

Name & STIPENDIUM ID:

Total score: /100

Place and Date of exam:

Examiner:

I.

Single-answer Questions

1. What causes the effects of albinism?

- a) the lack of pigment production
- b) an extra chromosome 21
- c) the presence of two different codominant alleles
- d) inability to produce normal connective tissue
- e) the environment interacting with the genotype

2. Secondary prevention aims to:

- a) Limit the incidence of disease
- b) Protect susceptible persons
- c) Reduce the more serious consequences of disease

3. Morbidity:

- a) Another term for illness
- b) Another term for death
- c) Quality of a diagnostic test

4. Legionnaires' disease...

- a) Is a bacterial disease which can spread via aerosols (air conditioners, showers and warm water deposits)
- b) Is a poisoning which is caused by air conditioners and showers
- c) Is the bacterial infections of the intestines which spreads via drinking water

5. Delirium tremens can occur due to:

- a) alcohol intoxication
- b) alcohol withdrawal
- c) high blood pressure
- d) schizophrenia

6. One of the following functions belong to the leadership – not management - role:

- a) motivating, inspiring and energizing, empowering subordinates
- b) controlling and problem solving
- c) budgeting
- d) planning

7. Lewin and his colleagues identified three generic leadership styles concerning decision-making, which they labeled as:

- a) delegating, motivating, leading
- b) delegating, participating, telling
- c) autocratic, democratic, laissez faire
- d) autocratic, democratic, controlling

8. Philosophy is

- a) reductive.
- b) holistic.
- c) descriptive.
- d) cumulative.

9. What is socialisation?

- a) The process by which we learn what is expected of us in society.
- b) What people see as our status in society.
- c) The roles we occupy in our daily lives.
- d) Our identity.

10. The main factor which can improve the health of the less well-off in a society is

- a) a decrease in the prevalence of contagious disease.
- b) an increase in income equality.
- c) raising the average wage level.
- d) spending more on health care.

11. Which statement is false?

- a) Public health law is a part of all legal systems.
- b) Ethics has been an important driver in the development of health care law.
- c) Health providers are more likely to get into trouble for malpractice than be sued for violating laws and regulation.
- d) The volume of litigation in the field of health care has increased significantly.

12. What principle best applies for euthanasia?

- a) Beneficence
- b) Non-maleficence
- c) Justice
- d) Autonomy

13. ‘Cultural relativism’ is the idea that societies have to be studied in terms of their

- a) own meanings and values
- b) family and kin relationships
- c) artistic and literary production
- d) religious and spiritual beliefs

14. Which one is NOT a description of ethnocentrism?

- a) Judging another culture solely by the values and standards of one's own culture.
- b) The main ethnicity of the society must be centrally organized and directed.
- c) The belief in the inherent superiority of one's own ethnic group or culture.
- d) All other groups are measured in relation to one's own.

15. Which of the following is pressure ulcer stage III.?

- a) interruption of epidermis, dermis, presents as an abrasion, blister
- b) full-thickness, penetrating the fascia with involvement of muscle, bone and supporting structures
- c) full-thickness crater involving damage and/or necrosis down to, not penetrating fascia
- d) intact, erythemic area

16. Which of the following isn't indicated for wounds with moderate to heavy exudates?

- a) hydrocolloids
- b) transparent films
- c) absorptive dressings
- d) alginates

17. Which of the following hormones retain sodium in the body?

- a) Antidiuretic hormone
- b) Thyroid hormone
- c) Aldosterone
- d) Insulin

18. Which of the following IV solutions is hypertonic?

- a) Normal saline
- b) 5% dextrose in 0.9% NaCl
- c) 0.45% NaCl
- d) 0.225% NaCl

19. Which of the following actions can the nurse take to help prevent nosocomial infections in an incontinent patient?

- a) Avoid requesting urinary catheter
- b) Applying absorbent briefs
- c) Toileting patient every four hours
- d) Restricting fluids

20. Which is the best definition of health?

- a) Health is the absence of disease or infirmity
- b) Health is a state of complete physical, mental, and social well-being
- c) Health is a positive sense of wellbeing – when you feel good.
- d) Health is eating the right food and doing the right amount of exercise.

21. Which of these is an example of subjective data?

- a) Temperature
- b) Pain
- c) Weight
- d) Blood Pressure
- e) Body Mass Index

22. Which one is not part of Henderson's 14 fundamental needs?

- a) Sleeping
- b) Sexuality
- c) Discovering
- d) Avoiding dangers

23. Among the following statements, which should be given the highest priority?

- a) Client has pain
- b) Client's blood pressure is 60/40 mmHg
- c) Client's temperature is 40 degrees Celsius
- d) Client is cyanotic

24. Which of the following is incorrect in assessing a client's BP?

- a) The sound heard during taking BP is known as KOROTKOFF sound
- b) Patient should be at rest
- c) Measure BP on arm with A-V shunt
- d) Measure BP on arm 2 years after breast surgery on the same side

25. Who recognized that contact infection was the cause of childbed fever?

- a) Pasteur
- b) Henderson
- c) Nightingale
- d) Semmelweis

26. The signs of left heart failure are the following, except

- a) low cardiac output
- b) pulmonary edema
- c) oliguria
- d) peptic ulcer

27. Suspected or proven infection +signs of SIRS is

- a) infection
- b) local infection
- c) sepsis
- d) species

28. A client is diagnosed as having type 2 diabetes, and the practitioner prescribes an oral hypoglycaemic. The nurse should include in the teaching plan that people taking oral hypoglycemics:

- a) Should not work where food is readily available
- b) May tend to relax dietary rules on an unconscious level
- c) Do not need to be concerned about serious complications
- d) Have less fear of their condition than those who take insulin

29. A 35- year-old male who sustained a closed head injury is being monitored for increased intracranial pressure. Arterial blood gases are obtained and the results include a PCO₂ of 33 mm Hg. It is most important for the nurse to:

- a) Encourage the client to slow his breathing rate
- b) Auscultate the client's lungs and suction if indicated
- c) Advise the practitioner that the client needs supplemental oxygen
- d) Inform the practitioner of the results and continue to monitor for signs of increasing intracranial pressure

30. An older adult, who is complaining of fatigue, is admitted to the hospital with a diagnosis of chronic obstructive pulmonary disease (COPD). What should the nurse plan to do to respond to the client's fatigue?

- a) Provide small, frequent meals
- b) Encourage pursed-lip breathing
- c) Schedule nursing activities to allow for rest
- d) Encourage bed rest until energy level improves

31. The nurse is teaching the client with AIDS regarding proper food preparation. Which statement indicates that the client needs further teaching?

- a) "I should avoid adding pepper to food after it is cooked."
- b) "I can still have an occasional medium-rare steak."
- c) "Eating cheese and yogurt won't help prevent AIDS-related diarrhea."
- d) "I should eat fruits and vegetables that can be peeled."

32. A client is diagnosed with stage III Hodgkin's lymphoma. The nurse recognizes that the client has involvement:

- a) In a single lymph node or single site
- b) In more than one node or single organ on the same side of the diaphragm
- c) In lymph nodes on both sides of the diaphragm
- d) In disseminated organs and tissues

33. Which one of the following symptoms is common in the client with duodenal ulcers?

- a) Vomiting shortly after eating
- b) Epigastric pain following meals
- c) Frequent bouts of diarrhea
- d) Presence of blood in the stools

34. A client is admitted with suspected pernicious anemia. Which finding is common in the client with pernicious anemia?

- a) Complaints of feeling tired and listless
- b) Waxy, pale skin
- c) Loss of coordination and position sense
- d) Rapid pulse rate and heart murmur

35. A male client is admitted with a tentative diagnosis of Hodgkin's lymphoma. The client with Hodgkin's lymphoma commonly reports:

- a) Finding enlarged nodes in the neck while shaving
- b) Projectile vomiting upon arising
- c) Petechiae and easy bruising
- d) Frequent, painless hematuria

36. The passage of meconium by the fetus could be an indication that the fetus is:

- a) hypoxic
- b) hyperbole
- c) hypoglycaemic
- d) hyperglycaemic

37. The puerperium is defined as the period:

- a) from 6 hours after birth until discharge by the midwife
- b) after delivery of the placenta and membranes and continues for 2 weeks
- c) immediately after delivery of the placenta and membranes and continues for 6 weeks
- d) immediately after delivery of the placenta and membranes and continues for 10 days

38. The two primary areas of risk for sexually transmitted infections (STIs) are:

- a) Sexual orientation and socioeconomic status
- b) Age and educational level
- c) Large number of sexual partners and race
- d) Risky sexual behaviors and inadequate preventive health behaviors

39. A midwife caring for a postpartum woman understands that late postpartum hemorrhage (PPH) is most likely caused by:

- a) Subinvolution of the uterus
- b) Defective vascularity of the decidua
- c) Cervical lacerations
- d) Coagulation disorders

40. The perinatal nurse assisting with establishing lactation is aware that acute mastitis can be minimized by:

- a) Washing the nipples and breasts with mild soap and water once a day
- b) Using proper breastfeeding techniques
- c) Wearing a nipple shield for the first few days of breastfeeding
- d) Wearing a supportive bra 24 hours a day

41. What is the principal indication of umbilical vascular catheterization?

- a) Prevention from exsiccosis
- b) To provide central venous route
- c) To take venous blood pressure
- d) To gain vascular access during emergency situations

42. In which disease does "raspberry jelly" like stools appear?

- a) Hirschprung-disease
- b) Ileus
- c) Intussusception
- d) Pyloric stenosis

43. Which of the following statements is false?

- a) Tet spells occur because there is a sudden drop in the efficiency of the left ventricle
- b) Tet spells can rarely be seen before 2 months
- c) Blue spells most frequently occur in the first year of life
- d) Blue spells occur more often in the morning

44. Which of the following statements is true for morphine administration during Blue spells?

- a) Morphine can't be given to newborns with congenital heart diseases because it causes further hypoxia and neurologic damage
- b) Morphine helps to reduce infundibular spasm
- c) Morphine can only be given subcutaneously during Blue spells
- d) During Blue spells, morphine can't cause apneic episodes

45. Which clinical feature is NOT included in Hemolytic Uremic Syndrome?

- a) Thrombocytopenia
- b) Renal injury
- c) Central nervous system symptoms
- d) Heart failure

46. Perforation of the stomach is a(n) ... indication for surgery.

- a) functional
- b) relative
- c) absolute
- d) vital

47. What does NOTES mean in surgery?

- a) paper for writing
- b) A sign used in musical notation to represent the relative duration and pitch of a sound
- c) Natural Orifice Translumenal Endoscopic Surgery
- d) no idea

48. What type of medication can be used in prophylactic antibiotic therapy?

- a) barbiturates
- b) penicillins
- c) opiates
- d) cephalosporine antibiotics

49. What happens in the inflammatory phase of wound healing?

- a) Extracellular matrix remodelling
- b) Phagocytosis and removal of foreign bodies
- c) Fibroblast proliferation
- d) Collagen synthesis

50. What are input stomas?

- a) Gastrostomies
- b) Urostomies
- c) Colostomies
- d) Ileostomies

II.
Multiple-answer Questions

Please write the letter of the correct answer! One or more than one answer may be correct (Key!)

Key for multiple choice:

If **a)** and **b)** and **c)** statements are correct the answer is: **A**

If **a)** and **c)** statements are correct the answer is: **B**

If **b)** and **d)** statements are correct the answer is: **C**

If the **d)** statement is correct the answer is: **D**

If **all** statements are correct the answer is: **E**

51. The permanent components of the outdoor-air are...:

- a) Oxygen
- b) Nitrogen
- c) Argon
- d) Carbon-monoxid

52. Objective factors of work accidents

- a) Equipment failure
- b) Missed training
- c) Environmental influencing factors (e.g. noise)
- d) Health factors

53. SWOT is an acronym of

- a) Social, Working, Organization, Technical.
- b) Strengths, Weaknesses, Organization, Technology.
- c) Strengths, Weaknesses, Opportunities, Treatments.
- d) Strengths, Weaknesses, Opportunities, Threats.

54. Quantitative methods are:

- a) usually presented in numbers.
- b) mainly using textual information.
- c) capable of predictions.
- d) based on research tools like "narrative interview".

55. Social identity

- a) is the individual's self-concept derived from perceived membership of social groups.
- b) comes from our social security status.
- c) at the same time means exclusion and inclusion.
- d) is the basis for tax paying characteristics.

56. In the case of administration of SC injection the angle of injection might be:

- a) 10-15°
- b) 90°
- c) 60°
- d) 45°

57. What can we use for pressure ulcer risk assessment?

- a) Braden Risk Assessment Scale
- b) Gosnell Score
- c) Norton Scale
- d) Glasgow Coma Scale

58. When do you wash your hands?

- a) When starting work
- b) After touching a patient
- c) When they are visibly dirty
- d) Finishing work

59. Which disease is characterized by Kussmaul-respiration?

- a) Drug overdose
- b) Hyperpyrexia
- c) Bronchospasm
- d) Diabetic coma

60. Which of the following are consequences of immobility?

- a) Malnutrition
- b) Decubitus
- c) Hypertension
- d) Constipation

61. The nurse is planning the care for a client in the acute stage of bacterial endocarditis. Which of the following interventions should the nurse include?

- a) Rest
- b) Vitamin K
- c) Antibiotics
- d) Fluid restriction

62. After stroke you should maintain high

- a) blood pressure
- b) respiratory rate
- c) oxygen saturation
- d) blood sugar

63. Hepatic coma is characterized by

- a) jaundice
- b) coagulation abnormality
- c) ascites
- d) encephalopathy

64. The nurse should monitor a client admitted with a suspected diagnosis of pulmonary emphysema for which of the following clinical manifestations?

- a) Marked weight loss
- b) Barrel chest appearance
- c) Severe dyspnea
- d) Copious sputum production

65. Which of the following interventions are a priority during exacerbation of left-sided heart failure?

- a) Metered dose inhaler of albuterol
- b) Oxygen
- c) IV fluids
- d) Diuretics

66. Which of the following should be included in the assessment of a client with diabetes mellitus who is experiencing a hypoglycemic reaction?

- a) Extreme thirst
- b) Tremors
- c) Flushed skin
- d) Profuse perspiration

67. Obstetric events that trigger DIC :

- a) placental abruption
- b) intrauterine fetal death including delayed miscarriage
- c) intrauterine infection including septic abortion
- d) pre-eclampsia, eclampsia

68. Which statements might the nurse appropriately include when teaching a client about calcium intake for osteoporosis?

- a) Calcium is contraindicated in women with a history of kidney stones.
- b) "It is best to take calcium in one large dose."
- c) "You should take calcium with vitamin D because the vitamin D helps your body absorb calcium better."
- d) "You should try to increase your protein intake when you are taking calcium."

69. Which method of contraception is recommended for lactating mothers:

- a) Progestogen oral pill
- b) Progestogen implants
- c) Progestogen-releasing intrauterine system
- d) Combined oral contraception

70. What kind of stoma may cause irrigation of the bowel?

- a) Ileostomies
- b) Sigmoidostomies
- c) Jejunostomies
- d) Colostomies

71. Which are the advantages of OAC?

- a) Low PI
- b) Smoking is not recommended
- c) Bleeding disorders
- d) PMS is reduced

72. In planning the postprocedure care for a client who has a barium enema, the nurse should include which of the following?

1. Encourage fluids
2. Position the client on the right side
3. Administer a laxative
4. Monitor the client for a rise in body temperature and abdominal pain

73. What does a patient need to learn in case of preoperative care?

- a) Coughing
- b) Leg and foot exercise
- c) Diaphragmatic breathing
- d) Getting out of the bed

74. What kind of drain does the patient have in case of choledochotomy?

- a) Drain in the ileocecal region
- b) Drain in the subhepatic region
- c) Morton's drain
- d) Kehr's drain

75. When does goiter require surgical treatment?

- a) If it presses against the esophagus
- b) If it presses against the trachea
- c) If it causes difficulty in swallowing
- d) At the start of the disease

76. Glasgow coma scale examines

- a) opening of the eyes
- b) motor response
- c) verbal response
- d) spasticity

77. Which are the signs of increased intracranial pressure

- a) headache
- b) vomiting
- c) diplopia
- d) high blood sugar level

78. What are the „stages of disabilities“?

- a) INJURED person
- b) HANDICAPPED person
- c) DISABLED person
- d) RECOVERED person

79. What are the main characteristics of early ambulation with a temporary prosthesis?

- a) Enables the amputee to be active
- b) Accelerates stump shrinkage
- c) Prevents flexion contracture
- d) Reduces phantom limb pain

80. Who are the members of PHC's team in Hungary?

- a) GP
- b) District Nurse
- c) Health Visitor
- d) Social Worker

III.

True or False Questions

After reading each sentence decides whether the statement is true (T) or false (F).

81. Fat-soluble vitamins are: A,D,E,K.
82. Cocaine is a hallucinogenic drug
83. Great Britain's NHS was inspired by the "out-of-pocket" health care model.
84. People are in anomie if they do not have the minimum resources to maintain human life.
85. Cultures don't differ in how they break up the natural and social world into categories.
86. Excessive hunger is called polyphagia.
87. Profuse diarrhea is characterised by hypotonic hypohydration.
88. The nurse is caring for a client admitted with a diagnosis of pancreatitis. White blood cell count of 14,000 is the most reliable indicator of acute pancreatitis.
89. The physician has ordered fluid restrictions for a client with acute glomerulonephritis. The nurse knows that the client's oral intake will be limited to the amount of urinary output plus: 300 mL
90. The nurse is checking for hypoparathyroidism. To check for hypoparathyroidism, the nurse can check for the positive presence of Chvostek's signs.
91. Prostaglandins are effective uterotonic drugs.
92. Recurrent (habitual) miscarriage is defined as at least 2 consecutive pregnancy losses prior to viability (in the first trimester).
93. The use of ovulation induction increases the number of eggs reaching maturity in a single cycle to increase chances for conception.
94. It is best to introduce many new foods in the first year, when the infant has a big appetite related to rapid growth.
95. Infants who are breastfed have reduced risk of infection compared to formula fed infants
96. Early feeding of high-risk infants increases the incidence of complicating factors.
97. Cyanosis results from the presence of deoxygenated haemoglobin in a concentration of 15 mg/dl.
98. Informed consent is necessary before surgical incision.
99. The incarcerated hernia is an emergency situation because when the blood supply is restricted, a part of the intestine may die.
100. Sentinel node biopsy is common, wherein a lot of nodes are removed and, if laboratory results show no evidence of cancer, the remaining nodes are left intact.

Write an essay/motivational letter about your carrier model! (~500 words)

*Why did you choose this health sciences field? What do you know about it?
What are your short-term and long-term goals and expectations by studying it, working in the field? What milestones do you want to achieve?
Where do you plan on working after graduation? What is your motivation behind that?
Where do you see yourself in 10 years?*