

## Digestive system disorders practice questions

Hypotension in acute pancreatitis is mainly caused by;

- a) Profuse vomiting
- b) Loss of large amounts of protein rich fluid into tissues and peritoneal cavity.
- c) Bleeding into the tissues and peritoneal cavity.
- d) Profuse sweating and anxiety

Prior to a barium swallow, a patient should;

- a) Fast for 8 hours before the test-enema
- b) Eat a regular supper and breakfast-
- c) Continue to take all oral medications as scheduled
- d) Monitor own bowel movement pattern for constipation

The following assessment technique follows inspection, during abdominal assessment;

- a) Palpation of the abdomen for size
- b) Palpation of the liver at the right rib margin
- c) Auscultation of bowel sounds in all four quadrants
- d) Percussion of the right lower abdominal quadrant

A T tube has drained 750 mL of green-brown drainage in 24 hours the first day post cholecystectomy. The appropriate nursing intervention is;

- a) Clamp the T tube
- b) Irrigate the T tube
- c) Notify the physician
- d) Document the findings

The gall bladder does not:-

- a) Produce bile
- b) Concentrate bile
- c) Store bile
- d) All of the above

The absorption of nutrients from food is:-

- a) Gluconeogenesis
- b) Digestion
- c) Metabolism
- d) Nutrition

Because the small intestine needs bile only a few times a day, bile is stored and concentrated in the:

- a. Pancreas
- b. Gall bladder
- c. Liver
- d. Small intestine

The diet that should be implemented by the nurse while caring for patient with pancreatitis is:

- (a) Low carbohydrate diet.
- (b) High fat diet.
- (c) Low fat diet.
- (d) High protein diet.

Hepatic encephalopathy occurs due to:

- (a) Viral inflammation of the brain tissues.

- (b) Nitrogen compounds and ammonia acting as false neurotransmitters.
- (c) Capillary bleeding due to increased portal vein pressure.
- (d) Reduced blood supply to the brain tissue.

Functions of gastric juice include:

- (a) Kills ingested pathogens, provide acidic environment needed for effective digestion of proteins.
- (b) Digestion of carbohydrates and fats.
- (c) Activates trypsin, initiates digestion of carbohydrates.
- (d) Emulsify fats, digestion of proteins.

The most common cause of small bowel obstruction is:

- (a) Adhesions.
- (b) Hernias.
- (c) Neoplasm.
- (d) Diverticulitis.

The most common complication of peritonitis is:

- (a) Ascitis.
- (b) Increased intestinal motility.
- (c) Constipation.
- (d) Paralytic ileus.

The procedure that involves surgical removal of the distal two thirds of the stomach is known as:

- (a) Vagotomy.
- (b) Gastrectomy.
- (c) Gastrotomy.
- (d) Gastroplasty.

Priority nursing interventions for a patient with peritoneal abscess is to:

- (a) Administer analgesics for relief of pain.
- (b) Administer intravenous fluids to maintain fluid volume balance.
- (c) Reassure the patient to relieve anxiety and co-operate during pre-operative preparation.
- (d) Administer parenteral nutrition to obtain optimum weight gain while the gut is rested.

Indicate true or false for Q.8.

- (a) Hepatitis A is mainly transmitted through the fecal-oral route.
- (b) Persons with hepatitis A also have hepatitis B infection.

Predominant signs and symptoms in ulcerative colitis include:

- (a) Fever, constipation, abdominal pain.
- (b) Constipation, rectal bleeding, weight loss.
- (c) Vomiting, diarrhoea, constipation.
- (d) Diarrhoea, abdominal pain, rectal bleeding.

Mechanical cause of intestinal obstruction include:

- (a) Trauma, infection, malignant tumours.
- (b) Mesenteric ischaemia, intussusceptions, gallstones.
- (c) Volvulus, strangulated hernia, peritoneal adhesions.
- (d) Volvulus, paralytic ileus, strangulated hernia.

An inflammation of the gums which leads to loss of teeth is known as:

- (a) Stomatitis.
- (b) Periodontitis.
- (c) Gingivitis.
- (d) Candidiasis.

Dental hygiene is maintained by:

- (a) Brushing teeth after meals, visiting the dentist every six months.

- (b) Eating high proteins diet, brushing teeth every morning.
- (c) Drinking mineral water, visiting dentist every three months.
- (d) Brushing teeth every morning, visiting dentist once a year.

The mineral salt essential for prevention of dental carries is:

- (a) Iodine.
- (b) Calcium.
- (c) Phosphorus.
- (d) Chloride.

Dental plague comprises of:

- (a) Food debris, dead epithelium, micro-organisms.
- (b) Food debris, periodontal membrane, cellmentum.
- (c) Death epithelium, micro-organisms, cellmentum.
- (d) Periodontal membranes, food debris, death membranes

The following tests are done to rule out cancer of the oesophagus EXCEPT.

- A. Esophagoscopy
- B. Barium swallow
- C. Oesophageal biopsy
- D. Laparoscopy

Amoebic liver abscess is caused by.

- A. Continuous destruction or hepatic cells
- B. Poor sanitation and hygiene causing infestation with entamoeba historytica.
- C. Diffuse fibrosis that disrupts the structure and function of the liver.
- D. Infestation with amoebic histolytica.

Among the following patients who is likely to suffer from cholelithias.

- A. 15 year old boy with sickle cell trait.
- B. 45 year old woman with gall bladder disease.
- C. 30 year old man with tobacco abuse.
- D. 35 year old African – American man with hypertension.

The gold standard test used to diagnose cirrhosis is.

- A. Liver function test
- B. Biopsy
- C. Ultrasound
- D. Computer tomography sean.

The commonest cause of duodenal ulcers is:

- A. Ingestion of non-steroids anti-inflammatory drugs.
- B. Increased secretion or gastric juice.
- C. Presence of helicobacter pylori bacteria in the stomach.

Primary causes of gall stones include:

- A. Excessive concentration of bile pigments, thrombosis of the portal vein.
- B. Portal vein tumors, infections of the gall bladder
- C. Stagnation of bile due to blockage, excessive concentration of bile pigment.

Following haemorrhoidectomy pain is relieved by use of.

- A. Sits baths, stool softeners, analgesic.
- B. Strong analgesics, light diet, good perineal hygiene.
- C. Stool softeners, high fiber diet, lateral position in bed.
- D. Liquid diet for the first three days, sits baths, laxatives.

Functions of gastric juice include:

- A. Kills ingested pathogens, provide acidic environment needed for effective digestion of proteins.

- B. Digestion of carbohydrates, digestion of fats.
  - C. Activates trypsin, initiate digestion of carbohydrates.
  - D. Emulsify fats, digestion of proteins.
- Clinical manifestation of cancer of the head of the pancreas include.

- A. Anorexia, weight loss, abdominal pain jaundice.
- B. Vomiting, epigastric pain, fever, jaundice.
- C. Raised blood pressure, anorexia, weight loss, glycosuria.
- D. Epigastric pain, nausea, hypoglycaemia fever.

The most common cause of small bowel obstruction is

- A. Adhesions
- B. Hernias
- C. Neoplasms
- D. Diverticulitis

Mechanical causes of intestinal obstruction include:

- (a) Muscular dystrophy, amyloidosis, intussusception.
- (b) Hernia, intussusception, neoplasms.
- (c) Neoplasms, intussusception, muscular, dystrophy.
- (d) Amyloidosis, hernia, neoplasms.

Endocrine function of the pancreas include:

- (a) Secrete insulin, glucagon.
- (b) Concentrate bile.
- (c) Produce bile.
- (d) Storage of undigested intestinal content.

In gastritis:

- (a) Stomach lavage is encouraged.
- (b) Neutralize acids with lemon juice or dilute vinegar.
- (c) NSAIDs are the best analgesics to manage the pain.
- (d) Dietary indiscretion can be the cause.

Which of the following is true about gastric ulcers:

- (a) Hypersecretion of stomach hydrochloric acid.
- (b) Abdominal pain is common 2 – 3 hours after meals.
- (c) Hematemesis is common.
- (d) Weight gain is common.

The most common complication of peritonitis is:

- (a) Ascitis.
- (b) Increased intestinal motility.
- (c) Constipation.
- (d) Paralytic ileus.

Predominant signs and symptoms in ulcerative colitis include:

- (a) Vomiting, diarrhoea, constipation.
- (b) Fever, constipation, abdominal pain.
- (c) Diarrhoea, abdominal pain, rectal bleeding.
- (d) Constipation, rectal bleeding, weight loss.

Following haemorrhoidectomy pain is relieved by use of:

- (a) Sitz baths, stool softener, analgesics.
- (b) Strong analgesics, light diet, good perineal hygiene.
- (c) Stool softener, high fibre diet, lateral position in bed.
- (d) Liquid diet for the first 3 days, sitz baths, laxatives.

All the following can be done to rule out cancer of the oesophagus except:

- (a) Esophagogastroduodenoscopy.
- (b) Barium swallow.
- (c) CT scan.
- (d) Laparoscopy.

The procedure that involves surgical removal of the distal two thirds of the stomach is:

- (a) Vagotomy.
- (b) Gastroectomy.
- (c) Gastrotomy.
- (d) Gastroplasty.

The most common cause of duodenal ulcers is:

- (a) Ingestion of non-steroids anti-inflammatory drugs.
- (b) Increased secretion of gastric juice.
- (c) Presence of helicobacter pylori bacteria in the stomach.
- (d) Presence of colon commensals in the duodenum.

Mr J, 40 years old was admitted in the ward with liver cirrhosis.

- (a) Define liver cirrhosis. 1 mark
- (b) Explain the four (4) functions of the liver. 4 marks
- (c) Explain four (4) nursing diagnosis for this patient. 4 marks
- (d) Describe management of Mr J while in the ward. 11marks

The following is the management of oesophageal disease except:

- (a) Eating small frequent meals.
- (b) High protein diet.
- (c) Patient to lie flat immediately after meals.
- (d) Encourage smoking and beverages that contain caffeine.

Para-oesophageal hernia occurs in:

- (a) Upper stomach at gastroesophageal junction.
- (b) Any part of the diaphragm besides the oesophagus.
- (c) Occurs in the umbilicus.
- (d) All of the above.

The predisposing factors for peptic ulcer disease include all the following except?

- (a) Zollinger Ellison syndrome.
- (b) People with chronic disease.
- (c) Habitual use of NSAIDS.
- (d) Prolonged use of antacids.

The complications associated with stomach surgery include:

- (a) Dumping syndrome, paralytic ileus.
- (b) Peptic ulcer, pneumonia.
- (c) Cardiac tymponade renal failure.
- (d) Bowel obstruction, hepatic encephalopathy.

The two types of liver abscess are:

- (a) Amoebic and pyogenic.
- (b) Pyogenic and traumatic.
- (c) Capsulated and non-capsulated abscess.
- (d) Amoebic and non-capsulated.

Write true or false for Q.6.

- (a) Morphine is an analgesic of choice in pancreatitis.
- (b) Hepatitis D always occurs in patients with hepatitis B.

The management of cholelithiasis include the following except:

- (a) Pain management.
- (b) Antibiotics.
- (c) High cholesterol diet.
- (d) Surgical removal of gallstones.

The signs and symptoms of ruptured appendicitis is:

- (a) Sudden sharp abdominal pain at the MC Burney point.
- (b) Sudden sharp pain at the epigastrium.
- (c) Low grade fever.
- (d) Constipation.

The causes of intrahepatic jaundice include:

- (a) Malaria, sickle cell anaemia.
- (b) Thalassaemia, viral hepatitis.
- (c) Viral hepatitis, liver cancer.
- (d) Gallstones, pancreatitis.

The cause of acute abdomen are:

- (a) Amoebic dysentery, appendicitis.
- (b) Pesitonilits, bowel obstruction.
- (c) Cholelithiasis, liver cirrhosis.
- (d) Typhoid, ruptured abdominal aneurysm.

The main course of liver diseases are:

- (a) Fungus and virus
- (b) Bacterial and protozoa
- (c) Bacterial, virus and protozoa
- (d) Fungus, virus, bacteria

Enlarged virus around the anal orifice is:

- (a) Anal warts
- (b) Anal fissure
- (c) Varicose veins
- (d) Haemorrhoids

The microorganism that causes peptic ulcer disease is:

- (a) Eschierichia coli
- (b) Helicobacter pylori
- (c) Staphylococci
- (d) Klebsiella pneumonia

The following are the characteristics of icteric stage in hepatitis except:

- (a) Dark amber urine
- (b) Jaundice appears
- (c) Pruritus
- (d) Fatigue

Hepatitis A is transmitted through

- (a) Blood
- (b) Blood products
- (c) Body secretions
- (d) Fecal oral route

The factors that predispose to portal hypertension include

- (a) Abdominal trauma, biliary surgery, Oesophageal stricture
- (b) Cirrhosis of the liver, schistosomiasis, pancreatitis
- (c) Cystic liver disease, oral contraceptives, ulcerative colitis

(d) Schistosomiasis, Oesophageal stricture, cirrhosis of the liver

Which of the following is a complication of liver cirrhosis.

- (a) Gynaecomastia
- (b) Haemorrhoids
- (c) Testicular hypertrophy
- (d) Portal hypertension

Portal circulation blood from digestive organs drain directly into:

- (a) Hepatic veins
- (b) Hepatic artery
- (c) Portal artery
- (d) Portal vein

The formation of stones in the biliary tract is

- (a) Cholecystitis
- (b) Hepatitis
- (c) Pancreatitis
- (d) Cholelithiasis

The condition of the digestive system that presents with reddening edema and hematemesis

- (a) Duodenal ulcer
- (b) Gastric ulcer
- (c) Gastritis
- (d) Peptic ulcer

Which of the following is not a risk factor for cholelithiasis:

- (a) Obesity.
- (b) Diabetic mellitus.
- (c) Treatment with high doses of oestrogen.
- (d) Smoking.

Gallstones can be classified into how many types?

- (a) 4.
- (b) 2.
- (c) 3.
- (d) None of the above.

The incubation period for hepatitis C is?

- (a) 15 – 160 days.
- (b) 30 – 150 days.
- (c) 15 – 65 days.
- (d) None of the above.

Which amongst these is not a form of liver cirrhosis?

- (a) Alcoholic cirrhosis.
- (b) Infectious liver cirrhosis.
- (c) Post necrotic cirrhosis.
- (d) Biliary cirrhosis.

All these are functions of liver except:

- (a) Conversion of ammonia into urea.
- (b) Metabolism.
- (c) Bile formation.
- (d) Storage of all vitamins.

Write true or false for Q.6 – Q.10.

Colorectal cancer begins as adenomatous polyps that arise in the rectum and sigmoid.

Dumping syndrome occurs with total gastrectomy.

Hepatic cancers are always primary in origin.

Hepatitis D virus infection does not occur in some cases of hepatitis B.

Cholesterol stones accounts for 75% of the cases of gall bladder diseases

The following are causes of peritonitis except:

- (a) Diverticulitis.
- (b) Trauma.
- (c) Peritoneal dialysis.
- (d) G I bleeding.

Which parts of G I that does Cohn's disease affect:

- (a) Rectum and sigmoid colon.
- (b) Transverse and descending colon.
- (c) Terminal ileum and ascending colon.

The following are risk factors for colorectal cancer except:

- (a) Bowel obstruction.
- (b) Family history.
- (c) Inflammatory bowel disease.
- (d) Diet high in fats.

Obstruction of the intestinal lumen as a mechanical cause of intestinal obstruction include:

- (a) Tumours.
- (b) Inflammatory bowel disease.
- (c) Foreign bodies.
- (d) Adhesions.

The following are complications of diverticular disease except?

- (a) Peritonitis.
- (b) Abscess formation.
- (c) Constipation.
- (d) Haemorrhage.

Write true or false for Q.6 – Q.10.

The gastro-intestinal tract is composed of 31 years.

Nutrients are reabsorbed along the jejunum and ileum.

Duodenal ulcers accounts for 15%,

Proton pump inhibitors block gastric secretion.

Chronic gastritis is associated with risk of gastric cancer.

The main cause of liver diseases are:

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- (b) Bacterial and protozoa
- (c) Bacterial, virus and protozoa
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