

HA SN MODEL SET EXAM 60 DAYS CHALLENGE

MEDICAL SURGICAL NURSING I

Preparation Series

December 19, 2025

Introduction

This comprehensive set focuses on Medical-Surgical Nursing I, covering respiratory, cardiovascular, neurological, and endocrine systems, along with perioperative care and emergency nursing.

Q1. A patient with suspected Pulmonary Embolism is scheduled for a V/Q scan. Which nursing intervention is most appropriate prior to the test?

- A) Administer a sedative
- B) Ensure the patient remains NPO for 8 hours
- C) Verify written informed consent is obtained
- D) Check for allergies to iodine and shellfish

Correct Answer: C

Explanation: A V/Q scan is a nuclear medicine procedure; while non-invasive compared to angiography, written consent is standard practice for diagnostic imaging using tracers.

Q2. The earliest sign of increased Intracranial Pressure (ICP) is:

- A) Pupil dilation
- B) Altered level of consciousness
- C) Widening pulse pressure
- D) Projectile vomiting

Correct Answer: B

Explanation: Changes in consciousness (restlessness, irritability) are the earliest indicators of rising ICP, occurring before vital sign changes like Cushing's triad.

Q3. In a patient with Acute Myocardial Infarction, which laboratory marker is most specific for cardiac muscle damage?

- A) Myoglobin
- B) CK-MB

- C) Troponin I
- D) LDH

Correct Answer: C

Explanation: Troponin I is highly specific to cardiac muscle and remains elevated for up to 10-14 days.

Q4. What is the priority nursing action for a patient experiencing an acute asthma attack?

- A) Administer oxygen via nasal cannula
- B) Start a nebulizer with a short-acting beta-agonist
- C) Position the patient in High-Fowler's
- D) Obtain arterial blood gas analysis

Correct Answer: C

Explanation: Positioning (High-Fowler's or orthopneic) should be done immediately to facilitate maximal chest expansion and decrease the work of breathing.

Q5. The primary purpose of using a water-seal drainage system after thoracic surgery is to:

- A) Measure volume of drainage
- B) Re-expand the lung and prevent air from returning to the pleural space
- C) Provide a sterile environment for pleural fluids
- D) Prevent infection of the surgical site

Correct Answer: B

Explanation: The water seal acts as a one-way valve, allowing air and fluid to escape the pleural space but preventing atmospheric air from re-entering, allowing lung re-expansion.

Q6. Which dietary instruction is crucial for a patient with Chronic Renal Failure (CRF)?

- A) High protein, low potassium
- B) Low protein, low potassium, low sodium
- C) High carbohydrate, high sodium
- D) Low fiber, high protein

Correct Answer: B

Explanation: A low protein diet reduces nitrogenous waste buildup, while low potassium and sodium prevent electrolyte imbalances and fluid overload.

Q7. A patient with Diabetes Mellitus presents with Kussmaul's respirations. This indicates:

- A) Respiratory alkalosis
- B) Metabolic acidosis

- C) Hypoglycemic coma
- D) Fluid volume deficit

Correct Answer: B

Explanation: Kussmaul's respirations (deep and rapid) are a compensatory mechanism to blow off CO₂ in Diabetic Ketoacidosis (Metabolic Acidosis).

Q8. The nurse is caring for a patient post-thyroidectomy. The presence of Trousseau's sign indicates:

- A) Hypercalcemia
- B) Hypocalcemia
- C) Hypokalemia
- D) Hypermagnesemia

Correct Answer: B

Explanation: Accidental removal or damage to parathyroid glands during thyroidectomy leads to hypocalcemia, evidenced by neuromuscular irritability (Trousseau's or Chvostek's signs).

Q9. The drug of choice for the treatment of Anaphylactic Shock is:

- A) Atropine
- B) Dopamine
- C) Epinephrine
- D) Hydrocortisone

Correct Answer: C

Explanation: Epinephrine (Adrenaline) is the first-line treatment for anaphylaxis as it causes bronchodilation and vasoconstriction.

Q10. Before administering Digoxin, the nurse must assess the apical pulse for 1 full minute. The medication should be withheld if the pulse is less than:

- A) 70 bpm
- B) 60 bpm
- C) 80 bpm
- D) 50 bpm

Correct Answer: B

Explanation: Digoxin slows the heart rate. Withholding it for a rate <60 bpm in adults prevents bradycardia-induced toxicity.

Q11. Which positioning is recommended for a patient immediately after a Liver Biopsy?

- A) Left side-lying
- B) Right side-lying
- C) Supine
- D) Semi-Fowler's

Correct Answer: B

Explanation: Right side-lying position uses the patient's body weight to provide pressure over the biopsy site, preventing hemorrhage.

Q12. Burn injury involving only the epidermis and parts of the dermis with blister formation is classified as:

- A) First degree
- B) Second degree (Partial thickness)
- C) Third degree (Full thickness)
- D) Fourth degree

Correct Answer: B

Explanation: Second-degree burns involve the dermis and are characterized by pain and blisters.

Q13. Glaucoma is characterized by:

- A) Clouding of the lens
- B) Increased intraocular pressure
- C) Retinal detachment
- D) Macular degeneration

Correct Answer: B

Explanation: Glaucoma is a group of eye conditions that damage the optic nerve, often due to abnormally high pressure in the eye.

Q14. A characteristic sign of Appendicitis located midway between the umbilicus and the right iliac crest is:

- A) Murphy's sign
- B) McBurney's point tenderness
- C) Cullen's sign
- D) Turner's sign

Correct Answer: B

Explanation: Pain at McBurney's point is a classic sign of localized peritoneal inflammation in appendicitis.

Q15. Pernicious anemia is caused by a deficiency of:

- A) Iron
- B) Folic acid
- C) Vitamin B12
- D) Vitamin C

Correct Answer: C

Explanation: Pernicious anemia results from a lack of intrinsic factor, leading to B12 malabsorption.

Q16. The standard treatment for a patient in Ventricular Fibrillation is:

- A) Synchronized cardioversion
- B) Defibrillation
- C) CPR only
- D) IV Amiodarone without CPR

Correct Answer: B

Explanation: V-Fib is a shockable rhythm. Immediate defibrillation is the priority treatment.

Q17. A patient with Chronic Obstructive Pulmonary Disease (COPD) should be given oxygen at:

- A) 1-2 L/min
- B) 5-6 L/min
- C) 10-15 L/min
- D) 8 L/min

Correct Answer: A

Explanation: High flow oxygen can suppress the hypoxic drive in COPD patients, leading to CO₂ retention.

Q18. The presence of 'Reed-Sternberg cells' is diagnostic for:

- A) Non-Hodgkin's Lymphoma
- B) Hodgkin's Disease
- C) Leukemia
- D) Multiple Myeloma

Correct Answer: B

Explanation: Reed-Sternberg cells are large, abnormal lymphocytes found in Hodgkin's lymphoma.

Q19. Initial management for a patient with a suspected Fractured Femur should be:

- A) Immediate surgery
- B) Immobilization/Splinting
- C) Applying ice packs
- D) Range of motion exercises

Correct Answer: B

Explanation: Immobilization prevents further soft tissue, nerve, and vessel damage.

Q20. In Cushing's Syndrome, there is an overproduction of:

- A) Insulin
- B) Cortisol
- C) Growth Hormone
- D) Thyroxine

Correct Answer: B

Explanation: Cushing's syndrome occurs due to prolonged exposure to high levels of cortisol.

Q21. Which position is best for a patient in Shock?

- A) Trendelenburg
- B) Modified Trendelenburg (Legs elevated 30-45°)
- C) Prone
- D) Left Lateral

Correct Answer: B

Explanation: Modified Trendelenburg promotes venous return to the heart without compromising respiratory function.

Q22. A patient with systemic lupus erythematosus (SLE) should avoid:

- A) High protein diet
- B) Sunlight exposure
- C) Exercise
- D) High fluid intake

Correct Answer: B

Explanation: Photosensitivity is common in SLE, and UV light can trigger exacerbations.

Q23. The most common complication after a Cholecystectomy is:

- A) Jaundice
- B) Atelectasis

- C) Bleeding
- D) Wound infection

Correct Answer: B

Explanation: High abdominal incisions often cause shallow breathing and subsequent atelectasis.

Q24. The classic triad of symptoms for Meningitis includes:

- A) Fever, headache, nuchal rigidity
- B) Fever, rash, vomiting
- C) Headache, seizures, altered consciousness
- D) Nausea, photophobia, cough

Correct Answer: A

Explanation: Nuchal rigidity, fever, and headache are the hallmark symptoms of meningeal irritation.

Q25. A 'Moon Face' and 'Buffalo Hump' are associated with:

- A) Addison's Disease
- B) Cushing's Syndrome
- C) Hyperthyroidism
- D) Diabetes Insipidus

Correct Answer: B

Explanation: These are classic clinical features of hypercortisolism (Cushing's).

Q26. For a patient with Gastric Ulcer, pain typically occurs:

- A) 2-3 hours after meals
- B) At night when the stomach is empty
- C) 30-60 minutes after eating
- D) Pain is relieved by eating

Correct Answer: C

Explanation: Gastric ulcer pain is usually triggered or worsened by food intake shortly after eating.

Q27. Which electrolyte imbalance is most associated with Digoxin toxicity?

- A) Hyperkalemia
- B) Hypokalemia
- C) Hyponatremia
- D) Hypocalcemia

Correct Answer: B

Explanation: Hypokalemia increases myocardial sensitivity to Digoxin, increasing the risk of toxicity.

Q28. The first intervention for a patient with an eviscerated surgical wound is:

- A) Call the surgeon immediately
- B) Push the organs back in
- C) Cover with sterile saline-soaked gauze
- D) Administer analgesics

Correct Answer: C

Explanation: Covering the site with moist sterile gauze prevents tissue drying and infection while waiting for surgery.

Q29. Which heart valve is located between the Left Atrium and Left Ventricle?

- A) Tricuspid valve
- B) Mitral (Bicuspid) valve
- C) Aortic valve
- D) Pulmonary valve

Correct Answer: B

Explanation: The Mitral valve regulates flow between the left atrium and left ventricle.

Q30. A positive Brudzinski's sign is suggestive of:

- A) Stroke
- B) Meningitis
- C) Appendicitis
- D) Heart failure

Correct Answer: B

Explanation: Involuntary flexion of hips/knees when the neck is flexed is a sign of meningitis.

Q31. Which lab result confirms a diagnosis of Myocardial Infarction?

- A) Elevated WBC count
- B) Elevated Troponin
- C) Low Potassium
- D) Low Hemoglobin

Correct Answer: B

Explanation: Troponins are the most sensitive and specific biochemical markers for myocardial infarction.

Q32. A patient with a Cast on the arm reports tingling and increased pain. The nurse should first:

- A) Give pain medication
- B) Elevate the arm
- C) Assess neurovascular status (6 Ps)
- D) Cut the cast off

Correct Answer: C

Explanation: Assessment for Compartment Syndrome is mandatory before any intervention.

Q33. The goal of treatment in Angina Pectoris is to:

- A) Increase heart rate
- B) Decrease oxygen demand of the heart
- C) Increase blood pressure
- D) Decrease blood glucose

Correct Answer: B

Explanation: Relieving angina involves balancing oxygen supply and demand, usually by reducing cardiac workload.

Q34. Initial nursing care for a patient with Head Injury involves maintaining:

- A) Nutrition
- B) Skin integrity
- C) Patent airway
- D) Normal body temperature

Correct Answer: C

Explanation: Airway maintenance is the absolute priority in any trauma or neurological emergency.

Q35. Benign Prostatic Hyperplasia (BPH) primarily affects which function?

- A) Defecation
- B) Urination
- C) Respiration
- D) Digestion

Correct Answer: B

Explanation: BPH compresses the prostatic urethra, leading to urinary retention and obstructive symptoms.

Q36. An early sign of Hemorrhagic Shock is:

- A) Low Blood Pressure
- B) Increased Heart Rate (Tachycardia)
- C) Deep Sleep
- D) Warm Skin

Correct Answer: B

Explanation: The body compensates for low volume by increasing the heart rate before blood pressure drops significantly.

Q37. A patient with Pancreatitis is likely to have pain in:

- A) Right lower quadrant
- B) Left upper quadrant radiating to the back
- C) Suprapubic area
- D) Right upper quadrant radiating to shoulder

Correct Answer: B

Explanation: Pancreatic pain is severe, epigastric or LUQ, and frequently radiates through to the back.

Q38. Which food should be avoided in a 'Low Purine' diet for Gout?

- A) Organ meats
- B) Green leafy vegetables
- C) Whole grain bread
- D) Milk

Correct Answer: A

Explanation: High purine foods like organ meats and sardines should be avoided as they increase uric acid levels.

Q39. The most common site for a Peptic Ulcer is:

- A) Stomach
- B) Duodenum
- C) Esophagus
- D) Jejunum

Correct Answer: B

Explanation: Duodenal ulcers are significantly more common than gastric ulcers.

Q40. The normal range for Serum Potassium is:

- A) 135-145 mEq/L
- B) 3.5-5.0 mEq/L
- C) 8.5-10.5 mg/dL
- D) 1.5-2.5 mEq/L

Correct Answer: B

Explanation: Standard clinical range for potassium is 3.5 to 5.0 mEq/L.

Q41. A priority nursing diagnosis for a patient with Guillain-Barre Syndrome is:

- A) Risk for skin breakdown
- B) Ineffective breathing pattern
- C) Impaired physical mobility
- D) Disturbed body image

Correct Answer: B

Explanation: Ascending paralysis can reach the respiratory muscles, making airway management critical.

Q42. For a patient on Warfarin therapy, which lab value is monitored?

- A) aPTT
- B) PT/INR
- C) Platelet count
- D) Bleeding time

Correct Answer: B

Explanation: PT and INR are used to monitor the effectiveness and safety of oral anticoagulants like Warfarin.

Q43. Hyperthyroidism is also known as:

- A) Myxedema
- B) Grave's Disease
- C) Hashimoto's
- D) Cretinism

Correct Answer: B

Explanation: Grave's disease is the most common form of hyperthyroidism.

Q44. A patient with a Chest Tube should be monitored for 'tidaling', which is:

- A) Bubbling in suction chamber
- B) Movement of fluid level with respiration
- C) Blood in the tubing
- D) Air leaking from the site

Correct Answer: B

Explanation: Fluctuation of the water seal level with inspiration and expiration shows the system is patent.

Q45. Parkinson's Disease is caused by a deficiency of:

- A) Acetylcholine
- B) Dopamine
- C) Serotonin
- D) GABA

Correct Answer: B

Explanation: Degeneration of dopamine-producing neurons in the brain leads to movement disorders in Parkinson's.

Q46. Which of the following is a 'Macronutrient'?

- A) Vitamin A
- B) Iron
- C) Protein
- D) Zinc

Correct Answer: C

Explanation: Proteins, fats, and carbohydrates are macronutrients needed in large amounts.

Q47. The 'Rule of Nines' is used to estimate:

- A) Severity of stroke
- B) Body surface area of burns
- C) Level of consciousness
- D) Risk of pressure sores

Correct Answer: B

Explanation: The Rule of Nines is a tool used to calculate the percentage of total body surface area affected by burns.

Q48. A priority intervention for a patient with Sickle Cell Crisis is:

- A) Cold packs
- B) Restricting fluids
- C) IV Hydration and Pain Relief
- D) Increasing exercise

Correct Answer: C

Explanation: Hydration reduces blood viscosity and prevents further sickling of cells during a crisis.

Q49. The surgery to remove the Gallbladder is called:

- A) Cholecystostomy
- B) Cholecystectomy
- C) Choledocholithotomy
- D) Gastrectomy

Correct Answer: B

Explanation: A Cholecystectomy is the surgical removal of the gallbladder.

Q50. The classic symptom of 'Peripheral Arterial Disease' (PAD) is:

- A) Pitting edema
- B) Intermittent Claudication
- C) Stasis dermatitis
- D) Varicose veins

Correct Answer: B

Explanation: Ischemic muscle pain triggered by exercise and relieved by rest is characteristic of PAD.