



Tertiary and Vocational Education Commission
Knowledge Assessment – April 2022
Nurse Assistant
National Vocational Qualification Level 04



Time: 03 Hours

Instructions for the Candidates

- Answer all questions
 - In each of the questions from 1 to 50, pick the one of the alternatives (a), (b), (c), (d) which you consider is correct or most appropriate.
 - Mark a cross (x) on the number corresponding to your choice in the answer sheet provided.
 - This question paper consists of 07 pages.
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Part 1

1. Which of the following is used for burns, skin ulcers, lesions, blood clots, and other conditions?
 - a) Mitered corner
 - b) Bed cradle
 - c) Draw sheets
 - d) All are correct
2. Open end of pillowcases should be placed;
 - a) Toward the door
 - b) It doesn't matter
 - c) Away from the door
 - d) None of the above
3. An adult blood pressure reading of 120/80 mmHg can be interpreted as;
 - a) Prehypertension
 - b) Hypotensive
 - c) Normal
 - d) Hypertensive
4. Regulator of the body temperature is;
 - a) Medulla
 - b) Sebaceous glands
 - c) Hypothalamus
 - d) Wernicke's area
5. Constant, remittent and intermittent are classifications of:
 - a) Pain
 - b) Fever
 - c) Headache
 - d) Anxiety
6. The most appropriate position in obtaining rectal temperature for an adult would be:
 - a) Supine position
 - b) Fowler's position
 - c) Sim's position
 - d) Lateral position

7. The 5th vital sign is considered as;
 - a) Height and weight
 - b) Respiration
 - c) Body mass index
 - d) Pain
8. Apnea is;
 - a) Absence of breathing
 - b) Fast respirations
 - c) Abnormally slow respirations
 - d) Deep respirations
9. Which of the following client is at a greatest risk for postoperative wound infection?
 - a) A 3-month-old infant postoperative from pyloric stenosis repair
 - b) A 78-year-old postoperative from inguinal hernia repair
 - c) An 18-year-old drug user postoperative from removal of a bullet in the leg
 - d) A 32-year-old diabetic postoperative from an appendectomy
10. A client's wound is having thick yellow secretion. This secretion describe as;
 - a) Sanguineous (Blood)
 - b) Serous-sanguineous
 - c) Serous
 - d) Purulent
11. All of the following symptoms are evidences of an infection **except**:
 - a) White oral plaques
 - b) Creamy vaginal discharge
 - c) Skin rash
 - d) Darkened tongue
12. What is the most important role of the nurse assistant in preventing drug errors?
 - a) Always checking the patient's diagnosis before giving a drug
 - b) Always following the "six rights" of drug administration
 - c) Being the one defense for detecting and preventing drug errors
 - d) Being most likely to detecting a drug error that has occurred.
13. When administering a drug in sublingual route, the most appropriate place to keep the drug is;
 - a) Between the cheek and the upper jaw
 - b) Under the tongue
 - c) In the nose
 - d) In the eyes
14. What administration technique should be used to put ear drops for a 2 year old child?
 - a) Pull the earlobe down and back
 - b) Pull the earlobe up and out
 - c) Keep the earlobe straight
 - d) Hang the patient's head over the side of the bed.

15. The recommended daily caloric intake for sedentary older men is;
 - a) 2400 calories
 - b) 1600 calories
 - c) 2800 calories
 - d) 2000 calories
16. What can be helpful to reduce a patient's anxiety and postsurgical pain?
 - a) Preoperative teaching
 - b) Preoperative checklist
 - c) Psychological counseling
 - d) Preoperative medication
17. Which of the following disease decrease the metabolic rate?
 - a) Cancer
 - b) Hypothyroidism
 - c) Chronic Obstructive Pulmonary Disease
 - d) Cardiac failure
18. What intervention is the best to relieve constipation during the pregnancy?
 - a) Increasing the consumption of fruits and vegetables
 - b) Taking a mild laxative
 - c) Lying flat on back when sleeping
 - d) Reduction of iron intake by half or more
19. Which electrolyte is essential for enzyme and neurochemical activities?
 - a) Chloride
 - b) Magnesium
 - c) Potassium
 - d) Phosphate
20. When you are working, you suspect that another health care member is verbally and physically abusing a patient. What would be the most suitable approach?
 - a) Nothing because you are not certain that it is occurring
 - b) Nothing because you only suspect the abuse
 - c) Call the police or the security department
 - d) Report your suspicions to the charge nurse
21. Which of the following is the most basic priority of human need?
 - a) Self-actualization
 - b) Psychological needs
 - c) Love and belonging
 - d) Physiological needs
22. How many bones make up a newborn's skull?
 - a) 08
 - b) 04
 - c) 06
 - d) 05

23. Which of the following is correct about infection control and handwashing techniques?
- Demonstrate the correct one (1) minute handwashing procedure using soap and running water.
 - Demonstrate the correct two (2) minute handwashing procedure using soap and running water.
 - Using hot water so that the natural fats on the skins are emulsified with the soap.
 - Using cold water so that the natural fats on the skins are emulsified with the soap.
24. How many minims are contained in 1 milliliter?
- Between 10-11
 - Between 12-14
 - Between 15-17
 - Between 18-20
25. What is the most basic thing that healthcare workers do in order to prevent the spread of infection?
- Applying standard precautions
 - Using personal protective equipment
 - Adhering to the principles of asepsis
 - Handwashing
26. Low birth weight is defined as a newborn's weight of:
- 2500 grams or less at birth, regardless of gestational age.
 - 1500 grams or less at birth, regardless of gestational age.
 - 2500 grams or less at birth, according to gestational age.
 - 1500 grams or less at birth, according to gestational age.
27. There is a neonate who has a cleft palate. The surgical correction will be done when the infant is;
- 10 to 12 months of age.
 - 20 to 24 months of age.
 - 16 to 20 months of age.
 - 12 to 16 months of age.
28. The normal sodium level in the body is:
- 135 to 145 milliequivalent per liter.
 - 3 to 5 milliequivalents per liter.
 - 135 to 145 microequivalents per liter.
 - 3 to 5 microequivalents per liter
29. Which of the following statement is accurate about appendicitis?
- Appendicitis is more common among females than males.
 - A high fiber diet is a risk factor associated with appendicitis.
 - Left lower quadrant pain is suggestive of appendicitis.
 - Mc Burney's point tenderness is suggestive of appendicitis.
30. A nurse assistant took photographs of patients without their permission using a cell phone and posting them on Social media. She was fired because she has:
- Violated the law
 - Acted in a negligent manner
 - Not completed the proper documentation
 - Violated an ethical principle

31. Which of the following is a hazard of immobility?
- Loss of bone calcium
 - Increased vital capacity
 - Venous vasoconstriction
 - A positive nitrogen balance
32. The hormone produces mother's milk is:
- Progesterone.
 - Estrogen.
 - Prolactin.
 - Colostrum.
33. Which of the following is a life threatening acute complication of diabetes mellitus?
- Neuropathy
 - Hypoglycemia
 - Retinopathy
 - Impaired microcirculation
34. Babies should double their birth weight at the age of;
- 5th to 6th month.
 - 3rd to 4th month.
 - 4th to 5th month.
 - 5th to 7th month.
35. Select the cranial nerve that is accurately paired with its name.
- The first cranial nerve: The trochlear nerve
 - The twelfth cranial nerve: The hypoglossal nerve
 - The tenth cranial nerve: The olfactory nerve
 - The seventh cranial nerve: The auditory nerve
36. The doctor has ordered 500 mg of a medication per oral once a day. The tablets on hand are labeled as 1 tablet = 125mg. How many tablets will you administer to your patient?
- 1 Tablet
 - 2 Tablets
 - 3 Tablets
 - 4 Tablets
37. The mnemonic "PERL" is useful for the assessment of the eyes. What does PERL stands for?
- Pupils equal and reactive to light
 - Patient eyes are equally recessed and responsive to light and acuity
 - Patient eyes are equally responsive to light and acuity
 - Pupils equally reactive to light and acuity
38. An episiotomy is:
- A surgical incision of the perineum to prevent tearing during vaginal delivery.
 - Releasing the red plug from the cervix just before crowning occurs.
 - An incision in the abdomen with which the baby can be delivered through.
 - The severance of the umbilical cord between mother and child.

39. The doctor has ordered 1000 milliliters of intravenous fluid every 8 hours. Nurse will be using intravenous tubing that delivers 20 milliliters per drop. At what rate will you adjust the intravenous fluid flow?
- 38 gtts per minute
 - 42 gtts per minute
 - 50 gtts per minute
 - 40 gtts per minute
40. Most water leaves from the body by way of the:
- Lungs.
 - Intestines.
 - Skin.
 - Kidneys.
41. A cavity containing pus surrounded by inflamed tissue is;
- Cellulitis.
 - An abscess.
 - Extravasation.
 - An adhesion.
42. The doctor has ordered 20 milliliters an hour of normal saline intravenously for your pediatric patient. You will be using pediatric intravenous tubing that delivers 60 drops per one milliliter (drop rate). How many drops per minute will you administer using this pediatric intravenous set?
- 30 drops per minute
 - 25 drops per minute
 - 20 drops per minute
 - 22 drops per minute
43. Which of the following assessment tools is used to determine the patients' level of consciousness?
- The Snellen Scale
 - The Norton Scale
 - The Morse Scale
 - The Glasgow Coma Scale
44. You have to teach and instruct the patient, which basic principle of teaching should be followed?
- Sequence the instruction from the least complex to the most complex.
 - Assume that the patient knows little or nothing about the topic.
 - Tell the patient to call their significant other so you can instruct them.
 - Use medically oriented terms so the patient will be able to speak with the doctor.
45. A nurse administered Penicillin intravenously, you observe that the patient becomes hypotensive and with a bounding, rapid pulse rate. What would be the first approach?
- Decrease the rate of the intravenous medication flow.
 - Increase the rate of the intravenous medication flow.
 - Call the doctor.
 - Stop the intravenous flow.

46. Which of the following foods enhances the absorption of an iron supplement?
- a) Orange juice
 - b) Green beans
 - c) Fortified Milk
 - d) Baked potato
47. The wound irrigation process cleanses the wound and:
- a) Reduces the potential of pain in the wound region or area.
 - b) Stops the spread of infection by way of magnifying the “clean” area.
 - c) Pushes extravasated blood from a hematoma into nearby healthy tissue.
 - d) Allows for the introduction of medications in solution form.
48. Diabetes insipidus is the result of:
- a) A diet high in sugar and carbohydrates.
 - b) A complicated pregnancy.
 - c) A disorder of the pancreas.
 - d) A disorder of the pituitary gland.
49. Which positions will you place your patient, who has signs and symptoms of hypovolemic shock?
- a) The Trendelenburg position
 - b) The supine position
 - c) The left lateral position
 - d) The right lateral position
50. Which healthcare associated infection is the highest risk for patients?
- a) Pneumonia
 - b) Catheter related infections
 - c) Intravenous line infections
 - d) Diphtheria

(01 x 50 = 50 Marks)



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Time: 03 Hours

Instructions for the Candidates

- Answer five (05) Questions including First (1) Question (First (01) question is compulsory and total number of questions should be answered is five (05)).
 - Answer the questions in the spaces provided in the same question paper
 - This question paper consists of 07 pages.
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Part 2

1.

- a) Write six (06) skills essential for effective communication.

(03 Marks)

- b) How Teamwork of Health care members help patients?

(02 Marks)

- c) Explain role of a Nurse Assistant in health care field

(05 Marks)

2.

a) Write Six (06) rights regarding the medication administration

(03 Marks)

b)

i). Doctor has ordered Syrup of Cloxacillin 25 mg/kg by mouth every 8 hours for a child. The child weight is 20 kg. Pharmacy dispenses you the medication with the concentration of 50mg/2ml. How many milliliters will you administer per a single dose?

(02 Marks)

ii). A patient weighs 20kg and is prescribed a medication for 0.4mg/kg per dose. The stock strength is 20mg/5mL. What volume will you administer the patient?

(03 Marks)

iii). A doctor ordered 75 milligrams of Pethidine by intramuscular injection for a patient. But Pethidine solution available as 50 milligrams in 1 milliliter of liquid for Injection. How many milliliters will you administer?

(02 Marks)

3.

- a) List two contraindications of measuring temperature by rectum

(02 Marks)

- b) What is the normal Value for Adults for below parameters

(02 Marks)

i). Temperature:

ii). Pulse:

iii). Blood Pressure:

iv). Respiration:

- c) Explain your role for a patient presenting with high fever

(06 Marks)

4.

- a) List three purposes of bed making for a patient.

(03 Marks)

b) Define Lithotomy position and two indications

(02 Marks)

c) Write five factors help to prevent constipation

(05 Marks)

5.

a) Long-term inadequate intake of calcium is associated with some disorders. Name two of those disorders.

(02 Marks)

b) Write three functions of Iodine

(03 Marks)

- c) Write a menu for a day to include 2000 calories for a 55 year old female patient with Diabetic. (Carbohydrate 1gm= 4 calories, Protein 1g= 4 calories, Fat 1g= 9 calories)

(05 Marks)

- Breakfast: Calorie 700
- Lunch: Calorie 800
- Dinner: Calorie 500

6.

- a) Name two temporary hormonal contraceptive methods for a breast feeding mother if her baby is three months old.

(02 Marks)

- b) Write three post-natal complications of a mother

(03 Marks)

c) Explain physiological changes in following systems during post-natal period.

(03 Marks)

i). Cardiovascular system-

ii). Endocrine system-

iii). Reproductive system-

d) Write two advantages of breast feeding occurs to mother.

(02 Marks)

7.

a) What is the definition of health according to the World Health Organization's (WHO)?

(1.5 Marks)

b) Following are three cranial nerves. Write the function of these nerves.

(03 Marks)

i). Vagus Nerve -

ii). Facial Nerve –

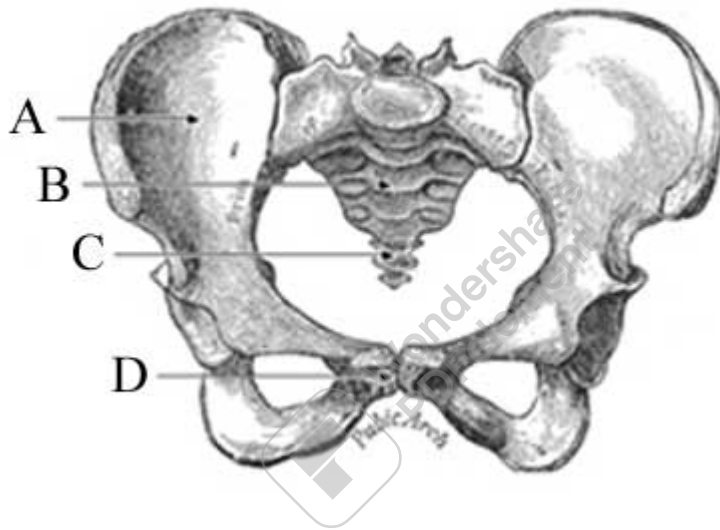
iii). Optic Nerve -

- c) A client is being admitted to the hospital after a traumatic brain injury. During an initial assessment, you have to measure the Glasgow Coma Scale. Write three main areas you observe during this assessment.

(1.5 Marks)

- d) Label the following bones of the pelvis

(04 Marks)



A	C
B	D