

## CHN/MCN/PEDIA

Situation: The primary function of the Department of Health is the promotion, protection, preservation or restoration of the health of the people through the provision and delivery of health services.

### 1. What is the vision of the Department of Health

- a. Responsible for the formulation, planning, implemented, and coordination of policies and programs in the field of health
- b. Regulates health goods and services
- c. Health as Right. Health for all Filipinos by the year 2000 and Health in the hands of the People by the year 2020**
- d. All of the above

### 2. DOH should work to make enjoyment of the right to health a reality. What is the mission of DOH?

- a. by promoting the means to better health**
- b. by planning the programs in the field of health
- c. by encouraging providers of health goods and services
- d. none of the above

### 3. What is the normal temperature of a child who is 1-3 year of age?

- a. 39.1 C
- b. 35 C
- c. 37 C**
- d. 38 C

### 4. To convert the body temperature of 38 C to F, what's the answer?

- a. 107.9 F**
- b. 106.2 F
- c. 95 F
- d. 100.4 F

### 5. The Rural Health Doctor orders Dextran 12% 1000 ml within 8 hours for a client. Drop factor is 12 gtt/ml. Solve for the gtt/min.

- a. 24-5 gtts/min
- b. 25 gtts/min**
- c. 25.5 gtts/min
- d. 26 gtts/min

### 6. Baby Boy Noel was admitted and the doctor ordered D5NSS 1L x KVO. The nurse should calibrate the IVF to:

- a. 5 gtts/min
- b. 10 gtts/min
- c. 15 gtts/min
- d. 20 gtts/min**

### 7. Baby Girl Lee, the neighbor of Baby Boy Noel was brought also to the clinic by her mother for the immunization. What immunization will be given if Baby Girl Lee is 9 months old?

- a. BCG
- b. Measles
- c. DPT**
- d. Polio 2

### 8. ORESOL has been introduced to the barangay for dehydration. To prepare for the solution, what will be the desired amount?

- a. 2 glasses of water + ½ tbsp. of salt
- b. ½ glass of water + 1 tbsp. of salt + 3 tbsp. of sugar**
- c. 2 ½ glasses of :water + 2 tbsp. of salt + ½ tbsp. of sugar
- d. 1 glass of water + 1 pinch of salt + 1 tbsp. of sugar

Situation: A place in Brgy. Canla has a common cause of Iodine deficiency where their main products are "Goitrogenics."

### 9. Which of the following are considered goitrogenics?

- a. mandarins
- b. kangkong
- c. tomato
- d. cassava**

### 10. Which of the following are rich source of Iodine?

- a. talaba**
- b. liver
- c. lean meat
- d. gizzard

### 11. What area of CHN bag is considered sterile?

- a. outside
- b. sheath
- c. inside**
- d. sides

Situation: These are nutritional needs of the mother during her pregnancy.

### 12. Nancy who just delivered a baby boy works as an executive for a big company. Which of these should the nurse first encourage?

- a. Mixed feeding
- b. Bottle feeding
- c. Leave the baby in the nursery
- d. Breastfeeding**

Situation: Mr. Reyes, 59 years old is a frequent visitor of Lions Club. Lately, he became inefficient with his work and complaining of dizziness.

**13. You stressed to him and to the finally the importance of the following food that will help in the production of RBC, EXCEPT:**

- a. kangkong
- b. egg yolk
- c. broccoli**
- d. ampalaya

**14. Your health teaching to his family is to serve food rich In Iron and this is:**

- a. egg yolk
- b. ampalaya
- c. liver
- d. lean meat**

Situation: The following questions pertain to the nurse and responsibilities.

**15. Concerned with the care of school-children, the nurse does the following. EXCEPT:**

- a. provides for a safe environment
- b. detects, diagnose, and treats children with health problems**
- c. identifies and refers children with eye problems
- d. conducts health education classes

**16. An important reason why erasures In the patient's chart should be avoided is:**

- a. chart would look dirty and reflects, the nurse personality
- b. recording maybe illegible
- c. chart is a legal document**
- d. chartings are essential for endorsement and follow-up care of patient

Situation: This pertains to human anatomy and physiology.

**17. The principal factor-causing vaginal pH to be acidic:**

- a. Action of Doderlein's bacillus**
- b. Cervical mucus changes
- c. Secretions from Skene's glands
- d. Secretions from the Bartholin's glands

Situation: In one of your conference with the midwives, you answered the question pertaining to computation and presentation of statistical data at the Rural' Health Unit. Some of the questions are the following among others.

**18. The following measures is used as a numerator to capture for the infant mortality rate:**

- a. Total number of deaths from maternal causes in same year
- b. Total number of registered live births of a given year
- c. Total number of deaths less than 1 year of age registered in same calendar year**
- d. Total number of deaths registered in same calendar year

**19. In order to present the frequency of occurrence of new cases of PNA In the municipality you have to compute for the:**

- a. prevalence rate
- b. case fatality rate
- c. proportionate mortality rate
- d. incidence rate**

Situation: Nursing as a profession benefits from the use of nursing diagnosis process in professional clinical practice.

**20. The most important values of the use of nursing diagnosis in care planning is:**

- a. highlights your critical thinking and decision-making**
- b. focuses in cause of the illness
- c. helps to define what is health
- d. identifies what the nurse can prescribe

Situation: The following questions pertain to nursing care of child with cardiovascular, disorders.

**21. Amy, 6 years old, Is admitted with an impression of rheumatic fever. To help establish the diagnosis of rheumatic fever, which of these questions should the nurse ask?**

- a. Did Amy travel abroad recently?
- b. Did Amy remark of fatigability?
- c. Did Amy have sore throat recently?**
- d. Did Amy have viral infections?

**22. Nurse Jo reviews the laboratory data of Amy. Of these data, one would be supportive of a diagnosis of rheumatic fever?**

- a. low hematocrit
- b. increased leukocyte count
- c. high erythrocyte sedimentation rate**
- d. elevated antibody level

**23. Bob who is diagnosed with rheumatic fever is prescribed with Aspirin. The purpose of this medication is to:**

- a. reduce inflammation**
- b. relieve anxiety
- c. control headache
- d. decrease fever

Situation: Professional nursing practice primarily aims to promote health and prevent illness.

24. **The meet basic goal of health promotion is:**

- a. healthy
- b. absence of disease
- c. no illness
- d. wellness**

25. **You are a factory nurse in a bottling industry. What priority health promotion program can you undertake?**

- a. Physical fitness program
- b. Accident prevention program**
- c. Formulating work strategy
- d. Relaxation exercises

Situation: Your 13 year old daughter tells you that she is having her menarche and that she feels awful. To comfort her, you would explain the menstrual cycle.

26. **You start by defining menstruation is:**

- a. Expelling of the unfertilized egg which causes the bleeding
- b. Sloughing off the perimetrium
- c. Sign of an aborted pregnancy
- d. Monthly sloughing off of the uterine lining that had been prepared to nurture a fertilized egg.**

27. **Ovulation usually occurs on the:**

- a. 28th day of a 28 day menstrual cycle
- b. 1st week of a 28 day menstrual cycle
- c. last week of a 28 day menstrual cycle
- d. 14th day of a 28 day menstrual cycle**

28. **The secretory phase is characterized by the secretion or storage nutrients, glycogen and mucin. This is due to the action of:**

- a. prolactin
- b. estrogen
- c. androgen
- d. progesterone**

29. **To allay the fears of your daughter regarding losing too much blood during menses, you would tell her that the average blood lost per cycle is:**

- a. 80ml
- b. 100ml
- c. 120 ml
- d. 30 ml**

Situation: Mrs. Mia Sandoval, a newly-married couple, plan to start a family planning clinic to choose the most appropriate contraceptive method for them:

30. **Mrs. Sandoval is interested in IUD. The nurse tells her that its insertion is usually done at this period of the menstrual cycle:**

- a. 7th to 10th days
- b. 18th to 20th days
- c. 12th to 16th days
- d. 1st 10th days**

31. **Upon further discussion, the nurse talks about the diaphragm which after intercourse must be kept in place for:**

- a. 6-8 hours**
- b. 12-24 hours
- c. 11-20 hours
- d. 9-10 hours

32. **Mrs. Sandoval talks about friend's infertility problem that was prescribed with Clomid by her physician. The nurse informs her that a side effect of this medication may be:**

- a. multiple gestation**
- b. headache
- c. transitory depression
- d. hypertension

Situation: The following pertains to some concepts and principles of community health nursing (CHN) that a nurse must apply in carrying out CHN services.

33. **Community health Nursing is a service that is provided in an environment that is constantly changing. This implied that the community health nurse to be able to provide relevant services.**

- a. must involve other disciplines in carrying out health care services in various settings
- b. must provide a service that is community-based
- c. must provide a service that is integrated and comprehensive
- d. must update her knowledge on the current and evolving characteristics of health care system**

34. Promotion of health is a major responsibility of the CHN, This refers to;

- a. Activities that seek to protect clients from potential or actual health threats and their harmful consequences
- b. Activities directed toward developing the resources of clients that maintain or enhance well-being**
- c. Activities directed toward decreasing the probability of specific illness or dysfunctions in individuals
- d. Activities aimed to prevent to spread of microorganisms to individual

Situation: The public health nurse performs varied functions and activities in her place of work.

35. **In dealing with a primigravida who is afraid of childbirth due to her beliefs and misconceptions. The first thing that the nurses should do is:**

- a. help woman recognize the sign of abnormalities in pregnancy to enable her to report to the midwife
- b. identify the beliefs and misconceptions and their source**

- c. immediately correct the beliefs and misconceptions
- d. refer to midwife for regular follow-up visit

**36. Kwashiorkor is a condition usually seen among pre- school children. This is characterized by which of the following signs?**

- a. all these signs**
- b. retarded growth and hairs
- c. loss of appetite
- d. edema

**37. Vitamin A deficiency will lead to which of the following conditions?**

- a. high blood pressure
- b. swollen face, body and limb
- c. inability to see in the dark**
- d. enlargement of the neck

**38. Grace was referred to you by a midwife. In order to determine whether Grace is suffering from severe calorie deficiency, which of the following condition will you take note of?**

- a. thin, sparse hair
- b. an extreme wasting away of fat muscle**
- c. paleness of the inner side of the lips
- d. generalized swelling of the body

Situation: You are the new Public Health Nurse in the Municipality of Pontevedra. This municipality has the following data in 2003:

Population - 30,000  
 Total infants death - 11  
 Total number of cases examined for PTB - 200  
 Total births - 500  
 All causes -74  
 Number of confirmed positive of PTB cases - 5

**39. You need to gather a lot of data about the community. Which of these can be given least priority?**

- a. community's belief and practice
- b. community's political leadership**
- c. community's knowledge in health
- d. community's way of life

**40. You studied the figures of disease and accidents that occurred in Pontevedra for the last 2 years. These figures are referred to as:**

- a. mortality statistics
- b. mortality and morbidity statistics
- c. rates and ratios
- d. morbidity statistics**

**41. Which of the following gives a good reflection of the state of health of Pontevedra?**

- a. maternal morbidity rate
- b. age-specific death rate
- c. infant mortality rate
- d. crude death rate**

Situation: In one of your home visits you discovered that Tristan, 2 years old who lives with Mang Tero his lolo is still on bottle feeding. No supplementary feeding given:

**42. Supplementary feeding should be started:**

- a. at the age of 8 -12 months
- b. at the age of 8 months
- c. not earlier than 2 months but not later than 4 months
- d. not earlier than 4 months but and later than 6 months**

**43. You're Interested to know whether Tristan has signs of malnutrition. Hence, you will:**

- a. weigh the child and perform physical assessment**
- b. weigh the child
- c. perform a physical assessment
- d. refer to physician or nearest health facility

Situation: Atypical teenager, Susan, 17 years old, is in her 3rd year high school. Besides sports and other school activities, she volunteers for community outreach programs in her school, among them going to the slums of Tondo.

**44. Susan wears contact lenses. But she claims that these are so comfortable she forgets to remove them at night. As the school nurse, you caution that she should not sleep with her soft contact lens because they can damage one of these:**

- a. sclera
- b. optic nerve
- c. cornea**
- d. pupil

**45. In one of her information- sharing, Susan mentions that her mother was taking diethylstilbestrol (DES) when she was pregnant with her. The nurse feels that she must suggest 'to Susan one of these. Which is correct?**

- a. "I will take your Pap smear for laboratory exams."
- b. "Do not use the pill for contraception."
- c. "Please see a gynecologist as soon as possible."**
- d. "Avoid using tampons during menstruation."

Situation: Miss Go is a clinical instructor in Community Health Nursing discussing about vital statistics, epidemiology and laws affecting Public Health and practice of Community Health Nursing.

**46. It is concerned with the study of factors that influence the occurrence and distribution of diseases, defects disability or deaths. This is:**

- a. **Epidemiology**
- b. Statistics
- c. Public Health
- d. Community Health Nursing

**47. The Republic Act that refers to the Magna Carta of Public Health Workers:**

- a. R.A 2382
- b. R.A 1062
- c. **R.A 7305**
- d. R.A 6425

**48. Republic Act 7164 known as the "Philippine Nursing Act of 1991" embodies the regulation of Practice of Nursing in the Philippines. A member of the Board of Nursing must be:**

- a. Citizen of the Philippines
- b. RN and holder of Master's Degree
- c. 10 years of continuous practice of the profession
- d. **All of the above**

Situation: Mr. Laurel, a public nurse is conducting community class in Brgy. Kawayan about pulmonary tuberculosis.

**49. Category 3 treatment regimen for TB is prescribed to:**

- a. New pulmonary TB patients whose sputum is positive
- b. Previously treated patients who are on relapse
- c. **New pulmonary TB patients whose sputum is serum-negative for 3x and a chest x-ray of PTB minimal**
- d. Previously treated patients who are failures

**50. What TB drug is not given to children under age 6 who are too young to report visual disturbances?**

- a. INH
- b. Rifampicin
- c. **Ethambutol**
- d. PZA

**51. Category treatment regimen for TB is prescribed. This is given:**

- a. **2 months Intensive phase, 4 months maintenance phase**
- b. 3 months intensive phase, 5 months maintenance phase
- c. 2 months intense phase, 2 months maintenance phase
- d. 3 months Intensive phase, 6 months maintenance phase

Situation: Cancer ranks third in leading cause of morbidity and mortality in the Philippines. Early detection increases the survival rate of those afflicted. You are a nurse in a cancer-prevention and screening clinic and are for health education.

**52. The following are warning signs of cancer. Which one is not?**

- a. Change in bladder and bowel habits
- b. Indigestion or difficulty in swallowing
- c. **Weight gain**
- d. Nagging cough or hoarseness

**53. Monthly examination (BSE) can help in early detection of breast CA. When do you perform BSE?**

- a. **once a month after menstruation**
- b. once a month before menstruation
- c. every other month after menstruation
- d. every other month before menstruation

**54. There are several risk factors with developing cancer. The following are risk factors of cancer, except:**

- a. age
- b. race
- c. **ordinal position in the family**
- d. lifestyle

**55. A form of cancer therapy wherein a beam of high-energy electromagnetic radiation destroys the cancer cells?**

- a. surgery
- b. **radiation therapy**
- c. chemotherapy
- d. palliative treatment

Situation: Mental health covers the psychosocial concerns of daily living covering the stages of life. Efforts to train manpower have been done by the government through the National Mental Health Programs.

Situation: The following questions are concerned with nutrition.

**56. Which one is not a function of calcium**

- a. Bone and teeth mineralization
- b. **Absorption of iron and the formation of hgb**
- c. Blood clotting
- d. Muscle relaxation and contraction

**57. Xerophthalmia is characterized by:**

- a. Tunnel vision
- b. Floaters

**c. Night blindness**

d. Window vision

58. **A deficiency in protein leads to:**

**a. Kwashiorkor**

b. Ricketts

c. Beri-beri

d. Hemorrhage

59. **Nutrients are classified according to their structures. Which among these is not a micronutrient?**

a. Vitamin A

b. Iron

c. Iodine

**d. Amino acids**

60. **What mineral works with Vitamin E to protect body compounds from oxidation?**

a. Sodium

**b. Selenium**

c. Zinc

d. Manganese

Situation: Osteoporosis is considered a major health and economic problem. One in every four women over age 50 is believed to have this disease.

61. **What is the main reason why Asian women are more in developing osteoporosis than African-American women?**

a. There are more post menopausal aged Asian women

b. Bones of Asian women are 30-40% less dense than that of African-American women

c. African-American women eat more compared to Asian women

**d. Asian women have lesser bone mass compared to African-American women**

62. **There are factors that predispose an individual for osteoporosis. What factor is least associated with the disease?**

a. Decreased level of oxygen

b. Calcium deficiency

**c. Exposure to sunlight**

d. Lack of exercise

63. **Women over 50 years are very much at risk for fractures. Where is the most common site of fractures to osteoporosis?**

**a. femur**

b. forearm

c. vertebrae

d. hips

Situation: Mrs. M. has been given a copy of her diet. He consulted you about her prescribed diet.

64. **Which of the following diseases results from niacin deficiency?**

a. diabetes

b. beriberi

**c. pellagra**

d. megaloblastic anemia

65. **He also asked about Vitamin E. The richest source of Vitamin E is:**

**a. vegetable oil**

b. milk

c. fish

d. cereals

66. **The most common vitamin deficiency seen in alcoholics is:**

**a. Thiamine**

b. Riboflavin

c. Pyridoxine

d. Pantothenic acid

Situation: Mr. S., a patient in MS ward, wants to increase his Vitamin C intake. He also asks you several questions about nutrition.

67. **Which of the following foods is not well-known source of Vitamin C?**

a. tomatoes

b. grapefruits

**c. green and yellow vegetables**

d. oranges

68. **Vitamin C deficiency is characterized by the following except:**

a. redness and edema of the gums

b. pinpoint peripheral hemorrhages

**c. pernicious anemia**

d. bones that fracture easily

Situation 1. The following pertains to some concepts and principles of community health nursing that a nurse must apply in carry out CHN services.

69. **Community health nursing is a field of nursing which utilize**

1. Knowledge about the history and philosophy of public health practices

2. Concepts of epidemiology and bio-statistics

3. Principles of leadership and management

4. Principles of social change

**a. 1, 2, 3 & 4**

- b. 1 & 2
- c. 2 & 3
- d. 1,2 & 3

**70. Which of the following features should the nurse incorporate in her practice of community health nursing (CHN)?**

- 1. CHN is oriented to population
- 2. CHN emphasize health
- 3. CHN involves interdisciplinary collaboration
- 4. CHN promotes client participation in determining their own health

- a. 1, 2, 3 & 4**
- b. 3 & 4 only
- c. 1 & 2 only
- d. 1, 2 & 3

**71. In order to strengthen community participation in health activities in the community, which of this following should be done by the Public Health Nurse?**

- 1. Identify the existing and potential leaders of the community
- 2. Form a core group for health
- 3. Formulate action program for health
- 4. Tell the community leaders what to do for their health problems

- a.1 & 3
- b.3 & 4
- c.1 & 2**
- d.2 & 3

**72. Which of the following characterize Primary Health Care?**

- 1. Essential health care accessible and acceptable to individual and families in the community
- 2. The cost of care is affordable to community and country
- 3. The setting is in tertiary hospitals
- 4. Require; health personnel and specialized training

- a. 1 & 4
- b. 3 & 4
- c. 1 & 2**
- d. 2 & 3

**73. Which of the following statements about the PHN's role in the community is/are correct?**

- 1. The PHN will only enjoy her work if she accepts her role and is able to perform that role
- 2. The PHN is a community health nurse if she is able to establish rapport with the community officials and members
- 3. The PHN wish only give bedside nursing care
- 4. The PHN can walkthrough mud, work under stress and eat with the people in the barangay

- a.1 & 2
- b.3 & 4
- c. 2 & 3
- d. 1, 2 & 4**

Situation 2. Cynthia Payas at 30 weeks of gestation has been admitted to the labor room. She says she been having moderate contractions every 3-5 minutes lasting almost a minute. Her membranes are placed.

**74. From the nurse's assessment findings of Leopold maneuvers TS revealed a soft, rounded mass, irregular nodules on Cynthia's right side and a hard prominence on her right, just above the symphysis. Which of the following best describe the fetal presentation and position?**

- a. ROP
- b. LOA**
- c. LSA
- d. RSP

**75. Health teaching during the prenatal period emphasize the expectant mother's need to go to the hospital when:**

- a. Contractions are 5-10 min, apart lasting 30 seconds and are felt as strong as menstrual cramp.**
- b. Contractions are 5 min. apart lasting 60 seconds and in increasing intensity
- c. Contractions are 3-5 min. apart with rectal pressure and bloody show
- d. contractions are 2-3 min apart lasting 90 seconds and membranes have ruptured

**76. The nurse continues with her admission assessment. Which location should the nurse anticipate finding the fetal heart tones?**

- a. above the umbilicus on her left side
- b. above the umbilicus on her right side
- c. below the umbilicus of Mona's left side**
- d. below the umbilicus of Mona's right side

**77. The nurse assessed the frequency, duration and intensity of Cynthia's contractions. Which of the following techniques should the nurse use?**

- a. Holding the finger and palm over the area below the umbilicus
- b. Moving of her ringers of one hand over the uterus pressing into the muscle
- c. Spreading the ringers of one hand tightly over the hand**
- d. Indenting the uterus in several places during and between contractions

**78. During labor, when positioning a client on lithotomy, the nurse should**

- a. Make sure the legs are safety strapped on the stirrups
- b. Put her on semi-ceiling position first
- c. Gradually lift one legs after the other
- d. Put up hef client's leg together**

Situation 3. An early childhood febrile syndrome affecting the lymphodes was identified by the Public Health Nuse(PHN)

79. **Cristina a three years old girl came to RHU due to fever unresponsive to antibiotics. During assessment, the nurse noticed that she has "strawberry tongue ". Which the following syndrome her diagnosis?**

- a. Karachi fever
- b. Igarashi fever
- c. Kawasaki fever**
- d. Nagasaki fever

80. **Upon assessment, you have observed that Cristina was irritable with mood changes and cervical lymphadenopathy. What would you do to her?**

- a. Blame the mother
- b. Give medication
- c. Divert her attention**
- d. Spank her

81. **When the doctor arrived, the mother wanted to bring her child to a tertiary hospital. Which level of care would you put Cristina in?**

- a. fourth
- b. first
- c. second
- d. third**

82. **Which among the treatment below was ordered by the physician for Cristina's mother to buy from the "Botika sa barangay"?**

- a. Immunoglobuline
- b. Antihistamine
- c. Paracetamol
- d. Salicylate**

83. **Susceptibility of the syndrome that Cristina was affected with, is from what ancestry?**

- a. Aryan
- b. Caucasian
- c. Asian**
- d. America

Situation 6. Nurses provide care to individuals in the various stages of health & illness.

84. **Which of the following are internal factors that influence health practices?**

- a. Family practices
- b. Norms of society
- c. Religious beliefs**
- d. Developmental stage

85. **Health-illness continuum refers to which of the following statements? A person**

- a. Can both be healthy or ill
- b. Is either healthy or sick
- c. Can be at the level of health & illness**
- d. Is either not healthy or not ill

86. **One's ideas convictions and attitudes which influence his level of health is referred to as his:**

- a. Health beliefs**
- b. Health habits
- c. health practice
- d. health perceptions

87. **Health Beliefs Model states that one takes health action if:**

- a. Is consistent of his health beliefs
- b. Get support from family
- c. Agree with the society's norms
- d. Will prevent his getting sick**

88. **Health action that keeps one's present level of health is referred to as:**

- a. Health enhancement
- b. Health promotion
- c. Death prevention
- d. Health maintenance**

Situation 7. Cathy is in the early first trimester of her first pregnancy. ,

89. **Cathy visits her gynecologist to confirm a suspected pregnancy. During the nursing history, she states that her last menstrual period began April 11. Cathy states that some spotting occurred in May 8. The Nurse calculates that her due date is:**

- a. January 10**
- b. January 18
- c. February 12
- d. February 15

90. **Cathy asks the nurse why menstruation ceases once pregnancy occurs. The nurse's best response would be that this occurs because of the**

- a. Reduction in the secretion of hormones by the ovaries**
- b. Production of estrogen and progesterone by the ovaries.
- c. Secretion of luteinizing hormone produced by the pituitary
- d. Secretion of follicle-stimulating hormone produced by the pituitary.

91. **The nurse is aware that the nausea and vomiting commonly experienced by many women during the first trimester of pregnancy is an adaptation to the increased level of**

- a. Estrogen
- b. Progesterone
- c. Luteinizing hormone

**d. Chorionic gonadotropin**

**92. The nurse in the prenatal clinic should provide nutritional counseling to all newly pregnant women because:**

- a. Most weight gain during pregnancy is fluid retention
- b. Dietary allowance should not increase during pregnancy
- c. Pregnant women must adhere to a specific pregnancy diet
- d. Different sources of essential nutrients are favored by different cultural groups**

**93. Cathy is now in her 8 weeks of pregnancy and complains of having to go to the bathroom often to urinate. The nurse explains to her that urinary frequency often occurs because the capacity of the bladder during pregnancy is diminished by:**

- a. Atony of the detrusor muscle
- b. Compression by the ascending uterus**
- c. Compromise of the autonomic reflexes
- d. Constriction of the ureteral entrance at the trigone

Situation 8. AIDS cases has been all over the country and yet only few are reported cases due to the stigma attach to it.

**94. What is the causative agent in HIV/AIDS?**

- a. trichomonas vaginalis
- b. Human, T-cell lymphotrophio virus**
- c. Treponema pallidum
- d. Chlamydia tranchomatis

**95. A classic full blown AIDS case is identified by clinical manifestations such as:**

- a. Persistent generalized lymphadenopathy
- b. Sudden loss of weight, afternoon fever and general malaise
- c. Tumors and opportunistic infections**
- d. Fever, weight loss, night sweats and diarrhea

**96. Pulmonary complications are the most common problem in caring for AIDS patients. This is caused:**

- a. Kaposi's Sarcoma
- b. Filterable Virus
- c. Pneumonia Carnii**
- d. Staphylococcus bacteria

**97. The cause of death of most AIDS patients who develop multiple opportunistic infections is/are the following:**

- a. Weakened immune system impairs response to therapy
- b. AH of these (a, b, c)**
- c. Weakened immune system impairs resistance to infection
- d. Infection cannot be treated effectively

**98. Implementation of the following activities can help prevent the transmission of AIDS through the blood.**

1. Conduct public education campaign, with the aim of implementation self-deferral of blood donate who are risk of HIV infection
  2. Educate health care workers on the correct use of blood
  3. Conduct surveillance of women attending anti-natal clinics
  4. Use of condoms of those found to be infected with HIV
- a. 1 & 2**
  - b. 3 & 4
  - c. 1 & 3
  - d. 2 & 3

Situation 10. You are assigned as a public health nurse to oversee the different health activities in your community.

**99. While you were going over the record of Mrs. Uy who missed her prenatal appointment date. Her review of the family folder showed the following: GR-II, PARA II; with slight edema; BP=150/100. Mrs. Uy eldest son in underweight is sick of H-fever. Nurse Linda planned a home visit. Which of the following would you give priority in planning her for the family?**

- a. Mrs. Uy's eldest son who is sick with H-fever**
- b. Mrs. Uy pre-eclampsia
- c. Nutritional status of Mrs. Uy's eldest son
- d. Family potential threat of cross-infection from H-fever

**100. The midwife refers to you a family who fails to take action regarding a sick member of the family despite her suggestions. In helping the family decide on what actions to take you will.**

1. Explain the consequences of inaction
  2. Identify the courses of action open to the family and resources needed for each
  3. Discuss the consequences of each course of action available
  4. Influence me family to act on what you think is best for the situation
- a. 1 & 4
  - b. 2, 3 & 1**
  - c. 2 & 3
  - d. 4 only

**101. Elisa is on her 1 1/2 month pregnancy. Her first child 3 1/2 months old. She asked you if she should stop breastfeeding her first baby since she is now pregnant. Your response should be the following. EXCEPT:**

- a. Breastfeeding during pregnancy is not harmful to either of the babies.
- b. Sudden weaning can be harmful and can make the older child ill
- c. Breast milk is only valuable until the child is 4 months old**
- d. She can start giving solid foods in preparation for weaning when her child is 4 to 6 months old

**102. Which of the following statements is correct regarding Community Health Nursing (CHN)?**

- a. Professional growth and development of the PHN is the responsibility of the Department health
- b. Provision of CHN care is not any way affected by policies of the agency where the Nurse work
- c. The PHN worked with community 19 for 6 years can solely determine the health needs of the community
- d. Evaluation of the health status of individuals and families should be done in consultation with them**

103. In developing capability of people to assume more responsibility for their health, which of the following statements would you consider most important?

- a. Lead-lag in the health activities
- b. Organizing me community for health
- c. Identifying health problems with the people**
- d. Making medicine available

Situation 11. Demographic profile of the elderly population is important in the nursing profession and it is therefore important to know the basic facts about it

104. According to the definition of UN and WHO elderly people are who belong to the age bracket of

- a. 60 years old and above**
- b. 65 to 74 years old
- c. 85 years old and above
- d. 75 to 84 years old

105. There are four classifications of elderly, which age group do old-old person, belong

- a. 55 to 60 years old
- b. 65 to 74 years old
- c. 75 to 84 years old
- d. 85 years old and above**

106. Factors that affect Reproductive health includes, except,

- a. Socio-economic
- b. Status of Women
- c. Status of Men**
- d. Social and Gender Issues

107. Element of Reproductive Hearth is responsible for the sex education for students,

- a. Men's Reproductive Health
- b. Adolescent Reproductive Health**
- c. Family Planning
- d. V.A.W

108. Essential Tool used in Community Health Nursing, that saves time and effort,

- a. Bag technique**
- b. Public Health Bag
- c. BP Apparatus
- d. Thermometer Technique

109. Principles in Home Visit include, except

- a. Home visit should have an objective or purpose.
- b. Planning of Home Visit should be flexible and practical.
- c. Planning revolves around the needs of the Nurse.**
- d. Planning should revolve around the essential needs of the family,

110. Steps in Home Visit, which should be done initially?

- a. Wash hands
- b. Greet Client or household**
- c. Explain purpose of visits
- d. Ask about client's health status.

111. After home delivery, the Nurse should include in her health teaching

- a. Circumcision of the Infant
- b. Immunization
- c. Starting the infant on bottle feeding
- d. Breast feeding of infant**

112. In giving tetanus toxoid immunization for pregnant women, the first dose should be given.

- a. Second Trimester
- b. 3rd Trimester
- c. 1 year after delivery
- d. as early as possible during pregnancy**

113. The legal mandate that supports the PHC act

- a. LOI 949**
- b. PD 996
- c. E.O 51
- d. RA7180

114. Requirements to be a Public Health Nurse Includes

- 1. Filipino citizen
- 2. BSN, RN
- 3. Masters degree in Nursing
- 4. 3 years as a C. I
- a. 1, 3
- b. 3, 4
- c. 1, 2**
- d. 2, 4

115. Which of the following statements best explain the concept of people empowerment?

- a. People are the health beneficiaries
- b. People themselves are health resources**
- c. People can demand health services

d. People are our partners in health

**116. As a PHN you also have an active role in disease surveillance and epidemiology of disease in the community. Among others you also do the following.**

1. Immediately inform the rural health physician of any unusual increases cases in the community disease.
2. Conduct epidemiological investigation on all reported outbreaks
3. Request the midwife to graph weekly disease incidence cases in the municipality
4. Assist in the planning and implementing disease control measures during outbreak

**a. 1, 2 & 4**

b. 2 & 4

c. 1 & 4

d. 3 & 4

**117. The habitual presence of a disease or infectious agent within a given geographic area is:**

**a. Epidemic**

b. Endemic

c. Pandemic

d. Sporadic

**118. Measures the frequency of occurrence of new cases of a certain disease during a given period of time**

a. Prevalence rate

**b. Endemic**

c. Fatality rate

d. Mortality rate

Situation 13. Theories regarding the aging process were formulated in order to guide the health care profession in their care of the elderly patient.

**119. Theories proposed to explain aging are organized as:**

a. Fully explanatory and partially explanatory

b. Complete and incomplete

**c. Genetic, biochemical and sociopsychological**

d. Known and unknown

**120. In the "Wear and Tear" theory of aging continued use of the body is supposed to lead to worn out parts, similar to the breakdown and wearing out of old machinery. This could not explain aging because:**

a. Continued use has little effect

b. Nothing ever wears out completely

c. The human body can't be compared to machinery

**d. Greater use leads to improvement in some systems such as muscles**

**121. The "Somatic Mutation Theory" states that low doses of radiation accelerate aging. The theory has been criticized for three reasons. Which of the following is not of the reasons why this theory explains little about the aging process.**

**a. Sunscreens are now available to block out harmful ultraviolet rays**

b. The effect of the sun occurs mainly in dividing cells while the effects of aging are seen mainly in cells that no longer divide

c. The number of cells that undergo mutation is too small to account for overall aging.

d. Most cells contain mechanisms for the repair of DNA

**122. Which of the following explains that the critical factor in framing old age concerns is how well persons function in regards to activities of daily living?**

**a. The functional capacity theory**

b. The activity theory

c. the disengagement theory

d. the personal meaning theory

**123. The view of the older people "Withdraw" from the society is:**

a. The adics theory

**b. The disengagement theory**

c. The parling theory

d. The absence theory

Situation 14. Mrs. Castro is one-week post partum. She visits health center because of fever and intense pain over the episiotomy site.

**124. What will be first action of the nurse?**

a. Assess for signs of anemia

b. Determine nutritional status

c. Ask for the possibility of sexual intercourse

**d. Elicit history of delivery**

**125. Upon inspection the nurse observes an edematous episiotomy site. Which of the following intervention will you first apply?**

a. Administer antimicrobials as ordered

**b. Expose the wound to perilight**

c. Cleanse the episiotomy with iodine solution

d. Give oral analgesic

**126. Upon inspection the nurse observes an edematous episiotomy site. Which of the following herbal plants can be used to related perineal infection?**

a. Lagundi

b. Banana Leaves

c. Herba Buena

**d. Guava Leaves**

**127. Breast engorgement can also cause temperature elevation, but does not last longer than how**

**many hours?**

- a. 48 hours
- b. 12 hours
- c. 10 hours
- d. 24 hours**

**128. Which of the following is an anti-inflammatory drug?**

- a. Metoprotol succinate
- b. Mefenamic Acid**
- c. Meperidine hydrochloride
- d. Mefhylergonovine oaalate

Situation 15. The Department of Health implements various health programs and projects in order to achieve its goals and objectives. As a Public Health Nurse you are one of the implementers of these programs at the municipal level.

**129. The primary function of the Department of Health is the promotion, preservation or restoration of the health of the people through.**

- a. Regulation and encouragement of providers of health goods and services
- b. Provision and delivery of health services
- c. All of these except reduction of morbidity and mortality
- d. Reduction of morbidity and mortality**

**130. In recent years, the government have given more emphasis of which of the following.**

- a. Rehabilitation
- b. Treatment of disease
- c. Prevention of illness**
- d. Treatment and rehabilitation

**131. In your campaign against sexually transmitted disease which of these groups are your target audience for health education?**

- a. Commercial social workers
- b. All of these groups
- c. General population
- d. Health workers and private practitioners

**132. Knowing the policies if the National Family Planning Program which of these is the best contraceptive method to use for a couple who have already four children?**

- a. Use of IUD since she is still on her postpartum period
- b. Natural family planning method since her menstruation is still regular
- c. A method they will choose and use**
- d. Tubal ligation as this is more permanent method

**133. Under the National Center Control Program, the following are primary prevention measures implemented cancer of the mouth except**

- a. Avoidance of inverted cigarette smoking
- b. None of these**
- c. Improved dental hygiene
- d. Avoidance of smoking and betel chewing

Situation 16. The Community Health Nurse prepares/participate in the preparation of the community health care plan.

**134. In order to plan effectively, the nurse needs a -working knowledge on the following, except**

- a. None of these**
- b. The way people view health and how they are using health care services
- c. Health status profile of the community
- d. Data on quality assurance

**135. In a rural health unit with full man power complement, the nurse's main contribution in the preparation of the total health care plan is the.**

- a. Preparation of the nursing component of the plan**
- b. Collation of the data on Health Statistics
- c. Identification of health problem of the barangays
- d. Analysis of the community survey data

**136. Which of the following statement would serve as a guide in the preparation, of the community health care plan?**

- a. Recommendation for action should be stated in quantifiable terms
- b. The formulation of criteria for evaluating the effectiveness of the plans must be an aspect of planning
- c. All of these statements**
- d. Problems goals and objectives should be stated in quantifiable terms

**137. Which of the following is a well-stated objective of a community health nursing care plan**

- a. To increase the number of mothers coming for prenatal check-up by 25% in 6 months time.**
- b. To increase the number of home visits by 50%
- c. To increase the coverage for immunization in 1 year time
- d. To increase the number of children receiving food assistance

**138. If the objectives of the health care plan is to decrease the number of children with parasitism: by 50% by the end of 2 years, which of these would be an appropriate evaluation indicator?**

- a. Number of children found positive for ascariis/ amebiasis/ hookworm, infection**
- b. Number of children examined for parasitism
- c. Number of children who consulted for abdominal pain and anemia
- d. Number of children who were dewormed

Situation 17. Your head nurse participated a 2-weeks seminar. You were designated to be an officer-in-charge of your nursing unit.

139. **In unit planning which of the following questions initiate the process?**

- a. How to schedule the activities?
- b. Who will do the planning?
- c. What is to be accomplished?**
- d. Where to get unit supplies?

140. **This is an example of data that should be analyzed when identifying missing needs.**

- a. Number of nursing staff**
- b. Medical diagnosis of patient
- c. Ward supplies and materials
- d. Patient classification

141. **To accomplish the nursing unit work, you should first get information about:**

- a. Objectives of the unit**
- c. Nursing budget
- b. Nursing service organizational chart
- d. Mission of the hospital

142. **This is an example of a patient care unit objective**

- a. To ensure adequate unit supplies/materials
- b. To use the kardex system of charting
- c. To determine the number of nursing staff needed
- d. To provide safe nursing**

143. **Which of the following tools can be most helpful in the evaluation of staff performance?**

- a. Performance assessment
- b. Performance standard**
- c. Performance audit
- d. Performance appraisal

Situation 18. Rebecca, a 2 year old and her Mother are consulting the community health nurse

144. **The nurse observes Rebecca at play in the clinic. She realizes that at this age, Rebecca could be expected to exhibit which of the following?**

- a. Build houses with blocks
- b. Is extremely possessive of toys**
- c. Attempts to stay within the hue when coloring
- d. Amuses herself with a picture book of 15 minutes

145. **When observing Rebecca, the nurse would expect her to engage in which type of play?**

- a. Parallel play**
- b. Solitary play
- c. Competitive play
- d. tumbling play

146. **Rebecca's mother asks the nurse when it would be appropriate to take her to the dentist for dental prophylaxis. What is the nurse most appropriate response?**

- a. Before starting school
- b. Between 2 and 3 years of age**
- c. When Rebecca begins to lose deciduous teeth
- d. The next time another family member goes to the dental

147. **Rebecca's mother say's that Rebecca consistently says "no" every time she is offered fluids. Considering Rebecca's development, how could the nurse assist the mother to increase Rebecca's fluid intake?**

- a. Distract her with some food
- b. Be firm and hand her the glass
- c. Offer her a choice of two things to drink**
- d. Let Rebecca see that she is making her mother angry

148. **Rebecca is well and is to be discharged- Her mother asks the nurse why Rebecca persists in saying "no" to everything. The nurse explains to Rebecca's mother that this negativism is helping Rebecca to meet a 2 year old need for which of the following?**

- a. Trust
- b. Attention
- c. Discipline
- d. Independence**

Situation 19. You are the nurse assigned in the nursery unit and your patients are of various ages.

149. **Assessment an infant, the nurse knows that a pincer grasp normally appears**

- a. At the same time as the palmar grasp
- b. Between 9 & 12 month of age**
- c. Between 5 & 7 month of age
- d. Along with the ability to "rake" objects toward themselves

150. **In a child development, the period of negativism begins when the child**

- a. Can manipulate his or her parents
- b. Copies negative behavior of sibling.
- c. Is struggling between dependence and independence**
- d. Is learning manual skills

151. **The nurse is caring for a hospitalized toddler who was toilet trained home. He wets his pants. The best response to this situation is to say?**

- a. "Its okay, try not to wet your pants next time"
- b. "That's okay. Now lets get you cleaned up"**
- c. "I know you understand how to use the toilet; what happened?"

d. "Your mom told me you don't wet anymore; what's wrong?"

**152. Which of the following behavior would a normal 18 months old be likely to exhibit during the first few hours of hospitalization?**

**a. Crying loudly when parents leave**

b. Readily accepting the nurse caring for him

c. Showing considerable interest in new toy

d. Sitting quietly in the corner of the cub, showing little or no interest in his surroundings

**153. Evaluating a 1 month old infant normal developmental skills, the Nurse should observe that the infant**

**a. Actively follow movement of familiar persons with her eyes**

b. Responds to "No-No"

c. Turns her head to a familiar noise

d. Discriminates between family and strangers

**154. The nurse knows which of the following indicates protein deficiency?**

**a. Hypoalbuminemia and pot belly**

b. Koilonychia (spoon-shaped nails)

c. Beefy red tongue.

d. Bleeding gums

**155. Before administering a tube feeding the nurse knows to perform which of the following assessments?**

**a. The GI tract including bowel sound, last BM and distention**

b. The client's neurologic status, especially gag reflex

c. The amount of air in the stomach

d. The formula used directly from the refrigerator

**156. An adult is being taught about a healthy diet. The nurse can offer:**

a. Milk

b. Jello

**c. Freshly squeezed orange juice**

d. Ice cream

**157. An adult has received an injection of immunoglobulin. The nurse knows that the client will develop which of the following types of immunity:**

a. Active natural immunity

b. Active artificial immunity

c. Passive natural immunity

**d. Passive artificial immunity**

**158. Which of these groups should a nurse target when planning a community education presentation about testicular cancer?**

a. Day care providers

b. Senior citizens

c. Middle - aged men

d. High - school students

**159. A woman reports all of the following data when giving his history to a nurse. Which one would indicate a risk factor for developing cancer of cervix?**

a. Diet high in fat

b. Exposure to pesticides

c. "What does your family want you to do."

**d. "I wouldn't have the surgery done without a second opinion."**

**160. A nurse is planning a community education presentation about testicular cancer. The large groups should be men aged:**

**a. 20 to 39 years**

b. 40 to 49 years

c. 50 to 64 years

d. 65 years and older

**161. A 10-year-old boy who is in the terminal stages of Duchenne muscular dystrophy is being cared for at home. When evaluating for major complications of this disease, a nurse would give priority to assessing which of the following body systems?**

a. Integumentary

b. Neurological

**c. Respiratory**

d. Gastrointestinal

**162. The physician asks the nurse to describe the laparoscopy procedure for sterilization to Ms. Bruce. Which of the following is part of a correct explanation of this procedure?**

**a. Two small abdominal incisions are made to introduce the instrument**

b. Hospitalization for 4 to 5 days is normally required

c. This procedure is performed vaginally

d. This procedure requires the consent of the sexual partner

**163. The nurse is asked to plan a health teaching program for women of child-bearing age with genital herpes. Which one of the following should the nurse include in a teaching session?**

a. The physician will prescribe an antiviral drug as a pregnancy is confirmed

b. Genital herpes in the mother has no effect on the infant

c. Wait until the infection has been cured before becoming pregnant

**d. If pregnant, inform the physician of a history of genital herpes**

**164. Ms. Manning is scheduled for Papanicolaou test (Pap Smear) at the time of the next visit to the physician's office. Which one of the following instructions should the nurse give to Ms. Manning?**

**a. Do not douche for 2 to 3 days before this test**

b. Do not drink coffee or alcoholic beverages for 2 days before this test

c. It will be necessary to fast from midnight the night before the test

d. Bring a sanitary napkin with you because bleeding usually occurs after this week

**165. The nurse obtains a health history from Ms. Reeves who states that she usually has symptoms when she ovulates. If Ms. Reeves has a normal menstrual cycle, how many days after ovulation should menstruation begin?**

- a. 3 days
- b. 7 days
- c. 14 days**
- d. 21 days

**166. The physician asks the nurse to discuss the use of an oral contraceptive with Ms. Sheppard. The nurse should instruct Ms. Sheppard that oral contraceptive:**

- a. Are taken at the same time each day, preferably in the evening**
- b. Must be taken on an empty stomach
- c. Are started on the first day of menstruation
- d. Are best taken in the morning before breakfast

**167. Ms. Dodd has been told by her physician that she has genital warts, which are caused by a human papilloma-virus-infection. She asks the nurse if there is any danger or problems associated with this condition. The most correct response-is based on the fact that genital warts:**

- a. Can be treated with an antibiotic, such as penicillin or tetracycline
- b. Appear to increase the risk of cancer of the vulva, vagina, and cervix
- c. Can be prevented if the individual takes birth control pills
- d. Are of no danger and need not be treated**

**168. Which of the following are included in the instructions for a client having a pelvic examination?**

- a. Self-administer an enema or take a laxative for 2 nights prior to the examination
- b. Void immediately before the examination**
- c. Douche the day before the examination
- d. Do not eat or drink fluids after midnight

**169. The nurse is assigned to teach young women attending a gynecology clinic. The physician suggests that the nurse include explaining ways to prevent toxic shock syndrome. Which one of the following suggestions can be included in this teaching session?**

- a. Avoid using super absorbed tampons**
- b. Take a diuretic at the onset of menstruation
- c. Avoid the use of large sanitary pads
- d. Use a tampon only during the night