New Zealand State Nursing Practice Exam (Sample)

Study Guide

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Questions

1. Which of the following is a common sign of type 1 diabetes?

A. Weight gain

B. Polydipsia

C. Joint pain

D. Dizziness

2. What does the term "involution" refer to in the context of postpartum care?

A. Uterus enlargement

B. Uterine contraction

C. Reduction of the uterus to its pre-pregnancy state

D. Increased blood flow to the uterus

3. What is the recommended duration of treatment for tuberculosis with antibiotics?

A. 2-3 weeks

B. 4-6 months

C. 1-2 months

D. 6-12 months

4. Which conditions can Chlorpromazine be used to treat?

A. Schizophrenia and anxiety

B. Depression and insomnia

C. Schizophrenia and prolonged hiccups

D. Bipolar disorder and panic attacks

5. Which of the following is NOT a recommended preventive measure for pulmonary embolism?

A. Pre-op weight loss

B. Compression stockings

C. Early animation

D. Increased alcohol consumption

6. What does a TIA stand for?

- **A. Transient Ischemic Attack**
- **B. Thrombotic Ischemic Assessment**
- **C. Temporary Inflammatory Aneurysm**
- **D. Tumor Induced Anemia**

7. What is a common treatment for a kidney infection?

- **A. Rest and ice application**
- **B. Antibiotics**
- **C. Only bed rest**
- **D. High-protein diet**

8. What is the characteristic of a malignant tumor?

- **A. It does not invade surrounding tissue**
- **B. It can spread to distant areas of the body**
- **C. It is easily removable**
- **D. It remains localized**

9. What are three positive symptoms of schizophrenia?

- **A. Flat expressions, lack of motivation, hallucinations**
- **B. Delusions, disordered speech, hallucinations**
- **C. Social withdrawal, lack of pleasure, disordered speech**
- **D. Inability to work, flat expressions, delusions**

10. Which of the following can cause hypokalemia?

- **A. Excessive sodium intake**
- **B. Increased potassium output**
- **C. Reduced sodium output**
- **D. High protein diet**

Answers

1. B
2. C
3. B
4. C
5. D
6. A
7. B
8. B
9. B
10. B

Explanations

1. Which of the following is a common sign of type 1 diabetes?

A. Weight gain

B. Polydipsia

C. Joint pain

D. Dizziness

Polydipsia, or excessive thirst, is a common sign of type 1 diabetes due to the body's inability to effectively utilize glucose. In type 1 diabetes, insulin production is insufficient, leading to elevated blood sugar levels. When blood glucose levels rise, the kidneys work harder to filter and absorb the excess glucose. This increased workload can lead to glucose spilling into the urine, which causes an increase in urine output (polyuria). As a result, the body becomes dehydrated, prompting feelings of extreme thirst, or polydipsia, as a compensatory mechanism to maintain hydration. Understanding this symptom is crucial for recognizing the early signs of type 1 diabetes, enabling timely intervention and management of the condition. It's also important to note that while weight gain, joint pain, and dizziness can occur due to other health issues, they are not common or characteristic signs of type 1 diabetes. Recognizing polydipsia as a symptom can help individuals and healthcare providers identify the need for further evaluation for diabetes.

2. What does the term "involution" refer to in the context of postpartum care?

A. Uterus enlargement

B. Uterine contraction

C. Reduction of the uterus to its pre-pregnancy state

D. Increased blood flow to the uterus

Involution in the context of postpartum care specifically refers to the process by which the uterus reduces in size and returns to its pre-pregnancy state following childbirth. This process is crucial for the mother's recovery and typically involves a series of uterine contractions that facilitate this reduction. Following delivery, the uterus, which has expanded significantly during pregnancy, begins to contract and gradually decrease in size. This is essential not only for the physical recovery of the mother but also for reducing the risk of complications such as hemorrhage. The process of involution usually occurs within six weeks postpartum as the body works to restore its previous state, ensuring the internal organs regain their normal anatomical positions. Understanding involution is key for nursing professionals as it helps in monitoring postpartum recovery and identifying any potential issues that may arise, such as abnormal bleeding or infection.

3. What is the recommended duration of treatment for tuberculosis with antibiotics?

A. 2-3 weeks

B. 4-6 months

C. 1-2 months

D. 6-12 months

The recommended duration of treatment for tuberculosis (TB) with antibiotics is typically between 4 to 6 months. This duration is essential for effectively eradicating the bacteria that cause TB from the patient's body, as well as preventing the development of drug-resistant strains of the disease. Standard treatment usually involves a regimen that includes a combination of antibiotics – often isoniazid, rifampin, ethambutol, and pyrazinamide during the initial phase – followed by a continuation phase with two of these drugs. Adhering to the full course of treatment is crucial because stopping early, even if symptoms improve, can lead to treatment failure and increased risk of transmission to others. Shorter durations, such as those suggested in the other responses, would not provide sufficient time for the bacteria to be completely eliminated, thus increasing the chances of remaining viable and causing a resurgence of the disease. Additionally, longer durations of treatment, like 6-12 months, are generally reserved for specific cases of drug-resistant TB or when complications arise, rather than as a standard recommendation for the general treatment of a standard TB infection.

4. Which conditions can Chlorpromazine be used to treat?

A. Schizophrenia and anxiety

B. Depression and insomnia

C. Schizophrenia and prolonged hiccups

D. Bipolar disorder and panic attacks

Chlorpromazine is primarily classified as an antipsychotic medication and is notably effective in treating schizophrenia. It can also be utilized to address certain conditions like severe nausea and vomiting, as well as prolonged hiccups. The mechanism by which chlorpromazine operates helps in managing psychotic symptoms associated with schizophrenia, making it a cornerstone in the treatment of this disorder. The use of chlorpromazine for prolonged hiccups is particularly interesting, as it is one of the few antipsychotics recognized for this indication. Given its ability to impact the central nervous system, it can effectively reduce the frequency and severity of hiccup episodes. This highlights its versatility beyond just psychiatric uses. While chlorpromazine is sometimes mentioned in discussions surrounding anxiety or other psychological disorders, its established applications in schizophrenia and hiccups confirm its significance in those areas specifically.

5. Which of the following is NOT a recommended preventive measure for pulmonary embolism?

A. Pre-op weight loss

B. Compression stockings

C. Early animation

D. Increased alcohol consumption

In the context of preventing pulmonary embolism, increased alcohol consumption is not considered a recommended preventive measure. The rationale behind this is that excessive alcohol intake can have a negative impact on overall health and may contribute to various risk factors for clot formation, including dehydration, which can increase blood viscosity and promote thrombosis. Alcohol can also impair liver function, affecting the synthesis of clotting factors and potentially leading to a more complicated clinical picture. In contrast, strategies such as pre-operative weight loss, the use of compression stockings, and early mobilization (animation) are well-established methods for preventing pulmonary embolism. Weight loss can reduce the risk of venous stasis and improve overall cardiovascular function, while compression stockings help enhance venous return and reduce the likelihood of thrombus formation in the legs. Early mobilization encourages blood flow and prevents stagnation in the venous system, further mitigating the risk of developing clots and, consequently, pulmonary embolism. Understanding these preventive measures is crucial for managing patient care effectively and mitigating risks associated with surgical procedures or prolonged immobility.

6. What does a TIA stand for?

A. Transient Ischemic Attack

B. Thrombotic Ischemic Assessment

C. Temporary Inflammatory Aneurysm

D. Tumor Induced Anemia

A TIA stands for Transient Ischemic Attack, which is a medical condition characterized by a temporary period of symptoms similar to those of a stroke. It is caused by a temporary decrease in blood supply to part of the brain, often due to a clot or other obstruction. The term "transient" indicates that the symptoms are short-lived, usually resolving within a few minutes to a few hours without permanent damage to the brain. Understanding TIAs is crucial for nursing practice because they serve as important warning signs of a potential future stroke, reflecting an underlying risk. Recognizing the symptoms—such as sudden weakness, difficulty speaking, or vision changes—can lead to timely intervention and management to prevent a more severe cerebrovascular event. In a clinical setting, the identification of a TIA prompts further evaluation and preventative strategies to mitigate risks for strokes in the future. The other options represent terms that do not relate to the concept of a transient ischemic event. Transient Ischemic Attack specifically relates to cerebrovascular health, making it the accurate and relevant choice in this context.

7. What is a common treatment for a kidney infection?

A. Rest and ice application

B. Antibiotics

C. Only bed rest

D. High-protein diet

A kidney infection, also known as pyelonephritis, is typically caused by bacterial infection and demands appropriate medical treatment to resolve the infection and prevent complications. The mainstay of treatment for a kidney infection is the use of antibiotics, which target the bacteria causing the infection. Antibiotics work by either killing the bacteria or inhibiting their growth, effectively treating the underlying cause of the infection. The specific choice of antibiotic may depend on the bacteria involved and local resistance patterns, but initiating treatment promptly is crucial for a successful recovery. While other supportive measures, such as rest, hydration, and pain management, may be beneficial in the overall care of a person with a kidney infection, they do not address the infectious cause directly. Therefore, antibiotics are essential for effective treatment and resolution of the infection.

8. What is the characteristic of a malignant tumor?

A. It does not invade surrounding tissue

B. It can spread to distant areas of the body

C. It is easily removable

D. It remains localized

A malignant tumor is characterized by its ability to spread to distant areas of the body, a process known as metastasis. This spreading behavior distinguishes malignant tumors from benign tumors, which typically do not invade surrounding tissues or spread to other parts. Malignant tumors can infiltrate nearby tissues and, through the bloodstream or lymphatic system, establish secondary tumors in areas far away from the original site. This aggressive nature of malignant tumors is a key reason why they often pose a significant threat to health and require comprehensive treatment strategies. The other characteristics associated with malignant tumors, such as being invasive, difficult to remove, and often not remaining localized, further highlight their dangerous potential in contrast to benign tumors. Understanding this feature is crucial for identifying, diagnosing, and managing cancerous growths effectively.

9. What are three positive symptoms of schizophrenia?

A. Flat expressions, lack of motivation, hallucinations

B. Delusions, disordered speech, hallucinations

C. Social withdrawal, lack of pleasure, disordered speech

D. Inability to work, flat expressions, delusions

The identification of delusions, disordered speech, and hallucinations as positive symptoms of schizophrenia is accurate because these symptoms represent an excess or distortion of normal functions. Delusions are false beliefs that are firmly held despite evidence to the contrary, which can significantly affect a person's ability to perceive reality accurately. They can lead to impaired judgment and can manifest in various forms, such as paranoid beliefs or grandiosity. Disordered speech, often referred to as "loose associations" or "thought disorder," is another hallmark of positive symptoms. This can involve a lack of coherent linkage between thoughts, making communication difficult and less understandable. This phenomenon illustrates how cognitive processes can be altered in ways that deviate from typical functioning. Hallucinations, particularly auditory ones, where individuals hear voices or sounds that aren't present, also fall under positive symptoms. These perceptual disturbances can create confusion and distress, contributing to the individual's struggle with understanding their environment. Together, these three symptoms illustrate how schizophrenia can lead to a significant departure from typical cognitive and perceptual experiences, highlighting the complexities involved in managing this disorder. The other options present symptoms that are primarily categorized as negative symptoms or are not associated with the positive aspects of schizophrenia.

10. Which of the following can cause hypokalemia?

A. Excessive sodium intake

B. Increased potassium output

C. Reduced sodium output

D. High protein diet

Hypokalemia, which is a condition characterized by low levels of potassium in the blood, can occur due to increased potassium output from the body. This increase can happen through various mechanisms, such as excessive sweating, prolonged diarrhea, or the use of certain diuretics that can lead to the loss of potassium. When there is an increase in potassium output, the balance of electrolytes in the body is disrupted, causing potassium levels to drop and potentially leading to symptoms such as muscle weakness, cramps, and arrhythmias. Understanding the factors that influence potassium levels, including output, is essential for recognizing and managing conditions that can lead to imbalances, such as hypokalemia. Hence, increased potassium output is a direct and significant cause of this condition.