

Dubai Health Authority Exam Sample Paper (ANM/GNM/B.Sc. Nursing)

Medical-Surgical Nursing:

1. A patient with chronic obstructive pulmonary disease (COPD) is on oxygen therapy. What is the maximum oxygen flow rate that should be administered to avoid suppressing the hypoxic drive?

- a) 1-2 L/min
- b) 3-4 L/min
- c) 5-6 L/min
- d) 7-8 L/min

2. A patient with a history of myocardial infarction (MI) is prescribed nitroglycerin. What should the nurse teach the patient about taking this medication?

- a) Take it with food to avoid stomach upset
- b) Take it only when chest pain occurs
- c) Take it daily at bedtime
- d) Take it with a full glass of water

Pediatric Nursing:

3. A 6-month-old infant is brought to the clinic with symptoms of dehydration. Which sign is most indicative of dehydration in an infant?

- a) Increased urine output
- b) Sunken fontanelles
- c) Weight gain
- d) Hyperactive reflexes

4. A child with asthma is prescribed a bronchodilator. What is the primary action of this medication?

- a) Reduce inflammation in the airways
- b) Dilate the bronchial tubes
- c) Suppress the cough reflex
- d) Decrease mucus production

Maternity and Obstetric Nursing:

5. A pregnant patient in her third trimester reports swelling in her hands and face. What condition should the nurse suspect?

- a) Normal pregnancy changes
- b) Preeclampsia
- c) Gestational diabetes
- d) Hyperemesis gravidarum

6. During the second stage of labor, the nurse observes late decelerations on the fetal monitor. What is the most appropriate action?

- a) Continue monitoring
- b) Administer oxygen to the mother
- c) Prepare for an emergency cesarean section
- d) Encourage the mother to push harder

Psychiatric Nursing:

7. A patient with schizophrenia is experiencing auditory hallucinations. What is the nurse's best response?

- a) "Ignore the voices; they're not real."
- b) "Tell me more about what the voices are saying."
- c) "You need to focus on reality."
- d) "Let's distract you with an activity."

8. A patient with depression is prescribed a selective serotonin reuptake inhibitor (SSRI). What is a common side effect of SSRIs?

- a) Hypertension
- b) Insomnia
- c) Weight loss
- d) Increased appetite

Pharmacology:

9. A patient is prescribed digoxin for heart failure. What is a key nursing intervention when administering this medication?

- a) Monitor the patient's blood pressure
- b) Assess the patient's apical pulse before administration
- c) Administer with a high-fat meal
- d) Check the patient's blood glucose levels

10. A patient is receiving heparin therapy. What laboratory test should the nurse monitor to assess the effectiveness of the treatment?

- a) Prothrombin time (PT)
- b) Activated partial thromboplastin time (aPTT)
- c) International normalized ratio (INR)
- d) Platelet count

Anatomy and Physiology:

11. Which of the following is the primary function of the kidneys?

- a) Regulate blood pressure
- b) Produce red blood cells
- c) Filter waste products from the blood
- d) Digest fats

12. Which hormone is responsible for regulating calcium levels in the blood?

- a) Insulin
- b) Parathyroid hormone (PTH)
- c) Thyroxine
- d) Cortisol

Nursing Fundamentals and Ethics:

13. A patient refuses to take their prescribed medication. What is the nurse's best action?

- a) Force the patient to take the medication

- b) Document the refusal and notify the physician
- c) Hide the medication in the patient's food
- d) Ignore the refusal and administer the medication later

14. A nurse is caring for a patient with a contagious infection. Which precaution should the nurse take?

- a) Standard precautions only
- b) Contact precautions
- c) Airborne precautions
- d) Droplet precautions

Emergency and Critical Care Nursing:

15. A patient is brought to the emergency department with a suspected myocardial infarction (MI). What is the nurse's priority action?

- a) Administer morphine for pain relief
- b) Obtain a 12-lead ECG
- c) Start an IV line
- d) Administer oxygen

16. A patient in the ICU develops a tension pneumothorax. What is the most immediate intervention?

- a) Administer high-flow oxygen
- b) Prepare for chest tube insertion
- c) Perform a needle decompression
- d) Monitor vital signs closely

Answer Key:

1. a) 1-2 L/min
2. b) Take it only when chest pain occurs
3. b) Sunken fontanelles
4. b) Dilate the bronchial tubes
5. b) Preeclampsia

6. b) Administer oxygen to the mother
7. b) "Tell me more about what the voices are saying."
8. b) Insomnia
9. b) Assess the patient's apical pulse before administration
10. b) Activated partial thromboplastin time (aPTT)
11. c) Filter waste products from the blood
12. b) Parathyroid hormone (PTH)
13. b) Document the refusal and notify the physician
14. b) Contact precautions
15. b) Obtain a 12-lead ECG
16. c) Perform a needle decompression