



## Everything Numbers

Total points **13/45**

What percentage of patients in hospital in England, at the time of the 2011 National Prevalence survey, had an infection?

1/1

4.6%

● 6.4%

14%

16%

According to Argyle (1988), when two people communicate what percentage of what is communicated is actually in the words spoken?

0/1

90%

50%

23%

7%

Correct answer

7%

When do you plan a discharge?

0/1

24 hours within admission

72 hours within admission

48 hours within admission

12 hours within admission

Correct answer

24 hours within admission



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The degree of injection when giving subcutaneous injection on a site where you can grasp 1 inch of tissue?

1/1

90

40

● 45

15

Approximately how long is the spinal cord in an adult?

0/1

30 cm

45 cm

60 cm

120 cm

Correct answer

45 cm

In a fully saturated haemoglobin molecule, responsible for carrying oxygen to the body's tissues, how many of its haem sites are bound with oxygen?

0/1

2

4

6

8

Correct answer

4

Safe moving and handling of an anaesthetised patient is imperative to reduce harm to both the patient and staff. What is the minimum number of staff required to provide safe manual handling of a patient in theatre?

0/1



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3 (1 either side, 1 at head).

5 (2 each side, 1 at head).

4 (1 each side, 1 at head, 1 at feet).

6 (2 each side, 1 at head, 1 at feet).

Correct answer

4 (1 each side, 1 at head, 1 at feet).

How soon after surgery is the patient expected to pass urine?

0/1

1-2 hours

2-4 hours

4-6 hours

6-8 hours

Correct answer

6-8 hours

Dehydration can be corrected by using intravenous fluids and electrolytes or oral rehydration solutions. The person who has diarrhoea will require an additional:

0/1

100 mL for each loose stool

200 mL for each loose stool

300 mL for each loose stool

400 mL for each loose stool

Correct answer

200 mL for each loose stool

In the event of an inoculation injury occurring, the nurse must promptly take appropriate action to reduce the risk of subsequent infection. HIV, for example, has how many months of 'window' period?



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0/1

3 months

6 months

9 months

12 months

Correct answer

3 months

A patient underwent an abdominal surgery and will be unable to meet nutritional needs through oral intake. A patient was placed on enteral feeding. How would you position the patient when feeding is being administered?

0/1

Sitting upright at 30 to 45°

Sitting upright at 60 to 75°

Sitting upright at 45 to 60°

Sitting upright at 75 to 90°

Correct answer

Sitting upright at 30 to 45°

Correct position for abdominal paracentesis:

1/1

- Lie the patient supine in bed with the head raised 45-50 cm with a backrest

Sitting upright at 45 to 60°

Sitting upright at 60 to 75°

Sitting upright at 75 to 90°

Recommended preoperative fasting times are:

0/1

2-4 hours

6-12 hours

12-14 hours

Correct answer



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6-12 hours

Which of the following displays the proper use of Zimmer frame?

0/1

Using a 1 point gait

Using a 2 point gait

Using a 3 point gait

Using a 4 point gait

Correct answer

Using a 3 point gait

You have observed an IV catheter insertion site with erythema, swelling, pain and warm. What VIP score would you document on his notes?

1/1

5

• 2

3

4

NMC requires in the UK how many units of continuing education units a nurse should have in 3 years?

1/1

• 35 Units

45 Units

55 Units

65 Units

According to NMC, RN must have to update their skills and knowledge throughout their professional career. On hourly basis, a minimum of how much should an RN possess in 3 years:

0/1

25 hrs



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35 hrs

55 hrs

45 hrs

Correct answer

35 hrs

A patient got admitted to hospital with a head injury. Within 15 minutes, GCS was assessed and it was found to be 15. After initial assessment, a nurse should monitor neurological status every:

0/1

15 minutes

30 minutes

45 minutes

60 minutes

Correct answer

30 minutes

How many steps to discharge planning were identified by the Department of Health (DH 2010)?

1/1

5 steps

8 steps

- 10 steps

12 steps

What is the minimum length of time that a student must be supervised (directly/indirectly) by the mentor on placement?

1/1

30%

- 40%



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50%

60%

How much urine should someone void an hour?

0/1

0.5-1 mL/Kg/hr of the patient's body weight

2 mL/kg/hr of the patient's body weight

30 mL

50 mL

Correct answer

0.5-1 mL/Kg/hr of the patient's body weight

Orthostatic hypotension is diagnosed if the systolic blood pressure drops by how many mmHg?

1/1

• 20

25

30

35

How many phases of korotkoff sounds are there?

0/1

3

4

5

6

Correct answer

5

The nurse is measuring the crutch using the patient's height. How many inches should the nurse subtract from the patient's height to obtain the approximate measurement?

0/1



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10 inches

16 inches

9 inches

5 inches

Correct answer

16 inches

During enteral feeding in adults, at what degree angle should the patient be nursed at to reduce the risk of reflux and aspiration?

0/1

25

35

45

55

Correct answer

45

Approximately how many people in the UK are malnourished?

1/1

1 million

• 3 million

5 million

7 million

If a patient is prescribed nebulizers, what is the minimum flow rate in litres per minute required?

0/1

2-4

4-6

6-8





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8-10

Correct answer

6-8

What percentage of the air we breath is made up of oxygen?

0/1

16%

21%

26%

31%

Correct answer

21%

A patient with burns is given anaesthesia using 50% oxygen and 50% nitrous oxide to reduce pain during dressing. how long this gas is to be inhaled to be more effective?

0/1

30 sec

60 sec

1-2 min

3-5 min

Correct answer

1-2 min

Medication errors account for around a quarter of the incidents that threaten patient safety. In a study published in 2000, it was found that 10% of all patients admitted to hospital suffer an adverse event (incident). How much of these incidents were preventable?

1/1

20%

30%

● 50%



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60%

In choosing the right size of stoma appliances, it is important that its angles snugly around the stoma within of the stoma edge at:

0/1

0.3 cm

0.4 cm

0.5 cm

0.6 cm

Correct answer

0.3 cm

If your patient is unable to reposition themselves, how often should their position be changed?

0/1

1 hourly

2 hourly

3 hourly

As often as possible

Correct answer

2 hourly

You have a diabetic patient who is non-insulin dependent. How many portions of fruits and vegetables will you administer per day?

0/1

3 portions

4 portions

5 portions

6 portions

Correct answer



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5 portions

For an average person from UK who has non-insulin dependent diabetes, how many servings of fruits and vegetables per day should they take?

0/1

1 serving

3 servings

5 servings

7 servings

Correct answer

5 servings

According to recent UK research, what is the recommended amount of vegetables and fruits to be consumed per day?

0/1

3 portions per serving

5 portions per serving

7 portions per serving

4 portions per serving

Correct answer

5 portions per serving

How long does the proliferation phase of a wound occur?

0/1

3-24 days

5-21 days

3-30 days

4-18 days

Correct answer

3-24 days

How long does the inflammatory phase of wound healing typically last?



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0/1

24 hours

Just minutes

1-5 days

3-24 days

Correct answer

1-5 days

Wound proliferation starts after?

0/1

1-5 days

3-24 days

24 days

Correct answer

1-5 days

Average heart rate of a 2-year-old child:

1/1

70 per minute

100 per minute

80 per minute

- 110 per minute

Normal heart rate for 1 to 2 years old:

0/1

80 - 140 beats per minute

80 - 110 beats per minute

75 - 115 beats per minute

Correct answer

80 - 140 beats per minute

Which of the following is an average heart rate of a 1-2 year old child?



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1/1

110-120 bpm

60-100 bpm

140-160 bpm

- 80-120 bpm

Which stage of pressure ulcer involves loss of dermis, deep ulcer without slough?

0/1

Stage 1

Stage 2

Stage 3

Stage 4

Correct answer

Stage 2

What stage of pressure ulcer includes tissue involvement and crater formation?

0/1

Stage 1

Stage 2

Stage 3

Stage 4

Correct answer

Stage 3

A nurse notices a bedsore. It's a shallow wound, red coloured with no pus. Dermis is lost. At what stage this bedsore is?

1/1

Stage 1- non blanchable erythema

- Stage 2- Partial thickness skin lose

Stage 3- full thickness skin loss



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Stage 4- full thickness tissue loss

A patient developed pressure ulcer. The wound is round, extends to the dermis, is shallow, there is visible reddish to pinkish tissue. What stage is the pressure ulcer?

0/1

Stage 1

Stage 2

Stage 3

Stage 4

Correct answer

Stage 2

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