L-Università ta' Malta
Faculty of Health Sciences

Bachelor of Science (Honours) Nursing
October 2020
Sample Test Paper – Values-Based Test

SECTION A – SCENARIOS

This section contains 12 multiple-choice questions and carries a total of 28 marks.

Scenario 1: Read the following scenario and answer the questions that follow.

Joseph is a 58-year-old widower who lives on his own in a small house in Valletta, the capital city of Malta. He has one son who lives with his own family in another village nearby. Since his wife died, his diet has become exceedingly unhealthy and the long hours that he works in a shop means that his lifestyle includes very little physical activity. As a result of this Joseph's body mass index (BMI) has risen to 32, which is within the obesity range.

1) Which BMI value indicates that a person is overweight according to World Health Organisation (WHO) specifications? (Choose only one option, 1 mark)

a) 24
b) 28
c) 15
d) 31
e) 17

ANSWER: _____

2) Which of the following foods / drinks should Joseph be told to avoid for a weight-reducing diet? (Choose all the options that apply, 3 marks)

a) Chips
b) Wholegrain foods
c) Soft (fizzy) drinks
d) Leafy greens
e) Ice cream

ANSWERS: _____

3) Which foods /drinks are recommended as part of a healthy diet for a healthy adult? (Choose all the options that apply, 3 marks)

a) Whisky
b) Fruit
c) Vegetables
d) Fast-food pizza
e) Baked or grilled fish

ANSWERS: _____

4) Obesity is a risk factor for a number of diseases. Which of the diseases below are associated with Diabetes? (Choose all the options that apply, 3 marks)

a) Cancer
b) Heart disease
c) Influenza
d) Eczema
e) Diabetes

ANSWERS: _____

5) What information is necessary to help you develop an effective plan that would enable Joseph to adopt a healthy diet? (Choose the best 3 options, 3 marks)

a) How Joseph's diet has changed since his wife died and his reasons for this change
b) Whether Joseph attends holy mass daily
c) Joseph's daily routine including eating habits
d) Joseph's social activities including his support system
e) Whether Joseph has a good relationship with his boss

ANSWERS: _____

6) What is the minimum moderate-intensity physical activity that WHO recommends for 18 to 64-year-olds throughout one week? (Choose only one option, 1 mark)

a) 20 minutes
b) 60 minutes
c) 150 minutes
d) 340 minutes
e) 400 minutes

ANSWER: _____

7) You are in the shop and suddenly Joseph falls to the floor and appears to be unconscious, which of the following actions would you take first? (Choose only one option, 1 mark)

a) Open his airway and check if he is breathing
b) See if he is responsive
c) Start CPR (cardiopulmonary resuscitation)
d) Get someone to call for an ambulance
e) Turn him on his side if he is breathing

ANSWER: _____

Scenario 2: Read the following scenario and answer the questions that follow.

Gulia (15 yrs) is Paul (50 yrs) and Mary's (48 yrs) only child and they live together in Mosta, a town in the central region of Malta. Gulia is in her last year of secondary school and in a few months will be sitting for the Secondary National Education Exams. Maria and Paul are both successful accountants and they have high aspirations for Gulia's future. Gulia has several cousins who also live in Malta and one living grandmother Theresa, who used to live with Gulia and her family but moved to a public residential home for the elderly when diagnosed with dementia 4 years earlier.

8) You meet Maria who tells you that Gulia is behaving strangely and that she is worried that Gulia might be depressed. Which of the following are common signs of teenage depression? (Choose all the options that apply, 3 marks)

    a) Irritable and angry behaviour
    b) Taking up a new team sport
    c) Crying for no apparent reason
    d) Tiredness and loss of energy
    e) Improved performance at school

    ANSWERS: _____

9) Choose a maximum of 2 factors out of the following that could have a negative impact on an adolescent's mental health. (Choose 2 options, 2 marks)

    a) A home environment that provides stability and security
    b) Inability to form relationships with peers
    c) Social networking sites
    d) Socio-economic problems
    e) Being an only child

    ANSWERS: _____

10) Paul thinks that Maria is making a fuss over nothing and when Maria tries to speak to Gulia about being depressed, Gulia denies that there is anything wrong apart from her being anxious about the upcoming exams. What could Maria do next? (Choose the best 2 options, 2 marks)

    a) Speak to the school counsellor and ask him/her to keep an eye on Gulia
    b) Call Gulia's friends and tell them her concerns and ask them to keep an eye on Gulia but not to let her know that she had spoken to them.
    c) Speak to a psychologist or local mental services for expert advice
    d) Feel relieved and realise that Paul was right after all and nothing further needed to be done
    e) Decide not to do anything for a short time but keep monitoring Gulia's behaviour and actions during this time

    ANSWERS: _____

11) Gulia loves her grandmother and visits her every week. This week, Gulia returns from the visit upset because Grandma did not recognise her and was shouting "*go away, I don't know who you are!*" Gulia keeps saying that she is not worth her grandmother's love because she did not fight for her to stay in their home. How can parents help in this situation? (Choose the best 3 options, 3 marks)

a) Tell Gulia not to be so silly as she had nothing to do with the decision to transfer her grandmother to a residential home for the elderly and anyway, when she got dementia, this was the only viable solution.
b) Check Gulia's understanding of dementia as it applies to their Grandmother
c) Tell Gulia that if she gets so upset, it would be best not to visit her grandmother again
d) Reassure Gulia that her grandmother's reaction is a result of the illness and is not a reflection of her true feelings
e) Contact the dementia society to learn of any support services that could help them and Gulia understand the illness and learn appropriate ways to deal with certain behaviours

ANSWERS: _____

12) Gulia loves her grandmother and plans to visit Theresa again the following week. Choose the best 3 ideas. (Choose the best 3 options, 3 marks)

a) Plan what to tell her grandmother if what happened last week, is repeated this week
b) Before entering her grandmother's room, Gulia could speak to the qualified staff in the residential home and ask for their help and advice in the event that what happened last week is repeated this week.
c) Learn about dementia and its impact on behaviour, which would help her not to take her grandmother's words and actions personally.
d) If her grandmother starts shouting at her to get out again this week, she plans to shout back until her grandmother recognises her mistake.
e) Show her grandmother how hurt she was after what happened the previous week.

ANSWERS: _____

SECTION B: SCOPE AND VALUE OF NURSING

This section contains 8 multiple-choice and short answer questions and carries a total of 17 marks.

13) What is the main scope of a Code of Ethics for nurses? (Choose all the options that apply, 3 marks)

a) Sets standards for ethical practice and values
b) Tells nurses what to do in all situations
c) Provides a framework of accountability and responsibility
d) Gives guidance to the public on what they can expect about the way nurses behave and care for them
e) Is an employment contract

ANSWER: _____

14) The Maltese Code of Ethics for Nurses and Midwives states that "*the patient/client is a unique person and should be treated with dignity and respect irrespective of…*" Complete this sentence with 2 examples. (4 marks)

ANSWER: _____

_____

15) The code says the nurse should "*safeguard and protect all information*", but does this apply in all situations? Imagine that you are a student nurse on a ward and Gulia (from the previous section) says that she needs to tell you something, but you have to promise that you will tell no-one else. What would your response be? (Choose the best response, 1 mark)

a) I am only a student nurse, so I have to report everything that you tell me to my seniors
b) I cannot promise you that I won't tell anyone if I believe that what you tell me could be harmful to you, or some-one else
c) Okay, I give you my word that I won't tell anyone
d) I am only a student nurse so it is no use for you to tell me anything because I won't know how to answer or help you. It would be best to tell a qualified nurse.
e) What fun, I love secrets

ANSWER: _____

16) The Code says the nurse should "*refuse gifts where the patient is trying to seek preferential treatment*". Which of the following statements is NOT an example of this? (Choose only one option, 1 mark)

a) A patient who presents some flowers/sweets to the staff when discharged from hospital
b) A patient in a clinic where you are on duty, who offers you a trip on his luxury boat if you let him skip the queue because he has a social engagement he cannot miss
c) A patient who asks you to take and share a box of biscuits with the staff, as this was given to her and that she shouldn't eat them because of her diabetes

ANSWER: _____

17) Theresa has dementia. Which are the three most important areas of ethical concern when she is urgently admitted to hospital with a urine infection? (Choose all the options that apply, 3 marks)

   a) Her ability to consent to treatment
   b) That she should be treated equally to all other persons
   c) That information should be shared with her according to her ability to understand it
   d) Ask the residential home for her dietary preferences
   e) Ask the residential home for her personal items

   ANSWER: _____

18) Maria, Theresa's daughter, is also her legal guardian. Maria starts asking you a lot of questions about her mother's current condition and treatment. As a student nurse, you do not know all of the answers. Which of the following answers are appropriate? (Choose the best 2 options, 2 marks)

   a) I am only a student nurse, so I do not know. Please ask someone else.
   b) I am afraid I do not have the information you require. I will check these out and come back with the correct answers
   c) Do not answer and start change the subject by asking Maria questions about Theresa's dementia instead
   d) I am afraid I do not know. Let me ask the nurse looking after Theresa to come to talk to you
   e) I think it would be best if you ask her consultant

   ANSWER: _____

19) A man from Eritrea is admitted to the emergency department in evident abdominal pain, but neither he nor his wife who is accompanying him can speak English or Maltese. A translator is not available and the charge nurse asks the wife to go to the waiting room to find some-one who can help translate. She comes back again with another Eritrean man, who neither of them know. Which of the following 2 ethical concepts are possibly being breached in this situation? (Choose only 2 options, 2 marks)

   a) The principle of equality
   b) Maintaining appropriate professional boundaries
   c) Respecting a patient's wish not to pursue any further treatment
   d) Maintaining patient trust
   e) Respect for patient's privacy and confidentiality

   ANSWER: _____

20) Is the following statement true or false? *Nurses and nursing students are not expected to disclose to their seniors / managers any health condition and concern that they may have which might influence their competence to provide care.* **(1 mark)**

   a) True
   b) False

   ANSWER: _____

SECTION C: NUMERACY AND QUANTITATIVE REASONING

This section contains 6 short answer questions and carries a total of 15 marks.

21) A doctor has prescribed 1.5mg of a drug. Each tablet of that drug contains 500mcg. How many tablets do you need to give to the patient to administer the required dose? (2 marks)

ANSWER: _____

22) A doctor has prescribed 12.5mg of an antibiotic. The antibiotic is a liquid and has a concentration of 5mg/ml. What volume do you need to give to the patient to administer the required dose? (2 marks)

ANSWER: _____

24) A doctor has prescribed 80mg of a drug to be administered in 4 doses. Each tablet of that drug contains 20mg. How many tablets do you need to give to the patient in each of the 4 doses to administer the required dose? (2 marks)

ANSWER: _____

23) A doctor has prescribed a drug at a dose of 5mcg/kg (i.e. 5mcg for each kg of body weight). The patient weighs 72kg. What is the dose that the patient requires? (2 marks)

ANSWER: _____

25) How much does 1000 mls of water weigh? (2 marks)

ANSWER: _____

26) Below is an example of a fluid-balance chart for 12 hours between midnight and midday. The chart shows:

- **the volume of fluid that a patient is drinking and / or taking intravenously (by drip)**
- **the volume of fluid that a patient is excreting (through urine), and**
- **the balance between them.**

In this question you are required to calculate the volumes for the five shaded boxes (Ans 1 – 5) in the fluid-balance chart. (5 marks)

TIME	INPUT (mls)			OUTPUT (mls)		RUNNING BALANCE (mls)
	VOLUME TAKEN BY MOUTH		**VOLUME TAKEN BY DRIP**	**RUNNING TOTAL INPUT**	**URINE OUTPUT**	**RUNNING TOTAL OUTPUT**
0000 hrs	--	--	--		--		
0100 hrs	--	--	--		--		
0200 hrs	--	--	--		--		
0300 hrs	--	--	250	**250**	200	**200**	50
0400 hrs	--	--	--		--		
0500 hrs	--	--	--		--		
0600 hrs	water	50	250	**550**	220	**420**	130
0700 hrs	water	100	--	**650**	--		230
0800 hrs	tea	150	--	**800**	--		380
0900 hrs	--	--	250	**1050**	250	**670**	380
1000 hrs	juice	100	--	**1150**	--		480
1100 hrs	water	50	--	**(Ans 1)**	--		**(Ans 4)**
1200 hrs	soup	200	250	**(Ans 2)**	320	**(Ans 3)**	**(Ans 5)**

*The 'running total input' is the total input that the patient had since midnight **by mouth or through a drip**. This is calculated and documented every time that an individual input entry is documented.*

The 'running total output' is the total output that the patient had since midnight. This is calculated and documented every time that an individual output entry is documented.

The 'running balance' is the difference between the 'running total input' and 'running total output', and is documented every time a running total input or output entry is made. This is obtained by subtracting the last 'running total output' from the last 'running total input'.

ANSWER 1: _____, ANSWER 2: _____, ANSWER 3: _____,

ANSWER 4: _____, ANSWER 5: _____.

SECTION D: SCIENCE AND BIOLOGY

This section contains 6 short-answer and multiple-choice questions and carries a total of 6 marks.

28) Give the chemical symbol for water. (1 mark)

    ANSWER: _____

29) The normal pH of arterial-blood is between 7.35 and 7.45. Is this an acidic or alkaline pH? (1 mark)

    ANSWER: _____

30) How many chambers are there in the heart? (1 mark)

    ANSWER: _____

31) What is the name of the main arteries that supply blood to the brain? (1 mark)

    ANSWER: _____

32) Where would you feel for a radial pulse? (1 mark)

    a) neck
    b) near the ankle
    c) in the groin
    d) junction of the upper and lower arm
    e) wrist

    ANSWER: _____

33) Finish the sentence: In diffusion, gases move from areas of... (1 mark)

    a) higher to lower concentration.
    b) lower to higher concentration.

    ANSWER: _____

SECTION E: OBSERVATION CHART

This section contains 6 short-answer questions and carries a total of 6 marks.

Theresa has been admitted to hospital with fever because of a urinary tract infection. This is an extract from her vital signs observation chart. Look at the chart and answer the questions that follow.

DATE	TIME	TEMP (°C)	BLOOD PRESSURE (mmHg)	RESP RATE (breaths/min)	HEART RATE (beats/min)
DAY 1	0200 hrs	38.5	180 / 90	29	90
	0300 hrs	38.0	175 / 95	30	90
	0400 hrs	38.3	180 / 100	29	92
	0600 hrs	38.0	170 / 90	28	90
	0800 hrs	38.0	175 / 90	27	88
	1000 hrs	38.0	165 / 95	26	90
	1400 hrs	37.8	150 / 80	24	88
	1800 hrs	37.5	155 / 85	22	82
	2200 hrs	37.5	160 / 90	22	80
DAY 2	0200 hrs	37.2	155 / 85	20	72
	0600 hrs	37.2	150 / 80	18	71
	1000 hrs	37.0	155 / 85	20	72

These are the normal vital signs values for her age.

- *Body Temperature: 36.5 – 37.2°C*
- *Heart Rate: 60 – 80 beat/min*
- *Respiratory Rate: 12 – 18 breaths/min*
- *Blood Pressure: 120 / 80 mmHg*

35) What was her temperature at 6am on Day 1? (1 mark)

ANSWER: _____

36) What was her blood pressure 6pm on Day 1? (1 mark)

ANSWER: _____

37) Was Theresa's heart rate normal or abnormal at 10am on Day 1? (1 mark)

ANSWER: _____

38) Body temperature measurements are routinely taken orally using a digital thermometer. Given that Theresa has dementia, what extra care needs to be taken? (3 marks)

ANSWER: _____

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SECTION F: SITUATIONAL ANALYSIS

This section contains 4 short-answer questions and carries a total of 40 marks.

39) What comes to your mind when you see this picture? What does the lady's face tell you about her mood? (10 marks)

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40) Look at this picture. How can touch be used by the nurse to help people? (10 marks)

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41) List 10 hazards in this room. (10 marks)

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42) The diagram below shows the different types of needs that are known to be experienced by humans. Suggest how a nurse may address a need in any two of the layers in the image below. (10 marks)

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----- END OF TEST -----