



Bahrain Nurse Exam NHRA

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Practice Questions

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1. The NHRA nursing exam focuses heavily on which nursing framework for answering clinical questions?

- A. The Nursing Process (ADPIE: Assessment, Diagnosis, Planning, Implementation, Evaluation)
- B. Maslow's Hierarchy of Needs only
- C. Florence Nightingale's Environmental Theory
- D. The Medical Model

2. A nurse in Bahrain who wishes to practice part-time must apply for which license type?

- A. A dual license
- B. A full-time license with part-time notation
- C. A part-time practice authorization through MEHAN
- D. No additional license — the standard license covers all work types

3. A patient taking SSRIs (e.g., fluoxetine) is prescribed tramadol for pain. The nurse's priority concern is:

- A. Respiratory depression
- B. Serotonin syndrome (hyperthermia, agitation, clonus, diaphoresis)
- C. Increased bleeding risk
- D. QT prolongation

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4. In Bahrain's NHRA exam, which content area forms the LARGEST portion of the nursing examination?

- A. Infection Control and Patient Safety
- B. Adult Medical-Surgical Nursing
- C. Maternal and Pediatric Nursing
- D. Ethics and Professional Practice



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5. A term infant's placenta weighs approximately:

- A. 500 g
- B. 100 g
- C. 1500 g
- D. 2000 g

6. A patient in a Bahrain hospital wants to see their medical records. Under healthcare patient rights principles upheld by NHRA, the patient:

- A. Has no right to their records
- B. Has the right to access their own medical records
- C. Can only access records through a lawyer
- D. Must wait 30 days before accessing records

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7. A patient with end-stage liver failure has asterixis (flapping tremor). This indicates:

- A. Hypokalemia
- B. Hyponatremia
- C. Hepatic encephalopathy
- D. Hypomagnesemia

8. A nurse is teaching a patient with iron-deficiency anemia about oral iron supplements. Which instruction is most important?

- A. Take iron tablets with milk to reduce GI upset
- B. Take iron on an empty stomach or with vitamin C (orange juice) to increase absorption
- C. Take iron with antacids for better tolerance
- D. Take iron with tea or coffee to improve taste

9. A nurse is about to administer heparin subcutaneously. Which site is preferred?

- A. Deltoid muscle
- B. Abdominal fatty tissue (at least 5 cm from the umbilicus)
- C. Outer thigh
- D. Upper arm

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10. Inability to recognize family, complete incontinence, and total ADL dependence characterizes which Alzheimer stage?

- A. Pre-clinical stage
- B. Mild early stage
- C. Moderate middle stage
- D. Severe late stage

11. Priority nursing action when caring for a patient with suspected meningitis is:

- A. Administer prescribed antibiotics promptly
- B. Check vital signs every 4 hours
- C. Give analgesics for headache
- D. Encourage oral fluid intake

12. A complication most closely linked to long-term poor glycemic control in diabetes mellitus is:

- A. Nephropathy
- B. Pulmonary fibrosis
- C. Gastric ulcer
- D. Asthma

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13. The NHRA Bahrain exam assesses clinical reasoning using which question format?

- A. Case-based, scenario-driven multiple-choice questions
- B. True/False statements
- C. Short answer questions
- D. Matching questions

14. Positive Chvostek's sign indicates:

- A. Hypocalcemia
- B. Hypermagnesemia
- C. Hypercalcemia
- D. Hyponatremia



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15. A patient with severe COPD requires oxygen therapy. Which delivery device is most appropriate?

- A. Venturi mask at 24% FiO₂
- B. Simple face mask at 10 L/min
- C. Non-rebreather mask at 15 L/min
- D. Nasal cannula at 6 L/min

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16. The drug that can cause ototoxicity (hearing loss) is:

- A. Aspirin (high doses)
- B. Diclofenac sodium
- C. Paracetamol
- D. Ibuprofen (standard doses)

17. The approximate number of healthcare facilities licensed by NHRA in Bahrain by 2022 was:

- A. 200
- B. 500
- C. 920
- D. 1,500

18. A client with left-sided heart failure is assessed. Which finding is most expected?

- A. Jugular vein distention
- B. Dependent pedal edema
- C. Crackles in the lungs
- D. Hepatosplenomegaly

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19. What is the application submission fee for a new NHRA license application in Bahrain?

- A. BD 10
- B. BD 20
- C. BD 50
- D. BD 100



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20. An NHRA license renewal application in Bahrain must be submitted at least how many months before expiration?

- A. 1 month
- B. 3 months
- C. 6 months
- D. 2 months

21. Before administering atenolol to a hypertensive patient, which assessment is MOST critical?

- A. Blood glucose level
- B. Apical heart rate for 1 full minute
- C. Body temperature
- D. Serum potassium level

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22. The screening test recommended for cervical cancer is:

- A. Mantoux test
- B. Ultrasonography
- C. Fine needle aspiration cytology
- D. Pap smear

23. A patient says 'I don't see any reason to go on living.' The MOST therapeutic nursing response is:

- A. Everyone feels that way sometimes
- B. Are you thinking about harming yourself?
- C. Let us talk about something more positive
- D. You have so much to live for

24. The Glasgow Coma Scale (GCS) assesses all of the following EXCEPT:

- A. Deep tendon reflexes
- B. Eye opening
- C. Motor response
- D. Verbal response

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25. The NHRA in Bahrain is responsible for regulating which of the following?

- A. Healthcare professionals, facilities, medicines, and medical devices
- B. Only doctors and dentists
- C. Only private hospitals
- D. Only pharmaceutical companies

26. A patient with right facial drooping, arm weakness, and slurred speech for 2 hours and no hemorrhage on CT requires:

- A. Immediate heparin anticoagulation
- B. IV tPA within the 4.5-hour window
- C. Emergent carotid endarterectomy
- D. Aspirin 325 mg and 24-hour observation

27. A patient with CKD stage 4 requires which dietary modification?

- A. High protein to maintain muscle mass
- B. Unrestricted diet since dialysis has not started
- C. Restrict phosphorus, potassium, and sodium with moderate protein restriction
- D. High potassium diet to prevent weakness

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28. For a patient with a suspected right leg fracture, which action should the nurse prioritize?

- A. Apply a heat pack to the affected area
- B. Elevate the leg above heart level
- C. Encourage range-of-motion exercises
- D. Administer pain relief as ordered

29. Normal tidaling in a chest tube water-seal chamber means:

- A. Continuous vigorous bubbling
- B. Water completely still at all times
- C. Bubbling only on expiration
- D. Water level fluctuates with respirations



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30. A healthcare worker sustains a needlestick injury from a patient known to be HIV-positive. The most important first action is:

- A. Wash the wound thoroughly with soap and water, then report to occupational health
- B. Apply an alcohol swab and cover with a bandage
- C. Report to the supervisor first without washing
- D. Start post-exposure prophylaxis (PEP) before washing the wound



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Answer Key & Explanations

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1. A — The Nursing Process (ADPIE: Assessment, Diagnosis, Planning, Implementation, Evaluation)

The NHRA exam heavily tests the nursing process (ADPIE) for structuring patient care decisions and is essential for passing.

2. C — A part-time practice authorization through MEHAN

NHRA offers specific part-time practice licensing through the MEHAN online system, separate from full-time professional licenses.

3. B — Serotonin syndrome (hyperthermia, agitation, clonus, diaphoresis)

Tramadol inhibits serotonin reuptake; combined with SSRIs, the risk of serotonin syndrome is significant — hyperthermia, neuromuscular excitability, autonomic instability.

4. B — Adult Medical-Surgical Nursing

Adult Medical-Surgical Nursing forms the largest portion of the NHRA exam, focusing on nursing management of adult patients with various medical conditions.

5. A — 500 g

The normal term placenta weighs approximately 500 g (about 1/6 of the infant's weight).

6. B — Has the right to access their own medical records

Patient rights in Bahrain include the right to access personal medical records; NHRA's regulatory framework supports internationally recognized patient rights.

7. C — Hepatic encephalopathy

Asterixis ('liver flap') is a classic sign of hepatic encephalopathy due to ammonia accumulation from the failing liver's inability to detoxify.

8. B — Take iron on an empty stomach or with vitamin C (orange juice) to increase absorption

Vitamin C (ascorbic acid) converts ferric iron to ferrous form, increasing GI absorption. Milk, tea, coffee, and antacids reduce iron absorption.

9. B — Abdominal fatty tissue (at least 5 cm from the umbilicus)

Subcutaneous heparin is preferably given in the abdominal fat tissue, at least 2 inches (5 cm) from the umbilicus, to maximize absorption and minimize bruising.

10. D — Severe late stage

Severe (late) Alzheimer's involves loss of family recognition, total ADL dependence, and incontinence.

11. A — Administer prescribed antibiotics promptly

Bacterial meningitis is a medical emergency; early antibiotic administration (within 1 hour of diagnosis) is critical to reduce mortality.



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12. A — Nephropathy

Chronic hyperglycemia causes microvascular complications including nephropathy, retinopathy, and neuropathy.

13. A — Case-based, scenario-driven multiple-choice questions

The NHRA exam uses case-based, scenario-driven MCQs to assess clinical judgment rather than rote memorization.

14. A — Hypocalcemia

Chvostek's sign (facial twitch on tapping the facial nerve) indicates hypocalcemia causing neuromuscular hyperexcitability.

15. A — Venturi mask at 24% FiO₂

COPD patients may rely on hypoxic drive; a Venturi mask delivers precise, controlled low FiO₂ (24–28%) to avoid suppressing respiratory drive.

16. A — Aspirin (high doses)

High-dose aspirin (salicylates) and aminoglycoside antibiotics are classic causes of ototoxicity (tinnitus, hearing loss).

17. C — 920

By end of 2022, NHRA had a total of approximately 920 licensed healthcare facilities (hospitals, clinics, pharmacies, etc.) across Bahrain.

18. C — Crackles in the lungs

Left-sided heart failure causes pulmonary congestion; fluid backs up into the lungs producing crackles (rales).

19. B — BD 20

The NHRA charges BD 20 as the application submission fee for new professional license applications.

20. D — 2 months

NHRA requires license renewal applications to be submitted at least two months before the expiration date through the MEHAN portal.

21. B — Apical heart rate for 1 full minute

Atenolol is a beta-blocker that can cause bradycardia. The apical heart rate must be assessed; withhold if below 60 bpm.

22. D — Pap smear

The Papanicolaou (Pap) smear detects precancerous cervical cells and is the standard screening test for cervical cancer.

23. B — Are you thinking about harming yourself?

Directly asking about suicidal ideation opens communication and allows risk assessment. Minimizing or deflecting responses are non-therapeutic.

24. A — Deep tendon reflexes

GCS assesses Eye opening (E), Motor response (M), and Verbal response (V). Deep tendon reflexes are not part of the GCS.



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25. A — Healthcare professionals, facilities, medicines, and medical devices

NHRA's regulatory scope covers healthcare professionals, healthcare facilities, pharmaceutical products, medical devices, and clinical trials.

26. B — IV tPA within the 4.5-hour window

For ischemic stroke within 4.5 hours without hemorrhage on CT, IV tPA is the standard of care to restore perfusion.

27. C — Restrict phosphorus, potassium, and sodium with moderate protein restriction

CKD stage 4 requires restriction of phosphorus, potassium, and sodium, and moderate protein restriction (0.6-0.8 g/kg/day) to slow progression.

28. B — Elevate the leg above heart level

Elevation reduces swelling and pain; heat is contraindicated in acute fractures. This is the immediate priority before other interventions.

29. D — Water level fluctuates with respirations

Tidaling (rise and fall of water with breathing) indicates the chest tube is patent. Continuous bubbling may indicate an air leak.

30. A — Wash the wound thoroughly with soap and water, then report to occupational health

Immediately wash the wound with soap and water, then report to occupational health for assessment and PEP initiation within 72 hours.



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