

NURSING PRACTICE II-ANSWERS AND RATIONALES

1. Answer: D

The nursing process is a systematic, scientific, dynamic, on going interpersonal process in which the nurses and the clients are viewed as a system with each affecting the other and both being affected by the factors within the behavior. The process is a series of actions that lead toward a particular result. This process of decision making results in optimal health care for the clients to whom the nurse applies the process

2. Answer: D

Objectives refer to more specific statements of the desired results or outcomes of care. They specify the criteria by which the degree of effectiveness of care is to be measured.

3. Answer: B

The Dental Health Program conceptualizes a strategy through "Sang Milyong Sepilyo" project for Social Mobilization.

4. Answer: D

The nursing care plan is prepared jointly with the family. This is consistent with the principle that the nurse works with and not for the family. She involves the family in determining health needs and problems in establishing priorities, in selecting appropriate courses of actions, implementing them and evaluating outcomes. Through participatory planning, the nurse makes the family feel that the health of its members is a family responsibility and commitment.

5. Answer: D

A change agent is the one who motivates changes in health behavior of individuals, families, group and community including lifestyle in order to promote and maintain health.

6. Answer: D

A provider of Nursing Care also provides direct nursing to the sick, disabled in the home, clinic, school or place of work; and provides continuity of patient care.

7. Answer: B

A community organizer is responsible for motivating and enhancing community participation in terms of planning, implementing and evaluating health programs and/or services; and initiates and participates in community development activities

8. Answer: D

A programmer also formulates nursing component of health plans; interprets and implements the nursing plan, program policies, memoranda and circulars for the concerned personnel/staff; and provides technical assistance to rural health midwives in health matters like target setting.

9. Answer: A

A researcher is the one who coordinates with the government and non-government organization in the implementation of the studies; and participates and/ or assist in the conduct of surveys studies and researches on nursing and health related subjects.

10. Answer: A

Primary prevention is directed to the healthy population, focusing on prevention of emergence of risk factors and removal of the risk factors or reduction of their levels.

Secondary prevention aims to identify and treat existing health problems at the earliest problems. The interventions at this stage can still lead to the control or eradication of the health problem. Such interventions include screening, casefinding, disease surveillance, prompt and appropriate treatment.

Tertiary prevention limits disability progression. The nurse attempts to reduce the magnitude or severity of the residual effects of both infectious diseases and non communicable ones.

11. Answer: D

The four cornerstones or pillars of Primary Health Care are active community participation, multisectoral linkages, use of appropriate technology and support mechanisms made available.

12. Answer: D

A family nursing care plan is the blueprint of care that the nurse designs to systematically minimize or eliminate the identified health and family nursing problems through explicitly formulated outcomes of care and deliberately chosen set of interventions, resources and evaluation criteria, standards, methods and tools.

13. Answer: B

Infant mortality rate measures the risk of dying during the 1st year of life. It is a good index of the general health condition of a community since it reflects the changes in the environmental and medical conditions of a community.

14. Answer: B

A, C and D together with the support mechanism made available characterized the primary health care.

15. Answer: B

$$\text{Crude Birth Rate} = \frac{\text{Total \# of live births registered in a given calendar year} \times 1000}{\text{Mid Year Population}}$$

$$= \frac{600 \times 1000}{24000}$$

$$= \frac{600000}{24000}$$

$$= 25/1000$$

16. Answer: A

$$\text{MMR} = \frac{\text{Total \# of deaths from maternal causes registered for a given year} \times 1000}{\text{Total \# of livebirths registered of same year}}$$

$$= \frac{6 \times 1000}{600}$$

$$= \frac{6000}{600}$$

$$= 10/1000$$

17. Answer: A

$$\text{IMR} = \frac{\text{Total \# of deaths under 1yr of age registered in a given calendar year} \times 1000}{\text{Total \# of registered live births of same calendar year}}$$

$$= \frac{3 \times 1000}{600}$$

$$= \frac{3000}{600}$$

$$= 5$$

18. Answer: C

$$\text{CFR} = \frac{\text{No. of registered deaths from a specific disease for a given year} \times 100}{\text{No of registered cases from same specific disease in same year}}$$

$$= \frac{10 \times 100}{450}$$

$$= \frac{1000}{450}$$

$$= 22\%$$

19. Answer. A

$$\text{Crude Death Rate} = \frac{\text{Total \# of deaths registered in a given calendar year} \times 1000}{\text{Mid Year Population}}$$

$$= \frac{900 \times 1000}{24000}$$

$$= \frac{900000}{24000}$$

= 38/1000

20. Answer: C

One of the most significant laws that radically changed the landscape of health care delivery system in the country is RA 7160 or more commonly known as the Local Government Code. The Code aims to transform local government units into self-reliant communities and active partners in the attainment of national goals through a more responsive and accountable local government structure instituted through a system of decentralization.

21. Answer: C

One of the most significant laws that radically changed the landscape of health care delivery system in the country is RA 7160 or more commonly known as the Local Government Code. The Code aims to transform local government units into self-reliant communities and active partners in the attainment of national goals through a more responsive and accountable local government structure instituted through a system of decentralization.

22. Answer: C

Primary prevention is directed to the healthy population, focusing on prevention of emergence of risk factors and removal of the risk factors or reduction of their levels. In communicable disease prevention, activities on primary prevention are targeted at intervening before the agent enters the host and cause pathological changes.

Secondary prevention aims to identify and treat existing health problems at the earliest problems. The interventions at this stage can still lead to the control or eradication of the health problem. Such interventions include screening, case-finding, disease surveillance, prompt and appropriate treatment.

Tertiary prevention limits disability progression. The nurse attempts to reduce the magnitude or severity of the residual effects of both infectious diseases and non-communicable ones.

23. Answer: C

Involve the family in bringing about change. Active participation of individuals, families, and the health community, in planning and making decisions for their health care needs, determine to a large extent, the success of community health nursing program. Organized community groups are encouraged to participate in activities that will meet community needs and interest.

24. Answer: D.

Level I

Non-water carriage toilet facility – no water is necessary to wash the waste into the receiving space. Ex: pit latrines, reed odorless water closet

Toilet facilities requiring small amount of water to wash the waste into the receiving space. Ex: pour flush toilet and aqua privies.

Level II

–on-site toilet facilities of the water carriage type with water sealed and flush type with septic vault/tank disposal facilities.

Level III

–water carriage types of toilet facilities connected to septic tanks and/or to sewerage system to treatment plant.

25. Answer: A.

Level II (Communal faucet system or Stand Posts) a system composed of a source, a reservoir, a piped distribution network and communal faucets, located at not more than 25 meters from the farthest house. The system is designed to deliver 40-80 liters of water per capita per day to an average of 100 households.

Level I (Point source) a protected well or developed spring with an outlet but without a distribution system, generally adaptable for rural areas where the houses are thinly scattered. It serves around 15-25 households and its outreach must not be more than 250 meters from the farthest user. The yield or discharge is generally from 40-140 liters per minute.

Level III (Waterworks system or Individual House Connections) A system with a source, a reservoir, a piped distributor network and household taps. It is generally suited for densely populated urban areas; this type of facility requires a minimum treatment of disinfection.

26. Answer: C

Kwashiorkor is a malnutrition disease primarily of children caused by a severe protein deficiency that usually occurs when the child is weaned from the breast. Symptoms are retarded growth, changes in skin and hair pigmentation, diarrhea, loss of appetite, nervous irritability, lethargy, edema, anemia, fatty degeneration of the liver, necrosis, dermatoses and fibrosis, often accompanied by infection and multivitamin deficiencies.

- A- Is an abnormal retardation of growth and development of an infant resulting from condition that interfere with normal metabolism, appetite and activity.
- B- Is a condition of extreme malnutrition and emaciation, occurring chiefly in young children. It is characterized by progressive wasting of subcutaneous tissue and muscle. Marasmus results from lack of adequate calories and proteins and is seen in children with failure to thrive and individuals in a state of starvation.
- C- Is a condition resulting from a deficiency of or lack of absorption or use of one or more dietary vitamins.

27. Answer: D

RA 7160 or commonly known as Local Government Code.

RA 4073 liberalizes the treatment of leprosy

RA 3573 declares that all communicable diseases should be reported to the nearest health station.

28. Answer: A

RA 7305 is known as the Magna Carta for Public Health Workers.

LOI 949 – Legal basis for PHC

RA 6713- Code of Conduct and Ethical Standards for Public Officials and Employees

RA 6675- Generics Act of 1988

29 Answer: B.

RA 7305 is Magna Carta for Public Health workers

RA 8423 is Traditional and Alternative Health Care

30 Answer: A.

RA 7846 is an act requiring compulsory immunization against hepatitis B for infants and children below eight (8) years old.

RA 6365 established a National Policy on Population and created the Commission of Population.

RA 6758 standardized the salaries of government employees which included the nursing personnel.

RA 8749 is the Clean air Act. Approved in year 2000 but took effect on January of 2001.

Situation 4: Luzviminda is a commercial sex worker in Hong Kong. She came home due to maculopapular rashes. Her diagnosis is HIV/AIDS

31. Answer: B

A- Trichomoniasis

C- Syphilis

D- Chlamydia

32 Answer: D

Luzviminda is a commercial sex worker so she must have acquired it through sexual contact.

33. Answer: A

B- confirmatory test for TB

C- presumptive test

D- diagnostic test for Osteoporosis

34. Answer: B.

Paragonimiasis is a chronic parasitic infection which greatly reduces human productivity and quality of life.

It is frequently encountered in communities where eating of fresh or inadequately cooked crabs is a practice.

35. Answer: B.

The following are qualified for home delivery:

- a. full term
- b. less than 5 pregnancies
- c. cephalic presentation
- d. without existing diseases such as diabetes, bronchial asthma, heart diseases, hypertension, goiter, tuberculosis, severe anemia
- e. no history of complications like hemorrhage during previous deliveries
- f. no history of difficult delivery and prolonged labor
- g. no previous cesarean section
- h. imminent deliveries
- i. in case of imminent deliveries by risk mothers, they should still be referred to the appropriate level of health facility if the risk remains after delivery but if the risk condition has disappeared then no referral is needed.

- j. No premature rupture of membranes
- k. Adequate pelvis
- l. Abdominal enlargement is appropriate for age of gestation

36. Answer: A.

Instruct member of the family to watch mother for hemorrhage for at least two hours just after the nurse or midwife has left the house after delivery. The first two hours after delivery are dangerous due to atony of the uterus.

37. Answer: D.

Chloroquine (150 mg. base/ tablet), 2 tabs/week for the whole duration of pregnancy are given to all pregnant women in malaria infested areas.

Iron, given from the 5th month of pregnancy up to 2 months post partum (100-200 mg. orally per day p.o for 210 days.

Iodized oil, given once a year in goiter endemic areas.

38. Answer: C

Sign and symptom which can be used to suspect tetanus

- 1. History of normal suck and cry for the first 2 days of life
- 2. History of onset of illness between 3 and 28 days of life
- 3. History of inability to suck followed by stiffness and convulsions

39. Answer: C.

For Vit. A deficiency, 100, 000 IU of Vit. A is given. Dosing is give today, give tomorrow, give after 2 weeks.

40. Answer: C.

Araw ng Sangkap Pinoy.

41. Answer: C

Expected Results of Sentrong Sigla Movement

42. Answer: D

Expected Results of Sentrong Sigla Movement

Individuals will be empowered to:

- 1. Adopt healthy lifestyle
- 2. Demand for quality health services
- 3. Promote well-being
- 4. Improve healthy seeking behavior

Institutions

- 1. develop policies
- 2. develop quality services for healthy providers
- 3. develop system for surveillance/ merits
- 4. advocate for laws

43. Answer: D

Three principles:

- 1. The whole community rather than just the individual is to be protected thus mass approach is utilized
- 2. The program is based on epidemiological situation; schedules are drawn on the basis of occurrence and characteristic epidemiological features of the disease.
- 3. Immunization is a basic health service and such it is integrated into the health services being provided for by the RHU.

44. Answer: B

Elements of EPI:

- 1. Target Setting
- 2. Cold chain logistic management
- 3. Information, education, and communication
- 4. Assessment and evaluation of the program's overall performance.
- 5. Surveillance, studies and research

45. Answer: D

Articles soiled with discharges should first be boiled in water 30 minutes before laundering. Those which could be burned should be burned.

46. Answer: C.

Disinfection of water supply sources is required on the following:

- a. newly constructed water supply facilities
- b. water supply facility that has been repaired/improved
- c. water supply sources found to be positive bacteriologically by laboratory analysis.
- d. Container disinfection of drinking water collected from a water facility that is subject to recontamination like open dug wells, unimproved springs and surface water.

47. Answer: C

To participate in the development of an over-all health plan for the community and in its implementation and evaluation, is one the objectives of Community Health Nursing. Option A, B, and D are principles of Community Health Nursing

48. Answer: D.

Complications of gonorrhea: PID, sterility in both sexes, arthritis, blindness, meningitis, heart damage, kidney damage, skin rash, ectopic pregnancy and eye damage in newborns (acquired from mother's vagina during childbirth).

49. Answer: D

Ten Elements of Reproductive Health

- a. Maternal and Child Health and Nutrition
- b. Family Planning
- c. Prevention and Management of Abortion Complications
- d. Prevention and Treatment of Reproductive Tract Infection
- e. Education and Counseling on Sexuality and Sexual Health
- f. Breast and Reproductive Tract Cancers and Other Gynecological conditions
- g. Men's Reproductive Health
- h. Adolescent Reproductive Health
- i. Violence Against Women
- j. Prevention and Treatment of Infertility and Sexual Disorder

50. Answer: D

Vitamin C is for the formation of protein, collagen, bone, teeth, cartilage, skin and scar tissues.

Vitamin D help in the mineralization of bones by enhancing absorption of calcium

Vitamin K involves in the synthesis of blood clotting proteins and a bone protein that regulates calcium level.

51. Answer: B

Chromium works with insulin and is required for release of energy from glucose

Calcium helps in mineralization of bones and teeth, regulator of many of the body's biochemical processes, involve in blood clotting, muscle contraction and relaxation, nerve functioning, blood pressure and immune defenses.

Chloride maintains the normal fluid and electrolyte balance

52. Answer: C

Community involvement is a vital component in the CHN principles:

Considerations:

1. Alternatives or option in attaining the objective
2. Resources needed
3. Time table of activities
4. Night control
5. Evaluation scheme

53. Answer: A

It is on the DOH mandate.

The DOH's primary function is the promotion, protection, preservation restoration of the health of the people through the provision and delivery of health services and through the regulation and encouragement of providers of health goods and services.

54. Answer: D

The following are initial steps to be done:

1. Gather initial information about the community from other members of the RHU or from records and reports.
2. List down names of persons to contact for a courtesy call
3. Arrange first meeting with identified key leaders, request barangay officials to sign invitation for a meeting
4. Prepare agenda for the first meeting.

55. Answer: C

Acapulco is used to treat tinea flava, ringworm, athlete's foot, and scabies. Lagundi is used to treat/ manage asthma, dysentery, dermatitis, eczema, etc. Guava could be utilized for washing wounds, diarrhea, and relief of toothache. Garlic is useful in lowering blood cholesterol and in managing toothache.

56. Answer: C

The 10 recommended plants are: lagundi, yerba Buena, sambong, tsaang gubat, niyug-niyogan, Acapulco, ulasimang bato, garlic, ampalaya (bitter gourd), and guava.

57. Answer: C

58. Answer: A

Elements of EPI includes target setting, cold chain logistic management, information, education and communication, Assessment and evaluation of program's overall performance; and surveillance, studies and research. Choices B, C, and D are incomplete

59. Answer: B

Choice describes function of copper and /or Vitamin C

60. Answer: A

Ricketts results from Vitamin D deficiency. Beri-beri from Vitamin B deficiency. Hemorrhage may result from Vitamin K deficiency.

61. Answer: C

Maculopapular rashes appear during the 1st 3 days followed by vesicular rashes (not vesiculopapular). Petechial spots are minute hemorrhages.

Chickenpox is an acute disease of sudden onset with slight fever, mild constitutional symptoms and eruption which are maculopapular for a few hours, vesicular for 3-4 days and leaves granular scabs. Not more than one day before and more than 6 days after appearance of first crop of vesicles.

62. Answer: B

63. Answer: A

Secretions from respiratory tract of the persons is the source of infection; lesions of skin are of little consequence. Scabs themselves are not infective.

64. Answer: B

Pneumonia and encephalitis are the most common although they occur only in severe cases of chicken pox.

65. Answer: C

Category I TB patients are those new TB cases with (+) sputum smear; and seriously ill pulmonary patients e.g. meningitis, TB carditis. Choice A describes Category II. Choice B and D describes Category III.

66. Answer: A

2 months. Choice D is the total length of treatment for Category I patients. 2 months intensive and 4 months maintenance.

67. Answer: D

Illegitimacy is listed under foreseeable crisis. A, B and C are all health threats.

68. Answer: D

Common law is the cohabitation of a couple even when it does not constitute a legal marriage. Married if legally married. Single if those who have never been married. Live-in partner is not an appropriate term.

69. Answer: C

A is categorized into health threat, health deficit and foreseeable crisis. B refers to the probability of minimizing or totally eradicating the problem. D refers to the nature or magnitude of the future problems that can be minimized or totally prevented if intervention is done on the problem.

70. Answer: D

71. Answer: D

72. Answer: B

BCG immunization is given to school entrants both in public and private schools regardless of the presence or absence of a BCG scar.

73. Answer: C

Xerpthalmia or night blindness results due to destruction of rods and cones. Tunnel vision is related to open angle glaucoma. Floaters occur in retinal detachment because of intraocular hemorrhage.

74. Answer: B

Policies have been set to prevent the risk of contracting nosocomial and other diseases (diseases or illnesses that are acquired from staying in the hospital.

75. Answer: A

Non water carriage toilet facility needs no water to wash into the receiving space. Examples are pit latrines and reed odorless earth closet.

76. Answer: C

Disinfections of water supply sources are required on the following:

1. Container disinfection of drinking water collected from a water facility that is subject to recontamination like open dug wells, unimproved springs and surface water.
2. Newly constructed water supply
3. Water supply facility that has been repaired or improved
4. Water supply sources found to be positive bacteriologically by laboratory analysis.

77. Answer: Certification of potability of an existing water source is issued by the Secretary of Health or his duly authorized representative .

78. Answer: B

Every municipality through its RHU must formulate an operational for quality monitoring and surveillance of their water supply every year using the area-program based approach. Assistance may be solicited from the internal planning Service in the collaboration with the Environmental Health Service.

79. Answer: A

SSM aims to promote availability of quality health services in health centers and hospitals and to make these services accessible to every Filipino.

B- this is the main component of the pro-gram

D- objectives of SSM

80. Answer: D

A, B and C are all recommended drugs for Maria.

81. Answer: A

Nutritional Guideline 2 states that breastfeed infants exclusively from birth to 4-6 months and then give appropriate food while continuing breastfeeding.

82. Answer: B

83. Answer: B

One of the principles of Bag Technique is that it should minimize if not totally prevent spread of infection from individuals to families to the community.

84. Answer: D

The paper lining must be cleaned

: DOH (Green and Yellow) , pp. 56

85. Answer: D

The basic prenatal service delivery at the hospitals, RHU and BHS should include the following: History taking, physical examination, treatment of diseases, tetanus toxoid immunization, iron supplementation, health education, laboratory examination. Oral Dental Examination is not done in the RHU.

86. Answer: A

SSM's main component is the certification recognition program that develops and promotes standard for healthy facilities.

87. Answer: C

The 4 Pillars of SSM are the following:

1. Quality Assurance Pillar
2. Grants and Technical Assistance
3. Health Promotion
4. Award Pillar

88. Answer: D

A, B and C are the priorities of SSM.

89. Answer: D

The focus of SSM's standards and requirements will be inputs like basic infrastructure, equipment, pharmaceuticals, supplies and training that demonstrates preparedness or readiness of facilities to deliver quality services.

90. Answer: A

B, C and D are expected results of SSM to institutions.

91. Answer: C

A, B and D are goals of RH.

92. Answer: B

In the international framework, the focus is on women's health not only as a mother during her child bearing, but throughout life, from infancy to post reproductive health with full exercise of her reproductive life.

93. Answer: C

A, B and D are among the ten elements of RH.

94. Answer: B

The focus of Philippine framework is the Reproductive Health Status in terms of its elements. It doesn't only address women but men and women.

95. Answer: C

Factors that may affect women's health are the general environment like poverty and under employment which could deter them from availing of social services to the maximum, powerlessness or gender discrimination which could deprive women achieve full self development, because they cannot decide for themselves, so they are left behind.

96. Answer: A

97. Answer: D

For toothache: Pound a small piece and apply to affected part.

98. Answer: D

The 3 cleans namely: Clean hands, clean surface and clean cord should be strictly followed to prevent infection.

99. Answer: D

100. Answer: C

Resettlement in a new community belongs to your foreseeable crisis.