



**Tertiary and Vocational Education Commission**  
**Knowledge Assessment – March/ April 2021**  
**Nurse Assistant**  
**National Vocational Qualification – Level 4**



**Time: 03 Hours**

**Instructions for the Candidates**

- Question paper has two parts, Part A and Part B
  - Answer all the Questions
  - Choose the most suitable answer from the given four answers of each questions and mark as “X” in the appropriate places of the answer sheet given separately for Part A
  - Answer all the questions given in Part B.
  - Handover the question paper to the examiner or supervisor at the end of the examination.
  - This question paper consists of 11 pages
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**Part A**

1. A client is admitted to the Emergency Treatment Unit with a diagnosis of Acute Myocardial Infarction. The client tells the nurse, “I think I’m going to die.” What is your response most appropriate to the situation?
  - a. “It’s normal to feel frightened. We’re doing everything we can for you.
  - b. “Everything is going to be fine. We’ll take good care of you.”
  - c. “I understood what you mean. I was also having a heart attack once.”
  - d. “I’ll call the doctor so you can discuss it with him.”
2. Which of the following indicate help to get rid of disease-causing organisms?
  - a. Surgical asepsis
  - b. Medical asepsis
  - c. asepsis
  - d. sepsis
3. Which of the following patients is at greater risk for getting an infection?
  - a. A patient receiving broad-spectrum antibiotics
  - b. A postoperative patient who has undergone orthopedic surgery
  - c. A newly diagnosed diabetic patient
  - d. A patient with leukopenia
4. What is the main benefit of therapeutic massages?
  - a. To improve circulation and muscle tone
  - b. To help a person with swollen legs to decrease the fluid retention.
  - c. To help a person with duodenal ulcers feel better.
  - d. To help in healing damaged tissue in a patient with diabetic

5. Which of the following action could put a healthcare worker at risk for back injury?
  - a. Squatting to measure chest tube drainage
  - b. Raising the bed to waist level when starting an IV
  - c. Placing the feet 2 feet apart before sliding a patient up in bed
  - d. Lifting a box of IV supplies up and over the head to place on a shelf
6. Immediately after a percutaneous liver biopsy, the nurse should place the client in which of the following positions?
  - a. Supine
  - b. Right side-lying
  - c. Left side-lying
  - d. Semi-Fowler's
7. A client has been ordered a full liquid diet. Which of the following full liquid item you would offer to the client?
  - a. ORS
  - b. Gelatin
  - c. Pudding
  - d. Beverages
8. You have to choose foods low in potassium for a client with hyperkalemia. Which of the following foods would be the best?
  - a. Grapes
  - b. Carrot
  - c. Green beans
  - d. Pineapple
9. The most common deficiency seen in alcoholics is:
  - a. Riboflavin
  - b. Pantothenic acid
  - c. Thiamine
  - d. Pyridoxine
10. A patient is instructed to take Acetaminophen liquid 640 mg qd. This liquid is 160 mg/5 mL. How many milliliters should the patient take as one dose?
  - a. 20 mL
  - b. 25 mL
  - c. 18 mL
  - d. 21 mL
11. A patient who is at home must take 400,000 units of Nystatin per oral every 4 hours, to swish in the mouth and then swallow. It is available as 100,000 units/5 mL. The patient has only measuring spoons. How should the patient be instructed to take the dose?
  - a. 6 teaspoons
  - b. 5 teaspoons
  - c. 4 teaspoons
  - d. 3 teaspoons

12. A nurse assistant elevates the head of the bed to the high fowler position for a patient who has increased difficulty in breathing. Along with his respiratory distress decreases. You documents this breathing as:
- Eupnea
  - Orthopnea
  - Tachypnea
  - Hyperventilation
13. To assess the kidney function of a patient with an indwelling urinary (Foley) catheter, the nurse assistant measures his hourly urine output. She should notify the physician if the urine output is:
- 125 ml in 4 hours
  - Less than 30 ml/hour
  - 90 ml in 3 hours
  - 64 ml in 2 hours
14. Palpating the Midclavicular line is the correct technique for assessing
- Systolic blood pressure
  - Baseline vital signs
  - Respiratory rate
  - Apical pulse
15. If a patient's blood pressure is 160/90mmHg, his pulse pressure is:
- 54 mmHg
  - 246 mmHg
  - 150 mmHg
  - 70 mmHg
16. The most common injury among female elderly people is:
- Increased incidence of gallbladder disease
  - Atheroscleotic changes in the blood vessels
  - Urinary Tract Infection
  - Hip fracture
17. Which of the following interventions should help an older client to prevent osteoporosis?
- Decrease dietary calcium intake
  - Increase sedentary lifestyles
  - Increase dietary protein intake
  - Encourage regular exercise
18. 70-year-old client takes treatment for hypertension. It is due to:
- Myocardial muscle damage
  - Reduction in physical activity
  - Ingestion of foods high in sodium
  - Accumulation of plaque on arterial walls

19. A multipara mother was diagnosed with breast engorgement 24 hours after a vaginal delivery. What should she do to get relieve from the condition ?
- Wear a tight fitting bra or breast binder.
  - Apply warm, moist heat to the breasts and feed the baby
  - Contact the nurse and midwife for a lactation suppressant
  - Restrict fluid intake to 1000 ml. daily
20. Neonates of mothers with diabetes are at risk for:
- Anemia
  - Hypoglycemia
  - Nitrogen loss
  - Thrombosis
21. Which of the following complications is most likely a delayed postpartum hemorrhage?
- Cervical laceration
  - Clotting deficiency
  - Perineal laceration
  - Uterine subinvolution
22. The primary critical observation for Apgar scoring is the:
- Heart rate
  - Blood pressure
  - Presence of meconium
  - Evaluation of the Moro reflex
23. When teaching umbilical cord care to a new mother, which of the following information would the most important?
- Keep the cord dry and open to air
  - Apply peroxide to the cord with each diaper change
  - Cover the cord with petroleum jelly after bathing
  - Wash the cord with soap and water each day during a tub bath
24. Vitamin K is prescribed for a neonate. A nurse assistant prepares to administer the medication in which muscle site?
- Deltoid
  - Triceps
  - Vastus Lateralis
  - Biceps
25. After 5 days of diuretic therapy with 20mg of Furosemide (Lasix) daily, a patient begins to exhibit fatigue, muscle cramping and muscle weakness. These symptoms probably indicate:
- Hypokalemia
  - Hyperkalemia
  - Anorexia
  - Dysphagia

26. Which of the following white blood cell (WBC) counts clearly indicates leukocytosis?
- a. 4,500/mm<sup>3</sup>
  - b. 7,000/mm<sup>3</sup>
  - c. 10,000/mm<sup>3</sup>
  - d. 25,000/mm<sup>3</sup>
27. The cardinal rule when determining a dressing change for a pressure ulcer is
- a. Keep the ulcer tissue dry and the surrounding intact skin moist
  - b. Keep the ulcer tissue moist and the surrounding intact skin dry
  - c. Keep the ulcer tissue and surrounding intact skin moist
  - d. Keep the ulcer tissue and surrounding intact skin dry
28. The wound healing process does not include:
- a. Inflammatory phase
  - b. Proliferation phase
  - c. Infection phase
  - d. Maturation phase
29. The appropriate needle gauge for intradermal injection is:
- a. 20G
  - b. 22G
  - c. 25G
  - d. 26G
30. Which of the following blood tests should be performed before a blood transfusion?
- a. Prothrombin and coagulation time
  - b. Blood typing and cross-matching
  - c. Bleeding and clotting time
  - d. Complete blood count (CBC) and electrolyte levels

(1 × 30 = 30 Marks)

## PART- B

### Answer all Questions

1. Select the suitable word or phrase from part “B” and put the number in front of the part “A”

	Part - A			Part- B
A	Bleeding time		1	98-108 mEq/L
B	Prothrombin time		2	0.4- 1.2
C	Platelet		3	3.5- 5.0 mEq/L
D	pH		4	10-20 mg/dl
E	Sodium		5	4.2- 5.5 mg/dL
F	Potassium		6	150,000- 400,000
G	Calcium		7	135- 145 mEq/L
H	Chloride		8	1-9 min
I	BUN		9	7.35- 7.45
J	Creatinine		10	10-13 sec

(10 Marks)

2. Nurse Assistant could perform various roles. Serving as a Communicator is one role. Write your role as communicator. (1.5 Marks)

3. Describe how you would communicate with a client with a hearing impairment. (1.5 Marks)

4. Fill in the Blank with proper number

(2.5 Marks)

1 milligram (mg)	.....micrograms (mcg)
1ml	.....cc
1 ounce	.....ml
1 tablespoon	..... ml
1 teaspoon	.....ml

5. Write four Signs of Localized Infection?

(2.5 Marks)

6. Senior nurse told you to give back care to a bed ridden patient. Write three purposes of back care

(03 Marks)

7. There are Common Bowel Elimination Problems. Describe the meaning of the following terms.

(2.5 Marks)

- i. Constipation –
- ii. Diarrhea –
- iii. Incontinence –
- iv. Flatulence –
- v. Hemorrhoids –

8. Changing the position of the patient is very important. Write five reasons why positioning is important: (2.5 Marks)

9. Write two Water-soluble vitamins and four Fat-soluble vitamins (02 Marks)

Water-Soluble Vitamins	Fat-Soluble Vitamins

10. What are the best sources where a patient can get macronutrient and micronutrients? (02 Marks)

11. What are the “Six Rights” of drug administration? (03 Marks)

12. What are the Client’s Right Related to Medication Administration? (02 Marks)



13. You have an order to administer 40 mg of Methadone SC for Opioid detoxification. You have on hand 30 mg/mL. How much should you draw into the syringe? (03 Marks)
14. Mr. Sirisena 47 years old from No.8, Kirula Road, Malabe came to get treatment for fever and cough. Doctor ordered Amoxicillin 500mg tds, Paracetamol 1g T.D.S, Piriton 4mg B.d. and Vitamin C 100mg by orally. What are the Right drugs and Right doses? (04 Marks)
15. Write three changes you can observe when patient has acute pain? (03 Marks)
16. Define “Tachycardia” and “Bradycardia” (02 Marks)
17. Write three contraindications for checking oral temperature (03 Marks)

18. Write five nursing Interventions that you can intervene for a clients who have Fever (103f)  
(05 Marks)
19. It is very important to avoid ~~prevent~~ heat loss from neonate. Name four method of Heat Loss  
(02 Marks)
20. Describe body system changes resulting from aging?  
(02 Marks)
21. The nurse assistant cares for an 82-year-old woman with frequent constipation. What advice you can give for this woman to reduce constipation  
(02 Marks)
22. Write four reasons for post-partum hemorrhage?  
(02 Marks)

23. The nurse assistant is assessing a client who is 6 hours after delivering a full-term healthy infant. The client complains the nurse of having feelings of faintness and dizziness. Which actions would be the most appropriate? (02 Marks)

24. Write six benefits of breast feeding for mother and baby (03 Marks)

25. Write four functions of wound dressings (02 marks)