

TOPIC: Introduction to interprofessional education. Teamwork and communication basics. Communication as a tool in the care activity.

1. What are the basic pillars of an effective team:

- A. Respect, trust, collaboration
- B. Respect, individuality, taking responsibility
- C. Self-confidence, assumption of managerial qualities
- D. Open collaboration qualities, positivity
- E. Respect, rigidity, thoroughness

2. The RESPECT model of communication between medical team - patient implies with exception:

- A. Rapport, Empathy
- B. Financial competence
- C. Support, Partnership
- D. Trust, Explanation
- E. Cultural competence

3. What are the components of the communication process:

- A. Sender, receiver
- B. Receiver, feedback, message
- C. Sender, message, identifier
- D. Sender, receiver, message
- E. Transmitter, route, message, receiver

4. Note patterns of communication between medical teams:

- A. SARG and PGER
- B. SAED and PGER
- C. SBAR and SAED
- D. SAED and PGER
- E. SAED and SARG

5. The art of convincing is defined as:

- A. Manipulation
- B. Neglection
- C. Persuasion
- D. Disruption
- E. Certainty

6. Manipulation has the following characteristics:

- A. Persuasion by argument
- B. High emotional intelligence of the communicator
- C. Non-transparent and disrespectful communication
- D. Friendly relationship in communication
- E. Communication has positive intentions

7. List the purposes of communication.

- A. To inform
- B. To educate, to train
- C. To convince
- D. To motivate, to integrate
- E. all correct answers

8. Communication based on mode of expression can be with exception:

- A. Verbal
- B. Written
- C. Transcendental
- D. Non-verbal
- E. Visual

9. The communication process has the following elements, with one exception:

- A. Message, Sender
- B. Encoding, Decoding
- C. Collaboration
- D. Medium and Channel
- E. Receiver, Feedback

10. Define the Interprofessional Collaborative Process (IPC) offered by WHO:

- A. Multiple health workers from different professional backgrounds working together
- B. Primary health care professionals work together
- C. Non-governmental organisations work together
- D. Collaborate with patients, families, caregivers and communities to provide the highest quality of care
- E. Specifies on a major issue

11. The principles of an effective team are:

- A. Open communication
- B. Clear roles and tasks
- C. Clear and known procedures
- D. Different personal and professional values
- E. Continuous evaluation and development

12. Specify the components of Himmelman's concept of collaboration:

- A. Networking
- B. Collaboration
- C. Cooperation
- D. Coordination
- E. Agreement

13. Objectives of doctor-patient communication:

- A. To identify health problems and risk factors to which the patient is exposed.
- B. Obtaining consent for medical interventions
- C. Informing the patient about his/her health problems
- D. Arranging more frequent home visits
- E. Therapeutic patient education

14. Note effective models of collaboration between medical professionals:

- A. S(Situation) - B(Background) - A(Assessment) - R(Recommendation)
- B. P(Problem) - B(Background) - E(Evaluation) - D(Demand)
- C. S(Situation) - H(History) - I(Issue) - R(Recommendation)
- D. P(Problem) - B(Background) - A(Assessment) - R(Recommendation)
- E. S(Situation) - A(History) - E(Assessment) - D(Demand)

15. The LEARN model for achieving a correct patient-doctor communication relationship involves:

- A. Listen

- B. Learn
- C. Explain, Identify
- D. Recommend, Negotiate
- E. Direct, Help

16. Possible communication barriers in the healthcare team:

- A. Personal values and different expectations
- B. Generational differences
- C. Hierarchy
- D. Effective communication
- E. Regular feedback

17. Four-dimensional model of collaboration, according to Health service research, includes:

- A. Governance
- B. Formalization
- C. Internalisation
- D. Shared goals and visions
- E. Orientation

18. Communication, according to Koontz, is necessary for:

- A. Promote a sense of belonging and employee engagement.
- B. Produce the effect of easy change.
- C. Create feelings of competition and mutual manipulation,
- D. To motivate and create a sense of identification with the organization and its goals.
- E. Develop a clear understanding among employees of future growth opportunities in the organization.

19. Persuasion has the following characteristics:

- A. Persuasion by argument
- B. High emotional intelligence of the communicator
- C. Non-transparent and disrespectful communication
- D. Friendly relationship in communication
- E. Communication with positive intentions

20. Seven C's of effective communication are represented by:

- A. Clarity, conciseness
- B. Concreteness, correctness
- C. Completeness, consideration
- D. Centrality, contradiction
- E. Courtesy/friendliness

21. List the forms of communication:

- A. Formal/non-formal
- B. Descending/ascending
- C. Horizontal/diagonal
- D. Verbal/non-verbal
- E. Transversal/retrospective

22. Name the barriers to communication

- A. Differences in perception
- B. Knowing several languages
- C. Culture and prejudice

- D. Emotions
- E. Different language

23. Measures to overcome communication barriers are:

- A. Identifying and acknowledging the problem
- B. Addressing the problem separately
- C. Avoiding accusations
- D. Maintaining trust
- E. Maintaining attention to non-verbal signs

24. Identify the characteristics of assertive communication

- A. Appropriately honest
- B. With self-deprecation at the expense of others
- C. Straightforward, putting oneself forward,
- D. With self-denial, blaming, apologizing
- E. Expressive, self-confident

25. The benefits of assertive communication are many. Thus an assertive person...

- A. Negotiates with the other person the solution to the common problem on the basis of the win-win method (both parties gain)
- B. Effectively solves the problems they face
- C. Shows low levels of stress
- D. Does not take many risks
- E. Is more involved in solving tasks

TOPIC: Teamwork. Types of teams. Techniques to increase the efficiency of communication and teamwork.

26. CS. What does a team represent?

- A. A group of people with the same professional qualification and level of emotional intelligence
 - B. A group of people who train and work together to achieve a goal
 - C. A group of people who act by virtue of religious beliefs
 - D. A group of people working in the same institution
 - E. A group of people who have the same goal but work separately to achieve it
- Slide 4

27. CM. What are the primary goals of the team?

- A. Facilitating communication between individuals
 - B. Accumulation of financial resources
 - C. Coordination of interdependent tasks
 - D. Execution of activities on time
 - E. Reporting achievements
- Slide 4

28. CM. How are teams classified according to time?

- A. Temporary
- B. Permanent
- C. Lightning
- D. Eternal

E. Ad-hoc
Slide 4

29. CS. Which of the following is NOT directly influenced by team activity?

- A. Achieving goals
- B. Working climate
- C. Team performance
- D. Individual salary
- E. Employee stability

Slide 7

30. CM. What differences between team members can influence its performance?

- A. Experience
- B. Education
- C. Goals
- D. Practical skills
- E. Eye color

Slide 9

31. CS. What is the main goal of the medical team?

- A. The reputation of the medical institution
- B. Avoiding burnout
- C. Career advancement of physicians
- D. Provision of quality services
- E. Increasing the level of education

Slide 9

32. CM. What are the roles and responsibilities of medical team members?

- A. Assessment
- B. Treatment and management
- C. Education and advocacy
- D. Referrals and collaboration
- E. Survival and enrichment

Slide 10

33. CS. Which of the following is NOT a Tuckman modeling step?

- A. Forming
- B. Tornado
- C. Performing
- D. Adjourning
- E. Storming

Slide 11

34. CM. What are the factors that determine the performance of the team?

- A. Team size
- B. Roles within the team

- C. External environment
- D. Access to resources
- E. The horoscope

Slide 18

35. CS. Which of the following is NOT a major cause of team dysfunction?

- A. Lack of trust
- B. Fear of conflict (hiding reality)
- C. Inability to reach a compromise
- D. Assuming responsibility
- E. Lack of attention to results

Slide 19

36. CM. What are the main components of communication in the medical team?

- A. What was done to the patient
- B. What needs to be done
- C. Patient response to care and treatment
- D. Climate change
- E. Plans for the future

Slide 22

37. CM. What information must be reported at the end of the shift?

- A. Complete information is provided
- B. The performed care
- C. The patient's current condition
- D. Possible changes in the patient's condition
- E. Degree of employee fatigue

Slide 27

38. CM. What are the general rules for completing a patient files?

- A. Use a pen with blue or green ink
- B. Avoid abbreviations, rather than unanimously accepted ones
- C. Write legibly
- D. Respect the format of the medical records
- E. Date and sign the notes made

Slide 30

39. CM How do we increase the effectiveness of teamwork?

- A. Evaluate current methods of communication
- B. Identify barriers to communication
- C. Give everyone the right to reply
- D. Give up technology
- E. Prioritize face-to-face interactions

Slide 37

TOPIC: Human being and the bio-psycho-social dimension. Virginia Henderson's concept.

40. CS. The concept of man as a being endowed with will, was evoked by:

- A. Cicero
- B. Schopenhauer
- C. Socrates
- D. Hippocrates
- E. Plato

Source: Lecture Material (Slide No. 11)

41. CS. The concept of man as the measure of all things was evoked by:

- A. Cicero
- B. Schopenhauer
- C. Protagoras
- D. Hippocrates
- E. Plato

Source: Lecture material

42. CS. The concept of humanism was first evoked by:

- A. Cicero
- B. Aristotle
- C. Socrates
- D. Hippocrates
- E. Plato

Source: Lecture material

43. CS. The concept of man as a being of the city (zoon politikon), was evoked by:

- A. Cicero
- B. Aristotle
- C. Socrates
- D. Hippocrates
- E. Plato

Source: Lecture Material (Slide No. 10)

44. CM. The concept of man as a bio-psycho-social-historical being includes a unit of determinations:

- A. Psychological
- B. Social
- C. Economic
- D. Biological
- E. Linguistics

45. CM. The concept of man as a dual being is made up of the dimension:

- A. Psychologique
- B. Natural

- C. Cultural
- D. Biological
- E. Linguistics

Source: Lecture Material (Slide No. 14)

46. CM. The human condition raises the following complex issues:

- A. The status and role of the individual in society
- B. The relationship between the value system, the formation and affirmation of the human personality
- C. The problem of freedom and human progress
- D. The bio-psycho-social approach
- E. Cultivation and formation of virtues

Source: Lecture Material (Slide No. 27)

47. CM. Humanism, as a social reality, has many indicators of appreciation:

- A. Individualization
- B. Integration and social solidarity
- C. Personal and collective achievement
- D. The role of the individual in society
- E. The bio-psycho-social approach

Source: Lecture Material (Slide No. 28)

48. CM. The concept of man as a single being includes the following needs:

- A. Biological
- B. psychological,
- C. social
- D. cultural
- E. economic

Source: Lecture material. (Slide No. 30)

49. CM. The term humanism is used in the following senses:

- A. Restricted
- B. Generic
- C. Universal
- D. Specific
- E. Unilateral

Source: Lecture Material (Slide No. 4)

TOPIC: The role, functions and competencies of the nurse in providing healthcare

Source: Nursing guide with assessment techniques
and care appropriate to basic needs,
L. Titircă, 2002, pag. 6-14

50. MC. The nurse is the professional who:

- a) Respects the human being as a bio-psycho-social entity in its interrelationship with the environment, its values and principles of life;
- b) Provides treatment in a safe therapeutic environment;
- c) Establishes a functional collaborative relationship with family and carers.
- d) Has a broad understanding of the contribution of nursing to the overall health of the individual, family and community
- e) Prescribes patient medication treatment depending on the condition.

51. MC. The function of nursing, which is interdependent, involves the following actions:

- a) Promoting better living conditions and health;
- b) Health education;
- c) Establishing relationships of trust with the person being cared for and their relatives;
- d) Administration of medication;
- e) Application of observation, treatment and rehabilitation methods.

52. SC. The specific functions of nursing that are found within the functions of an independent character are:

- a) Educational;
- b) Financial;
- c) Investigation for diagnostic purposes;
- d) Radiological and endoscopic investigation;
- e) Medical treatment.

53. MC. The elements of competence for quality care are:

- a) Knowledge of a model of care (nursing);
- b) Accumulated knowledge and knowledge of the scientific approach;
- c) Knowledge in different fields;
- d) Knowledge of the patient;
- e) Knowledge of the patient's relatives.

54. MC. The nurse's functions are of the character:

- a) Independent;
- b) Social;
- c) Dependent;
- d) Interdependent;
- e) Administrative.

55. SC. The function of the nursing assistant, of a dependent work character, involves:

- a) Observing patient changes resulting from illness and administration the medical prescription;
- b) Providing comfort care;
- c) Solving the psychosocial problems;
- d) Providing health education;
- e) Research actions.

56. MC. The nurse's role is to:

- a) Provide patient care only as prescribed by the physician;
- b) Help the sick person to recuperate his health;
- c) Assist persons, families, to optimize and integrate physical, mental and social functions;
- d) Support the sick person in satisfying his/her needs;
- e) Manage the patient's financial income.

57. MC. The content and characteristics of nursing activities are:

- a) Providing general health care of a preventive, curative and rehabilitative nature, according to the rules developed by the Ministry of Health;
- b) Administering treatment according to medical prescriptions;
- c) Optional performance of research activities in the field of general health care by licensed nurses;
- d) Development of social protection strategy;
- e) Development of financial protection strategy.

58. MC. The behaviors and moral and professional qualities of the nurse are:

- a) Conscientiousness;
- b) Adaptability;
- c) Maintaining professional secrecy;
- d) Fair attitude towards the patient;
- e) Communication of the diagnosis to the patient's relatives.

59. SC. The rights of the nurse are:

- a) To rest and relax during the night shift at the hospital;
- b) To attend sick patients and report on their condition;
- c) To be remunerated according to the work performed;
- d) To complete medical documentation correctly;
- e) To prepare the patient for various investigations and examinations.

TOPIC: The role, functions and competences of the pharmacist as a team member in the provision of health care

60. Indicate the subsystems of the health system of the Republic of Moldova (slide 2):

- a. primary health care
- b. palliative care assistance
- c. pharmaceutical assistance
- d. forensic medicine
- e. maternal and child health care

61. Indicate the year in which the pharmacist's responsibilities for drug therapy were approved by the IFJ and the WMA (slide 4):

- a. 2001
- b. 1948

- c. 1998
- d 2020
- e. 2010

62. Select the pharmacist's responsibilities for drug therapy (slide 4):

- a. informing doctors about pharmaceutical staff
- b. informing patients about potential drug interactions
- c. informing patients about side effects and the correct way of administration
- d. informing patients about the correct way to keep them;
- e. informing pharmacists about medical staff

63. Select the pharmacist's responsibilities for drug therapy (slide 5):

- a. monitoring therapy
- b. prescribing Rx drugs
- c. reporting adverse reactions
- d. participation in patient discharge
- e. providing information about medicines to doctors

64. Select the components of the pharmaceutical activity (slide 7):

- a. elaboration and release of medicines
- b. performing medical tests in clinical laboratories
- c. production and preparation of medicines
- d. interpretation of laboratory analyzes
- e. management of pharmaceutical companies

65. Mark the final purpose of the pharmaceutical system (slide 8):

- a. providing pharmaceutical care with medical staff
- b. providing pharmaceutical assistance with pharmaceutical staff
- c. providing pharmaceutical care in community and hospital pharmacies
- d. providing pharmaceutical assistance with effective, high quality, harmless and affordable medicines
- e. ensuring the interaction of the subsystems of the health system

66. Indicate the types of pharmaceutical companies and institutions (slide 9):

- a. Pharmaceutical microproduction laboratories,
- b. drug quality control laboratories
- c. branches of hospitals
- d. community pharmacies
- e. pharmaceutical research institutions

67. Select the definition of patient compliance (slide 19):

- a. acceptance of treatment provided that only one drug is administered
- b. the extent to which the patient uses self-treatment on the recommendation of friends
- c. refusal of treatment due to the large number of drugs
- d. the degree to which the patient administers his medication in accordance with the recommendations of the doctor or pharmacist

e. acceptance of treatment on condition of inpatient administration

68. Select the processes in which the doctor-pharmacist relationship is manifested (slide 23):

- a. at the stage of drug administration
- b. at the stage of dispensing medicines from the pharmacy
- c. at the time of diagnosis
- d. at the stage of prescribing drugs
- e. stage of laboratory testing

69. Indicate cases of breach of the medicinal product (slide 29):

- a. the patient is compliant with treatment
- b. The patient was prescribed 2 or more medications
- c. the disease does not manifest itself with various symptoms or is a disorder of the psyche
- d. the preparation shows severe side effects, unbearable for the patient
- e. the disease is chronic

TOPIC: The role, functions and competencies of the nutritionist and rehabilitation therapist as a member of the team in the provision of health care

70. CS Select the definition of a nutritionist. (slide no.2)

- a) Specialist who deals with the study of nutrition, dietetics and nutrition and methods of treating patients with various health problems.
- b) Specialist who deals with the study of normal and abnormal conditions in the processes and cognitive, emotional and social behavior
- c) Physician specializing in heart disease.
- d) A person who specializes in healing and restoring voice and speech.
- e) Specialist without medical education.

71. CS How many core competencies does the interprofessional team have? (slide no. 6)

- a) 7
- b) 3
- c) 4
- d) 1
- e) no correct option

72. CS What does competence no. 3? (slide no. 9)

- a) Applying the values of strengthening relationships and the principles of team dynamics
- b) Using knowledge of one's own role and that of other professions to assess and adequately address patients' needs
- c) Communicating responsibly and responsibly with patients, families, communities and healthcare professionals and others
- d) Collaborating with people from other professions to maintain a climate of mutual respect and shared values
- e) Collaboration with specialists in other fields

73. CS What is the alternation of work and rest with respect to the optimal interval? (slide no.64)

- a) cyclicality
- b) COMPLIANCE
- c) the principle of graduality
- d) awareness
- e) recreation

74.CS Define overeating (slide no.28)

- a) Food shortage
- b) Lack of feeling full
- c) Excess nutrition
- d) Lack of appetite
- e) Emotional hunger

75.CS What is malnutrition? (slide no.28)

- a) lack of appetite
- b) weight on swallowing
- c) exaggerated feeling of hunger
- d) insufficient food intake
- e) feeling hungry

76.CS What does awareness entail ? (slide no.61)

- a) conscious and active participation of the patient in the rehabilitation process
- b) Refusal of the patient to receive treatment
- c) systematic application of various means of rehabilitation
- d) alternation of work and rest
- e) non-compliance

77. CS Who is the rehabilitation doctor? (slide no.54)

- a) the person with special training in the field of specialized medical rehabilitation and practical training in one of the clinical specialties
- b) the person responsible for treating food deficiencies
- c) the person responsible for treating neurological disorders
- d) the person responsible for treating cardiovascular disease
- e) specialist without medical studies

78. CM What is nutritional monitoring based on? (slide no. 21)

- a) Medical history
- b) Anthropometric data (BMI)
- c) Gender
- d) Clinical examination
- e) environmental factors

79. CM What is the need for interprofessional collaboration? (slide no.5)

- a) Improved access to health care

- b) Resource efficiency
- c) Increased job satisfaction with low stress
- d) A health system that does not meet the needs of the population
- e) a waste of time

80. CM Select the correct nutrition screening statements (slide no.29)

- a) The process of identifying the characteristics known to be associated with nutritional problems
- b) It can be performed by a dietitian, nurse or doctor
- c) The questionnaire differs depending on the unit where it is addressed.
- d) The questionnaire is the same regardless of the unit where it is addressed
- e) Medical record

81. CM What does the team represent? (slide no.37)

- a) A group of people united by a common goal, for the achievement of which they work together.
- b) Group of people with totally different purposes
- c) A group structure essential for the proper functioning of the processes in a company.
- d) Group of people in areas without communication and cooperation.
- e) Group that does not have good communication

82. CM Select the benefits of working in a multidisciplinary team (slide no.39)

- a) Decreased creativity and motivation, lack of collegial, friendly relationships.
- b) Division of responsibilities
- c) Quality of results (more, faster, better).
- d) Obtaining consensus
- e) disinterest

83. CM Name the goals of medical rehabilitation (slide no.42)

- a) Regaining joint mobility and muscle strength
- b) Decreasing the hospitalization period
- c) Increased pain
- d) Increasing the degree of coordination, balance and control
- e) Waste of time

84. CM What is the effectiveness of teamwork? (slide no.46, 47)

- a) The team is organized and operates within the office, ward, rehabilitation center, hospital institution
- b) The team is optimally equipped with means of evaluation and monitoring of the treatment process
- c) The team sets the goals of rehabilitation, focused on disciplines and not on the patient
- d) Within the Team, the diagnosis, the functional impact, including the patient's ability to participate in society are not systematically discussed.
- e) Everyone has their own opinion

85. CM What specialists does the optimal rehabilitation team include? (slide no.49)

- a) gynecologist

- b) rehabilitation doctor
- c) physiotherapist
- d) nurse
- e) urologist

86. CM What is the role of the rehabilitator? (slide no 53)

- a) Does not perform physical, technical pharmacological treatments, including educational and professional interventions
- b) Holistically approaches people with acute or chronic conditions.
- c) Is not responsible for the activities of multidisciplinary teams
- d) Works in various units from emergency services to community locations
- e) He works only in the hospitalization section

87. CM Select the duties of a rehabilitation specialist (slide 56)

- a) elaboration of the rehabilitation program
- b) evaluation of the results of the respective program, in different stages of treatment
- c) the operability of the rehabilitation interventions according to the principles of rehabilitation medical assistance
- d) works only remotely
- e) None is correct

88. CM Appoint the rights of the rehabilitation doctor (slide no.57)

- a) It does not propose new medical rehabilitation programs for patients with disabilities, handicaps
- b) proposes measures to complete the medical rehabilitation plan granted by the members of the rehabilitation team
- c) submits proposals regarding the material and moral stimulation of the team staff
- d) Does not propose to discharge the patient based on a conclusion of the team to which the disabled person and family members take part
- e) Prescribe analgesics

89. CM What are the rules that a rehabilitation specialist should follow? (slide 59, 62,63)

- a) the individual approach of the patient
- b) The collective approach of the patient
- c) the principle of graduality
- d) regularity
- e) indifference

TOPIC: The role, functions and competencies of the psychologist as a member of the team in the provision of health care

90. Clinical psychology is:

- a. A wide field of practice and research within the discipline of psychology.
- b. Applied only in hospitals.
- c. The science that deals exclusively with psychotherapy.
- d. A clinical discipline which involves the provision of diagnostic and assessment services.

- e. Used for prevention, improvement and recovery from psychological distress.

Answer: slide 2

91. The role of the clinical psychologist in hospitals consists in:

- a. Identifying and diagnosing the psychological, emotional or behavioural disorders.
- b. Designing behaviour modification programmes, after diagnosing the client's problem.
- c. Planning the actions and the objectives of the intervention and imposing them on the client.
- d. Prescribing drug treatment and monitoring the client's dynamics.
- e. Communication with the client's relatives, parents or loved ones is not a task of the clinical psychologist.

Answer: slide 5

92. What is the difference between a psychiatrist and a clinical psychologist?

- a. Clinical psychologists and psychiatrists often work in tandem to treat their patient's symptoms both from the behavioural and from the clinical viewpoint.
- b. There is no difference between a psychiatrist and a clinical psychologist.
- c. Both specialists make psychodiagnosis and prescribe drug treatment.
- d. A doctor specializing in psychiatry is the person who diagnoses and prescribes drug treatment, collaborates with the psychologists.
- e. The fields of psychology and psychiatry are essential to provide treatment for improving the mental and emotional health.

Answer: slide 7

93. Which are the 4 procedures used by clinical psychologists?

- a. Assessment, intervention, drug treatment, monitoring
- b. Assessment, intervention, consultation with other specialists, involvement in research
- c. Involvement in research, psychodiagnosis, drug treatment and counselling
- d. Assessment, counselling and psychotherapy, drug treatment
- e. Consultation with other specialists, involvement in research, monitoring and assessment

Answer: slide 8

94. What are psychometric tests?

- a. Questionnaires that measure only the intensity of mental health problems.
- b. Tests used specifically to determine the level of intelligence.
- c. Standardized and validated tools to assess a wide range of functions.
- d. Any questionnaire developed by a clinical psychologist.
- e. Only the tests that strictly contain the diagnostic criteria, in accordance with the international diagnostic and treatment manuals in the field of mental health.

Answer: slide 10

95. Which of the following are psychological interventions?

- a. Counselling
- b. Cognitive-behavioural therapy
- c. Setting therapy goals for the patient

- d. Pain management
- e. Recovery

Answer: slide 11

96. What are the general principles of the ethics and conduct of the

psychologist/psychotherapist:

- a. Competence.
- b. Integrity.
- c. Discussing in detail with the colleagues all issues related to the patient.
- d. Respect for the human rights and dignity.
- e. Concern for the well-being of the others and social responsibility.

Answer: slide 14

97. What is the patient's pathway in the field of mental health in the Republic of Moldova?

- a. Psychiatric hospital — Community Mental Health Centre — Family doctor
- b. Primary healthcare — Community Mental Health Centre — Regional Hospital — Psychiatric Hospital — Community Mental Health Centre
- c. Family doctor — Psychiatric Hospital — Community Mental Health Centre
- d. Family doctor — Regional Hospital — Psychiatric Hospital — Community Mental Health Centre
- e. Psychiatric Hospital — Regional Hospital — Community Mental Health Centre — Family doctor

Answer: slide 18

98. Why is the psychologist/psychotherapist important?

- a. Mental health problems are common
- b. The signs of mental health problems are not always clear
- c. For taking over the tasks of the psychiatrist in his/her absence
- d. For preventing the exacerbation of mental health problems
- e. For reducing the side effects by reviewing the drug treatment

Answer: slide 20

99. Why are psychological interventions needed?

- a. They are effective separately and ineffective in combination with pharmacotherapy
- b. They help to simulate healthy behaviour
- c. They activate the symptoms and aggravate the somatic pathology
- d. They are an important part of “healing” and can be a tool to facilitate recovery and rehabilitation.
- e. They have long-term effects only

Answer: slide 21

Topic: NURSING PROCESS

100. CS. Who established the first nursing school:

- a) Virginia Henderson
- b) Florence Nightingale

- c) Abraham Maslow
- d) Calista Roy
- e) Martha Rogres

Ghidul de nursing cu tehnici de evaluare și îngrijiri corespunzătoare nevoilor fundamentale
Coord. Lucreția Titircă, p. 13

101.CM. The types of nurse's function:

- a) coordination of care
- b) dependent and independent
- c) interdependent
- d) research and economic
- e) consultant in medical care

Ghidul de nursing cu tehnici de evaluare și îngrijiri corespunzătoare nevoilor fundamentale
Coord. Lucreția Titircă, p. 15-19

102. CS. What means the dependent function of a nurse:

- a) can act only with the patient's consent
- b) performs only the tasks assigned to her by law
- c) performs tasks delegated by the doctor
- d) operates in accordance with other specialists
- e) conducts research in the nursing process

Ghidul de nursing cu tehnici de evaluare și îngrijiri corespunzătoare nevoilor fundamentale
Coord. Lucreția Titircă, p. 15-19

103. CS. What means the interdependent function of a nurse:

- a) can act only with the patient's consent
- b) performs only the tasks assigned to her by law
- c) performs tasks delegated by the doctor
- d) operates in accordance with other specialists
- e) conducts research in the nursing process

Ghidul de nursing cu tehnici de evaluare și îngrijiri corespunzătoare nevoilor fundamentale
Coord. Lucreția Titircă, p. 15-19

104.CS. What means the independent function of a nurse:

- a) can act only with the patient's consent
- b) performs only the tasks assigned to her by law
- c) performs tasks delegated by the doctor
- d) operates in accordance with other specialists
- e) conducts research in the nursing process

Ghidul de nursing cu tehnici de evaluare și îngrijiri corespunzătoare nevoilor fundamentale
Coord. Lucreția Titircă, p. 15-19

105. CM. What are the basic responsibilities of nurses:

- a) collaboration and coordination

- b) disease prevention and health promotion
- c) restoring health and removing suffering
- d) listening with empathy
- e) reflection and summary of information

Ghidul de nursing cu tehnici de evaluare și îngrijiri corespunzătoare nevoilor fundamentale Coord. Lucreația Titircă, p. 14

106. CM. What are the key components in Virginia Henderson's conceptual model:

- a) responsibilities
- b) obligations
- c) postulates
- d) values
- e) elements

Ghidul de nursing cu tehnici de evaluare și îngrijiri corespunzătoare nevoilor fundamentale Coord. Lucreația Titircă, p. 27-28

107. CM. Select the elements that are important to your professional life:

- a) the purpose of the profession
- b) the objective of the activity
- c) primary prevention care
- d) the role of the profession
- e) the consequences

Ghidul de nursing cu tehnici de evaluare și îngrijiri corespunzătoare nevoilor fundamentale Coord. Lucreația Titircă, p. 27-28

108. CM. Care sunt primele două categoriile de nevoi umane după Abraham Maslow

- a) Nevoi fiziologice
- b) Nevoi de siguranță
- c) Nevoia de apartenență
- d) Nevoia de recunoaștere socială
- e) Nevoia de a evita pericolele

Ghidul de nursing cu tehnici de evaluare și îngrijiri corespunzătoare nevoilor fundamentale Coord. Lucreația Titircă, p. 31-32

109. CM. What are the first two human needs according to Abraham Maslow?

- a) physiological needs
- b) safety needs
- c) the need to belong
- d) the need for social recognition
- e) the need to achieve

Ghidul de nursing cu tehnici de evaluare și îngrijiri corespunzătoare nevoilor fundamentale Coord. Lucreația Titircă, p. 31-32

110. CM. Select the dependence forms of the patient:

- a) possible
- b) potential
- c) actual
- d) decreased
- e) permanent

Ghidul de nursing cu tehnici de evaluare și îngrijiri corespunzătoare nevoilor fundamentale
Coord. Lucreația Titircă, p34-. 35

111.CS. What score reflects the patient's independence according to the dependency classification?

- a) Less than 14 points
- b) Between 15-28 points
- c) Between 29-42 points
- d) Between 43-56 points
- e) Between 56-66 points

Ghidul de nursing cu tehnici de evaluare și îngrijiri corespunzătoare nevoilor fundamentale
Coord. Lucreația Titircă, p34-. 35

112.CS. What score reflects the total patient's dependence according to the dependency classification?

- a) Less than 14 points
- b) Between 15-28 points
- c) Between 29-42 points
- d) Between 43-56 points
- e) Between 56-66 points

Ghidul de nursing cu tehnici de evaluare și îngrijiri corespunzătoare nevoilor fundamentale
Coord. Lucreația Titircă, p34-. 35

113. CM. Sources of difficulty may be caused by:

- a) economic factors
- b) physical factors
- c) psychological factors
- d) social factors
- e) spiritual factors

Ghidul de nursing cu tehnici de evaluare și îngrijiri corespunzătoare nevoilor fundamentale
Coord. Lucreația Titircă, p36-. 37

114. CM. What are the steps of the nursing process

- a) data collection and evaluation
- b) their analysis and interpretation
- c) facilitating the interview
- d) care planning
- e) carrying out the interventions

Ghidul de nursing cu tehnici de evaluare și îngrijiri corespunzătoare nevoilor fundamentale
Coord. Lucreația Titircă, p38-. 39

115. CM. Select the key nurse's competences?

- a) Prevention and health promotion
- b) Decision making and care
- c) Communication and teamwork
- d) Social-medical care
- e) Research, development and leadership

Ghidul de nursing cu tehnici de evaluare și îngrijiri corespunzătoare nevoilor fundamentale
Coord. Lucreția Titircă, p. 14

116. CM. What are the fundamental nurse's responsibilities?

- A. Collaboration and coordination
- B. Prevention and health promotion
- C. Restoring health and removing suffering
- D. Empathic listening
- E. Reflection and summarization

Ghidul de nursing cu tehnici de evaluare și îngrijiri corespunzătoare nevoilor fundamentale
Coord. Lucreția Titircă, p. 14

117. CM. What dimensions does the nursing program include?

- a) health promotion
- b) disease prevention
- c) care of all patients
- d) communication and coordination
- e) the role of the profession

Ghidul de nursing cu tehnici de evaluare și îngrijiri corespunzătoare nevoilor fundamentale
Coord. Lucreția Titircă p. 14

118. CM. What are the domain of activity of a general nurse:

- a) social-economic
- b) health services
- c) education and research
- d) juridic
- e) administrative

Ghidul de nursing cu tehnici de evaluare și îngrijiri corespunzătoare nevoilor fundamentale
Coord. Lucreția Titircă p. 18

119. CS. At which step of nursing process we establish the nursing diagnostic

- a) Assessment
- b) Data analysis and interpretation
- c) Planning
- d) Carrying out the interventions
- e) Evaluation

Ghid de nursing. Lucreția Titircă. 2008. Pag.38

120. CS Select the step of the nursing process when we analyse the results of assessments.

- a) Assessment
- b) Data analysis and interpretation
- c) Planning
- d) Carrying out the interventions
- e) Evaluation

Ghid de nursing. Lucreția Titircă. 2008. Pag.38

121. CS. At which stage of the nursing process we determine the goals, we establish the means for solving the objectives?

- a) Assessment
- b) Data analysis and interpretation
- c) Planning
- d) Carrying out the interventions
- e) Evaluation

Ghid de nursing. Lucreția Titircă. 2008. Pag.38

122.CM. By what methods will we obtain the desired information at the first stage of the nursing process.

- a) observation
- b) interview
- c) secondaries sources
- d) mass media
- e) social networks

Ghid de nursing. Lucreția Titircă. 2008. Pag.41

123. CS. Which skills of the nurse do NOT facilitate the interview?

- a) Facilitate and actively listen
- b) Address questions
- c) Confirmation
- d) Synthesize
- e) Subjectivizing and judging

Ghid de nursing. Lucreția Titircă. 2008. Pag.43-44

124.CM What are the stages of the medical interview?

- a) Beginning
- b) Development
- c) conclusion
- d) encouraging
- e) Confirmation

Ghid de nursing. Lucreția Titircă. 2008. Pag.43-44

125.CM. What types of nursing diagnoses do you know?

- a) Current
- b) Potential
- c) Possible
- d) Permanent
- e) Decreasing

Ghid de nursing. Lucreția Titircă. 2008. Pag.53

126. CS. In which type of diagnosis is the problem present, the signs and symptoms are validated and the cause identified

- a) Current
- b) Potential
- c) Possible
- d) Permanent
- e) Decreasing

Ghid de nursing. Lucreția Titircă. 2008. Pag.53

127.CS. Identify the nursing diagnosis where the problem is most likely to occur and the risk factors are present

- a) Current
- b) Potential
- c) Possible
- d) Permanent
- e) Decreasing

Ghid de nursing. Lucreția Titircă. 2008. Pag.53

128.CS What is the objective of the extent to which actions can be taken?

- a) specified
- b) performing
- c) involvement
- d) realism
- e) observable

Ghid de nursing. Lucreția Titircă. 2008. Pag.62

129.CS. Which objective will answer the question of how the action is done?

- a) specified
- b) performing
- c) involvement
- d) realism
- e) observable

Ghid de nursing. Lucreția Titircă. 2008. Pag.62

130.CS. Which goal will answer the question of what the patient does, what can be done for the patient?

- 131.specified
- 132.performing
- 133.involvement
- 134.realism
- 135.observable

Ghid de nursing. Lucreția Titircă. 2008. Pag.62

136.CS. Which objective will answer the question when the action is taken?

- a) specified
- b) performing
- c) involvement
- d) realism
- e) observable

Ghid de nursing. Lucreția Titircă. 2008. Pag.62

137. CS. Which of the following does not refer to the amount of urine?

- a) pollakiuria;
- b) oliguria;
- c) dysuria;
- d) polyuria;
- e) anuria.

Ghid de nursing. Lucreția Titircă. 2008. Pag.143-145

138. CM. The sources of physical difficulty that determine the dependence in satisfying the communication need can be:

- a) conflicts, failure;
- b) drugs;
- c) alcoholism;
- d) anxiety;
- e) cerebral circulatory disorders;

Ghid de nursing. Lucreția Titircă. 2008. Pag.318

139. CM. Which is the manifestation of Impotence as a source of dependence is:

- a) apathy;
- b) lack of ambition;
- c) professional failure;
- d) self-criticism
- e) self-image

Ghid de nursing. Lucreția Titircă. 2008. Pag.337-338

140. CS. What is a holistic view of care?

- a) person-centered care;
- b) team care;
- c) quality care for all patients.
- d) home care
- e) disease-centered care

Ghid de nursing. Lucreția Titircă. 2008. Pag.

TOPIC: THE NEED TO BREATHE AND HAVE GOOD CIRCULATION

**141. What are the determinants of independence in satisfying the need to breathe:
CM**

- a) maintaining the integrity of the airways
- b) maintaining the integrity of the thoracic muscles

- c) efficient functioning of the limb muscles
 - d) maintaining the functionality of the diaphragm
 - e) maintaining the acid-base balance
- pag. 77, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

142. What are the stages of respiration? CM

- a) ventilation
- b) cerebral
- c) diffusion
- d) circulatory
- e) tissue

pag. 77-78, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

143. Which biological factors influence the need to breathe? CM

- a) sleep
- b) posture
- c) nutrition
- d) age
- e) the environment

pag. 78, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

144. What are the factors that influence the satisfaction of the need to breathe? CM

- a) biological
- b) psychological
- c) sociological
- d) economic
- e) anatomical

pag. 78, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

145. What are the manifestations of the independence of the need to breathe? CM

- a) the rhythm
- b) frequency
- c) the type
- d) noises
- e) effort

pag. 79, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

146. What are the interventions of the nurse to maintain independence in satisfying the need to breathe: CM

- a) do running exercises
- b) do breathing exercises
- c) relaxation exercises
- d) have adequate positions
- e) remove harmful habits

pag. 79, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

147. What are the problems of dependence in satisfying the need to breathe: CM

- a) dyspnea
- b) voice alteration
- c) airway obstruction
- d) depression
- e) jaundice

pag. 80, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

148. What are the sources of difficulty in satisfying the need to breathe? CM

- a) burns
- b) obesity
- c) fractures
- d) anxiety
- e) pain

pag. 80, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

149. What includes voice alteration as a manifestation of dependence: CM

- a) cough
- b) dysphonia
- c) dyspnoea
- d) aphonia
- e) suffocation

Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

150. Which of the following are NOT signs of dependence in case of dyspnea: CS

- a) tachypnoea
- b) bradypnea
- c) cough
- d) haemoptysis
- e) cornaj

pag. 81, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

151. Dyspnea as a manifestation of dependence includes: CM

- a) Cheyne-Stokes breathing
- b) Kusmaul's breath
- c) cyanosis
- d) hyperventilation
- e) physical injury

pag. 81, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

152. What is the manifestation of airway obstruction : CM

- a) difficult nasal breathing
- b) abundant nasal secretions

- c) pain
- d) cough
- e) tiraj

pag. 82, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

153. What are the objectives of the Nursing Interventions for the patient with respiratory deficiencies: CM

- a) the patient, to breathe freely on the nose
- b) stopping the epistaxis
- c) the patient has reduced resistance to infection
- d) the patient to be mentally balanced
- e) the patient has difficulty swallowing

pag. -82-83, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

154. Assessing which parameters allow you to evaluate the circulation? CM

- a) pulse
- b) blood pressure
- c) respiration rate
- d) venous pressure
- e) body temperature

pag. 84-85, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

155. Which of the following factors influences the pulse? CM

- a) sleep
- b) nutrition
- c) emotions
- d) weight
- e) the environment

pag. 84, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

156. What characteristics do you appreciate when evaluating the pulse?: CM

- a) frequency
- b) the rhythm
- c) amplitude
- d) speed
- e) localization

pag. 85, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

157. Select the correct statements about the factors that influence blood pressure: CM

- a) the pressure is lower in children
- b) decreases slightly in the elderly
- c) physical activity causes an increase in pressure
- d) is higher during sleep
- e) the cold lowers the voltage

pag. 86, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

158. In order to maintain the independence of the circulation, the nurse will educate the patient about: CM

- a) avoid smoking
- b) ventilating the room
- c) combating anxiety
- d) keeping the skin clean
- e) avoiding sedentary lifestyle

pag. 87, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

159. What factors can negatively affect the circulation?

- a) stress
- b) damage to the heart muscle
- c) harmful habits
- d) hardening of the body
- e) anxiety

pag. 87, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

160. Select factors that do NOT adversely affect the circulation: CS

- a) damage to the heart muscle
- b) stress
- c) anxiety
- d) harmful habits
- e) hardening of the body

pag. 87, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

161. What are the manifestations of dependence in inappropriate circulation: CM

- a) cold and pale skin
- b) tachycardia
- c) symmetrical pulse
- d) warm and hyperemia of the skin
- e) hypoxemia

pag. 87-88, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

162. What are the interventions of the nurse so that the patient has an adequate circulation? CM

- a) to teach the patient to eat healthy
- b) to advise the patient for smoking cessation
- c) monitors the effect of drugs
- d) inform the patient and relatives about the stage of the disease
- e) counseling to reduce alcohol consumption

pag. 88, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

163. Select nurse interventions that are NOT recommended for the patient to have a good circulation? CS

- a) counselling to reduce alcohol consumption
- b) to advise the patient for smoking cessation

- c) to teach the patient to eat healthy
 - d) inform the patient and relatives about the stage of the disease
 - e) monitors the effect of drugs
- pag. 88, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

164. When vital functions are measured? CM

- a) before invasive procedures
 - b) after non-invasive procedures
 - c) before and after surgery
 - d) at the patient's request
 - e) when there is a change in the patient's condition
- pag. 88, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

165. What are the parameters of vital functions? CM

- a) the frequency of breathing
 - b) pulse
 - c) blood pressure
 - d) body temperature
 - e) skin turgor
- pag. 88, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

166. What is the role of the nurse in measuring vital functions? CM

- a) to prepare the patient physically and morally
 - b) to prepare the patient materially
 - c) to know the normal variations of the vital functions
 - d) to observe the frequency of evaluation of the functions
 - e) to communicate to the doctor the significant changes
- pag. 89, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

167. What are the actions of the nurse in the observation and measurement of respiration: CM

- a) will evaluate the type of breathing
 - b) will evaluate the rhythm and frequency of breathing
 - c) will appreciate the amplitude of the respiratory movements
 - d) will register in red in the record sheet
 - e) place his hand with his back on the surface of his chest
- pag. 89, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

168. What are the actions of the nurse in assessing the function of the breath?: CM

- a) counting the inspirations for 60 seconds
 - b) counting inspirations and expirations for one minute
 - c) recording through a point on the temperature sheet
 - d) recording with a check mark on the temperature sheet
 - e) the appreciation of other elements of the breath is done by spirometry
- pag. 91, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

169. Which includes measuring the pulse by the nurse? CM

- a) evaluation of cardiovascular function
- b) appreciation of the rate and frequency
- c) palpation in the jugular and tibial place
- d) evaluation of respiratory function
- e) palpation in the radial and carotid area

pag. 91, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

170. What actions will the nurse perform to measure the pulse: CM

- a) measurement by compressing the artery on a bony plane
- b) palpation of any accessible artery
- c) will mark in green in the registration sheet
- d) ensuring physical and mental rest for 5 minutes
- e) recording by a point on the temperature sheet

pag. 92-93, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

171. Which includes measuring of the blood pressure by the nurse: CM

- a) evaluation of systolic and diastolic blood pressure
- b) evaluation of the contraction force of the heart
- c) palpable and auscultative determination
- d) applying the cuff on the right forearm
- e) registration in black

pag. 93-94, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

172. What the nurse will do to measure your blood pressure: CM

- a) the manometer will be placed at the level of the radial artery
- b) the measurement will take place after the patient has calmed down
- c) the manometer is placed at the level of the artery at which the determination is made
- d) measurements must be made on both arms
- e) the measurement is repeated in case of suspicion

pag. 96, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

173. What the nurse can do to maintain and promote lung expansion: CM

- a) educating the patient on breathing exercises
- b) training the patients' diaphragmatic breathing
- c) breathing exercises should be performed lying down
- d) the exercises must be repeated 3-4 times a day
- e) the duration of the exercise will increase from 10 to 15 minutes

pag. 96-97, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

174. What are the interventions of the nurse to perform chest drainage: CM

- a) lifting in orthostatism for lung expansion
- b) observance of the asepsis norms
- c) the functionality of the drainage is attested when the air bubbles disappear
- d) placing the patient in a semi-sitting position

e) observing the volume and rhythm of the leak
pag. 97-98, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

175. Which of the following is NOT an intervention to mobilize secretions? CS

- a) hydration
- b) vibration
- c) postural drainage
- d) intubation
- e) nebulization

pag. 99, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

176. What are the interventions for maintaining the free airways? CM

- a) oropharyngeal intubation
- b) thoracic drainage
- c) nasopharyngeal aspiration
- d) tracheal intubation
- e) tracheostomy

pag. 100-103, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

177. Select the incorrect statement regarding tracheobronchial aspiration: CS

- a) the secretions are aspirated during the insertion of the probe
- b) secretions must be considered contaminated
- c) preferably side hole probes
- d) the asepsis conditions will be observed
- e) during the aspiration the probe will be mobilized

pag. 104, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

178. How oxygen therapy is not administered: CS

- a) nasal sonde
- b) masks
- c) oxygen goggles
- d) the oxygen tents
- e) gastric tube

pag. 106, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

179. What are the interventions of the nurse for oxygen therapy? CM

- a) assembly of the necessary equipment
- b) measuring the length of the probe
- c) wetting the probe with solution
- d) mental preparation of the patient
- e) insertion of the probe into the oral cavity

pag. 106, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

180. Which interventions are NOT recommended in oxygen therapy? CS

- a) insertion of the sonde into the oral cavity
- b) assembly of the necessary equipment

- c) measuring the length of the probe
 - d) wetting the sonde with solution
 - e) mental preparation of the patient
- pag. 106, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

181. Select the nurse's interventions to maintain independence in satisfying the need to breathe:

- a) teaches the patient to reduce the salt in the diet
 - b) teaches the patient to do breathing exercises
 - c) teaches the patient to do movement exercises
 - d) teaches the patient to have an appropriate posture
 - e) teaches the patient to remove harmful habits
- pag. 79, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

182. What is “apnea” CS?

- a) increase in breathing rate
 - b) stopping breathing
 - c) reduction of breathing frequency
 - d) shallow breathing
 - e) deep breathing
- pag. 81 Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

183. What is the name of the externalized hemorrhage through the oral cavity, coming from the airway-lungs? CS

- a) apnea
 - b) orthopnea
 - c) bradypnea
 - d) hemoptysis
 - e) epistaxis
- pag. 81 Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

184. What are the problems of dependence in satisfying the need to breathe? CM

- a) Obstruction of the airways
 - b) Difficulty feeding
 - c) Alteration of the voice
 - d) Dyspnoea
 - e) Nausea or vomiting
- pag. 80 Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

185. What is the normal frequency of breathing in an adult?: CS

- a) 18 -20 breaths / minute
 - b) 20-24 breaths / minute
 - c) 16-18 breaths / minute
 - d) 16-20 breaths / minute
 - e) 15-25 breaths / minute
- pag. 79 Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

186. What is the pulse rate? CS

- a) the number of beats per minute
- b) pauses between pulsations
- c) the speed of raising a pulse
- d) rhythmic pulse
- e) the speed of descent of a pulsation

pag 85 Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

187. Select vital function parameters? CM

- a) breathing
- b) pulse
- c) blood pressure
- d) temperature
- e) body mass indices

pag 88 Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

188. What are the elements of breath assessment?? CM

- a) the rhythm
- b) frequency
- c) the type
- d) the flow
- e) amplitude

pag 89 Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

189. What are the manifestations of circulation dependence are: CM

- a) cold and pale skin
- b) symmetrical pulse
- c) pulse dichrot
- d) rhythmic pulse
- e) cyanotic integuments

pag. 87, Lucreția Titircă, Ghid de nursing cu tehnici de evaluare

TOPIC: THE NEED TO KEEP YOUR BODY TEMPERATURE IN NORMAL LIMITS.

190. CM Why it is necessary to keep the body temperature within the norm:

- A. ensuring well-being
- B. activation of the immune system
- C. seizure prevention
- D. normal functioning of organs and systems
- E. the development of metabolic processes in optimal conditions

Sursa: Ghid de nursing. Lucreția Titircă. 2008. p. 184.

191. CS Body temperature remains constant due to balance:

- A. sympathetic - parasympathetic
- B. anabolic - catabolic
- C. thermogenesis - thermolysis

- D. acid-base
- E. psycho-emotional

Sursa: Ghid de nursing. Lucreția Titircă. Vol.1; 2008; p. 184.

192.CS Which ensures a constant maintenance of body temperature:

- A. Hypophysis
- B. hypothalamus
- C. adrenal
- D. thyroid
- E. cortex

Sursa: Ghid de nursing. Lucreția Titircă. Vol.1; 2008; p. 184. Materialele cursului.

193.CM Which are involved in maintaining the thermoregulatory balance:

- A. cutaneous receptors
- B. lungs
- C. kidneys
- D. smooth muscles
- E. striated muscles

Sursa: Ghid de nursing. Lucreția Titircă. Vol.1; 2008; p. 184. Materialele cursului.

194.CS Thermogenesis is the result of the intensification of oxidation processes in:

- A. smooth muscles
- B. striated muscles
- C. adrenal
- D. hypothalamus
- E. pituitary gland

Sursa: Ghid de nursing. Lucreția Titircă. Vol.1; 2008; p. 184. Materialele cursului.

195.CM Thermolysis is performed by:

- A. evaporation
- B. radiation
- C. conduction
- D. convection
- E. evacuation

Sursa: Ghid de nursing. Lucreția Titircă. Vol.1; 2008; p. 184. Materialele cursului.

196.CM What physical mechanisms are involved in thermolysis:

- A. vasodilation
- B. muscle relaxation
- C. perspiration
- D. vasoconstriction
- E. muscle contractions

Sursa: Ghid de nursing. Lucreția Titircă. Vol.1; 2008; p. 184. Materialele cursului.

197.CM What physical mechanisms are involved in thermogenesis:

- A. muscle relaxation

- B. perspiration
- C. vasoconstriction
- D. muscle contractions
- E. inhibition of sweat gland secretion

Sursa: Chid de nursing. Lucreția Titircă. Vol.1; 2008; p. 184. Materialele cursului.

198.CM What is the response of the hypothalamus if the ambient temperature drops?:

- a) Activation of thermogenesis
- b) heat conservation
- c) suppression of thermolysis
- d) increase in muscle activity
- e) increased secretion of sweat glands

Sursa: Chid de nursing. Lucreția Titircă. Vol.1; 2008; p. 184. Materialele cursului.

199.CM What is the response of the hypothalamus if the ambient temperature increase:

- A. increase in thermolysis
- B. increase in thermogenesis
- C. suppression of thermogenesis
- D. suppression of thermolysis
- E. increased muscle activity

Sursa: Chid de nursing. Lucreția Titircă. Vol.1; 2008; p. 184. Materialele cursului.

200.CM What are the factors that influence the satisfaction of the need to keep the body temperature within normal limits:

- a) cultural factors
- b) biological factors
- c) ethnic factors
- d) psychological factors
- e) sociological factors

Sursa: Chid de nursing. Lucreția Titircă. Vol.1; 2008; p. 184. Materialele cursului.

201.CM Select biological factors that influence the satisfaction of the need to keep your body temperature within normal limits:

- A. age
- B. physical activity
- C. the constitution
- D. nutrition
- E. circadian variation

Sursa: Chid de nursing. Lucreția Titircă. Vol.1; 2008; p. 185. Materialele cursului.

202.CM Select the elements necessary for the appreciation of independence in satisfying the need to keep the body temperature within normal limits:

- A. body temperature
- B. breathing frequency
- C. skin condition
- D. ambient temperature

E. stool frequency / defecation

Sursa: Ghid de nursing. Lucreția Titircă. Vol.1; 2008; p. 185. Materialele cursului.

203.CM What are the interventions of the nurse to ensure independence in maintaining the body temperature within normal limits when the ambient temperature is raised:

A. recommends / provides liquids and chilled foods

B. recommends / provides low calorie foods

A. recommends / provides high calorie foods

B. recommends / provides light clothing

C. recommends / ensures the ventilation of the room

Sursa: Ghid de nursing. Lucreția Titircă. Vol.1; 2008; p. 185 - 186. Materialele cursului.

204.CS Which is not the intervention of the nurse to ensure the independence of maintaining body temperature within normal limits when the ambient temperature is low:

A. recommends / provides foods with high caloric value

B. recommends / ensures the heating of the body by electrical methods

C. recommends / ensures to increase the amount of food

D. recommends / provides liquids and hot foods

E. recommends / provides warm clothing

Sursa: Ghid de nursing. Lucreția Titircă. Vol.1; 2008; p. 185 - 186. Materialele cursului.

205.CS Select which are not the sources of dependence in satisfying the need to maintain a constant body temperature:

A. physical

B. ethnic

C. psychological

D. intellectual

E. sociological

Sursa: Ghid de nursing. Lucreția Titircă. Vol.1; 2008; p. 185 - 186. Materialele cursului.

206.CS Which of the following is NOT the nurse's intervention during the onset of chills fever except:

A. provides heating to the patient

B. ensures hydration with warm liquids

C. increases the ambient temperature

D. apply cold shower

E. makes the water balance

Sursa: Ghid de nursing. Lucreția Titircă. Vol.1; 2008; p. 186. Materialele cursului.

207.CS Select which is NOT a characteristic clinical sign of fever during the onset.

A. warm, pink, moist skin

B. pale, cold, dry skin

C. "goosebumps"

D. feeling cold

E. muscle contractions

Sursa: Ghid de nursing. Lucreția Titircă. Vol.1; 2008; p.186. Materialele cursului.

208.CM Select the characteristic clinical signs of fever during the period of decline:

- A. muscle contractions
- B. feeling thirsty, oliguria
- C. warm, pink, moist skin
- D. pale, cold, dry skin
- E. concentrated and low urination

Sursa: Ghid de nursing. Lucreția Titircă. Vol.1; 2008; p. 186. Materialele cursului.

209.CM What are the interventions of the nurse during the period of fever decline:

- A. change the bed linen and body
- B. maintain skin hygiene
- C. administers antipyretics
- D. administers / recommends fluids
- E. calculates the water balance

Sursa: Ghid de nursing. Lucreția Titircă. Vol.1; 2008; p. 187. Materialele cursului.

TOPIC: THEME: THE NEED TO EAT AND DRINK. THE NEED TO ELIMINATE.

210. CS What is the body's main source of energy?

- a) vitamins
- b) protein
- c) lipid
- d) carbohydrates
- e) mineral salts

source: Lucreția Titircă Nursing Guide pag 108

211. CS What is deficiency in the need to eat and drink?

- a) a sufficient supply of nutrients
- b) an insufficient intake of nutritious food, an insufficiency in quality and quantity, affecting the nutritional status of the individual
- c) lack of appetite
- d) low value placed on food
- e) excessive food intake in quantity and quality

source: Lucreția Titircă Nursing Guide pag 112

212. CS What is bulimia ?

- a) Exaggerated craving for food and lack of satiety
- b) Mouth emptying of stomach contents
- c) Exaggerated feeling of hunger; eating without control
- d) Difficulty swallowing of food
- e) Repulsion of food, accompanied by total loss of appetite

source: Lucreția Titircă Nursing Guide pag 114

213.CS What diet is recommended for patients with dysentery?

Stomach flushing regime

- a) Liver flushing regime
- b) Large intestine sparing regime
- c) Oral mucosa cleaning regime
- d) Vitamin-rich diet

source: Lucreția Titircă Nursing Guide pag 116

214.CS The body's hydration pathways are, except?

- a) Oral
- b) rectal
- c) intravenous infusion
- d) duodenal
- e) intramuscular

source: Lucreția Titircă Nursing Guide pag 134

215. CS Which of the following does NOT excrete waste from the body?

- a) renal system
- b) skin
- c) digestive system
- d) cardiovascular system
- e) respiratory system

source: Lucreția Titircă Nursing Guide pag 136-137

216.CS What is ischiuria?

- a) Inability to eliminate faecal masses
- b) Lack of renal secretion
- c) Inability of the bladder to empty its contents
- d) Lack of sphincter control
- e) Accelerated bowel movements

source: Lucreția Titircă Nursing Guide pag g 146

217. CS The determining factors in the occurrence of diarrhea are, with the exception of?

- a) Exacerbation of intestinal peristalsis
- b) Increased intestinal secretion
- c) Eating errors
- d) Stress
- e) Inflammatory causes

source: Lucreția Titircă Nursing Guide pag 149

218. CS Choose the manifestation of dependence in constipation?

- a) Colic
- b) Signs of dehydration
- c) Tenesmus
- d) Odor

- e) Unusual appearance and abnormal elements

source: Lucreția Titircă Nursing Guide pag 150

219. CS Choose which symptom is not part of the pre-symptoms in vomiting of peripheral origin:

- a) nausea
- b) profuse salivation
- c) tachycardia
- d) diarrhea
- e) dizziness

source: Lucreția Titircă Nursing Guide pag pag 154

220.CM In which diseases should children's carbohydrate intake be increased?

- a) Febrile illness
- b) Cachexia
- c) Malnutrition
- d) Dyslipidemia
- e) Kidney disease

source: Lucreția Titircă Nursing Guide pag 108

221. CM Choose physical sources that lead to difficulty eating and drinking:

- a) Nasogastric tube
- b) Obstructions, tumors, strictures
- c) Alteration of the liver parenchyma
- d) Metabolic imbalances
- e) Anxiety

source: Lucreția Titircă Nursing Guide pag 111

222. CM What are the ways of feeding patients?

- a) Activ
- b) Mixed
- c) Passive
- d) Natural
- e) Artificial

source: Lucreția Titircă Nursing Guide pag 121

223.CM How is artificial feeding achieved?

- a) Enema
- b) Gastrostomy
- c) Gastric or intestinal tube
- d) Per os
- e) Parenteral

source: Lucreția Titircă Nursing Guide pag 125

224.CM What properties should parenteral nutrition have?

- a) Have high caloric value
- b) Can be used directly by tissues
- c) Have antigenic properties
- d) No irritant or necrotizing action
- e) No antigenic properties

source: Lucreția Titircă Nursing Guide pag g 127

225. CM Cum se repartizează apa liberă în organismul uman?

- a) 70% intracellular
- b) 15% interstitial
- c) 50% intracellular
- d) 5% in plasma fluid
- e) 15% in plasma fluid

source: Lucreția Titircă Nursing Guide pag 128

226. CM Which are the manifestations of dehydration??

- a) Deep-set, soft eyes
- b) Dry mucous membranes
- c) Dry skin with reduced turgor
- d) Decreased urination
- e) Swollen eyelids

source: Lucreția Titircă Nursing Guide pag pag 130

227. CM Name the types of fluids:

- a) Isotonic
- b) Natural
- c) Hypotonic
- d) Artificial
- e) Hypertonic

source: Lucreția Titircă Nursing Guide pag 133

228. CM What are the manifestations of hyperkalemia?

- a) Nausea, abdominal cramps
- b) Decreased appetite
- c) Diarrhoea
- d) Arrhythmias
- e) Paresthesia, weakness

source: Lucreția Titircă Nursing Guide pag 132

229. CM What are the manifestations of hyponatraemia?

- a) Headache
- b) Nausea
- c) Anxiety
- d) Clammy skin
- e) Thirst

source: Lucreția Titircă Nursing Guide pag 131

230. CM What is the stool made of?

- a) Aqueous solution
- b) High microbial count
- c) Cells sloughed off the surface of the digestive tract
- d) Residues left over from food digestion
- e) Excretory products of the digestive tract and adnexal glands

source: Lucreția Titircă Nursing Guide pag 139

231. CM Choose quantitative diuresis disorders:

- a) Polyuria
- b) Oliguria
- c) Anuria
- d) Albuminuria
- e) Isosthenuria

source: Lucreția Titircă Nursing Guide pag 144

232. CM List the trigger factors in diarrhoea:

- a) Nervous causes
- b) Exacerbation of intestinal peristalsis
- c) Inflammatory causes
- d) Intestinal content with excitatory effect
- e) Decreased resorption

source: Lucreția Titircă Nursing Guide pag 149

233. CM Care pot fi modificările patologice ale scaunului la copilul mic?

- a) muco-purulente
- b) muco-grunjoase
- c) lichide-semilichide
- d) createe
- e) muco-sanguinolente

source: Lucreția Titircă Nursing Guide pag 152

234. CM What causes mechanical ileus?

- a) Paralysis of intestinal wall muscles
- b) Occlusion
- c) Strangulations
- d) Intestinal obstructions
- e) Spasm of the intestinal walls

source: Lucreția Titircă Nursing Guide pag 151

235. CM How is vomiting classified by frequency?

- a) Primare
- b) Occasional
- c) Secondary
- d) Frequent

e) Uncontrollable

source: Lucreția Titircă Nursing Guide pag 154

236.CM In the parenteral nutrition for the dehydrated patient are used the following solutions?

- a) Furosemid
- b) Hypertonic glucose
- c) Amino acid, vitamin and electrolyte supplements
- d) Protein hydrolysates
- e) Mannitol

source: Lucreția Titircă Nursing Guide pag 155

237. CM What parameters are evaluated in the macroscopic examination of the analysis of urine?

- a) Transparency
- b) Cylinders
- c) Volume
- d) Color
- e) Chemical composition

source: Lucreția Titircă Nursing Guide pag 162

238.CM What does expectoration look like in pulmonary edema?

- a) Muco-purulent
- b) Bloody
- c) Pseudomembranous
- d) Serous
- e) Purulent

source: Lucreția Titircă Nursing Guide pag 159

239.CM In which of the following pathologies does anuria appear?

- a) Deep burns
- b) Shock
- c) Lumbar trauma
- d) Acute glomerulonephritis
- e) Profuse sweating

source: Lucreția Titircă Nursing Guide pag 144

THEME: THE NEED TO MOVE AND HAVE GOOD POSTURE.

240. (CS) Moving and good posture is:

- a) A coordinated movement of body parts and ensuring the body functions properly
- b) A change of position of an object over time
- c) A movement, covering a distance at a certain speed in time
- d) A change in the position of one body relative to another
- e) A continuous change in the configuration of a physical system

source: Lucreția Titircă Nursing Guide. Vol.I pag.185

241.(CS) The intensity of the physical effort an person exerts is influenced by:

- a) Constitutional type and physical capacity
- b) Ultraviolet rays
- c) Atmospheric pressure
- d) Altitude
- e) Movement durations

Ghidul de nursing. Titica L. Vol.I pag.186

242.(CS) The adduction movement is:

- a) A distance from the median axis of the body
- b) An approach to the median axis of the body
- c) A movement towards or away from two adjacent segments (arm, forearm, leg, thigh).
- d) A movement about the axis passing along the segment being moved
- e) A complex movement, which combines flexion, extension, abduction and rotation

sursa: Ghidul de nursing. Titica L. Vol.I pag.187

243.(CS) The abduction movement is:

- a) A distance from the median axis of the body
- b) An approach from the median axis of the body
- c) A complex movement, which combines flexion, extension, abduction and rotation
- d) An approach or removal of two close segments (arm, forearm, calf, thigh).
- e) A movement performed around the axis passing along the segment being moved

sursa: Ghidul de nursing. Titica L. Vol.I pag.187

244.(CS) The flexion/extension movement represents:

- a) A movement away from the midline of the body
- b) An approach to the midline of the body
- c) A movement towards or away from two adjacent segments (arm, forearm, calf, thigh).
- d) A movement about the axis passing along the segment being moved
- e) A complex movement, totalling flexion, extension, abduction and associating them with rotation

sursa: Ghidul de nursing. Titica L. Vol.I pag.187

245.(CS) Rotational movement represents:

- a) Distance from the median axis of the body
- b) Approach to the median axis of the body
- c) Movement towards or away from two close segments (arm, forearm, leg, thigh).
- d) Movement performed around the axis passing along the segment being moved.
- e) Complex movement, which totals flexion, extension, abduction and associates them with rotation.

sursa: Ghidul de nursing. Titica L. Vol.I pag.187

246.(CS) Circumduction motion is:

- a) A distance from the median axis of the body
- b) An approach to the median axis of the body

- c) An approach or departure of two close segments (arm, forearm, leg, thigh).
- d) A movement around the axis that passes along the moving segment.
- e) A complex movement, totalling flexion, extension, abduction and associating them with rotation

sursa: Ghidul de nursing. Titica L. Vol.I pag.187

247.(CS) Ce reprezintă sintagma „Exercitii fizice”:

- a) A method of measuring the motion of an object
- b) A change in position
- c) A physical activity performed with the aim of improving muscular and circulatory efficiency
- d) An absolute movement that cannot be determined
- e) A constant (invariable) position of an object or body

sursa: Ghidul de nursing. Titica L. Vol.I pag.187

248.(CS) "Immobility" in problems of satisfying the need to move and have a good posture represents:

- a) A decrease or restriction of movement, being recommended as a therapeutic method
- b) An increase in the pace and activities of the individual, caused by emotional instability
- c) An inability of the individual to coordinate the movements of different muscle groups.
- d) Any position which does not respect the anatomical principles of the body and which predisposes the individual to various deformities.
- e) Difficulties, restrictions similar to dependency problems of the need to breathe

sursa: Ghidul de nursing. Titica L. Vol.I pag.188

249.(CS) „Hiperactivitatea” în problemele de satisfacerea nevoii de a se mișcare prezintă:

- a) A reduction or restriction of movement, often recommended as a therapeutic method
- b) An increase in the rhythm and activities of the person resulting from emotional instability
- c) A difficulty or inability of the patient to coordinate the movements of different muscle groups
- d) a position which does not respect the anatomical principles of the body and which predisposes the individual to various deformities
- e) A difficulty, similar to problems of the need to breathe and have a good circulation

sursa: Ghidul de nursing. Titica L. Vol.I pag.191

250.(CS) „Uncoordinated movement" in satisfying the need to move represents:

- a) A diminution or restriction of movement, often recommended as a therapeutic method
- b) The pace and activities of the individual, caused by emotional instability
- c) The individual's inability to coordinate their movements
- d) Posture that does not respect the anatomical principles of the body
- e) Any difficulties, restrictions similar to dependency problems of the need to breathe

sursa: Ghidul de nursing. Titica L. Vol.I pag.192

251.(CS) "Inadequate posture" in satisfying the need to move represents:

- a) A reduction or restriction of movement, often recommended as a therapeutic method
- b) Increased activity of the person determined by emotional instability
- c) The individual's inability to coordinate the movements of different muscle groups
- d) Any position which does not respect the anatomical principles of the body and which predisposes the individual to various deformities
- e) Any difficulties, restrictions similar to those in the case of dependency problems of the need to breathe and to breathe properly

sursa: Ghidul de nursing. Titica L. Vol I pag.193

252.(CM) Maintaining independence of body movements and good posture is determined by:

- a) Integrity of the locomotor system
- b) Endocrine system integrity
- c) Integrity of the circulatory system
- d) Integrity of the nervous system
- e) Integrity of the vestibular system

sursa: Ghidul de nursing. Titica L. Vol.I pag.185

253.(CS) The "rigid face" characterizes the following addiction problem:

- a) Immobility
- b) Hyperactivity
- c) Uncoordinated movements
- d) Inadequate posture
- e) Limb edemas

sursa: Ghidul de nursing. Titica L. Vol.I pag.192-193

254.(CM) Factors influencing the satisfaction of the need to move are:

- a) Biological
- b) Psychological
- c) Cultural
- d) Sociological
- e) Mechanical

sursa: Ghidul de nursing. Titica L. Vol.I pag.186

255.(CM) What are the manifestations of the sociological factor influencing the satisfaction of the need to move:

- a) Culture
- b) Traditions
- c) Religion
- d) Social structure
- e) Emotions

sursa: Ghidul de nursing. Titica L. Vol.I pag.186

256.(CM) The types of exercise are:

- a) Active

- b) Passive
- c) Izometric
- d) Resistance
- e) Passive

sursa: Ghidul de nursing. Titica L. Vol.I pag.187

257.(CM) List the addictive problems in satisfying the need to move:

- a) Immobility
- b) Hyperactivity
- c) Hipoactivity
- d) Uncoordinated movements
- e) Inadequate circulation

sursa: Ghidul de nursing. Titica L. Vol.I pag.188

258.(CM) Manifestations of addiction in immobility are:

- a) Difficulty of movement
- b) Muscle atonia
- c) Muscle atrophy
- d) Muscular hypertrophy
- e) Deformities of lower limbs

sursa: Ghidul de nursing. Titica L. Vol.I pag. 189

259.(CM) Interventions of the nurse for immobile patients are:

- a) Plan an exercise programme, in function of the cause of the immobilisation and the patient's capacity
- b) Change the patient's position every 2 hours
- c) Administers Parkinson's medication
- d) Change patient's position every 12 hours
- e) Teaches patient to practice deep breathing exercises

sursa: Ghidul de nursing. Titica L. Vol.I pag.190

260.(CM) Manifestations of addiction in "Hyperactivity" are:

- a) Talking a lot, rushing
- b) Fast and frequent movements
- c) Involuntary contractions of one or more muscles
- d) Good disposition(good mood), usually unmotivated
- e) Presence of paresis

sursa: Ghidul de nursing. Titica L. Vol.I pag.189

261.(CM) Sources of difficulty in "Hyperactivity":

- a) Endocrine disequilibrium
- b) Drug reactions, alcoholism
- c) Thought disorders, crisis, loss
- d) Thought difficulties, anxiety, stress, loss
- e) Lack of self-knowledge

sursa: Ghidul de nursing. Titica L. Vol.I pag.191

262.(CM) The interventions of the nurse in the patient with "Hyperactivity" are:

- a) Removing environmental stimuli
- b) Providing conditions for the patient to take warm baths
- c) Providing the patient with fluids at a moderate temperature
- d) Removing blunt objects from the patient (walking stick, hammer)
- e) Administering tranquilizing treatment

sursa: Ghidul de nursing. Titica L. Vol.I pag.192

263.(CM) The sources of difficulty in "Uncoordinated movements" include:

- a) Sensory deficit and central nervous system damage
- b) Parkinson's disease
- c) Alzheimer's disease
- d) Isolation, failure
- e) Stress, adverse effects of certain medications

sursa: Ghidul de nursing. Titica L. Vol.I pag.192

264.(CM) "Uncoordinated movement" has the following addictive manifestations:

- a) Ataxia
- b) Akinezie
- c) Seizures
- d) Memory loss
- e) Muscle hypertrophy

sursa: Ghidul de nursing. Titica L. Vol.I pag.192-193

265.(CM) The nurse's interventions to patients with "Uncoordinated movements" are:

- a) Psychological preparation of the patient before any care technique
- b) Planning exercise and walking programme
- c) Administration of antiparkinson medication
- d) Administration of anti-alzheimer's medication
- e) Administering tranquilliser treatment

sursa: Ghidul de nursing. Titica L. Vol.I pag.193

266.(CM) Manifestations of addiction in "inadequate posture" are:

- a) Spinal deformities
- b) Difficulty changing position
- c) Muscle fatigue
- d) Difficulty moving around
- e) Reduced interest

sursa: Ghidul de nursing. Titica L. Vol.I pag.194-195

267.(CM) The sources of difficulty for inadequate posture are:

- a) Bone and muscle lesions
- b) Unsuitable working conditions
- c) Dyspnea, pain
- d) Endocrine dysbalances

e) Unknown environment
sursa: Ghidul de nursing. Titica L. Vol.I pag.194

268.(CM The nurses' objectives for patients with inadequate posture in satisfaction of the need to move are:

- a) Helps the patient to have a correct posture
- b) Prevents complications such as decubitus ulcers, ankylosis, contractures
- c) Helps the patient maintain physical integrity
- d) Promotes blood circulation, breathing, drainage of secretions
- e) Isolates the patient

sursa: Ghidul de nursing. Titica L. Vol.I pag.196

THEME: THE NEED TO BE CLEAN, CARED FOR, TO PROTECT THEIR SKIN AND MUCOUS MEMBRANES. THE NEED TO AVOID DANGERS.

269. CM. Select the factors that can influence the satisfaction of the need to be clean.

- a) Spiritual
- b) Biological
- c) Psychological
- d) Social
- e) Cultural

Lucreția Titircă. Ghid de nursing. Vol I: Tehnici de evaluare și îngrijiri corespunzătoare nevoilor fundamentale. București. 2008.pag.252 -253.

270.CS. Which biological factors may NOT influence the satisfaction of the patient's need to be clean

- a) Ages
- b) Temperature
- c) Exercise
- d) Nutrition
- e) Genetics

Lucreția Titircă. Ghid de nursing. Vol I: Tehnici de evaluare și îngrijiri corespunzătoare nevoilor fundamentale.București. 2008.pag.252 -253.

271.CM. Select biological factors that may influence meeting the patient's need to be clean

- a) Ages
- b) Temperature
- c) Genetics
- d) Exercise
- e) Nutrition

Lucreția Titircă. Ghid de nursing. Vol I: Tehnici de evaluare și îngrijiri corespunzătoare nevoilor fundamentale.București. 2008.pag.252 -253.

272.CM. Identify psychological factors that may influence meeting the patient's need to be clean

- a) Emotions, by increasing sweating
- b) Paralysis of limbs
- c) Education, as individuals have different hygiene skills
- d) Age
- e) Indifference

Lucreția Titircă. Ghid de nursing. Vol I: Tehnici de evaluare și îngrijiri corespunzătoare nevoilor fundamentale. București. 2008.pag.253.

273.CS. Identify the social factor that may influence meeting the need to be clean

- a) Age
- b) Difficult states
- c) Social Currents
- d) Social organisation
- e) Culture

Lucreția Titircă. Ghid de nursing. Vol I: Tehnici de evaluare și îngrijiri corespunzătoare nevoilor fundamentale. București. 2008.pag.253.

274.CM. Select nurse interventions to maintain independence in meeting the patient's need to be clean

- a) Patient examination
- b) Exploring the patient's habits
- c) Planning a hygiene programme together with the patient
- d) Indicate prophylactic measures
- e) Educating the patient about personal hygiene measures

Lucreția Titircă. Ghid de nursing. Vol I: Tehnici de evaluare și îngrijiri corespunzătoare nevoilor fundamentale. București. 2008.pag.255 - 258.

275.CM. Nurse interventions for the patient with hygienic deficiencies are:

- a) Indicate the need for personal hygiene
- b) Help the patient according to his/her general condition to bathe or shower
- c) Perform regional toileting if it is necessary
- d) Provide room temperature 20-22°C and water temperature 37-38°C
- e) Help the patient to dress, comb, and sanitize the oral cavity

Lucreția Titircă. Ghid de nursing. Vol I: Tehnici de evaluare și îngrijiri corespunzătoare nevoilor fundamentale. București. 2008.pag.255.

276.CS. What is the purpose of eye care?

- a) Keeping the palpebral fissures clean
- b) Keeping the palpebral fissures open
- c) Maintain tear duct patency
- d) Prevent loss of vision, by maintaining hygiene
- e) Prevent eye infections, remove eye secretions

Lucreția Titircă. Ghid de nursing. Vol I: Tehnici de evaluare și îngrijiri corespunzătoare nevoilor fundamentale. București. 2008.pag.260.

277.CS. Select the correct statements about eye care technique

- a) Wash eyes with distilled water, wipe with clean towel

- b) Remove eye secretions from outer to inner corner with sterile swab, wash eyes with gloved hand, wipe with clean towel
- c) Remove eye secretions from inner corner with sterile swab, wash eyes with hand covered with sterile gloves, wipe with sterile pad
- d) Wipe eyes with a handkerchief
- e) Wipe eyes with sterile pad

Lucreția Titircă. Ghid de nursing. Vol I: Tehnici de evaluare și îngrijiri corespunzătoare nevoilor fundamentale. București. 2008.pag.260.

278. CS. Choose the necessary materials for eye care.

- a) Saline, pads, gauze, gloves
- b) Water, towel, gauze pads, compresses, gloves
- c) Hydrogen peroxide, compresses, gauze pads, gloves
- d) "Artificial tears", gauze pads, compresses, gloves
- e) Disinfectants, gauze pads, compresses, towel, gloves

Lucreția Titircă. Ghid de nursing. Vol I: Tehnici de evaluare și îngrijiri corespunzătoare nevoilor fundamentale. București. 2008.pag.260.

279. CS. To maintain corneal suppleness in the unconscious patient who does not have the palpebral reflex is necessary:

- a) We're dripping "artificial tears"
- b) We drip physiological solution
- c) We drip solution containing antibiotics
- d) Gently massage the eyelids
- e) Wipe with clean water

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280. CS. Select the correct technique when the eye remains open in the unconscious patient

- a) Apply compresses soaked in clean water and regularly remove eye secretions
- b) Apply compresses soaked in saline and regularly remove eye secretions
- c) Apply compresses soaked in chamomile and regularly remove eye secretions
- d) Remove eye secretions from outer to inner corner with sterile swab, wash eyes with gloved hand, wipe with clean towel
- e) Remove eye secretions from inner to outer corner with sterile swab, wash eyes with gloved hand, wipe with clean towel

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281.CM. What is the purpose of nasal mucosal care?

- a) Maintain airway patency
- b) Maintaining mucosal hygiene
- c) Preventing eschars if the patient has tubes inserted into the nasal passages
- d) Preventing nasal infections if the patient has tubes inserted into the nasal passages
- e) Removal of nasal mucosal lesions

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282.CS. Select materials for nasal mucosa care

- a) Physiological solution, swabs, gauze, gloves, gloved kidney tray,
- b) Sterile swabs mounted on swabsticks, saline, dilute H₂O₂, gloves renal tray,
- c) Peroxide, compresses, gauze pads, gloves.
- d) Clean water, gauze pads, compresses, gloves
- e) Disinfectants, gauze pads, compresses, towel, gloves

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283.CS. Select the correct statements about nasal mucosal care

- a) Wash the mucosa with distilled water, wipe with clean towel
- b) Clean nasal passages, each with a swab moistened in saline solution
- c) Apply compresses soaked in clean water and regularly remove secretions
- d) Drip nasal solutions
- e) Drip oxygenated water

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284.CM. Select the correct technique if the patient has a nasal tube

- a) We remove the plaster with which the probe is fixed, retract 5-6 cm
- b) Remove crusts behind the nasal mucosa with the swab moistened in diluted hydrogen peroxide
- c) Reinsert the nasal probe
- d) Fix the nasal tube
- e) Drip peroxide

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285.CM. Select the correct technique for the nasal tube patient

- a) We remove the plaster with which the probe is fixed, retract 5-6 cm
- b) Remove crusts behind the nasal mucosa with the swab moistened in diluted hydrogen peroxide
- c) Reinsert the nasal tube
- d) Fix the nasal tube
- e) Drip oxygenated water

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286. CM. Specify the purpose of ear care.

- a) Keeping the patient in a perfectly hygienic state
- b) Maintaining hearing function
- c) Maintaining cleanliness of the ear pinna and ear canal
- d) Removal of natural (earwax) or pathological deposits

- e) Promoting vascularisation in the external auditory canal area

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287.CM: Select the correct statements about ear care technique.

- a) Clean the external ear canal with a dry swab
- b) Wash the pinna and ear canal with hydrogen peroxide
- c) Wash the pinna with a hand covered with a cotton glove with soap, carefully cleaning the pinna grooves and the retroauricular region
- d) Wash the ear flap with a hand covered with a soapy cotton glove, carefully cleaning the grooves of the flap and the retroauricular region
- e) Towel dry the ear flap and external auditory canal

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288.CS The risk of eardrum damage during ear care will be avoided if:.

- a) Insert the earplug into the ear canal above the line of sight
- b) Insert the swab into the ear canal at the limit of visibility
- c) Insert swab into ear canal carefully near eardrum
- d) Insert the swab at the anterior third of the ear canal
- e) Insert the swab into the ear canal using a swab port

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289.CM. Select the correct technique for oral cavity care for an unconscious patient

- a) Insert the mouth opener between the dental arches
- b) Wipe tongue, palatal arch, inner and outer surface of dental arches with inward and outward movements
- c) Wipe teeth with the same swab
- d) Wipe teeth with another pad
- e) At the end, grease the lips

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290.CS. Which technique is NOT applicable in the care of the oral cavity for an unconscious patient

- a) Insert the mouth opener between the dental arches
- b) Wipe teeth with the same swab
- c) Wipe tongue, palatal arch, inner and outer surface of dental arches with inward and outward strokes
- d) Wipe teeth with another pad
- e) At the end, grease the lips

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291.CM. Select the correct technique when caring for the oral cavity in an unconscious denture patient

- a) Insert the mouth opener between the dental arches
- b) Wipe tongue, palatal arch, inner and outer surface of dental arches with inward and outward movements
- c) The denture will be cleaned and kept in the oral cavity with a separate swab
- d) The denture shall be removed, washed and stored in a glass of water
- e) The oral cavity can be cleaned with the index finger covered with a gauze pad, the hand being wrapped around the hand

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TOPIC: TOPIC: THE NEED FOR COMMUNICATION

292. CM Select the statements that characterize the need to communicate:

- A. Necessity of the human being
- B. Method of treatment
- C. Exchange of information, feelings, opinions
- D. Dynamic verbal and nonverbal process
- E. Obligation in the activity of the nurse

293. CM In order to satisfy the need to communicate it is necessary for the individual to:

- A. have a positive self-image
- B. have the integrity of the sense organs
- C. have sufficient intellectual development
- D. know the language spoken by the interlocutor
- E. know the patient's rights

294. CM What are the factors that influence the satisfaction of the communication need:

- A. biological
- B. psychological
- C. sociological
- D. climacteric
- E. genetics

295. CS The biological factors that may influence the satisfaction of communication need are the following except:

- A. integrity of sight
- B. hearing integrity
- C. integrity of the cardiovascular system
- D. locomotor system integrity
- E. integrity of the vocal organs

296. CS which of the following is not a psychological factor that can influence the satisfaction of the need for communication:

- A. degree of intelligence

- B. capacity for imagination
- C. memory capacity
- D. the degree of kinship with the interlocutor
- E. the degree of perception of phenomena

297. CS Sociological factors that may influence the satisfaction of the need for communication except:

- A. attitude towards the medical system
- B. the individual's entourage
- C. ability to assert oneself
- D. the harmonious climate in the entourage
- E. social and cultural status

298. CS States that determine independence for the need to communicate:

- A. good hearing
- B. decreased visual acuity
- C. lost taste
- D. lost tactile sensitivity on the right
- E. unclear / inarticulate language

299. CM Dependent conditions for the need to communicate:

- A. positive attitude towards oneself
- B. harmonious family relationships
- C. difficulty moving
- D. expressing difficulty
- E. unknown entourage

300. CM What are the risks of not satisfying the communication need:

- A. increases self-confidence
- B. increases the effectiveness of treatment
- C. influences patient compliance
- D. affects interpersonal relationships
- E. conditions anxiety

301. CS which of the following clinical conditions Cannot influence communication dependence:

- A. hearing loss
- B. hyperesthesia
- C. anosmia
- D. anxiety
- E. polyphagia

302. CM Select the necessary interventions for the patient after a stroke (1 week) with sensory and motor hemiplegia-type deficit.

- A. provides a secure environment
- B. establishes collaborative relationships

- C. removes stressors
- D. allows the patient to move independently
- E. administers the prescribed medication

303. CM. The need to act according to one's own beliefs and values is influenced in its satisfaction by the following sociological factors except:

- a) body gestures;
- b) bodily attitudes;
- c) emotions;
- d) culture;
- e) affiliation

304. CM. Which of the following factors influences the satisfaction of the need to recreate:

- a) emotions;
- b) pain;
- c) age;
- d) culture;
- e) damage to physical integrity

305. CM "Learning" is a common problem of:

- a) pedagogy;
- b) psychology;
- c) ethics;
- d) sociology
- e) pharmacology

306. CS. A psychological factor that influences the satisfaction of the need to learn is also:

- a) the environment;
- b) motivation;
- c) physical capacity
- d) age
- e) sex

TOPIC: THE NEED TO BE CONCERNED ABOUT THE REALIZATION. THE NEED TO ACT ACCORDING TO YOUR OWN BELIEFS AND VALUES TO PRACTICE RELIGION. THE NEED TO RECREATE. THE NEED TO LEARN HOW TO KEEP HEALTHY.

307. CM. Select the biological factors that can influence the satisfaction of the need to act according to your own beliefs and values:

- a) age
- b) gestures
- c) bodily attitude
- d) nutrition
- e) social affiliation

308. CM. Select the psychological factors that can influence the satisfaction of the need to act according to your own beliefs and values:

- a) culture
- b) searching, researching the meaning of life and death
- c) the desire to communicate with the supreme being or the cosmos
- d) emotions
- e) difficult conditions

309. CM. Identify the sociological factors that can influence the satisfaction of the need to act according to your own beliefs and values.

- a) culture
- b) the social current
- c) religious affiliation
- d) communication with the Supreme Being
- e) difficult conditions

310. CM. Select the nurse's interventions to maintain independence in meeting the need to act according to your own beliefs and values.

- a) determines the patient to express his own beliefs and values
- b) exploring the patient's habits
- c) plans, together with the patient, the religious activities
- d) informs about the services offered by the community
- e) mediates the development of activities in accordance with the wishes and beliefs of the patient

311. CM. List the interventions of the nurse to maintain independence regarding the need to act according to their own beliefs and values

- a) instructs the patient and his relatives to act according to the necessary values
- b) instructs the patient and his relatives to act according to the values of the community
- c) determines the patient to express his own beliefs and values
- d) plans, together with the patient, religious activities
- e) informs the patient about the services offered by the community

312. CM. Indicate addiction issues if you need to act on your own beliefs and values

- a) guilt
- b) frustration
- c) indifference
- d) pain
- e) confusion

313. CM. Indicate addiction issues if you need to act on your own beliefs and values

- a) anxiety about the significance of the disease
- b) anxiety about the meaning of one's own existence
- c) the difficulty of acting according to his beliefs and values
- d) difficulty in participating in schooling activities
- e) difficulty in participating in religious activities

314. CM. Select situations that may cause guilt.

- a) disease
- b) loss of esteem and respect
- c) anxiety
- d) social conflicts
- e) financial situation

315. CS. Indicate which is one of the objectives of the nurse's intervention in the case of the patient with a sense of guilt

- a) the protection of the patient's freedom
- b) keeping in touch with the desired persons
- c) maintaining the positive image of the patient towards himself
- d) maintaining the positive image of the patient loved ones
- e) keeping the patient's feelings

316. CS. Indicate which is one of the objectives of the nurse's intervention in the case of the patient with a sense of guilt

- a) the patient to be mentally balanced
- b) the patient to regain self-confidence
- c) the patient to be able to make decisions
- d) the patient to be concerned with beliefs
- e) the patient to be concerned with values

317. CS. Indicate the purpose of the nurse's intervention for the frustrated patient

- a) the patient to keep his positive feelings
- b) the patient regains his self-confidence and has a good mental state
- c) the patient to keep his positive image towards his loved ones
- d) the patient to keep his positive image towards his relatives
- e) the patient to keep a positive image of himself

318. CM. What is the role of the nurse in the spiritual support of the patient?

- a) to appreciate the influence of faith for each patient, depending on the social status of the patient
- b) to appreciate the influence of faith for each patient, depending on the patient's illness
- c) to appreciate the importance of faith for each patient, depending on his stage of development
- d) faith influences the patient's way of life, attitude, feelings towards illness and death
- e) faith does not influence the way of life, the patient's feelings towards illness and death

319. CM. What is the impact of religious faith on health care?

- a) restrictions on physical effort
- b) restrictions on diet
- c) restrictions on the administration of medicines, vaccines, blood
- d) acceptance of family planning
- e) the desire for this next to the dying patient and to perform certain rituals

320. CM. Identify people who need spiritual assistance

- a) alone, who have visitors
- b) alone, which have few visitors
- c) dying
- d) represent manifestations of dependence in satisfying the need
- e) represents pronounced clinical manifestations

321. CM. In order to facilitate the satisfaction of the patient's spiritual need, it is necessary to:

- a) we help the patient to express his spiritual discomfort
- b) we identify the symptoms that appeared in the patient
- c) religious events will not be marked, to avoid emotions
- d) we allow the visit of the priest
- e) we allow the patient to read religious books

322. CS. In case of a conflict between religious doctrine and therapeutic recommendations the patient needs:

- a) to act according to the paternalistic principle
- b) to invite the representative of the cults to solve the problems
- c) to invite relatives to solve problems
- d) to notify the doctor treating the patient
- e) to be informed about the need to promote health

336. CM. Select the manifestations of independence in satisfying the need to learn:

- a) satisfaction
- b) learning
- c) habit
- d) knowledge
- e) education

323. CS Which of the following interventions of the assistant does NOT REFLECT the maintenance of the independence of the need to learn.

- a) elaborates learning objectives with the patient
- b) make decisions alone
- c) supports the patient's motivation
- d) organizes educational activities
- e) presents materials with interesting topics