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Exam : **OMSB_OEN**

Title : **Omani Examination for Nurses**

Vendor : **OMSB**

Version : **DEMO**

NO.1 A nurse is assigned to care for a client diagnosed with brain cancer who is undergone radiation therapy. On assessment, the nurse notes cachexia.

Which of the following nursing measures would take FIRST for this client?

- A.** Encourage high protein and high calorie diet
- B.** Encourage frequent oral hygiene
- C.** Encourage daily physical activity
- D.** Encourage small cold meals

Answer: A

Explanation:

For a client with brain cancer undergoing radiation therapy and exhibiting cachexia, the first nursing measure should be to encourage a high protein and high-calorie diet.

* High Protein and High Calorie Diet: Cachexia is a severe form of malnutrition often seen in cancer patients, characterized by weight loss, muscle wasting, and decreased quality of life. Ensuring adequate nutrition is crucial to improve strength, immune function, and overall well-being.

* Frequent Oral Hygiene: This is important, especially if the patient has oral side effects from radiation, but it does not address the primary issue of malnutrition.

* Daily Physical Activity: Beneficial for maintaining muscle mass and overall health but should be secondary to addressing severe nutritional deficits.

* Small Cold Meals: These may be more palatable if the patient has nausea but should also be high in calories and protein to combat cachexia.

References:

* American Cancer Society: Managing Cancer Cachexia

* Oncology Nursing Society (ONS): Nutrition and Cancer Care

NO.2 A nursing instructor teaching a group of nursing students about the recommended diet for a patient with a myocardial infarction.

Which of the following points will be included in the teaching?

- A.** Low fat and cholesterol
- B.** High intake of red meat
- C.** Low intake of dark chocolate
- D.** Low protein and high carbohydrates

Answer: A

Explanation:

When teaching nursing students about the recommended diet for a patient with a myocardial infarction, it's crucial to emphasize a diet low in fat and cholesterol. This helps in reducing the risk of further cardiovascular complications.

* Low Fat and Cholesterol: Foods low in saturated fat and cholesterol are recommended to prevent the build-up of plaque in the arteries and reduce the risk of another heart attack.

* Avoiding Red Meat: High intake of red meat is discouraged because it is often high in saturated fat and cholesterol.

* Dark Chocolate Intake: While some dark chocolate in moderation can have health benefits due to its antioxidant properties, the emphasis should be on a balanced diet.

* Protein and Carbohydrates: Protein is essential for recovery, but the focus should be on lean sources.

Carbohydrates should come from whole grains and other healthy sources rather than simple sugars.

References:

- * American Heart Association (AHA): Dietary Recommendations for Cardiovascular Health
- * National Institutes of Health (NIH): Heart-Healthy Eating

NO.3 Which of the following nursing role within the policy development core functions of public health could help to reduce the risk of obesity associated with a build environment?

- A.** Support the implementation of taxes on sugary beverages
- B.** Connect the community to available resources to lose weight
- C.** Encourage the community to walk instead of using transportation
- D.** Educate the community about the health consequences of obesity

Answer: A

Explanation:

Within the policy development core functions of public health, supporting the implementation of taxes on sugary beverages is a direct approach to reducing the risk of obesity. This policy measure is designed to decrease the consumption of sugary drinks, which are a significant contributor to obesity. By advocating for such policies, nurses can help create an environment that promotes healthier choices and reduces obesity rates.

Connecting the community to resources, encouraging walking, and educating about obesity are important but fall more under the roles of community education and resource facilitation rather than policy development.

NO.4 A nursing instructor provides a session to a group of nursing students about the importance of anion gap in an acid base imbalance.

Which of the following statements if made by the nursing student would indicate the understanding of the teaching?

- A.** The normal anion gap value is 6-8 mEq/L
- B.** Anion gap of < 8 indicates metabolic alkalosis
- C.** Anion gap of > 12 indicates metabolic acidosis
- D.** Anion gap is calculated to decide the dose of soda bicarbonate

Answer: C

Explanation:

* Understanding Anion Gap:

* The anion gap is a calculated value based on the concentrations of cations (positively charged ions) and anions (negatively charged ions) in the blood, used to identify the causes of metabolic acidosis.

* Normal and Abnormal Values:

* Normal Anion Gap: Typically ranges from 8-12 mEq/L, though some sources consider 6-12 mEq/L as normal.

* High Anion Gap (> 12): Indicates metabolic acidosis, often due to conditions like ketoacidosis, lactic acidosis, or ingestion of toxins.

* Low Anion Gap (< 8): Not typically associated with metabolic alkalosis; other conditions like hypoalbuminemia may cause it.

* Clinical Relevance:

* Anion gap helps clinicians determine the underlying cause of acid-base imbalances and guide appropriate treatment.

References:

- * American Association for Clinical Chemistry (AACC)
- * Mayo Clinic on Anion Gap

NO.5 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:

- 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.

References:

- * American Academy of Ophthalmology (AAO) guidelines on Retinal Detachment
- * Mayo Clinic guidelines on Retinopexy Surgery

NO.6 Which of the following is the MOST common cause of aortic dissection is:

- A.** Poor control diabetes
- B.** Poor control liver disease
- C.** Poor control hypertension
- D.** Poor control kidney disease

Answer: C

Explanation:

Poorly controlled hypertension is the most common cause of aortic dissection. Hypertension increases the pressure within the aorta, leading to damage to the aortic wall and making it more susceptible to tearing. Diabetes, liver disease, and kidney disease can contribute to cardiovascular problems, but they are not the primary causes of aortic dissection. Managing blood pressure is critical in preventing this life-threatening condition.

NO.7 A woman attends the health center with complaints of sudden, severe and sharp pain in the lower abdomen and an absence of menses for 8 weeks. The ultrasound reveals ectopic pregnancy. When interviewing the woman, which of the following will the nurse ask about as risk factor of ectopic pregnancy?

- A.** Oral contraceptive usage
- B.** Frequency of sexual activity

- C. History of chlamydial infection
- D. History of urinary tract infection

Answer: C

Explanation:

A history of chlamydial infection is a significant risk factor for ectopic pregnancy. Chlamydia can cause scarring and damage to the fallopian tubes, increasing the likelihood of a fertilized egg implanting outside the uterus. Oral contraceptive usage generally reduces the risk of ectopic pregnancy. The frequency of sexual activity and history of urinary tract infections are not directly related to the risk of ectopic pregnancy.

Identifying and understanding these risk factors is essential for appropriate management and prevention strategies.

NO.8 A nurse is preparing to collect a throat culture for a middle-aged male patient. The nurse is aware that the swabbing should be collected from:

- A. Uvula and soft palate
- B. Any site of oral cavity mucosa
- C. Tongue and right or left buccal mucosa
- D. Mucosa of oropharynx and tonsillar region

Answer: D

Explanation:

* Purpose of Throat Culture: A throat culture is performed to detect the presence of pathogens (like bacteria) that cause infections such as strep throat.

* Correct Technique:

* Uvula and Soft Palate: These are not the primary sites for collecting throat cultures.

* Any site of Oral Cavity Mucosa: This is too broad and non-specific.

* Tongue and Buccal Mucosa: These sites are not typically infected in throat infections and do not provide accurate culture results.

* Oropharynx and Tonsillar Region: The mucosa of the oropharynx and tonsillar region is the most common site of infection in throat infections, making it the appropriate site for swabbing.

* Procedure: The nurse should gently swab the oropharynx and tonsillar area, avoiding the tongue and other parts of the oral cavity to avoid contamination and ensure accurate results.

Conclusion: The correct site for collecting a throat culture is the mucosa of the oropharynx and tonsillar region, ensuring the detection of the causative pathogens. References: Clinical nursing skills textbooks, NCLEX-RN review guides, guidelines for throat culture collection.

NO.9 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?

- 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.

References:

- * Centers for Disease Control and Prevention (CDC)
- * National Institutes of Health (NIH)

NO.10 Which of the following characteristics of older adults would be expected in today's society?

- A.** Chronic conditions result in some limitations in ADL
- B.** Most older adults live independently or in home care centers
- C.** There is steady increase in percentage of workers in the labor force
- D.** Married people have higher mortality rate than unmarried people at all ages

Answer: A

Explanation:

- * Chronic Conditions and ADLs:
 - * Older adults are more likely to suffer from chronic conditions such as arthritis, hypertension, heart disease, and diabetes. These conditions can lead to some limitations in Activities of Daily Living (ADLs), which include tasks like bathing, dressing, eating, and walking.
 - * According to the Centers for Disease Control and Prevention (CDC), chronic diseases are the leading cause of death and disability in the United States, and they significantly impact the quality of life of older adults.
- * Living Arrangements:
 - * While many older adults do live independently or in home care settings, a significant number also live with chronic conditions that impact their ADLs, hence answer B is less accurate compared to A.
 - * As per the Administration for Community Living (ACL), the majority of older adults do live independently; however, chronic conditions still play a significant role in their daily lives.
- * Labor Force Participation:
 - * There is an increase in the percentage of older adults in the labor force, but this is not a primary characteristic affecting most older adults today.
- * Marital Status and Mortality:
 - * Studies have shown that married individuals often have a lower mortality rate compared to unmarried individuals, making option D incorrect.

References:

- * Centers for Disease Control and Prevention (CDC)
- * Administration for Community Living (ACL)