

Nursing Exit Exam Ethiopia

Multiple-choice questions

Choose the appropriate answer from the given alternatives

1. The primary purpose of the nursing process is:

   A) To provide a framework for patient care

   B) To ensure nurses follow hospital policies

   C) To increase the number of patients seen

   D) To reduce the cost of healthcare

   Answer: A) To provide a framework for patient care

2. A common side effect of opioid medications is:

   A) Hypertension

   B) Diarrhea

C) Constipation

D) Insomnia

Answer: C) Constipation

3. The normal range for adult blood pressure is:

A) 90/60 mmHg to 120/80 mmHg

B) 100/70 mmHg to 140/90 mmHg

C) 110/60 mmHg to 130/85 mmHg

D) 120/80 mmHg to 140/90 mmHg

Answer: A) 90/60 mmHg to 120/80 mmHg

4. The most effective way to prevent the spread of infection in a healthcare setting is:

A) Wearing gloves

B) Hand hygiene

C) Using antiseptics

D) Wearing masks

Answer: B) Hand hygiene

5. The primary assessment finding in a patient with pneumonia is:

A) Bradycardia

B) Wheezing

C) Productive cough

D) Hypotension

Answer: C) Productive cough

6. A medication commonly used to treat hypertension is:

A) Metformin

B) Lisinopril

C) Atorvastatin

D) Albuterol

Answer: B) Lisinopril

7. The first step in the nursing process is:

A) Diagnosis

B) Planning

C) Assessment

D) Implementation

Answer: C) Assessment

8. A sign of hypoglycemia is:

A) Increased thirst

B) Sweating and trembling

C) Frequent urination

D) Blurred vision

Answer: B) Sweating and trembling

9. The most common site for intramuscular injections in adults is:

A) Deltoid muscle

B) Vastus lateralis

C) Gluteus maximus

D) Rectus femoris

Answer: A) Deltoid muscle

10. A patient with heart failure is likely to exhibit:

A) Weight loss

B) Peripheral edema

C) Increased energy levels

D) Decreased urination

Answer: B) Peripheral edema

11. The primary function of red blood cells is to:

A) Fight infection

B) Clot blood

C) Carry oxygen

D) Regulate body temperature

Answer: C) Carry oxygen

12. Which of the following is a sign of dehydration?

A) Weight gain

B) Increased urine output

C) Dry mucous membranes

D) Clear skin

Answer: C) Dry mucous membranes

13. The best position for a patient experiencing difficulty breathing is:

A) Supine

B) Prone

C) Fowler's

D) Lateral

Answer: C) Fowler's

14. A common complication of immobility is:

A) Hypertension

B) Deep vein thrombosis

C) Hyperglycemia

D) Hypotension

Answer: B) Deep vein thrombosis

15. The primary purpose of a chest tube is to:

A) Administer medication

B) Remove air or fluid from the pleural space

C) Provide oxygen

D) Monitor heart rate

Answer: B) Remove air or fluid from the pleural space

16. Which of the following is a priority nursing intervention for a patient with a suspected stroke?

A) Administering pain medication

B) Performing a neurological assessment

C) Encouraging oral fluids

D) Providing a warm blanket

Answer: B) Performing a neurological assessment

17. The normal range for adult heart rate is:

A) 40-60 beats per minute

B) 60-100 beats per minute

C) 100-120 beats per minute

D) 120-140 beats per minute

Answer: B) 60-100 beats per minute

18. A patient with diabetes is at risk for which of the following complications?

A) Hypotension

B) Hyperglycemia

C) Anemia

D) Osteoporosis

Answer: B) Hyperglycemia

19. The primary purpose of a nursing care plan is to:

A) Document patient history

B) Provide a framework for patient care

C) Ensure compliance with hospital policies

D) Increase patient satisfaction

Answer: B) Provide a framework for patient care

20. Which of the following is a common symptom of anxiety?

A) Euphoria

B) Increased appetite

C) Restlessness

D) Drowsiness

Answer: C) Restlessness

21. The most appropriate method for assessing a patient's pain is:

A) Observing facial expressions

B) Asking the patient to rate their pain

C) Measuring vital signs

D) Checking for swelling

Answer: B) Asking the patient to rate their pain

22. A patient with a history of asthma should avoid:

A) Exercise

B) Cold air

C) Warm environments

D) High altitudes

Answer: B) Cold air

23. The primary goal of palliative care is to:

A) Cure the illness

B) Provide comfort and support

C) Extend life at all costs

D) Focus solely on physical symptoms

Answer: B) Provide comfort and support

24. Which of the following is a sign of an allergic reaction?

A) Bradycardia

B) Rash

C) Hypotension

D) Fever

Answer: B) Rash

25. The best way to assess a patient's level of consciousness is to use:

A) The Glasgow Coma Scale

B) The Mini-Mental State Examination

C) The Braden Scale

D) The Morse Fall Scale

Answer: A) The Glasgow Coma Scale

26. A patient with chronic obstructive pulmonary disease (COPD) should be taught to:

A) Avoid all physical activity

B) Use oxygen therapy as needed

C) Increase fluid intake to 1 liter per day

D) Limit all carbohydrates

Answer: B) Use oxygen therapy as needed

27. The primary purpose of a wound dressing is to:

A) Promote healing

B) Prevent infection

C) Control bleeding

D) All of the above

Answer: D) All of the above

28. Which of the following is a common side effect of antihypertensive medications?

A) Increased heart rate

B) Dizziness

C) Weight gain

D) Insomnia

Answer: B) Dizziness

29. The most effective way to assess a patient's hydration status is to check:

A) Blood pressure

B) Skin turgor

C) Heart rate

D) Respiratory rate

Answer: B) Skin turgor

30. A patient with a history of seizures should be placed in which position during a seizure?

A) Supine

B) Prone

C) Lateral

D) Sitting

Answer: C) Lateral

31. The primary function of the kidneys is to:

A) Produce hormones

B) Filter waste from the blood

C) Regulate body temperature

D) Store nutrients

Answer: B) Filter waste from the blood

32. Which of the following is a sign of hyperkalemia?

A) Muscle weakness

B) Increased urination

C) Bradycardia

D) Both A and C

Answer: D) Both A and C

33. The best way to prevent pressure ulcers is to:

A) Keep the skin dry

B) Change the patient's position regularly

C) Use a special mattress

D) All of the above

Answer: D) All of the above

34. A patient with a history of heart disease should be monitored for:

A) Elevated blood glucose levels

B) Changes in heart rhythm

C) Increased appetite

D) Decreased respiratory rate

Answer: B) Changes in heart rhythm

35. The primary purpose of administering insulin is to:

A) Increase blood sugar levels

B) Decrease blood sugar levels

C) Promote weight gain

D) Increase energy levels

Answer: B) Decrease blood sugar levels

36. Which of the following is a common symptom of a urinary tract infection (UTI)?

A) Nausea

B) Hematuria

C) Weight loss

D) Increased appetite

Answer: B) Hematuria

37. The most appropriate nursing intervention for a patient experiencing chest pain is to:

A) Encourage deep breathing

B) Administer nitroglycerin as ordered

C) Offer food and drink

D) Have the patient lie flat

Answer: B) Administer nitroglycerin as ordered

38. A patient with a history of stroke should be assessed for:

A) Changes in vision

B) Difficulty speaking

C) Weakness on one side of the body

D) All of the above

Answer: D) All of the above

39. The primary goal of rehabilitation is to:

A) Cure the underlying disease

B) Restore function and independence

C) Provide palliative care

D) Prevent future illnesses

Answer: B) Restore function and independence

40. Which of the following is a sign of an infection?

A) Fever

B) Increased appetite

C) Decreased heart rate

D) Weight gain

Answer: A) Fever

41. The primary purpose of a nebulizer is to:

A) Deliver oxygen

B) Administer medication directly to the lungs

C) Monitor respiratory rate

D) Measure lung capacity

Answer: B) Administer medication directly to the lungs

42. A patient with diabetes should be taught to monitor their:

A) Blood pressure

B) Blood glucose levels

C) Heart rate

D) Respiratory rate

Answer: B) Blood glucose levels

43. The most common cause of hypoxia is:

A) Anemia

B) Obstruction of the airway

C) Hyperventilation

D) Dehydration

Answer: B) Obstruction of the airway

44. Which of the following is a sign of fluid overload?

A) Dry skin

B) Edema

C) Weight loss

D) Increased urine output

Answer: B) Edema

45. The primary function of platelets is to:

A) Carry oxygen

B) Fight infection

C) Promote blood clotting

D) Regulate body temperature

Answer: C) Promote blood clotting

46. A patient with chronic kidney disease should be monitored for:

A) Hyperkalemia

B) Hypoglycemia

C) Hypertension

D) Both A and C

Answer: D) Both A and C

47. The best way to assess a patient's pain level is to use:

A) A visual analog scale

B) Observing body language

C) Checking vital signs

D) Asking family members

Answer: A) A visual analog scale

48. A common complication of diabetes is:

A) Osteoporosis

B) Peripheral neuropathy

C) Hypertension

D) All of the above

Answer: D) All of the above

49. The primary purpose of a catheter is to:

A) Administer medications

B) Drain urine from the bladder

C) Monitor blood pressure

D) Provide nutrition

Answer: B) Drain urine from the bladder

50. Which of the following is a sign of anaphylaxis?

A) Rash

B) Swelling of the face and throat

C) Difficulty breathing

D) All of the above

Answer: D) All of the above

51. The most appropriate nursing intervention for a patient with a fever is to:

A) Administer antipyretics as ordered

B) Encourage increased activity

C) Keep the patient warm

D) Limit fluid intake

Answer: A) Administer antipyretics as ordered

52. A patient with a history of hypertension should be advised to:

A) Increase sodium intake

B) Exercise regularly

C) Avoid all fats

D) Decrease fluid intake

Answer: B) Exercise regularly

53. The primary purpose of a blood transfusion is to:

A) Increase blood volume

B) Provide nutrients

C) Cure infections

D) Decrease blood pressure

Answer: A) Increase blood volume

54. Which of the following is a common symptom of congestive heart failure?

A) Weight loss

B) Shortness of breath

C) Increased energy

D) Decreased appetite

Answer: B) Shortness of breath

55. The best way to prevent the spread of infection in a healthcare setting is to:

A) Use gloves

B) Practice hand hygiene

C) Wear masks

D) Isolate patients

Answer: B) Practice hand hygiene

56. A patient with a history of asthma should carry:

A) A rescue inhaler

B) A blood pressure cuff

C) A thermometer

D) A pulse oximeter

Answer: A) A rescue inhaler

57. The primary goal of dietary management in diabetes is to:

A) Increase carbohydrate intake

B) Maintain stable blood glucose levels

C) Promote weight gain

D) Decrease protein intake

Answer: B) Maintain stable blood glucose levels

58. A common side effect of corticosteroids is:

A) Weight loss

B) Hyperglycemia

C) Hypotension

D) Bradycardia

Answer: B) Hyperglycemia

59. The most appropriate nursing intervention for a patient with a suspected myocardial infarction is to:

A) Encourage the patient to walk

B) Administer oxygen as ordered

C) Provide a warm compress

D) Offer food and drink

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A) Encourage the patient to walk

B) Administer oxygen as ordered

C) Provide a warm compress

D) Offer food and drink

Answer: B) Administer oxygen as ordered

60. A patient with chronic obstructive pulmonary disease (COPD) should be taught to:

A) Avoid all physical activity

B) Use oxygen therapy as needed

C) Increase fluid intake to 1 liter per day

D) Limit all carbohydrates

Answer: B) Use oxygen therapy as needed

61. The primary purpose of a spirometer is to:

A) Measure blood pressure

B) Assess lung function

C) Deliver medication

D) Monitor heart rate

Answer: B) Assess lung function

62. A common symptom of hyperthyroidism is:

A) Weight gain

B) Fatigue

C) Increased appetite

D) Cold intolerance

Answer: C) Increased appetite

63. The best way to assess a patient's level of pain is to:

A) Observe their facial expressions

B) Ask them to rate their pain on a scale

C) Check their vital signs

D) Review their medical history

Answer: B) Ask them to rate their pain on a scale

64. A patient with a history of seizures should be placed in which position during a seizure?

A) Supine

B) Prone

C) Lateral

D) Sitting

Answer: C) Lateral

65. The primary goal of hospice care is to:

A) Cure the illness

B) Provide comfort and support

C) Extend life at all costs

D) Focus solely on physical symptoms

Answer: B) Provide comfort and support

66. Which of the following is a sign of dehydration?

A) Increased urination

B) Dry mucous membranes

C) Weight gain

D) Clear skin

Answer: B) Dry mucous membranes

67. The most common site for intravenous (IV) access in adults is:

A) Femoral vein

B) Subclavian vein

C) Cephalic vein

D) Median cubital vein

Answer: D) Median cubital vein

68. A patient with a history of heart failure should be monitored for:

A) Increased energy levels

B) Peripheral edema

C) Decreased appetite

D) Both B and C

Answer: D) Both B and C

69. The primary purpose of administering anticoagulants is to:

A) Increase blood pressure

B) Prevent blood clots

C) Promote wound healing

D) Increase heart rate

Answer: B) Prevent blood clots

70. A common complication of immobility is:

A) Deep vein thrombosis

B) Hypertension

C) Hyperglycemia

D) Osteoporosis

Answer: A) Deep vein thrombosis

71. The primary purpose of a dressing change is to:

A) Assess the wound

B) Prevent infection

C) Promote healing

D) All of the above

Answer: D) All of the above

72. A patient with a history of hypertension should be advised to:

A) Increase sodium intake

B) Exercise regularly

C) Avoid all fats

D) Decrease fluid intake

Answer: B) Exercise regularly

73. The most common cause of hypoglycemia in diabetic patients is:

A) Excessive food intake

B) Skipping meals

C) Overmedication with insulin

D) Lack of exercise

Answer: C) Overmedication with insulin

74. Which of the following is a sign of a stroke?

A) Sudden confusion

B) Severe headache

C) Difficulty speaking

D) All of the above

Answer: D) All of the above

75. The primary function of the liver is to:

A) Filter waste from the blood

B) Produce bile

C) Regulate blood sugar levels

D) All of the above

Answer: D) All of the above

76. A patient with chronic pain should be encouraged to:

A) Avoid all physical activity

B) Engage in regular exercise

C) Rely solely on medication

D) Isolate themselves

Answer: B) Engage in regular exercise

77. The best way to prevent the spread of infection in a healthcare setting is to:

A) Use gloves

B) Practice hand hygiene

C) Wear masks

D) Isolate patients

Answer: B) Practice hand hygiene

78. A patient with a history of asthma should be taught to recognize:

A) Triggers that worsen their condition

B) Signs of an impending attack

C) How to use their inhaler correctly

D) All of the above

Answer: D) All of the above

79. The primary goal of dietary management in heart failure is to:

A) Increase sodium intake

B) Promote weight gain

C) Limit fluid and sodium intake

D) Increase carbohydrate intake

Answer: C) Limit fluid and sodium intake

80. A common side effect of beta-blockers is:

A) Bradycardia

B) Hypertension

C) Weight loss

D) Increased appetite

Answer: A) Bradycardia

81. The most appropriate nursing intervention for a patient with a suspected pulmonary embolism is to:

A) Encourage deep breathing

B) Administer oxygen as ordered

C) Provide a warm compress

D) Offer food and drink

Answer: B) Administer oxygen as ordered

82. A patient with a history of renal failure should be monitored for:

A) Hyperkalemia

B) Hypoglycemia

C) Hypertension

D) Both A and C

Answer: D) Both A and C

83. The primary purpose of a health assessment is to:

A) Diagnose diseases

B) Identify health problems and needs

C) Prescribe medications

D) Provide treatment

Answer: B) Identify health problems and needs

84. A common symptom of hypothyroidism is:

A) Weight loss

B) Increased energy

C) Cold intolerance

D) Rapid heartbeat

Answer: C) Cold intolerance

85. The best way to assess a patient's respiratory status is to:

A) Monitor heart rate

B) Observe breathing patterns

C) Check blood pressure

D) Assess skin color

Answer: B) Observe breathing patterns

86. A patient with a history of heart disease should be advised to:

A) Increase physical activity

B) Avoid smoking

C) Eat a diet high in saturated fats

D) Limit fluid intake

Answer: B) Avoid smoking

87. The primary goal of rehabilitation is to:

A) Cure the underlying disease

B) Restore function and independence

C) Provide palliative care

D) Prevent future illnesses

Answer: B) Restore function and independence

88. Which of the following is a sign of an allergic reaction?

A) Rash

B) Swelling

C) Difficulty breathing

D) All of the above

Answer: D) All of the above

89. The most appropriate nursing intervention for a patient with a fever is to:

A) Administer antipyretics as ordered

B) Encourage increased activity

C) Keep the patient warm

D) Limit fluid intake

Answer: A) Administer antipyretics as ordered

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A) Avoid all physical activity

B) Engage in regular exercise

C) Rely solely on medication

D) Isolate themselves

Answer: B) Engage in regular exercise

91. The primary purpose of a health care proxy is to:

A) Make financial decisions

B) Make medical decisions on behalf of a patient

C) Manage a patient’s medications

D) Provide emotional support

Answer: B) Make medical decisions on behalf of a patient

92. A common symptom of a urinary tract infection (UTI) is:

A) Increased appetite

B) Hematuria

C) Weight loss

D) Decreased thirst

Answer: B) Hematuria

93. The best way to assess a patient's hydration status is to check:

A) Blood pressure

B) Skin turgor

C) Heart rate

D) Respiratory rate

Answer: B) Skin turgor

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Answer: D) All of the above

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B) Promote weight gain

C) Limit fluid and sodium intake

D) Increase carbohydrate intake

Answer: C) Limit fluid and sodium intake

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C) Keep the patient warm

D) Limit fluid intake

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C) Increase fluid intake to 1 liter per day

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Answer: B) Use oxygen therapy as needed