



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



Time: 1 1/2 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. *E. coli* is a:
 - a) Gram negative
 - b) Gram positive
 - c) A protozoan
 - d) A spirochete
2. _____ and _____ are the most common causes of infection in hospitals.
 - a) Bacteria, fungi
 - b) *Staphylococci*, *E. coli*
 - c) *Staphylococci*, *Pseudomonas*
 - d) *E. coli*, *Pseudomonas*
3. The easiest method of sterilization is;
 - a) Steam sterilization
 - b) Wet heat
 - c) Dry heat
 - d) Radiation
4. The device used to take the place of a missing body part is;
 - a) Pronation
 - b) Abduction
 - c) External rotation
 - d) Prosthesis
5. When a client has left-sided weakness, which part of the shirt is put on first during grooming?
 - a) Both sleeves
 - b) Left sleeve
 - c) Client's choice
 - d) Right sleeve

6. It is appropriate for you to share the information regarding a client's status with;
 - a) Any one that the nurse assistant sees fit
 - b) The client's family members
 - c) The client's roommate
 - d) The staff on the next shift
7. When you are caring a client who is agitated. You should;
 - a) speak loudly so the client can hear the instructions
 - b) ask to reassign the care of the client
 - c) talk in a slow, calm and reassuring manner
 - d) tell the client to be quiet
8. The purpose for padding side rails on the client's bed is to;
 - a) use them as a restraint
 - b) have a place to connect the call signal
 - c) protect the client from injuries
 - d) keep the client warm
9. How can you help for a client who is not accepting a death of a family member?
 - a) Leave the client alone
 - b) Convince the client to accept the loss
 - c) Encourage the client to talk
 - d) Discourage individual activity
10. Which of the following is the BEST method for communicate with a client who is totally deaf?
 - a) Smile frequently and speak loudly
 - b) Smile often and talk rapidly
 - c) Avoid eye contact
 - d) Write out information
11. To avoid pulling the catheter when turning a male client, the catheter tube must be taped to the client's:
 - a) bed sheet
 - b) upper thigh
 - c) bed frame
 - d) hip
12. A nurse assistant MUST wear gloves when;
 - a) feeding a client
 - b) doing perineal care
 - c) giving a back massage
 - d) doing range of exercises
13. When getting ready to dress up a client, the nurse assistant should;
 - a) get the first clothes he or she could reach immediately
 - b) give the client a choice of what to wear
 - c) use the clothes the client wore the day before
 - d) choose clothes that the nurse assistant personally likes

14. When you discover fire in a client's room, the **first** thing to do is;
- call the nurse in charge
 - try to put out the fire
 - open a window
 - remove the client
15. Which of the following is a correct measurement of urinary output?
- 40 oz
 - 300 ml
 - 2 cups
 - 1 quart
16. All the following situations are examples for the abuse or neglect **except**;
- restraining a client according to a physician's order
 - leaving a client alone in a bathtub
 - threatening to withhold a client's meal
 - leaving a client in a wet and soiled bed
17. The **last** sense, a dying client will lose is;
- smell
 - hearing
 - taste
 - sight
18. The normal aging process is **best** defined as the time when;
- people become dependent and childlike
 - presenting symptoms of Alzheimer's disease
 - normal body functions and senses decline
 - people are over sixty-five years of Age
19. When a client is confused, you should;
- ignore the client until he or she starts to make sense
 - restrain the client so that he or she does not hurt himself or herself
 - keep the client away from other clients
 - help the client to recognize familiar things and people
20. Acute pain and anxiety increase pulse rates due to;
- Suppression of Sympathetic nerves
 - Suppression of Parasympathetic nerves
 - Stimulation of Parasympathetic nerves
 - Stimulation of Sympathetic nerves
21. When changing an unsterile dressing, the nurse assistant should wash hands;
- before the procedure
 - after the procedure
 - during the procedure
 - before and after the procedure

22. Clean bed linen placed in a client's room but not used should be;
 - a) returned to the linen closet
 - b) used for a client in the next room
 - c) taken to the nurse in charge
 - d) put in the dirty linen container
23. When you find a conscious client lying on the hospital bathroom floor, the **first** thing you should do is;
 - a) help the client into a sitting position
 - b) call for assistance from the nurse in charge
 - c) offer the client with water to drink
 - d) check for signs of injury
24. Clients have the right to;
 - a) smoke in any area in the hospital
 - b) have access to a telephone
 - c) go anywhere in the hospital
 - d) see other clients' medical reports
25. When you apply a waist restraint for a client you should,
 - a) release the restraint every four hours
 - b) watch for signs of skin irritation
 - c) tie restraints to the side rail
 - d) apply the restraint tightly so the client cannot move
26. To prevent the spread of infection, how should the nurse assistant handle the soiled linens removed from a client's bed?
 - a) Shake them in the air
 - b) Place them in a neat pile on the floor
 - c) Carry them close to the nurse assistant's body
 - d) Put them in the dirty linen container
27. A client needs to be repositioned, but he is very heavy. The nurse assistant is not sure she can move the client alone. She should;
 - a) try to move the client alone
 - b) Allow to the family to do
 - c) ask another nurse assistant to help
 - d) go on to another task
28. To prevent dehydration of the client, the nurse assistant should;
 - a) offer fluids frequently as needed while the client is awake
 - b) wake the client hourly during the night to offer fluids
 - c) give the client frequent baths
 - d) feed the client salty food to increase thirst

29. When transferring a client, **most** of the client's weight should be supported by the nurse assistant's;
- a) back
 - b) shoulders
 - c) legs
 - d) wrists
30. To make sure that a client's weight is measured accurately, the client should be weighed;
- a) after a meal
 - b) by a different nurse assistant
 - c) at the same time of the day
 - d) using different scales
31. Before taking the oral temperature of a client who has just finished a cold drink, you should wait;
- a) 10 to 20 minutes
 - b) 25 to 35 minutes
 - c) 45 to 55 minutes
 - d) at least 1 hour
32. Which of the followings is the **correct** way to remove a dirty isolation gown?
- a) Pull it over the head
 - b) Let it drop to the floor and step out of it
 - c) Roll it dirty side in and away from the body
 - d) Pull it off by the sleeve and shake it out
33. When making an occupied bed, the nurse assistant should;
- a) put the dirty sheets on the floor
 - b) help the client to sit in a chair while the bed is being made
 - c) lower both side rails before changing the sheets
 - d) raise side rail on the unattended side
34. Which temperature is considered **most** accurate?
- a) Oral
 - b) Axillary
 - c) Groin
 - d) Rectal
35. Pulse Rate slower than 60 beats per minute is;
- a) Orthopnea
 - b) Hypercapnia
 - c) Bradycardia
 - d) Tachycardia

36. Most appropriate definition of Vital Signs is;
- a) a part of human composition
 - b) an indication of basic body functioning
 - c) physiology and anatomy
 - d) signs and symptoms of a disease
37. The volume of pulse refers to the;
- a) amount of blood pushing against the artery of the wall with each beat
 - b) amount of beats that the heart exerts every time we breath
 - c) amount of blood that circulates through the cardio-pulmonary system
 - d) amount of lubs and dubs that we hear every time we expire and inspire
38. When body temperature falls below 93.2°F, the person is suffering from the extreme:
- a) Dyspnea
 - b) Orthopnea
 - c) Hyperthermia
 - d) Hypothermia
39. When obtaining an oral temperature reading, the probe is gently inserted into;
- a) anterior sublingual cavity
 - b) lateral sublingual density
 - c) posterior sublingual pocket
 - d) superior lingual mucositis
40. The first sign of a pressure sore is;
- a) Swelling
 - b) Numbness
 - c) Discoloration
 - d) Coolness
41. The **best** time to prepare for a disaster is;
- a) while evacuating residents
 - b) during lunch
 - c) when everyone is safely in bed
 - d) before it happens
42. To convert four ounces of juice to milliliters (ml), you should multiply;
- a) 4 x 5 ml
 - b) 4 x 10 ml
 - c) 4 x 15 ml
 - d) 4 x 30 ml
43. Normal lochia findings in the first 24 hours post-delivery include;
- a) Bright red blood
 - b) Large clots or tissue fragments
 - c) A foul odor
 - d) The complete absence of lochia

44. An infant develops the grasping response at the age of;
- 4-6 months
 - 6-8 months
 - 3-4 months
 - 0-3 months
45. A patient has a bottle of Warfarin 5mg tablets at home. After his most recent international normalized ratio (INR), the doctor tells him to take 7.5 mg/day. How many tablets should the patient take?
- 1
 - 1.5
 - 2
 - 2.5
46. A doctor ordered Levothyroxine (Synthroid) 100 mcg PO every morning for a client. Pharmacy issued Levothyroxine 0.05 mg tablets. How many tablet(s) he/she has to take as a dose?
- 1
 - 1.5
 - 2
 - 2.5
47. A new mother is complaining of left breast tenderness and heat after two weeks of delivery. On examination you note a slightly enlarged left breast that is mildly erythematous and very tender on palpation. The most likely condition is;
- Fibrocystic breast disorder
 - Ductal carcinoma
 - Mastitis
 - Benign cyst
48. Which of the following might be the signs of an umbilical cord stump infection?
- Bleeding as the stump falls off
 - Pus and swelling around the umbilicus
 - Frequent crying
 - Blackening of the umbilical cord stump
49. According to the client's Bill of Rights, when you are caring a client you should;
- provide privacy while performing personal care procedures
 - open the client's mail without permission
 - use the client's personal possessions for another client
 - prevent the client from complaining about care
50. A patient who speaks French had emergency Laparotomy. During discharge preparation, the action would best help this patient to understand wound care instruction is;
- Asking frequently if the patient understands the instruction
 - Asking a translator to explain the instructions to the patient.
 - Writing out the instructions and having a family member read them to the patient
 - Demonstrating the procedure and having the patient return the demonstration

(01 x 50 = 50 marks)



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Time: 1 1/2 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 08 pages.
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Part 2

1.

- i). Write down six rights of medication administration (03 marks)

- ii). A doctor prescribes Streptomycin 3.5mg/Kg IM 12hr for a client. Available Streptomycin is 0.35g/2ml. How many milliliters will you administer a day to a 60kg patient? (02 marks)

iii). A doctor prescribes Ondansetron (Emiset) 8mg p.o.tds for a client. Available Emiset is 4 mg/tsp. How many milliliters you have to administer for the each dose of the client? (02 marks)

iv). A doctor prescribes 125mg of a liquid medication tds to a pediatric client. The medication is stocked in a 100ml bottle that contains 250mg of the medication per 5ml. How many milliliters you will give for this client as one dose? (03 marks)



2.

i). Describe two (02) Ethical- legal responsibilities of a nurse assistant regarding medical records. (02 marks)

ii). Describe about three (03) client's Rights (03 marks)

iii). Write down two (02) safety rules on applying restraint applications (02 marks)

iv). State three (03) barriers influencing on therapeutic communication (03 marks)

3.

i). Describe four (04) purposes of doing bed bath for a patient (04 marks)

ii). Explain three (03) actions that you can take to prevent pressure sores for bed ridden patient. (03 marks)



iii). State three (03) principles of bed making (03 marks)

4.

i). Write down the chain of infection. (02 marks)

ii). Define the terms “medical asepsis” and “surgical asepsis” (04 marks)

iii). Explain four (04) actions that you can perform to prevent cross infection in health care sector

(04 marks)

5.

- i). Write down normal range of vital signs of an adult patient (04 marks)

	Vital signs	Value
1	Respiration	
2	Temperature	
3	Blood pressure	
4	Pulse	

- ii). Describe three (03) purposes of steam inhalation (03 marks)



- iii). Explain about the care that should be given for a patient who has 104⁰F temperature (03 marks)

6.

i). Label the parts of the given anatomical structure in respiratory system.

(03 marks)

Match

Pharynx

Bronchi

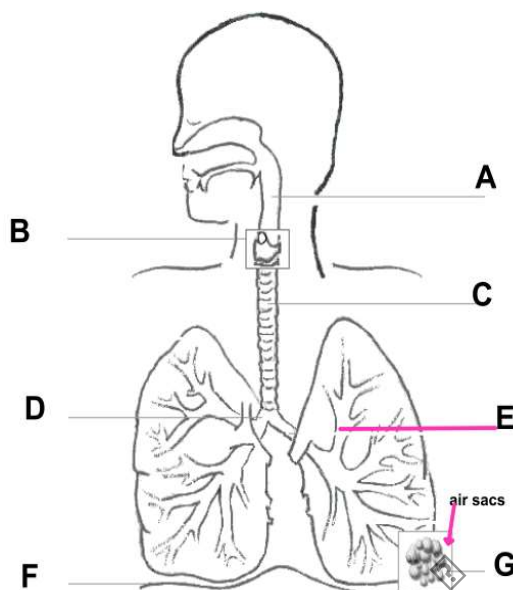
Diaphragm

Alveoli

Larynx

Trachea

Bronchial tubes



A	
B	
C	
D	
E	
F	
G	

ii). Explain the internal and external respiration

(04 marks)

iii). Describe three (03) functions of Liver

(03 marks)

7.

i). State three (03) causes for postpartum Hemorrhage (03 marks)

ii). Describe three (03) postpartum complications (03 marks)

iii). Explain two (02) benefits for mother and two benefits for neonates from breast feeding

(04 marks)