

**Тестовые задания (раздел 2 на английском языке)
для проведения Регионального этапа олимпиады профессионального
мастерства по специальности
34.02.01 СЕСТРИНСКОЕ ДЕЛО**

- 1. Dysbacteriosis is**
 - a. Hospital infection
 - b. Violation of the composition of the intestinal microflora
 - c. The full absence of microflora
 - d. Infectious disease

- 2. Informed consent to medical intervention is signed**
 - a. After medical intervention
 - b. After initial assessment
 - c. Before medical intervention
 - d. Before making diagnosis

- 3. The time gap between urine collection and transportation it to the lab should be**
 - a. 1 hr
 - b. 8 hrs
 - c. 2 hrs
 - d. 4 hrs

- 4. Transporting the patient in a satisfactory condition from Admission to any health departments is carried out**
 - a. On foot
 - b. By a wheelchair
 - c. By wheelstretcher
 - d. By stretcher

- 5. Drug prevention is carried out by**
 - a. Medical staff and police
 - b. Medical, pedagogical staff and police
 - c. Pedagogical staff and police
 - d. Police

- 6. Maximum heart rate for an adult female of 65 yrs. old at physical activity is no more than**
 - a. 155 bpm
 - b. 125 bpm
 - c. 175 bpm
 - d. 95 bpm

- 7. The short of breath is**

- a. decreasing the length of breath in
- b. increasing the length of breath in
- c. respiratory rate distress (depth and frequency)
- d. increasing the length of breath out

8. Sterilization of surgical instrument is carried out in

- a. In a Surgical Unit
- b. In a preoperation room
- c. In a special room of a Surgical Unit
- d. In a central sterilization unit

9. The dead body is removed to

- a. Pathology
- b. Admission
- c. ICU
- d. Medical Unit

10. Complete destruction of microorganisms and their spores is

- a. Disinfection
- b. Sterilization
- c. Desinsection
- d. Demercurization

11. The infectious disease caused by one type of germ is related to

- a. Secondary infection
- b. Combined infection
- c. Monoinfection
- d. Chronic infection

12. Getting blood on the skin it is important to clean the surface with

- a. 1-2% of protargol
- b. 3 % of hydrogen peroxide
- c. 1 % of chloramine
- d. 70 % of alchohol

13. The amount of water necessary for gastric lavage of an adult

- a. 10-12 liters
- b. 3-4 liters
- c. 5-6 liters
- d. 7-8 liters

14. High temperature is

- a. Inflammation
- b. Fever
- c. Dystrophy

d. Thrombosis

15.Redness, ache, swelling are the symptoms of

- a. Thrombosis
- b. Dystrophy
- c. Inflammation
- d. Sclerosis

16.Daily balanced diet should include proteins:

- a. 40-50 %
- b. No less than 25 %
- c. 30-40 %
- d. 10-15 %

17.Maximum heart rate for an adult female of 75 yrs. old at physical activity is no more than

- a. 145 bpm
- b.125 bpm
- c. 175 bpm
- d .110 bpm

18.Elements which possess the most energy value are

- A. Minerals
- B. Carbohydrates
- C. Proteins
- D. Vitamins

19.Normal blood pressure is

- a. 90Less than 120/80
- b. Less 130/85
- c. Less than 140/
- d. Less than 150/75

20.The most common symptom of schizophrenia is

- a. Distraction
- b. Automatic behavior (spontaneous verbal or motor behavior)
- c. Agitation
- d. Insulation , dislocation from reality, living in a world of own emotional experience

21.Parkinson's disease includes the following symptoms

- a. Tremor
- b. Loss of movement coordination
- c. Mental decline
- d. Limb paralysis

22. Apgar Test for newborn is applied

- a) at the 10th minute of life
- b) at the 1st and 5th minutes of life
- c) before removal from delivery room
- d) before discharge from maternity hospital.

23. Hypogalactia is

- a) decrease in baby's milk demand
- b) lacteal gland inflammation
- c) decrease of the milk production in lacteal gland
- d) milk intolerance

24. Early breast-feeding helps

- a) prevent mastitis
- b) prevent rickets
- c) rapid baby's growth
- d) better lactation

25. A periodic rejection of functional layer of endometrium is

- a) menses
- b) placentation
- c) ovulation
- d) implantation

26. The length of post-natal period is

- a) one month
- b) 6 -8 weeks
- c) two weeks
- d) 1 -2 days

27. The process of production, accumulation and excretion of breast milk is called

- a) salivation
- b) ovulation
- c) lactation
- d) proliferation

28. Physiological contraceptive methods are

- a) intrauterine device
- b) Condoms
- c) spermicides
- d) a rhythm method

29. One of contraindications for spermicidal agents use is

- a) cervical ectropion
- b) stage 1 hypertension
- c) 30+ age
- d) pyelonephritis in remission

30. The means of hormonal contraception

- a) thicken cervical mucus
- b) suppress ovulation
- c) eliminate sperm
- d) decrease motion activity of sperm

31. Physiological period of pregnancy lasts for

- a) 240 days
- b) 220 days
- c) 280 days
- d) 300 days

32. Vagina of a healthy woman mainly has

- a) alkaline environment
- b) neutral environment
- c) weakly alkaline environment
- d) acid environment

33. One of the most devastating effects of abortion is

- a) infertility
- b) multifetal pregnancy
- c) malposition of uterus
- d) menstrual disorders

34. Gerontology is the science about

- a) a healthy woman
- b) ageing
- c) prevention and treatment of elderly people diseases
- d) death

35. A group of the elderly people ranges from

- a) 65-85 years
- b) 45-59 years
- c) 60-74 years
- d) 75-89 years

36. Long-livers are people

- a) 100+

- b) 75- 90 years old
- c) 80+
- d) 90+

37. Anti-ageing policy implies cutting down on

- a) cholesterol containing food
- b) plant protein
- c) fermented dairy products
- d) coarse fiber

38. Hypodynamia is the main risk factor of

- a) infectious diseases
- b) cardiovascular diseases
- c) ENT diseases
- d) mental illnesses

39. Iron deficiency causes

- a) bone fragility
- b) fluorosis
- c) anaemia
- d) endemic goitre

40. Factors which have positive impact on human health are

- a) High calorie diet
- b) Overweight
- c) Healthy lifestyle
- d) Hypodynamia

41. A period of sexual maturation is called

- a) Puberty period
- b) Fertile period
- c) Prenatal period
- d) Juvenile period

42. The most typical problem of puberty period is

- a) Emotional instability
- b) Physical activity
- c) Appearance of secondary sexual characteristics
- d) Socialization

43. Vitamin D deficiency in early childhood causes

- a) anaemia
- b) scurvy
- c) rickets

d) osteochondrosis

44. The assessment of children's physical health is made with the help of

- a) visual examination
- b) Individual standards
- c) age-related standards
- d) Centile tables

45. Iodine deficiency in children's diet leads to

- a) high risk of thyroid diseases
- b) high risk of adrenal gland diseases
- c) high rate of respiratory diseases
- d) pancreas diseases

46. The hormone initiating the formation of secondary sexual characteristic in girls is

- a) thyroxin
- b) estradiol
- c) adrenaline
- d) insulin

47. Age –related changes in central nervous system are

- a) better night sleep
- b) memory enhancement
- c) defective memory
- d) improvement of learning capabilities

48. Age-related skin changes are

- a) a decrease in pigmentation
- b) an increase of skin turgor
- c) an increase of hydration
- d) lack of elasticity

49. Gerontology is the science which focuses on

- a) biological, social, psychological aspects of human ageing
- b) consistency patterns of ageing of mammals and human beings
- c) peculiarities of clinical course of diseases at an old age
- d) ways of increasing life expectancy

50. Energy reserves of the body are

- a) proteins
- b) fats
- c) carbohydrates
- d) vitamins