OMSB_OEN Practice Questions

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Question 1

Question Type: MultipleChoice

An 11-year-old child with beta-thalassemia major is admitted for blood transfusion. The child underwent splenectomy last month.

Which of the following is a PRIORITY nursing intervention?

Options:

A- Prevent infections
B- Promote high-fat intake
C- Encourage frequent voiding
D- Maintain adequate hydration

Answer:

A

Explanation:

Beta-Thalassemia Major and Splenectomy:

Patients with beta-thalassemia major often require frequent blood transfusions.

Splenectomy increases the risk of infections due to loss of the spleen's immune function.

Priority Nursing Interventions:

Prevent Infections: The highest priority post-splenectomy due to the increased risk of sepsis and other infections.

High-Fat Intake, Frequent Voiding, Hydration: Important but secondary to infection prevention.

Centers for Disease Control and Prevention (CDC) guidelines on post-splenectomy care

National Institutes of Health (NIH) on Thalassemia Management

Question 2

Question Type: MultipleChoice

A nurse is teaching a group of workers about risk factors for developing diabetes mellitus and obesity.

Which of the following statements made by the workers would indicate their understanding?

Options:

A- 'Insufficient sleep can lead to obesity'
B- 'Depression does not have affect on weight'
C- 'Work stress leads to type 1 diabetes mellitus'
D- 'Obese workers are less active than those of normal weight'

Answer:

A

Explanation:

Insufficient Sleep and Obesity:

Lack of sleep disrupts hormones that regulate hunger, such as leptin and ghrelin, leading to increased appetite and potential weight gain.

Studies have shown a clear link between insufficient sleep and higher body mass index (BMI).

Other Statements:

Depression and Weight: Depression can affect weight, often leading to weight gain or loss.

Work Stress and Diabetes: Stress is linked to type 2 diabetes, not type 1.

Activity Levels: While obesity can reduce activity levels, it is not universally true that all obese individuals are less active than those of normal weight.

Centers for Disease Control and Prevention (CDC)

National Institutes of Health (NIH)

Question 3

Question Type: MultipleChoice

A nurse is caring for a patient with HIV who manifest chronic diarrhea, anorexia, a history of oral candidiasis, and weight loss.

Which dietary instruction would be included in the teaching plan?

Options:

A- Eat three large meals per day
B- Follow a low-protein, high-carbohydrate diet
C- Include unpasteurized dairy products in the diet
D- Consume a high-protein, high-carbohydrate diet

Answer:

D

Explanation:

For a patient with HIV who is experiencing chronic diarrhea, anorexia, and weight loss, a high-protein, high-carbohydrate diet is recommended. This type of diet helps maintain muscle mass, provides energy, and supports overall nutritional status, which is critical for patients with HIV. Eating three large meals per day may not be practical due to anorexia and gastrointestinal symptoms; smaller, more frequent meals are often better tolerated. A low-protein, high-carbohydrate diet would not meet the nutritional needs, and unpasteurized dairy products pose a risk of foodborne infections.

Question 4

Question Type: MultipleChoice

The nurse manager is providing orientation about the main goals of Occupational and Environmental Health Nursing (OEHN) to new appointed nurses.

Which statement by the nurse indicates the need for further instruction regarding the OEHN goal?

Options:

A- 'Keep workers productive'
B- 'Manage minor workplace injuries'

C- 'Promote health for entire population'
D- 'Develop disease prevention program'

Answer:

C

Explanation:

Occupational and Environmental Health Nursing (OEHN):

OEHN focuses on health and safety in the workplace, aiming to prevent work-related injuries and illnesses and promote overall worker health.

Goals of OEHN:

Keep Workers Productive: Ensuring employees are healthy to maintain productivity.

Manage Minor Workplace Injuries: Providing immediate care for minor injuries.

Promote Health for Workers: Specific to workplace health, not the entire population.

Develop Disease Prevention Programs: Creating programs to prevent workplace illnesses.

American Association of Occupational Health Nurses (AAOHN)

Occupational Safety and Health Administration (OSHA) guidelines

Question 5

Question Type: MultipleChoice

A nurse is conducting a physical assessment of a 12-month-old child whose birth weight was 3.2 kg.

What would be the child's expected current weight?

Options:

A- 6.4 kg
B- 7.3 kg
C- 9.6 kg
D- 12.8 kg

Answer:

C

Explanation:

Weight Doubling by 5-6 Months:

Typically, a newborn's birth weight doubles by the time they are 5-6 months old.

For this child, that would be: 3.2kg2=6.4kg3.2 \, \text{kg} \times 2 = 6.4 \, \text{kg}3.2kg2=6.4kg.

Weight Tripling by 1 Year:

By the age of 12 months, a child's birth weight is expected to triple.

So, for a child with a birth weight of 3.2 kg, the expected weight at 12 months is: 3.2kg3=9.6kg3.2 \, \text{kg} \times 3 = 9.6 \, \text{kg}3.2kg3=9.6kg.

American Academy of Pediatrics (AAP)

World Health Organization (WHO) Growth Standards

Question 6

Question Type: MultipleChoice

A nurse is caring for a patient with retinal detachment who is posted for retinopexy surgery.

The INITIAL nursing intervention in order to maintain pressure for reattaching the sensory retina:

Options:

A- Keep the patient in prone position
B- Provide eye patch with intact dressing
C- Follow aseptic technique when cleaning the eye
D- Instruct the patient to avoid lying on the surgical side

Answer:

B

Explanation:

Retinal Detachment and Retinopexy:

Retinal detachment is a serious condition where the retina peels away from its underlying layer. Retinopexy surgery is performed to reattach the retina.

Initial Nursing Interventions:

Eye patch and dressing: Helps maintain pressure on the retina and prevent movement that could disrupt the reattachment process.

Prone position and avoiding lying on surgical side: These are not specific standard initial interventions.

Aseptic technique: Important but not the primary initial intervention for maintaining retinal attachment pressure.

American Academy of Ophthalmology (AAO) guidelines on Retinal Detachment

Mayo Clinic guidelines on Retinopexy Surgery

Question 7

Question Type: MultipleChoice

A nurse is providing health teaching for a group of nursing students regarding the diagnostic tests for patient who is suffering from hearing loss.

Which of the following is the most IMPORTANT diagnostic test for hearing loss?

Options:

A- Audiometry
B- Tympanogram
C- Middle ear endoscopy
D- Auditory brain stem response

Answer:

A

Explanation:

Audiometry is the most important diagnostic test for assessing hearing loss. This test measures a person's ability to hear sounds, varying in pitch and loudness. It is a comprehensive evaluation that helps determine the degree and type of hearing loss, whether it is conductive, sensorineural, or mixed. Tympanogram, middle ear endoscopy, and auditory brain stem response are also valuable diagnostic tools, but audiometry provides the primary assessment necessary for diagnosing hearing loss and guiding subsequent treatment.

Question 8

Question Type: MultipleChoice

A nurse visited a postpartum mother who delivered a baby boy 3 days ago. During assessment, the nurse suspects that the mother is having postpartum depression.

Which behavior suggests the condition in the mother?

Options:

A- Euthymia
B- Eating too little
C- Weakness to care for the baby
D- Difficulty to breastfeed the baby

Answer:

C

Explanation:

Postpartum Depression Symptoms:

Postpartum depression can manifest in various ways, affecting the mother's ability to care for herself and her baby.

Behavioral Indicators:

Euthymia: Indicates normal mood, not a sign of depression.

Eating Too Little: Can be a symptom but not as specific to postpartum depression.

Weakness to Care for the Baby: A significant indicator, as it shows the mother's lack of energy,

interest, or capability to perform daily tasks related to baby care.

Difficulty Breastfeeding: Could be due to various reasons and not solely indicative of depression.

American Psychological Association (APA) on Postpartum Depression

Mayo Clinic guidelines on Postpartum Depression

Question 9

Question Type: MultipleChoice

A nurse received a handover to take care of four patients. After gathering the necessary information, the nurse planned the care.

Considering the priority of nursing care, which of the following cases the nurse would assess FIRST?

Options:

A- A patient with abdominal pain
B- A patient with chest tightness
C- A patient with diabetic foot needs dressing
D- A patient scheduled for cataract surgery after 3 hours

Answer:

B

Explanation:

Prioritizing Nursing Care:

Using the ABC (Airway, Breathing, Circulation) framework, conditions affecting airway and breathing are top priorities.

Case Analysis:

Abdominal Pain: Important but not life-threatening.

Chest Tightness: Potential sign of a cardiac event or respiratory distress, requiring immediate assessment.

Diabetic Foot: Needs attention but not immediately life-threatening.

Cataract Surgery: Scheduled, no immediate threat.

American Heart Association (AHA) guidelines

Nursing textbooks on prioritization in patient care

Question 10

Question Type: MultipleChoice

A nursing director wishes to improve the job performance of a group of medical orderlies who are ineffective in their job.

Using Herzberg's theory of motivation, what would be the best motivator?

Options:

A- Providing them with a better healthcare plan
B- Offering them opportunities for achievement and recognition
C- Redecorating their office so that they are pleasant and comfortable
D- Setting up a break room where they could socialize with staff nurses

Answer:

B

Explanation:

Herzberg's two-factor theory of motivation distinguishes between hygiene factors and motivators. Hygiene factors (like pay, working conditions, and benefits) can prevent dissatisfaction but do not create long-term motivation. Motivators, on the other hand, are related to the nature of the work itself and include factors such as achievement, recognition, responsibility, and opportunities for growth. Offering opportunities for achievement and recognition is a motivator according to Herzberg's theory and would likely improve job performance by enhancing job satisfaction and intrinsic motivation.

Question 11

Question Type: MultipleChoice

Which option best actions reflect that a staff nurse respects the culturally determined behavior of Omani female patients while providing nursing care?

Options:

A- Give the patient time to do her pray before the operation
B- Maintain eye contact at the patient when checking blood pressure
C- Ask the patient to wear the theater cap before going to the operation
D- Rub on the shoulder to reassure her before going to the operation room

Answer:

A

Explanation:

Respecting culturally determined behaviors involves acknowledging and accommodating a patient's cultural and religious practices. In Omani culture, and many Islamic cultures, prayer is an important practice. Allowing the patient time to pray before the operation demonstrates cultural sensitivity and respect for her religious beliefs. Maintaining eye contact and physical contact like rubbing shoulders may not be culturally appropriate in some cases. Therefore, the best option reflecting cultural respect is providing time for prayer.

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