



Year 2021 /2022	Subject: Medical Surgical (1)
2 <sup>nd</sup> Term Exam	first year
Date: 6 / 6 /2022	Total Marks: 100
Time allowed:3 hours	Dr. Hayat Mohamed , Dr Elhaga Eldosoky, Dr Elsaïda Gamal

**ALL Questions should be answered.**

**Part I**

**( 22 Mark)**

Read the following statement carefully, and then put circle around (T) if the statement is true and around (F) if the statement is false.

1.	Mobility refers to the ability to engage to activity and unrestricted movement which include standing, sitting, walking, running, lifting, pushing, and performing activities of daily living	(T) (F)
2.	Immobility refers to Limitation in independent, purposeful physical movement of the body or of one or more extremities	(T) (F)
3.	Factor impacting effects of immobility including extent & duration of immobilization	(T) (F)
4.	Important protective factors are mucus, bicarbonate, mucosal blood flow, prostaglandins, hydrophobic layer, and epithelial renewal	(T) (F)
5.	Diaphragmatic abdominal exercise and Changing position and exercise is intervention of Respiratory system hazards	(T) (F)
6.	Improving hydration is intervention to prevent urinary system hazards	(T) (F)
7.	Well hydration, ambulate as much as possible, and High fiber diet is intervention to prevent Fecal elimination hazards	(T) (F)
8.	Hazards of immobility for Neurosensory system increased heart rate, restlessness, and drowsiness	(T) (F)
9.	Pressure Ulcer is a wound with a localized area if tissue necrosis.	(T) (F)
10.	Stage 1 in Pressure Ulcers is erythema of intact skin	(T) (F)
11.	Elevated T3, T4 and suppressed TSH confirm clinical diagnosis of myxedema	(T) (F)
12.	Thyroxine (T4), represents 99.9% of thyroid hormone.	(T) (F)
13.	The rapid acting insulin duration is 3 hours.	(T) (F)
14.	The common cause of hypothyroidism is autoimmune disorder.	(T) (F)
15.	The normal level of T4 thyroxine is 65- 195 ug/dl.	(T) (F)
16.	Insulin resistance is disorder related to insulin dependent diabetes mellites.	(T) (F)



17.	The onset action of short acting insulin, is 10-15 minutes	(T) (F)
18.	Retinopathies is macrovascular complication related to diabetes mellites	(T) (F)
19	Foot care for diabetic patient includes moisturizing between toes with cream.	(T) (F)
20	Nonpitting edema of hands and feet is clinical manifestation related to hypothyroidism.	(T) (F)
21	The chronic complication of diabetes related to kidney is neuropathy	(T) (F)
22	Insulin is administered for 20-30 min before meals	(T) (F)

## **Part II**

**(40 Marks)**

**Read the following statements carefully, and then choose the right answer.**

**1. The nurse performs an assessment of a newly admitted patient. The nurse understands that this admission assessment is conducted primarily to:**

- A. Diagnose if the patient is at risk for falls
- B. Ensure that the patient's skin is intact
- C. Establish a therapeutic relationship
- D. Identify important data.

**2. The nurse understands that evaluation most directly relates to which aspect of the Nursing Process?**

- A. Goal
- B. Problem
- C. Etiology
- D. Implementation

**3. Which nursing action reflects an activity associated with the diagnosis step of the Nursing Process?**

- A. Formulating a plan of care
- B. Identifying the patient's potential risks
- C. Designing ways to minimize a patient's stressors
- D. Making decisions about the effectiveness of patient care

**4. The nurse collects objective data when a hospitalized patient states:**

- A. "I am hungry."
- B. "I feel very warm."
- C. "I ate half my lunch."
- D. "I have the urge to urinate."

**5. The nurse understands that subjective data has been obtained when the patient states:**

- A. "I just went in the urinal and it needs to be emptied."
- B. "My pain feels like a 5 on a scale of 1 to 5."
- C. "The doctor said I can go home today."
- D. "I only ate half my breakfast."



**6. An essential concept related to understanding the Nursing Process is that it:**

- A. Is dynamic rather than static
- B. Focuses on the role of the nurse
- C. Moves from the simple to the complex
- D. Is based on the patient's medical problem

**7. The nurse selects the nursing diagnosis "risk for impaired skin integrity," related to immobility, dry skin, and surgical incision. Which of the following represents a properly stated outcome or goal?**

- A. The client will turn in bed every 2 hours.
- B. The client will report the importance of applying lotion to skin daily.
- C. The client will have intact skin during hospitalization.
- D. The client will use a pressure-reducing mattress.

**8. The nurse records the client's breakfast intake as "tea 240 mL, milk 125 mL, 1 egg, 2 slices of toast." The nurse knows that the documentation is part of which phase of the nursing process?**

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

**9. The nurse teaches a patient to use visualization to cope with chronic pain. This action reflects which step of the Nursing Process?**

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

**10. The nurse understands that the appropriateness of a Nursing Diagnosis is supported by its:**

- A. Defining characteristics
- B. Planned interventions
- C. Diagnostic statement
- D. Related risk factors

**11. When preparing a patient who is to undergo perineal surgery, the nurse should place the patient in the:**

- A. Sims' position
- B. Supine position
- C. Lithotomy position
- D. Trendelenburg position



**12. After assessing a postoperative patient for a patent airway, which is the next most important assessment made by the nurse?**

- A. Condition of drains
- B. Level of consciousness
- C. Stability of the vital signs
- D. Location of surgical dressing

**13. When evaluating the effectiveness of nursing interventions for meeting the nutrient needs of patients during the first two days after abdominal surgery, which outcome is most important?**

- A. Nausea and vomiting has not occurred
- B. Fluid and electrolytes are balanced
- C. Wound healing is progressing
- D. Oral intake is reestablished

**14. The nurse is assessing a patient who had spinal anesthesia. Which common patient adaptation can the nurse expect?**

- A. Headache
- B. Neuropathy
- C. Lower back discomfort
- D. Increased blood pressure

**15. A patient has abdominal surgery. To best assess this patient's gastrointestinal status postoperatively, the nurse should:**

- A. Identify the time of the first bowel movement
- B. Monitor the tolerance of a clear liquid diet
- C. Palpate for abdominal distention
- D. Auscultate for bowel sounds

**16. A priority for the nurse caring for clients in the postanesthesia care unit or recovery room is**

- A. Inspection of the surgical site
- B. Assessment of circulation
- C. Maintenance of a patent airway
- D. Determination of client discomfort

**17. The nurse is working in the postoperative care unit. Which of the following is the overall goal of nursing care during the intraoperative phase?**

- A. To promote the client's safety
- B. To ensure that the client has granted informed consent
- C. To enhance the client's quality of life
- D. To enhance the client's coping abilities

**18. The nurse is caring for a client who is NPO (nothing by mouth) and has a postoperative order stating "diet as tolerated." The nurse will advance the client's diet to clear liquids based on which of the following assessments?**

- A. No complaints of nausea or vomiting
- B. Pain level is maintained at a rating of 2 to 3 out of 10
- C. Ambulates with minimal assistance
- D. Presence of bowel sounds



- 19. Which surgical classification would be the most appropriate for a cardiac catheterization scheduled on a 44-year-old male client who is in the hospital with chest pain?**
- A. Major
  - B. Minor
  - C. Ablative
  - D. Elective
- 20. Which intervention is most important to include in a nursing care plan for a patient with atelectasis?**
- A. Give oxygen continuously at 3 L/minute.
  - B. Have the patient cough and deep-breathe every 4 hours.
  - C. Have the patient use an incentive spirometer every hour.
  - D. Get the patient out of bed to a chair every day.
- 21. When caring for a patient with hypertension, the nurse should anticipate that the practitioner will first limit the patient's intake of:**
- A. Potassium
  - B. Sodium
  - C. Protein
  - D. Fluids
- 22. The nurse is caring for a patient who has dependent edema. What pressure has caused the excess fluid in the interstitial compartment?**
- A. Oncotic pressure
  - B. Diffusion pressure
  - C. Hydrostatic pressure
  - D. Intraventricular pressure
- 23. The nurse suspects that an older adult may have a fluid and electrolyte imbalance. Which assessment best reflects fluid and electrolyte balance in an older adult?**
- A. Intake and output results
  - B. Serum laboratory values
  - C. Condition of the skin
  - D. Presence of dehydration
- 24. A nurse is caring for two patients; one has oliguria and the other has polyuria. Which problem is a major concern for the nurse regarding both of these patients?**
- A. Diarrhea
  - B. Cachexia
  - C. Fluid volume deficit
  - D. Impaired skin integrity
- 25. A patient is receiving a diuretic that contributes to the loss of potassium and the nurse provides dietary teaching. Which food selected by the patient indicates an understanding of an excellent source of potassium?**
- A. Banana
  - B. Green beans
  - C. Bran flakes
  - D. Lean meat



**26. Several patients are taking supplemental calcium daily. The nurse teaches them to maintain their fluid intake at a minimum of 2500 mL. What complication is this intervention designed to prevent?**

- A. Mobilization of calcium from bone
- B. Irritation of the bladder mucosa
- C. Occurrence of muscle cramps
- D. Formation of kidney stones

**27. A nurse is caring for a patient who has a cardiac monitor. The patient's serum potassium level is 5.9 mEq/L. The nurse should check the cardiac monitor for the presence of which altered cardiac tracing related to this patient's potassium level?**

- A. Peaked P wave
- B. Peaked T wave
- C. Elevated U wave
- D. Narrow QRS complex

**28. A nurse is caring for an adult and suspects that the patient may be experiencing hypovolemia. For which clinical indicator should the nurse assess the patient that supports this conclusion?**

- A. Distended neck veins
- B. Bradycardia
- C. Dilute urine
- D. Postural hypotension

**29. A patient is admitted to the hospital with a burn in neck and abdomen. Which type of IV fluid should the nurse expect the primary health-care provider to order?**

- A. 5% dextrose in water
- B. 0.45% sodium chloride
- C. 0.9% sodium chloride
- D. Lactated Ringer

**30. A nurse is taking a patient's blood pressure. After the blood pressure cuff was inflated above the patient's systolic pressure, the patient's hand and wrist appeared as Trousseau's sign. For which additional clinical indicator should the nurse assess the patient?**

- A. Ventricular tachycardia
- B. Nonelastic skin turgor
- C. Sticky mucous membranes
- D. Decreased deep tendon reflexes

**31-Sever hypothyroidism called**

- A-Graves' disease
- B-Toxic diffuse goiter
- C-Myxedema
- D-Exophthalmos



**32- The prevalence of diabetes in Egypt in 2021 is ..... patients**

- A-10 million
- B- 11 million
- C-13 million
- D-14 million

**33- Insulin stimulates storage of glucose in the liver and muscle in the form of**

- A-Glucagon
- B-Glycogen
- C-Faty acids
- D-Ketone bodies

**34-The .....is assigning a number of carbohydrate (CHO) containing food**

**According to how much each food increase blood glucose.**

- A-Food pyramids
- B- carbohydrate counting
- C- American diabetes association exchange list
- D-Glycemic index

**35-The diabetic patient must decrease fat to less than .....of total calories per**

- A-7%
- B-10%
- C--15%
- D-20%

**36- The diabetic patient who practices moderate exercise as walking must .....  
Before administer medication.**

- A- Increase insulin dose.
- B- Decrease carbohydrate intake.
- C- Measure blood glucose and decrease insulin dose.
- E-Practice extra exercise.



**37-Priority for diabetes nurse educator to teach diabetic patient who administered with insulin therapy for the first time is: -**

- A-Mention insulin action
- B- Mention insulin types
- C-Define insulin manufacture
- D- Perform insulin site rotation

**38- Recommended diet for patient post operative thyroidectomy includes**

- A -Yogurt
- B- Fish
- C-Meat
- D-Whole wheat flour

**39- During assessment phase for diabetic patient, most priority for nurse is**

- A-Patient's name
- B- Patient's gender
- C- level of education
- D-Time of admission

**40-. Through post operative phase, patient with thyroidectomy. must be put in ..... position**

- A-Supine
- B-Semi fowler
- C-Sitting
- D-Prone





Put the chosen answer in the question box

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40



### Part III Part IV

#### 1. Compare between Malignant and Benign tumor:( 10 marks)

Characteristics	Benign	Malignant
Cell		
Mode of growth		
Rate of growth		
Metastasis		
General effects		



**2. Compare between Types of Viral Hepatitis :( 12 marks)**

<b>Virus</b>	<b>Usual route of transmission</b>	<b>Incubation period</b>	<b>Carrier state</b>
Hepatitis A			
Hepatitis B			
Hepatitis C			
Hepatitis E			



**Answer the following questions**

- 1. Compare the deficiency and excess of serum magnesium in the blood in terms of causes and manifestation (5 marks)**



**Write two 2 nursing diagnosis for patient undergoing subtotal thyroidectomy.  
(3 marks)**



**3-list Lifestyle Changes for patients with peptic ulcer:( 3 marks)**

- 1-.....
- 2-.....
- 3-.....



**Situation ( 5 marks)**

**Misses Amal 46 years old, hemoglobin A1C (HbA1C) is 5.8 mg/dl, the body weight is 85 kg .Through routine checkup, blood pressure was 130/ 90 mmHg.**

**1-According to hemoglobin A1C (HbA1C) measures Misses Amal will diagnosed as .....**

**2- What health teaching must be offered to Misses Amal according to her HbA1C level ?**



*Good Luck*