal dignity when providing medical services
- b) provide nursing care only with the patient's consent, if they are capable of giving it
- c) inform the patient who refuses consent about the possible consequences of their decision and attempt to persuade them to reconsider
- d) all of the above

421. **Fever is caused by pathogenic mechanisms such as:**

- a) excessive heat production in the body
- b) inability to properly regulate heat loss through the skin
- c) impaired function of the hypothalamus in the body's thermoregulation process
- d) all of the above

422. **Fever is an increase in body temperature to:**

- a) above 40°C
- b) up to 37°C
- c) above 37°C to 38°C
- d) above 38°C to 40°C

423. **A pulse oximeter is a device for measuring:**

- a) blood pressure
- b) blood glucose
- c) blood oxygen saturation
- d) breathing

424. **A hospital-acquired infection is defined as:**

- a) any infection acquired in a hospital, clinically diagnosed and/or laboratory confirmed, whose infectious agent is of endogenous origin
- b) any infection acquired in a hospital, clinically diagnosed and/or laboratory confirmed, whose infectious agent is of exogenous origin
- c) an infection that manifested itself during the patient's stay in hospital or after leaving hospital, and which was not in the incubation period at the time of admission to hospital
- d) all of the above

425. **Endogenous infections:**

- a) these are infections that were not detected or diagnosed upon admission to the hospital and were not in the incubation period, but occurred during the patient's stay
- b) they may be caused by the patient's own flora or, in some cases, by flora originating from another patient or medical staff
- c) some endogenous infections are diagnosed during the hospital stay
- d) can be opportunistic in nature

426. **Antisepsis is:**

- a) disinfection procedure aimed at destroying microorganisms on instruments
- b) disinfection using ultraviolet rays and ionizing radiation
- c) disinfection procedure aimed at destroying microorganisms on the skin and mucous membranes
- d) answers a and b are correct

427. **Asepsis is:**

- a) a procedure aimed at achieving bacteriological sterility of rooms, instruments, dressing materials, and other items in order to prevent microorganisms from entering a specific environment
- b) decontamination using chemical agents
- c) aiming to eliminate microorganisms colonized on human mucous membranes
- d) none of the above

428. **Disinfection is considered as:**
- a) destruction of vegetative forms of microorganisms in the external environment
  - b) action aimed at cleaning surgical instruments of potentially infectious material
  - c) immersion of surgical instruments in a disinfectant immediately after surgery
  - d) answers a and b are correct
429. **Sterilization is considered as:**
- a) a specific technological process involving the destruction of all microorganisms, both vegetative and spore-forming
  - b) reducing the number of microorganisms to a safe level
  - c) action aimed at preventing the infection of sterile material
  - d) all of the above
430. **Properly sterilized material is:**
- a) sterile – meaning it does not contain any living microorganisms, their spore forms, or toxins
  - b) sterile, but may contain spore forms
  - c) labile to temperature
  - d) can remain sterile for 2 months
431. **Disinfection results depend on:**
- a) the microorganism – species, number, physiological activity
  - b) disinfectant – chemical and physical properties, concentration, exposure time
  - c) environment – temperature, humidity, pH, presence of organic matter
  - d)  $\text{Ca}^{2+}$  and  $\text{Mn}^{2+}$  cation levels, etc)
432. **What is the correct procedure after exposure to blood or other potentially infectious material (e.g., needlestick injury)?**
- a) squeeze the blood from the puncture site, dress the wound, and report the incident to the emergency department
  - b) wash the puncture site, dress the wound, and report the incident to the emergency department
  - c) make a wider incision at the puncture site to drain it, dress the wound, and report the incident to the emergency department
  - d) take no action if no blood is visible on the skin

433. **Other potentially infectious material (OPIM) includes:**
- a) semen, vaginal secretions, cerebrospinal fluid, and pleural fluid
  - b) synovial fluid, pericardial fluid, peritoneal fluid, amniotic fluid, breast milk, and saliva
  - c) any body fluid that is contaminated with blood
  - d) all of the above
434. **Occupational exposure is contact with blood or other potentially infectious material (OPIM):**
- a) that occurs while an employee is performing their professional duties (e.g., needlestick injury, cut, splash to mucous membranes or non-intact skin)
  - b) that occurred as a result of a mistake and the patient became infected with HIV
  - c) that occurred during sexual contact
  - d) all of the above
435. **Urine, faeces, saliva, sputum, vomitus, nasal secretions, sweat, and tears — if not visibly contaminated with blood — are considered:**
- a) infectious material requiring post-exposure prophylaxis
  - b) non-infectious material, contact with which does not require post-exposure prophylaxis
  - c) always high-risk infectious material
  - d) both answers b and c are correct
436. **Isolation of an infected patient is:**
- a) one of the fundamental methods of limiting the spread of infections in hospital settings
  - b) a practice based on the principles and experience of infectious disease epidemiology
  - c) the appropriate selection of methods and measures necessary to interrupt routes of transmission
  - d) all of the above
437. **An isolation room is:**
- a) a set of rooms consisting of a patient room, a sanitary unit, and an anteroom (sluice) located between the patient room and the main hospital corridor
  - b) a room with direct access to the outside of the building
  - c) the separation of infected or suspected individuals under conditions preventing transmission to susceptible persons
  - d) both answers a and b are correct

438. **Social hand washing:**

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

439. **Hygienic hand washing:**

- a) we use it in high-risk areas, before performing medical procedures, and after contact with secretions and excretions
- b) we use it before putting on and after taking off gloves, and before and after patient care
- c) all of the above
- d) none of the above

440. **Surgical hand washing:**

- a) is performed before all surgical and invasive procedures
- b) eliminates transient flora and significantly reduces resident flora
- c) Involves prolonged washing (3–5 minutes), including wrists and forearms, cleaning under the nails, drying hands with a sterile towel, and performing double disinfection (usually 2 × 5 ml of antiseptic until complete skin dryness)
- d) all of the above

441. **Infection is:**

- a) the presence of pathogenic microorganisms in the body
- b) a cut with a sharp surgical instrument
- c) contamination of microorganisms on inanimate matter
- d) all of the above

442. **The risk of infection depends on:**

- a) the patient's predisposition
- b) the nature of the microorganism
- c) activities related to the diagnostic and therapeutic process during hospitalization
- d) all of above

443. **Patient-related risk factors for hospital-acquired infections include:**
- a) age and underlying and concomitant diseases
  - b) malnutrition or obesity
  - c) chronic hypoxia and poor personal hygiene
  - d) all of the above
444. **Prevention of HCV infection in hospital settings consists of:**
- a) testing blood donors for the presence of anti-HCV antibodies
  - b) using disposable equipment in all possible situations
  - c) using virucidal preparations to disinfect reusable equipment
  - d) all of the above
445. **What scale should be used to determine the condition of a newborn immediately after birth:**
- a) AVPU scale
  - b) VAS scale
  - c) Apgar scale
  - d) Barthel Scale
446. **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 of the above
447. **The increase in basal body temperature is caused by:**
- a) progesterone
  - b) oestrogens
  - c) FSH and LH
  - d) progesterone and oestrogens
448. **An example of primary prevention in the preconception period is:**
- a) administration of preparations containing folic acid and iodine

- b) a vaccination program for girls against rubella
- c) vaccination against hepatitis B
- d) answers a and b are correct

449. **Amniocentesis involves:**

- a) viewing the amniotic fluid using an amnio scope
- b) puncturing the umbilical cord and taking a blood sample
- c) taking amniotic fluid under ultrasound guidance
- d) answers a and c are correct

450. **The PAPP-A test, or double test, is a screening test performed between the 10th and 14th week of pregnancy to detect the likelihood of:**

- a) Down syndrome (trisomy 21)
- b) Edwards syndrome (trisomy 18)
- c) Patau syndrome (trisomy 13)
- d) all of the above

451. **According to the guidelines of the Polish Gynaecological 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) none of the above

452. **The first fetal movements are felt:**

- a) by first-time mothers at 20 weeks of pregnancy, and by multiparous women at 18 weeks
- b) at 20 weeks regardless of the pregnancy
- c) by multiparous women at 20 weeks, and by primiparous women at 18 weeks
- d) none of the above

453. **Risk factors for cervical cancer include:**

- a) early onset of sexual activity, young age at first pregnancy
- b) high sexual activity combined with a large number of partners

- c) chronic vaginal inflammation caused by Chlamydia trachomatis, Neisseria gonorrhoea
- d) all of the above
454. **Risk factors for developing gestational diabetes include:**
- a) age over 35, being overweight before pregnancy, hypertension and kidney disease, a history of glucose intolerance
- b) smoking
- c) use of hormonal contraception
- d) all of the above
455. **Gestational hypertension is:**
- a) elevated blood pressure occurring after 20 weeks of pregnancy without accompanying proteinuria
- b) a set of symptoms occurring after 20 weeks of pregnancy or during labour or the postpartum period, characterized by hypertension ( $\geq 140/90$  mmHg) accompanied by proteinuria ( $\geq 300$  mg/l per day)
- c) hypertension diagnosed before pregnancy or before 20 weeks of pregnancy and persisting for more than 6 weeks after delivery
- d) none of the above
456. **Non-pharmacological methods of treating hypertension in pregnant women include:**
- a) lifestyle changes, diet and rest
- b) diet and moderate physical activity
- c) sodium restriction
- d) all of the above
457. **Profuse, foamy, grey or yellow-green vaginal discharge with a characteristic foul odour, itching, and, during acute infection, severe pain are symptoms of:**
- a) vaginal yeast infection
- b) bacterial vaginosis
- c) trichomoniasis
- d) cervicitis

458. **The normal foetal heart rate is:**
- a) 100 beats per minute
  - b) 120-160 beats per minute
  - c) approx. 140 beats per minute
  - d) answers b and c are correct
459. **Non-pharmacological methods of pain relief during childbirth include:**
- a) preparation for active participation in childbirth, water immersion, homeopathy, hypnosis, acupuncture
  - b) transcutaneous electrical nerve stimulation, pudendal nerve block
  - c) nitrous oxide
  - d) answers b and c are correct
460. **Preinduction of labour is:**
- a) the administration of exogenous oxytocin to induce contractions
  - b) the administration of prostaglandins to prepare the cervix for labour
  - c) rupture of the amniotic sac
  - d) none of the above
461. **Leopold's manoeuvres are used to:**
- a) assessing cervical maturity
  - b) determining the size of the foetus and establishing the topography of the foetus in the birth canal
  - c) assessing the structure of the bony pelvis
  - d) none of the above
462. **When determining the obstetric condition of a patient on the second day after delivery, we assess:**
- a) the height of the fundus of the uterus
  - b) discharge from the genital tract
  - c) healing of postpartum wounds
  - d) all of the above
463. **An increase in body temperature to 38°C on the first day after delivery:**
- a) is always a sign of puerperal infection

- b) it does not necessarily mean 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
464. **According to the World Health Organization's recommendation, a child should be fed exclusively with 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
465. **In cases of mastitis accompanied by a body temperature of 38–39°C, the following should be recommended:**
- a) start feeding from the affected breast, feed more frequently, even every 2 hours, position the baby in different positions
  - b) warm compresses on the affected breast before feeding, cold compresses after feeding
  - c) do not breastfeed your baby while they have a high temperature
  - d) answers a and b are correct
466. **Breast milk for full-term babies can be stored at room temperature for up to:**
- a) 6 hours
  - b) 8 hours
  - c) 12 hours
  - d) 24 hours
467. **The Apgar scale is used to:**
- a) assessment of the general condition of each newborn after birth
  - b) assessment of the maturity of the newborn
  - c) assessing the gestational age of the newborn
  - d) none of the above
468. **Physiological weight loss in a newborn under normal conditions:**
- a) does not exceed 5-10% of birth weight

- b) is approximately 300g
- c) should not exceed 200g
- d) none of the above
469. **The vernix caseosa that covers the body of a newborn:**
- a) moisturizes the skin of the foetus
- b) protects the skin of the foetus from maceration in the amniotic fluid environment
- c) protects the foetus during pregnancy from infectious agents in the amniotic fluid
- d) all of the above
470. **Physiological jaundice in newborns is:**
- a) transient hyperbilirubinemia not exceeding  $242 \mu\text{mol/L}$  (12 mg%) in the first 72 hours of life
- b) yellowing of the skin occurring in all newborns within the first 24 hours of life
- c) elevated bilirubin levels occurring in newborns born to mothers with HBS +
- d) none of the above
471. **Pregnancy reactions in newborns include:**
- a) irregular erythematous spots, papular lesions occurring in a large percentage of newborns in the first 48 hours of life
- b) changes in the mammary glands and genitals of the newborn caused by the transport of maternal hormones through the placenta
- c) minor bleeding (from the navel, mucous membranes, gastrointestinal tract), prolonged jaundice, diarrhoea, vomiting
- d) brownish-green loose stools appearing around 4-5 days after birth
472. **In the first 24 hours of life, newborns receive protective vaccinations:**
- a) against typhoid fever and diphtheria
- b) against tuberculosis – BCG and hepatitis B
- c) no vaccinations are given in the first 24 hours
- d) against diphtheria, tuberculosis, and hepatitis B
473. **Temporary contraindications for administering the tuberculosis vaccine to a newborn are:**
- a) body weight below 2000g

- b) gestational age below 32 weeks
- c) severe diseases
- d) all of the above

474. **What screening tests are performed on newborns in the first days after birth:**

- a) Screening tests for metabolic diseases (phenylketonuria, hypothyroidism, cystic fibrosis)
- b) hearing test
- c) screening for congenital hip dysplasia
- d) all of the above

475. **The tasks of a nurse/midwife in the early developmental stimulation of premature newborns include:**

- a) providing a sense of security
- b) limiting noise, light, and pain
- c) creating "nests" using the kangaroo method
- d) answers a and b are correct

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

- a) prematurity below 28 weeks of gestation, birth weight below 1250g, oxygen therapy and multiple blood transfusions, and infections in perinatal life
- b) acute metabolic disorders
- c) bleeding into the brain
- d) all of the above

477. **Health promotion is:**

- a) early diagnosis and treatment of lifestyle diseases in working people
- b) periodic vaccinations for children and adults
- c) prevention of infectious diseases in the education and teaching environment
- d) a process that enables people to increase control over their health and gives them the opportunity to improve it

478. **Obesity, smoking, a sedentary lifestyle, and excessive mental stress are among which indicators of health:**

- a) positive
- b) negative

- c) exposure (risk)
- d) negative and simultaneously exposure (risk)

479. **The following have the least impact on an individual's health:**

- a) health care
- b) lifestyle
- c) physical and social environment
- d) genetic factors

480. **According to the WHO, health is:**

- a) the absence of disease
- b) the basis of human potential
- c) good physical and mental condition
- d) complete physical, mental, and social well-being, not merely the absence of disease or infirmity

481. **We define health education as:**

- a) the transfer of knowledge and skills necessary for behaviours 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) encouraging people to strengthen their own health potential and take pro-health actions
- d) enabling people to make decisions about health matters

482. **Sociometric health indicators are measures of an individual's health that determine:**

- a) an individual's health status as determined by their social roles
- b) the impact of illness on an individual's social functioning and performance of social roles
- c) restrictions in access to healthcare resulting from social circumstances (education, occupation, economic situation)
- d) diseases specific to a certain category of people characterized by a similar type of social activity

483. **We talk about health behaviour when:**

- a) all human behaviours that affect health
- b) human behaviours that have a positive impact on health
- c) behaviours exhibited by healthy people

d) behaviours undertaken as part of health promotion

484. **Which of the following factors has the greatest impact on the health of modern humans:**

- a) physical and social environment
- b) lifestyle
- c) genetic factors
- d) healthcare

485. **Elements of health promotion include:**

- a) health education
- b) disease prevention
- c) local health policy
- d) all of the above

486. **One of the basic goals of health education is:**

- a) to impart knowledge about healthy behaviours and evaluate these activities
- b) to impart knowledge about a healthy lifestyle and evaluate the effects
- c) to impart knowledge about healthy behaviours
- d) stimulating the development of healthy behaviours and modifying behaviours that pose a risk to health

487. **Delusions are:**

- a) false perception
- b) false judgments that the patient does not correct despite evidence of their inaccuracy
- c) incorrect thought patterns accompanied by false perceptions
- d) a type of phobia

488. **Confusion is:**

- a) qualitative disturbances of consciousness
- b) quantitative disturbances of consciousness
- c) a state similar to mania
- d) a type of depression

489. **Select the correct answer from the nursing procedures listed below that you would use for a mentally disturbed person with manic syndrome:**
- a) observe after meals to prevent provoking vomiting, document meals consumed, number of bowel movements, take daily weight measurements, check skin condition
  - b) provide care with as few people as possible, inform the patient about planned procedures just before they are carried out, correct misperceptions of time and space from time to time
  - c) avoid situations in which the patient reacts with increased irritability; do not argue unnecessarily, do not get into arguments, do not impose your own decisions, do not respond with aggression
  - d) use direct coercion
490. **The characteristics of a therapeutic attitude are:**
- a) instructing, downplaying problems, lack of emotional involvement
  - b) giving orders, lecturing, questioning, instructing
  - c) mutual cooperation, empathy, acceptance, active listening
  - d) withdrawal and escape from deep contact
491. **Active listening involves:**
- a) asking as many detailed questions as possible, thanks to which we gain extensive knowledge about the patient
  - b) a conscious attitude that convinces the patient that what we say is important to us and that we understand them
  - c) using psychological techniques to gain knowledge about the patient against their will
  - d) behaving in a way that gives the impression that we are listening, even though we are not interested at all
492. **Which situations are classified as the most common emergencies in psychiatry:**
- a) severe agitation with disorganized behaviour
  - b) shortness of breath, chest pain in a state of anxiety reported during the use of direct coercion
  - c) sudden anxiety attacks
  - d) all of the above
493. **What is the full definition of an emergency in psychiatry:**
- a) these are conditions in which the use of direct coercion is necessary
  - b) these are conditions that directly threaten human life or health
  - c) these are conditions that result from acute mental or somatic symptoms and require immediate intervention

- d) these are conditions that directly threaten human life or health, or circumstances where the symptom is not life-threatening, but immediate assistance can bring about a marked improvement in the patient's psychopathological condition and functioning

494. **What to keep in mind when immobilizing a patient:**

- a) the head should be slightly raised
- b) ensure that intravenous access is possible
- c) the patient should be monitored and allowed to communicate with staff
- d) all of the above

495. **In what situations may the patient exhibit suicidal tendencies:**

- a) in states of deeply depressed mood, feelings of fear and anxiety
- b) in states of abnormal adaptive response to stress related to hospitalization
- c) in personality disorders
- d) all of the above

496. **What are the goals of crisis intervention:**

- a) enabling a return to balance
- b) initiating the process of change
- c) ensuring safety
- d) all of the above

497. **Who is most often affected by burnout:**

- a) groups of employees working with equipment
- b) groups of people performing public functions
- c) groups of people approaching retirement age
- d) groups of people who help others

498. **What does Article 18 of the Mental Health Protection Act concern:**

- a) the possibility of dealing with a patient staying in hospital without consent
- b) the use of preventive measures
- c) the use of direct coercion
- d) the possibility of admitting a patient to a psychiatric hospital without their consent

499. **What is a state of impaired consciousness:**

- a) it is a state of impaired accuracy and logic of thinking combined with incorrect orientation in terms of time, place, and person
- b) is a condition following the use of a psychoactive substance
- c) it is a mental illness
- d) hallucinations and delusions

500. **Electroconvulsive therapy is most commonly used to treat the following conditions:**

- a) anankastic
- b) catatonic syndrome
- c) paranoid
- d) manic

501. **Supervision of patients with anorexia nervosa includes:**

- a) monitoring the amount and pace of meals consumed
- b) monitoring body weight
- c) supervision
- d) all of the above

502. **Hallucinations are:**

- a) sensory perceptions that occur without external stimuli
- b) thought disorders consisting of false beliefs, erroneous judgments, resistant to all argumentation and maintained despite the presence of evidence indicating their falsity
- c) sensory perceptions that occur as a result of external stimuli
- d) all of the above

503. **In the Mental Health Protection Act, health protection consists of:**

- a) full and immediate access to inpatient care
- b) promoting mental health and preventing mental disorders
- c) access to free medication
- d) full and immediate access to mental health clinic care

504. **The empty nest phase describes:**

- a) a young married couple without children

- b) an older couple after their adult children have moved out
- c) a broken family, e.g., after divorce
- d) a family separated, e.g., by relocation

505. **Which of the following statements does not characterize the phenomenon of hallucination?**

- a) it is accompanied by a mistaken 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

506. **Delusions belong to which disorders?**

- a) content of thinking
- b) thought process
- c) perceptual disorders
- d) none of the above

507. **An immobilized patient should be under special nursing supervision, and their mental and physical condition should be monitored:**

- a) at least every 15 minutes
- b) at least once an hour
- c) at least every 2 hours
- d) as needed

508. **A phobia is:**

- a) a strong, uncontrollable anxiety reaction that cannot be controlled or justified, often arising during sudden contact with an object
- b) a defensive reaction to contact with an objectively existing source of danger
- c) thoughts and images that come to mind against one's will
- d) a change in the perception of oneself and one's surroundings

509. **The optimal number of people needed to immobilize a person using restraints is:**

- a) 2 people
- b) 2-3 people

c) 3-4 people

d) 5 people

510. **Long-acting neuroleptics (depot type) should be administered by intramuscular injection:**

a) deep intramuscularly

b) shallow intramuscularly

c) without prior skin disinfection

d) always together with an anaesthetic

511. **Direct coercion may be decided by:**

a) a doctor

b) a doctor or nurse

c) any member of the therapeutic team

d) the head of the department

512. **The placebo effect is:**

a) the patient receives an inert substance that they believe to be a medicine

b) the patient receives a substitute for the medicine

c) the patient receives a double dose of the drug

d) the dose of the drug is undefined

513. **Indicate which of the following scales is used to assess the patient's cognitive functions and mental state:**

a) MMSE

b) Norton

c) Barthel

d) Kering

514. **The following is NOT an atypical neuroleptic:**

a) quetiapine

b) rispolept

c) olzapine

d) promazine

515. **Malignant neuroleptic syndrome (MNS) is characterized by disturbances in:**
- a) consciousness, tachycardia, hyperthermia, convulsions, muscle rigidity
  - b) bradycardia, hypothermia, muscle weakness
  - c) consciousness, swallowing disorders, hypothermia, muscle stiffness
  - d) memory impairment, muscle paralysis, itching, and skin redness
516. **A nurse caring for a patient with depression should know which of the following activities are recommended for patient activation?**
- a) simple tasks that the patient can perform to completion
  - b) complex tasks that require logical thinking and sustained concentration
  - c) simple, attractive, short-term tasks that the patient can complete
  - d) activities that require high levels of concentration and long periods of effort
517. **The most important factor in effective psychotherapy is:**
- a) the type and strength of the relationship between the therapist and the patient
  - b) the type of psychotherapy
  - c) the type of the patient's condition
  - d) the age difference between the patient and the psychotherapist
518. **Psychoeducation of the family of a patient with schizophrenia involves, among other things:**
- a) identifying the social needs of the family
  - b) providing the family with frequent information about the patient's health
  - c) teaching how to recognize early warning signs of a relapse
  - d) teaching ways to help the patient with tasks they cannot manage on their own
519. **Which of the following actions by healthcare professionals are iatrogenic:**
- a) unjustified use of medication
  - b) use of incorrect treatment methods
  - c) superior attitude towards patients
  - d) all of the above

520. **An important element concluding the training in the skills of participating in one's own pharmacotherapy is:**
- a) thorough knowledge of neuroleptics
  - b) involving the family in monitoring medication use
  - c) the ability to dispense medication
  - d) the opportunity to independently apply the acquired skills in practice
521. **The optimal number of participants in a therapy group is between:**
- a) 3 and 6 people
  - b) 4-8 people
  - c) 8-14 people
  - d) 6-12 people
522. **One of the principles of psychiatric rehabilitation is the principle of partnership, which consists of:**
- a) addressing each other by name
  - b) respecting the rights and individuality of the patient
  - c) accepting the patient's behaviour
  - d) implementing interpersonal communication principles
523. **You should suspect drug-induced akathisia in a patient taking psychotropic drugs if the following symptoms occur:**
- a) dry mouth
  - b) constipation motor
  - c) restlessness
  - d) difficulty urinating
524. **When we talk about psychodrome, we mean:**
- a) individual therapy
  - b) therapy using hypnosis
  - c) a form of autogenic training
  - d) group therapy

525. **An important element of rehabilitation for patients with mental disorders is:**
- a) transferring the main 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 of the above
526. **The following attitudes of nurses are conducive to ensuring therapeutic contact with patients with anxiety disorders, EXCEPT:**
- a) the desire to understand the patient
  - b) listening to and taking into account what the patient wants
  - c) downplaying the patient's feelings
  - d) patience and composure
527. **Training in active participation in one's own pharmacological treatment can be conducted by:**
- a) a psychologist or psychiatrist
  - b) a nurse
  - c) social worker, or occupational therapist
  - d) all of the above
528. **When selecting patients for the training group on active participation in their own pharmacological treatment, care should be taken to ensure that:**
- a) there are no individuals with psychotic symptoms or other cognitive impairments
  - b) the group has the same disease entity
  - c) there is not too large an age difference within the group
  - d) the people in the group have a low degree of independence
529. **The "Schizophrenia - Open the Door" program implemented in Poland is an example of promoting mental health:**
- a) in the workplace, in education
  - b) in rural communities
  - c) in the media
  - d) all of the above

530. **Active listening is one of the basic techniques for communicating with mentally ill patients. The characteristics of active listening are listed below, with the EXCEPTION of:**
- a) an open and friendly attitude towards the patient
  - b) focusing on the form of the message rather than its meaning
  - c) motivation to listen to the patient
  - d) observation of the patient's nonverbal cues
531. **Rehabilitation classes conducted in psychiatric hospitals CANNOT be:**
- a) subordinated to economic goals
  - b) paid for in the form of remuneration for the patient
  - c) recommended by staff as desirable
  - d) organized in a group
532. **In order to achieve good interpersonal communication, one should:**
- a) learn to listen to people or patients
  - b) not pay attention to nonverbal gestures
  - c) not negotiate
  - d) all of the above
533. **Balint group meetings are mainly attended by:**
- a) families of patients with schizophrenia
  - b) therapists and medical professionals of various specialties
  - c) children and their families
  - d) patients with depression
534. **An organized form of active rehabilitation combined with leisure, aimed at improving mental and physical fitness, is:**
- a) patient club
  - b) hostel
  - c) vocational activation centre
  - d) rehabilitation stay
535. **The essential element in training all social skills is:**
- a) ensuring the accuracy of the activities performed

- b) repeating activities multiple times
  - c) learning the sequence of activities
  - d) using visual materials in training
536. **Which of the following groups of psychoactive substances can cause social problems:**
- a) hallucinogenic substances
  - b) alcohol
  - c) sedatives and sleeping pills
  - d) all of the above
537. **The principle of neutrality in communicating with the patient's family means an attitude on the part of the therapist that:**
- a) prevents involvement in family dynamics
  - b) establishes parallel relationships
  - c) guarantees acceptance and the attainment of a specific position in the family
  - d) does not threaten the family's identity
538. **The following is NOT one of the general principles of social skills training:**
- a) training begins only after establishing therapeutic contact with the patient
  - b) training should be started during the acute phase of symptoms
  - c) the patient must receive clear instructions and detailed explanations of each stage of training
  - d) regular assessment of training progress is necessary
539. **Errors in communicating with a mentally ill person do NOT result from:**
- a) asking too many questions
  - b) asking many questions at once
  - c) asking whether the patient does not want to talk
  - d) asking open-ended questions
540. **The principle of the therapeutic community is NOT:**
- a) the principle of democracy
  - b) the principle of permissiveness
  - c) the principle of partnership

d) the principle of consensus

541. **A mistake in communicating with a patient with perception and thinking disorders is:**

- a) presenting your point of view on a given topic
- b) discussing the patient's delusions with them
- c) verbally expressing doubts
- d) active listening

542. **The use of the creative process and art for therapeutic purposes is referred to as:**

- a) art therapy
- b) psychotherapy
- c) sociotherapy
- d) psychoeducation

543. **The safe period for using benzodiazepine derivatives in the treatment of sleep disorders is:**

- a) no longer than 4 weeks
- b) no longer than 6 weeks
- c) up to 3 months
- d) up to 6 months

544. **Long-acting neuroleptics administered by intramuscular injection should be administered:**

- a) deep intramuscularly
- b) shallow intramuscularly
- c) without prior skin disinfection
- d) always together with an anaesthetic

545. **In acute renal failure, the most serious electrolyte disturbance that may be life-threatening is:**

- a) hypokalemia
- b) hyponatremia
- c) hyperkalemia
- d) hypernatremia

546. **We talk about 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
547. **Pulmonary edema is a form of:**
- a) acute left ventricular heart failure
  - b) acute right ventricular failure
  - c) chronic circulatory failure
  - d) chronic respiratory failure
548. **The Sengstaken-Blakemore tube is used in cases of:**
- a) pulmonary haemorrhage
  - b) esophageal variceal bleeding
  - c) haemorrhage from anal varices
  - d) bleeding from the lower gastrointestinal tract
549. **Acute urinary retention can be caused by poisoning with:**
- a) amphetamines
  - b) antidepressants
  - c) antihistamines
  - d) all of the above
550. **A nurse performs a diabetes screening test using an oral glucose tolerance test with:**
- a) 75 g of glucose dissolved in 250 ml of water (the patient should drink the solution within 5 minutes)
  - b) 50 g of glucose dissolved in 500 ml of water (the patient should drink the solution within 5 minutes)
  - c) 75 g of glucose dissolved in 50 ml of water
  - d) none of the above
551. **According to current definitions, the essence of asthma is:**
- a) increased sensitivity of the airways to various stimuli

- b) coughing, wheezing, shortness of breath
  - c) restricted airflow in the airways
  - d) all of the above
552. **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, clammy, sticky sweat, anxiety
  - b) pain radiating to the larynx, decreased leukocytosis, disappearance of gallop rhythm
  - c) gray skin, pain in the lower abdomen, increased blood sugar irregular heartbeat,
  - d) gallop rhythm, elevated body temperature
553. **The nurse explains to the diabetic patient the main causes of hypoglycaemia, which include:**
- a) use of excessive doses of insulin or oral medications
  - b) diseases other than diabetes that cause loss of appetite
  - c) dietary errors, too little physical activity
  - d) taking too low doses of insulin or oral medications
554. **The nurse will not include the following among the symptoms of significant hyperglycaemia:**
- a) polydipsia
  - b) pruritus
  - c) polyuria
  - d) drymouth
555. **A properly educated patient with diabetes knows that the correct proportions of the main 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%
556. **When assessing diuresis, a nurse can diagnose 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
557. **When caring for diabetic patients, nurses should be aware that in the event of hyperglycaemia (high blood sugar), one of the first symptoms will be:**
- a) photophobia and headaches
- b) kidney pain and vomiting
- c) polyuria and thirst
- d) hand tremors
558. **Determining the level of glycated haemoglobin HbA1C in patients with diabetes is used for:**
- a) routine measurement of sugar levels
- b) monitoring hypoglycaemia
- c) confirming the diagnosis of diabetes
- d) determining the average glucose concentration over the 2-3 months prior to measurement
559. **What position would you use for a patient with pulmonary edema:**
- a) sitting with legs down
- b) Trendelenburg position
- c) sitting with legs elevated
- d) lying down with legs lowered
560. **Myocardial infarction is a condition in which there is:**
- a) closure of the vessel lumen and blockage of blood flow to the right atrium of the heart
- b) closure (blockage) of a coronary vessel, i.e., an artery supplying oxygenated blood to the heart, by an atherosclerotic plaque
- c) closure of the pulmonary trunk and blockage of the outflow from the right ventricle of the heart
- d) none of the above
561. **In the early clinical diagnosis of a fresh heart attack, the most important indicator is:**
- a) cardiac troponin (TnT)
- b) lactate dehydrogenase (LDH)
- c) aspartate aminotransferase (AST)

- d) alanine aminotransferase (ALT)
562. The severity of heart failure can be assessed using the following classifications:
- a) Katz
  - b) NYHA
  - c) Norton
  - d) Barthel
563. **Which of the following statements regarding the physical activity of a patient with heart failure classified as NYHA functional class II is true?**
- a) slight limitation of physical activity
  - b) no limitation
  - c) inability to perform any exertion
  - d) significant limitation of physical activity
564. **The daily intake of table salt by patients with hypertension should NOT exceed:**
- a) 6g
  - b) 8g
  - c) 10g
  - d) 12g
565. **The characteristic subjective symptoms of asthma are:**
- a) paroxysmal dyspnoea, mainly expiratory, wheezing, coughing,
  - b) inspiratory dyspnoea, wheezing, coughing,
  - c) mainly inspiratory dyspnoea, wet cough, fever,
  - d) cough with expectoration, haemoptysis, rapid breathing.
566. **The patient should be placed in the following position for rectoscopy:**
- a) flat on their back
  - b) knee to elbow position
  - c) Trendelenburg position
  - d) Fowler position

567. **Which of the following tests is NOT part of endoscopic gastroenterological diagnostics?**
- a) sigmoidoscopy
  - b) endoscopic retrograde cholangiopancreatography
  - c) esophagoscopy
  - d) cystoscopy
568. **Typical urinary disorders include nocturia, which means:**
- a) painful urination
  - b) the need to urinate at night
  - c) the presence of protein in the urine
  - d) increased urine output
569. **Mixtard 30 insulin:**
- a) contains 30% long-acting insulin and 70% short-acting insulin
  - b) contains 30% short-acting insulin and 70% long-acting insulin
  - c) is exclusively short-acting insulin
  - d) is an insulin analogue
570. **Insulin absorption is fastest after injection:**
- a) in the abdomen
  - b) into the subcutaneous tissue of the thigh
  - c) into the subcutaneous tissue of the arms
  - d) into the subcutaneous tissue in the interscapular region
571. **An oral glucose tolerance test was performed on a patient in hospital. After 120 minutes, the blood glucose level was 8.5 mmol/l (153 mg%). This indicates:**
- a) normal glucose tolerance
  - b) impaired glucose tolerance
  - c) diabetes
  - d) hypoglycaemia
572. **The most common causes of death in Poland among people over 60 years of age include:**
- a) respiratory diseases

- b) cancer
- c) cardiovascular
- d) disease, accidents, and poisoning

573. **A pink blower is a patient:**

- a) with low respiratory drive , severe shortness of breath, hypercapnia
- b) with increased respiratory drive, significant shortness of breath, hypoxemia
- c) hyperventilation with normal breathing, hypercapnia
- d) with hypoventilation, slight dyspnoea, hypercapnia

574. **Symptoms of pulmonary embolism include:**

- a) shortness of breath, nonproductive cough,
- b) tachypnea, tachycardia, hypoxia, hypercapnia
- c) cough, fatigue, loss of appetite, bradycardia, hypocapnia d)dizziness, hypoventilation, tachycardia, abdominal pain
- d) productive cough, fever, tachycardia

575. **Sputum for bacteriological examination should be collected:**

- a) in the morning after waking up
- b) after eating
- c) in the evening
- d) at any time of the day

576. **HbA1C indicates the average level of:**

- a) blood glucose levels over the last 2-4 weeks
- b) blood glucose over the last 2-3 months
- c) blood glucose over the last 24 hours
- d) haemoglobin in the blood over the last 2-3 months

577. **Dysuric symptoms are characteristic of:**

- a) chronic renal failure
- b) acute renal failure
- c) urinary tract infection

- d) renal colic
578. **Which group of nursing problems is characteristic of a patient with advanced liver cirrhosis?**
- a) weight loss, anxiety due to heart palpitations, dizziness
  - b) itchy skin, ascites, impaired consciousness
  - c) generalized edema, severe encircling pain in the upper abdomen, headaches
  - d) decreased immunity, loss of appetite, painful urge to defecate
579. **Knowing the clinical course of hypertension, the nurse knows that the following cannot be complications of hypertension:**
- a) retinopathy
  - b) accelerated development of atherosclerotic changes in the arteries
  - c) bronchial hyperreactivity
  - d) aortic dissection
580. **In anuria there is:**
- a) absence of urine
  - b) excessive urine production
  - c) reduced urine output
  - d) presence of bacteria in the urine
581. **The symptoms of stage II pressure ulcers according to Torrance are NOT:**
- a) ulceration
  - b) erythema persisting after pressure is relieved
  - c) superficial edema
  - d) epidermal damage
582. **When preparing a patient for gastroscopy in the standard manner, the nurse performs the following actions:**
- a) prepares and supports the patient mentally, establishes a method of communication, ensures that the patient is fasting, does not smoke, and has removed any dentures before the examination, then anesthetizes the throat, places the patient on their left side in a flexed position
  - b) informs them about the course and purpose of the examination, calms them down, performs a rectal infusion, establishes a method of communication with the patient, ensures that they are fasting

- c) informs them about the course and purpose of the examination, administers a degassing agent, ensures that they are fasting, removes their dentures before the examination, then anesthetizes their throat
- d) informs the patient about the purpose and course of the examination, provides support, establishes a method of communication, ensures that the patient is fasting, checks for the presence of dentures, places the patient in the fetal position on their right side

583. **According to current definitions, the essence of asthma is:**

- a) increased sensitivity of the airways to various stimuli
- b) coughing, wheezing, shortness of breath
- c) restricted airflow in the airways
- d) all of the above

584. **When recommending breathing exercises for a patient with asthma, which breathing pattern should the nurse suggest?**

- a) abdominal breathing
- b) thoracic breathing
- c) thoracic-abdominal breathing
- d) the breathing pattern is irrelevant

585. **BLS basic life support in children. Indicate the correct algorithm:**

- a) clear the airway, give 5 rescue breaths, perform 30 chest compressions, give 2 rescue breaths, call for help
- b) clear the airway, perform 30 chest compressions, perform 2 rescue breaths, call for help
- c) clear the airway, give 2 rescue breaths, call for help, give 30 chest compressions
- d) call for help, perform 15 chest compressions, perform 2 rescue breaths