

What is the normal range for a heart rate in adults?

- A. 60-100 bpm
- B. 120-150 bpm
- C. 30-50 bpm
- D. 80-120 bpm

**Answer: A.**

**Feedback:** The normal range for a heart rate in adults is 60-100 beats per minute (bpm). An adult heart rate below 60 bpm is considered bradycardia, while a heart rate above 100 bpm is considered tachycardia.

What is the first step in the nursing process?

- A. Assessment
- B. Planning
- C. Implementation
- D. Evaluation

**Answer: A.**

**Feedback:** The first step in the nursing process is assessment. This involves gathering data about the patient's health status, including physical, emotional, and social factors.

3.

Which of the following is a common side effect of opioid medications?

- A. Constipation
- B. Increased appetite
- C. Insomnia
- D. Hypertension

**Answer: A.**

**Feedback:** Constipation is a common side effect of opioid medications. Opioids can slow down the movement of the digestive tract, leading to constipation. Patients taking opioids may need to take laxatives to help prevent this side effect.

4.

What is the normal range for blood pressure in adults?

- A. 120/80 mmHg
- B. 90/60 mmHg
- C. 140/90 mmHg
- D. 160/100 mmHg

**Answer: A.**

**Feedback:** The normal range for blood pressure in adults is 120/80 mmHg. Blood pressure values below 90/60 mmHg are considered hypotensive, while values above 140/90 mmHg are considered hypertensive.

5.

What is the proper technique for hand hygiene?

- A. Using hand sanitizer without washing hands
- B. Rubbing hands together vigorously for 5 seconds
- C. Washing hands with soap and water for at least 20 seconds
- D. Wiping hands on a towel without drying them

**Answer: A.**

**Feedback:** The proper technique for hand hygiene is washing hands with soap and water for at least 20 seconds. This helps to effectively remove dirt, bacteria, and viruses from the hands and prevent the spread of infections.

6.

Which of the following is a common symptom of dehydration?

- A. Excessive sweating
- B. Dark urine
- C. Increased urination
- D. Flushed skin

**Answer: B.**

**Feedback:** Dark urine is a common symptom of dehydration. When the body is dehydrated, the urine becomes more concentrated and appears darker in color. Other symptoms of dehydration may include dry mouth, fatigue, and dizziness.

7.

What is the purpose of a nursing care plan?

- A. To document the patient's medical history
- B. To provide a roadmap for patient care
- C. To bill the patient for services rendered
- D. To schedule appointments for follow-up care

**Answer: B.**

**Feedback:** The purpose of a nursing care plan is to provide a roadmap for patient care. It outlines the nursing diagnosis, goals, interventions, and expected outcomes for the patient's treatment. The care plan helps to ensure that the patient receives comprehensive and individualized care.

8.

Which of the following is a common complication of diabetes?

- A. Hypertension
- B. Hypothyroidism
- C. Peripheral neuropathy
- D. Asthma

Answer C.

**Feedback:** Peripheral neuropathy is a common complication of diabetes. High blood sugar levels can damage the nerves in the extremities, leading to symptoms such as numbness, tingling, and pain. Proper diabetes management, including blood sugar control and foot care, can help prevent or delay the onset of peripheral neuropathy.