

### **What are the correct math answers?**

3000 ml

125 ml

0.5 ml

360 ml

12 - 13 gtts per minute

17 - 18 gtts per minute

21 gtts per minute

31 gtts per minute

Decrease the flow rate by 50gtt/min

**Rationale:** Proper calculations ensure safe and accurate drug and fluid administration

### **What is the correct response to something unusual, possibly requiring physician intervention?**

Gather vitals and assessment data, complete an SBAR, finally contact the physician

**Rationale:** Gathering relevant data before contacting the physician ensures effective communication and informed decision-making

### **What is the most common dietary recommendation for pregnant women?**

Regular diet with an additional 300 - 400 calories per day

**Rationale:** Pregnant women need an additional 300-400 calories daily to support fetal growth

### **What is the most common dietary recommendation for nursing mothers?**

Regular diet with an additional 300 - 500 calories per day

**Rationale:** Nursing mothers require more calories to support milk production, usually an additional 300-500 calories daily

### **If D5W is added to a blood transfusion, what will occur?**

Hemolysis (breaking down of erythrocytes)

**Rationale:** D5W (dextrose 5% in water) can cause hemolysis (breakdown of red blood cells) when used with blood products

### **What are the most common IM injection syringe and gauge sizes?**

1" - 1.5" syringe needle and 22 gauge. If obese, give 2" - 2.5" syringe needle. If a child, give 0.5" - 1" syringe needle

**Rationale:** The appropriate size of the syringe and gauge depends on the patient's body size and the location of the injection. Adults typically use 1"-1.5" needles with 22-gauge. Obese patients may need longer needles, while children require smaller needles for IM injections

### **What is the most common subcutaneous syringe and gauge sizes?**

3/8" - 5/8" 25 gauge, given between 45 and 90 degree angle

**Rationale:** Subcutaneous injections, often used for insulin or anticoagulants, require smaller needles. The 25-gauge, 3/8" to 5/8" needles, are commonly used, and the angle of insertion is typically 45 to 90 degrees based on the patient's body fat

### **What is the correct way to administer Heparin?**

Heparin is always administered at a 90 degree angle into a thick fold of skin. The proper technique is to grab a thick fold of skin in a thick subcutaneous area (grab enough of a skin fold that all 5 fingers are involved in grabbing the fold; it should be thick enough that a 45 degree angle is not necessary on any patient, even a thin patient), insert the syringe without moving it side to side, as this can cause bruising or bleeding, do not aspirate, inject slowly, release the fold of skin and pull the syringe straight up and out, do not re-cap the syringe immediately after pulling out, instead press an alcohol pad on the injection site for up to 3 minutes if necessary as some patients may require a longer than average clotting time, do not rub the alcohol pad on the site, just hold it steady, discard the syringe in the sharps container, and remove gloves

**Rationale:** Heparin is given subcutaneously at a 90-degree angle into a thick skin fold to prevent bruising or bleeding. The technique minimizes discomfort and ensures proper drug delivery without side effects like bruising or bleeding

### **What is the most common side effect of ACE inhibitors?**

Persistent cough. Beta-blockers are used for their antagonistic effect on cardiac beta 1 adrenoceptors. 2 types of beta-blockers are available: beta 1 selective adrenoceptor antagonists (e.g. Metoprolol and Atenolol) and nonselective beta 1 and beta 2 adrenoceptor antagonists (e.g. Propranolol and Timolol). Beta 2 receptor antagonism is associated with bronchoconstriction. Many beta 1 selective blockers have high affinity for beta 2 receptors within the body, therefore, both selective and non-selective beta blockers can cause bronchoconstriction, which can lead some patients to experience a persistent coughing reflex

**Rationale:** ACE inhibitors often cause a persistent dry cough due to the accumulation of bradykinin, a known side effect

### **What are the most common side effects of NSAID's?**

Gastric irritation

**Rationale:** NSAIDs frequently cause gastric irritation, as they reduce the protective lining of the stomach, leading to gastrointestinal discomfort or ulcers

### **What is the correct method to administer a Fentanyl patch?**

Press the edges around the entire patch to make sure adherence is correct and sign patch with initials and time/date stamp. Cover with plastic if patient needs to take bath or shower

**Rationale:** Ensuring the patch is securely adhered prevents improper dosing. Signing the patch with initials and a date/time stamp ensures proper monitoring, and covering it for bathing protects it from water exposure

### **How should a bandage be applied?**

Distal to proximal

**Rationale:** Bandages should be applied distal to proximal to promote venous return and prevent swelling

### **How should a wound be cleansed?**

Proximal to distal using the midline, nearside, and far side method

**Rationale:** Cleansing a wound from proximal to distal (from the center outward) reduces the risk of contaminating the clean areas of the wound

### **What phrases indicate a “priority sequence” question?**

Priority questions tests the student nurse’s knowledge of urgency. Statements such as “most helpful”, “most suitable”, “safest”, “next”, “first”, or “immediate” give student nurses a clue that the question will have multiple seemingly correct answers, but only 1 correct priority answer

**Rationale:** Words like "most helpful," "next," or "first" indicate a priority sequence question, requiring a critical thinking approach

### **What is the correct answer to a “nursing intervention” question?**

Any answer, which involves “assessment” as this is the first step of the nursing process, will always bet the correct answer

**Rationale:** Assessment is the first step in the nursing process, making it the correct answer for intervention questions

### **What is the correct answer to a “patient need” question?**

Any answer, which involves “Maslow’s Hierarchy of Needs” will always bet the correct answer

**Rationale:** Maslow’s Hierarchy of Needs prioritizes physiological and safety needs as the most important in healthcare decisions

### **What is the correct answer to a “therapeutic communication” question?**

Any answer, which involves telling a patient what to do, asks a question which can be answered with “yes” or “no”, involves expression of disapproval, or contains false assurance is an **INCORRECT** answer. Any answer, which involves allowing a patient to think and reflect, encourages a patient to express feelings or talk more, or shows that the nurse has listened by paraphrasing what the patient has explained is a **CORRECT** answer

**Rationale:** Answers that allow patients to think, express feelings, or that paraphrase their concerns are correct, while answers that involve telling patients what to do, expressing disapproval, or false reassurance are incorrect

### **What causes febrile and/or non-hemolytic complications during a blood transfusion?**

Hypersensitivity to the donor leukocytes, platelets, and plasma proteins. It is worth noting, febrile and/or non-hemolytic complications during a blood transfusion are the MOST symptomatic complication

**Rationale:** Hypersensitivity to donor components can cause a febrile response during transfusion

### **What are the most common signs and symptoms of a febrile and/or non-hemolytic complications a blood transfusion?**

Sudden chills, sudden fever, flushing, headache, and anxiety

**Rationale:** These symptoms are associated with febrile non-hemolytic reactions, which are common transfusion complications

### **What causes a septic reaction during a blood transfusion?**

Transfusion of blood or components contaminated with microorganisms (bacteria)

**Rationale:** Blood contaminated with bacteria can lead to septic reactions

### **What are the most common signs and symptoms of a septic reaction during a blood transfusion?**

Rapid onset of chills, vomiting, hypotension, and high fever

**Rationale:** Septic reactions manifest quickly with these symptoms

### **What causes circulatory overload complications during a blood transfusion?**

Administration of blood volume greater than the circulatory system can accommodate for

**Rationale:** Administering too much blood too quickly can overwhelm the circulatory system

### **What are the most important teaching points regarding gestational diabetes?**

1. Polyuria – Abnormal volume of urination
2. Polyphagia – Abnormal increase in hunger
3. Polydipsia – Abnormal increase in thirst
4. Ketonuria – Abnormal volume of ketones in urine
5. Abnormal glucose tolerance test results – Abnormally high result

**Rationale:** Understanding the signs and symptoms helps with early detection and management of gestational diabetes

### **How often does gestational diabetes occur?**

2 - 5% of pregnant mothers will develop this condition

**Rationale:** Gestational diabetes affects a small but significant percentage of pregnant women

### **What are the best interventions for gestational diabetes?**

Dietary management, moderate exercise, glucose monitoring, and insulin administration. The REX PN examination may phrase these answers as “doing” them by the pregnant mother, or “teaching” them by the nurse. Both answers are correct, but only one will show up in the list of multiple choice answers

**Rationale:** Managing gestational diabetes through lifestyle changes and medical interventions helps reduce risks for mother and baby

### **What are the most common signs and symptoms of hyperemesis gravidarum?**

Excessive nausea and vomiting, dehydration, and oliguria (scant urine)

**Rationale:** Excessive vomiting can lead to dehydration and requires close monitoring and intervention

### **What is the best intervention for hyperemesis gravidarum?**

Replacement of electrolytes and fluids and scheduling small frequent meals

**Rationale:** Replacing lost fluids and electrolytes helps manage the symptoms of hyperemesis gravidarum