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Practice Questions

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1. A patient post-gastrectomy develops diaphoresis, weakness, and diarrhea 30 minutes after eating. This is most likely:

- A. Hypoglycemia
- B. Dumping syndrome (early)
- C. Peptic ulcer recurrence
- D. Paralytic ileus

2. A physician orders 1 L of 0.9% NaCl to infuse over 8 hours via a drip set that delivers 20 drops/mL. What is the drip rate in drops/minute?

- A. 20 gtts/min
- B. 30 gtts/min
- C. 42 gtts/min
- D. 50 gtts/min

3. A patient with asthma uses a salbutamol (albuterol) inhaler. This drug acts primarily as a:

- A. Beta-2 adrenergic agonist causing bronchodilation
- B. Alpha-1 adrenergic agonist causing vasoconstriction
- C. Corticosteroid reducing airway inflammation
- D. Anticholinergic agent reducing secretions

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4. A patient is started on warfarin therapy. Which lab value does the nurse monitor?

- A. PTT (aPTT)
- B. Platelet count
- C. Bleeding time
- D. PT/INR



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5. Which assessment is MOST important before administering a patient's first dose of IV ampicillin?

- A. Check serum creatinine level
- B. Assess for penicillin allergy history
- C. Verify INR is within normal limits
- D. Ensure the patient has eaten recently

6. High-level disinfection (HLD) is appropriate for which category of medical equipment?

- A. Semi-critical items that contact mucous membranes (e.g., endoscopes)
- B. Critical items that enter sterile tissue (e.g., surgical instruments)
- C. Non-critical items that touch intact skin only
- D. Bedside furniture and call lights

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7. When using the two-patient identifier requirement for medication administration, which identifiers are MOST appropriate?

- A. Room number and bed number
- B. Patient name and date of birth (or medical record number)
- C. Patient name and admitting diagnosis
- D. Physician's name and patient's insurance

8. A patient is on furosemide (Lasix). The nurse should monitor for:

- A. Hyperkalemia
- B. Hyponatremia
- C. Hypokalemia
- D. Fluid overload

9. A nurse is teaching a patient about warfarin. Which statement by the patient indicates correct understanding?

- A. I will report any unusual bruising or prolonged bleeding to my doctor
- B. I can take aspirin for my headaches
- C. I should eat large amounts of green leafy vegetables daily
- D. I don't need blood tests if I feel well

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10. A patient with peptic ulcer disease asks the nurse which OTC pain reliever is SAFEST to use. The nurse recommends:

- A. Aspirin
- B. Ibuprofen
- C. Naproxen
- D. Acetaminophen (paracetamol)

11. The UAE requires all healthcare facilities to maintain Joint Commission International (JCI) accreditation or equivalent. The purpose of accreditation is primarily to:

- A. Enable hospitals to charge higher fees
- B. Ensure patient safety and quality of care through adherence to evidence-based standards
- C. Reduce staffing requirements
- D. Eliminate the need for peer review of medical errors

12. A nurse is performing tracheostomy care. Which action is INCORRECT?

- A. Using sterile technique throughout
- B. Suctioning before changing the inner cannula
- C. Securing new ties before removing old ones (two-nurse technique)
- D. Cleaning the inner cannula with hydrogen peroxide and leaving it to air dry without rinsing

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13. A nurse is caring for a patient receiving radiation therapy. The skin over the irradiated area should be:

- A. Scrubbed vigorously to remove dead cells
- B. Kept clean and dry; avoid harsh soaps, lotions, and sun exposure
- C. Covered with an occlusive dressing permanently
- D. Treated with alcohol-based products

14. A nurse caring for a patient in the UAE who is requesting information about their prognosis should:

- A. Provide honest, clear information while being sensitive to the patient's cultural context and family involvement preferences
- B. Always tell family members first and allow them to decide what the patient is told
- C. Withhold all prognostic information to protect the patient
- D. Tell the patient the most optimistic prognosis to maintain hope



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15. The UAE National Program for Happiness and Wellbeing mandates that healthcare providers:

- A. Incorporate patient wellbeing and satisfaction as a core metric in care delivery
- B. Provide free healthcare to all residents
- C. Eliminate waiting times in all facilities
- D. Ensure all nurses hold a Master's degree

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16. A patient with anorexia nervosa is severely malnourished and being re-fed. The nurse monitors closely for:

- A. Hypercalcemia
- B. Hyperkalemia
- C. Refeeding syndrome (hypophosphatemia, hypokalemia, hypomagnesemia)
- D. Hyponatremia

17. In Cushing's triad, the combination of findings that signals impending brain herniation includes:

- A. Tachycardia, hypotension, tachypnea
- B. Hypertension, bradycardia, irregular respirations
- C. Fever, tachycardia, altered consciousness
- D. Hypertension, tachycardia, bradypnea

18. The nurse is caring for a patient with a chest tube connected to a water-seal drainage system. Which finding requires immediate action?

- A. Fluctuation (tidaling) in the water-seal chamber
- B. Gentle bubbling in the suction chamber
- C. Presence of drainage in the collection chamber
- D. Continuous bubbling in the water-seal chamber

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19. Surgical hand scrub should be performed for a minimum of:

- A. 30 seconds
- B. 1 minute
- C. 3 minutes
- D. 3–5 minutes

20. Which UAE federal law governs the practice of nursing and paramedical professions?

- A. Federal Law No. 10 of 2008 on Medical Liability
- B. Dubai Law No. 4 of 2016
- C. Federal Law No. 2 of 2019 on the use of IT in healthcare
- D. Cabinet Resolution No. 7 of 2019

21. The most common site for IM injections in adults is:

- A. Deltoid
- B. Vastus lateralis
- C. Rectus femoris
- D. Ventrogluteal

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22. A patient with hypothyroidism (myxedema) will most likely present with:

- A. Heat intolerance and weight loss
- B. Weight gain, cold intolerance, and fatigue
- C. Exophthalmos and tremors
- D. Tachycardia and diaphoresis

23. A patient is prescribed penicillin G 1.2 million units IM. The vial reads 600,000 units/mL when reconstituted. How many mL should the nurse draw?

- A. 0.5 mL
- B. 1 mL
- C. 3 mL
- D. 2 mL



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24. A patient develops sudden onset chest pain, dyspnea, and hypotension after hip surgery. The nurse suspects:

- A. Myocardial infarction
- B. Pulmonary embolism
- C. Pneumothorax
- D. Pericarditis

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25. A nurse is instructing a patient with osteoporosis on fall prevention. The most important instruction is:

- A. Remove loose rugs, ensure adequate lighting, and use grab bars in the bathroom
- B. Avoid all physical activity
- C. Take calcium supplements only
- D. Wear high-heeled shoes for balance

26. The priority nursing diagnosis for a patient with massive ascites is:

- A. Impaired gas exchange related to diaphragmatic pressure
- B. Fluid volume deficit
- C. Acute pain
- D. Activity intolerance

27. A patient with chronic kidney disease has a serum potassium of 6.2 mEq/L. The nurse's PRIORITY nursing action is:

- A. Encourage potassium-rich foods
- B. Administer potassium chloride IV
- C. Increase fluid intake
- D. Notify the physician and obtain an ECG

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28. A patient is prescribed methotrexate for rheumatoid arthritis. The nurse should advise the patient to:

- A. Take daily vitamin C supplements
- B. Avoid alcohol and get regular CBC and LFTs
- C. Take it with grapefruit juice
- D. Expect no serious side effects at low doses

29. Informed consent requires that the patient receives:

- A. Information about the procedure, risks, benefits, and alternatives before agreeing
- B. Only verbal explanation without documentation
- C. Consent from family members
- D. Consent only for surgical procedures

30. When performing hand hygiene with an alcohol-based hand rub, the minimum recommended rubbing time to ensure effectiveness is:

- A. 10 seconds
- B. 20 seconds
- C. 60 seconds
- D. 5 seconds



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Answer Key & Explanations

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1. B — Dumping syndrome (early)

Early dumping syndrome occurs 15–30 minutes post-meal after gastrectomy; rapid gastric emptying causes fluid shift and vasomotor symptoms.

2. C — 42 gtts/min

Drip rate = (Volume in mL x Drop factor) / Time in minutes = (1000 x 20) / 480 = 20000 / 480 = 41.7 = 42 gtts/min.

3. A — Beta-2 adrenergic agonist causing bronchodilation

Salbutamol is a selective beta-2 adrenergic agonist that relaxes bronchial smooth muscle, causing rapid bronchodilation and relief of acute bronchospasm.

4. D — PT/INR

Warfarin (a vitamin K antagonist) is monitored using Prothrombin Time (PT) and International Normalized Ratio (INR).

5. B — Assess for penicillin allergy history

Ampicillin is a penicillin-class antibiotic; allergy assessment is mandatory before the first dose to prevent potentially fatal anaphylaxis.

6. A — Semi-critical items that contact mucous membranes (e.g., endoscopes)

Spaulding classification: critical items require sterilization; semi-critical items (contact mucous membranes) require high-level disinfection; non-critical items require low-level disinfection.

7. B — Patient name and date of birth (or medical record number)

The Joint Commission and WHO require at least two patient-specific identifiers; name and date of birth (or MRN) are most reliable; room and bed numbers are NOT acceptable identifiers.

8. C — Hypokalemia

Furosemide is a loop diuretic that causes loss of potassium in the urine, leading to hypokalemia.

9. A — I will report any unusual bruising or prolonged bleeding to my doctor

Patients on warfarin must report unusual bleeding and avoid OTC NSAIDs/aspirin (increased bleeding risk); regular INR monitoring is essential.

10. D — Acetaminophen (paracetamol)

Acetaminophen does not inhibit prostaglandin synthesis in the GI mucosa and is safe for pain relief in peptic ulcer disease; NSAIDs and aspirin worsen mucosal damage.

11. B — Ensure patient safety and quality of care through adherence to evidence-based standards

JCI and equivalent accreditation programs evaluate healthcare organizations against evidence-based international patient safety and quality standards, driving continuous quality improvement.



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12. D — Cleaning the inner cannula with hydrogen peroxide and leaving it to air dry without rinsing

After cleaning with hydrogen peroxide, the inner cannula must be thoroughly rinsed with sterile normal saline to remove hydrogen peroxide residue which is cytotoxic to healing tissue.

13. B — Kept clean and dry; avoid harsh soaps, lotions, and sun exposure

Irradiated skin is fragile; care includes gentle washing, avoiding irritants, sun protection, and not applying creams unless prescribed by the radiation oncologist.

14. A — Provide honest, clear information while being sensitive to the patient's cultural context and family involvement preferences

While UAE culture often involves family in medical decisions, the principle of patient autonomy must be balanced with cultural sensitivity; the nurse should assess the patient's individual preferences regarding information disclosure.

15. A — Incorporate patient wellbeing and satisfaction as a core metric in care delivery

The UAE national program emphasizes wellbeing and patient satisfaction as integral components of quality healthcare delivery.

16. C — Refeeding syndrome (hypophosphatemia, hypokalemia, hypomagnesemia)

Refeeding syndrome occurs when nutrition is reintroduced after starvation; insulin shifts cause severe drops in serum phosphate, potassium, and magnesium.

17. B — Hypertension, bradycardia, irregular respirations

Cushing's triad comprises widened pulse pressure (hypertension), bradycardia, and irregular/slow respirations, signaling severely raised ICP.

18. D — Continuous bubbling in the water-seal chamber

Continuous bubbling in the water-seal chamber (not the suction chamber) indicates an air leak in the system or from the patient's lung — requires immediate assessment.

19. D — 3–5 minutes

Surgical hand scrub (antiseptic handwash) should be performed for 3–5 minutes before surgical procedures.

20. A — Federal Law No. 10 of 2008 on Medical Liability

UAE Federal Law No. 10 of 2008 on Medical Liability defines the legal responsibilities of all healthcare professionals including nurses practicing in the UAE.

21. D — Ventrogluteal

The ventrogluteal site is the preferred and safest IM injection site in adults as it is far from major nerves and vessels.

22. B — Weight gain, cold intolerance, and fatigue

Hypothyroidism presents with weight gain, cold intolerance, fatigue, constipation, and bradycardia due to decreased metabolic rate.

23. D — 2 mL

Volume = $1,200,000 / 600,000 = 2$ mL.

24. B — Pulmonary embolism

Sudden chest pain, dyspnea, and hypotension after orthopedic surgery are classic signs of pulmonary



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embolism from DVT.

25. A — Remove loose rugs, ensure adequate lighting, and use grab bars in the bathroom

Home fall prevention for osteoporosis patients focuses on environmental modification (removing hazards, adequate lighting, grab bars) as the primary intervention.

26. A — Impaired gas exchange related to diaphragmatic pressure

Massive ascites elevates the diaphragm, restricting lung expansion and causing respiratory compromise; impaired gas exchange is the priority diagnosis.

27. D — Notify the physician and obtain an ECG

A serum K⁺ of 6.2 mEq/L (hyperkalemia) can cause fatal dysrhythmias; the nurse must immediately notify the physician and obtain an ECG to assess cardiac effects.

28. B — Avoid alcohol and get regular CBC and LFTs

Methotrexate is hepatotoxic and immunosuppressive; patients must avoid alcohol and have regular CBC and liver function monitoring.

29. A — Information about the procedure, risks, benefits, and alternatives before agreeing

Informed consent requires full disclosure of procedure, risks, benefits, and alternatives; the patient must understand and voluntarily agree.

30. B — 20 seconds

WHO guidelines recommend at least 20–30 seconds of rubbing with an alcohol-based hand rub to achieve adequate microbial reduction.



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