

2016

# Examination Preparation Guide for the OIIQ licensing exam

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**Centre d'aide aux études**



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Translation from French by Tasha Keri, BN

This document was created by nursing educators. It was written by Sylvie Rochon and updated in collaboration with Suzie Rivard, Josée Morissette, Caroline Simard and Sarah Danielle Blier

The goal of the workshops is to well prepare students to answer the OIIQ professional exam questions. You already have all the theoretical knowledge that a novice nurse needs. You have received this knowledge from your college or university nursing program.

During your learning, you have acquired the knowledge needed to work as a nurse in a variety of clinical settings. The professional exam, in addition to allowing you to practice as a nurse, wants to verify that you have the knowledge required to practice. You will not be tested on everything that you have learned. For example, in the exam, you could be questioned on the principles to follow or the contraindications to consider when you are installing an intravenous catheter. However, at school, you are also evaluated on your ability to correctly perform the procedure and gather all of the equipment necessary.

Our goal is not to re-teach all of the content learned in an accelerated format. We want to help you organize, reflect and review the content you have learned. Each year the OIIQ publishes information that it deems important for the nursing profession. For each of the workshops, useful links or readings will be suggested for you to refer to. Keeping in mind that hospital training varies from one institution to another, the workshops will review standard procedures, priority needs, and nursing assessments identified by different organizations, as well as the OIIQ.

**If you are having difficulties downloading links**, copy the link and past it into a web browser (Google, Netscape, etc.). We have brought together resources from areas and sometimes a note is made as to which area to review (ex. go to page 30...). This does not mean that the document contains 30 pages. The majority of articles are taken from « Perspective Infirmiere » and therefore the page number refers to where the article is within the magazine.

Please note, as the OIIQ publishes most of their information in French, most links and videos are French only. When available, an English link will be added as well.

# Workshop 1

**Study tips**

**How to answer OllQ exam  
questions**

**TNP**

**Nosocomial Infections**

## Study tips

Find a calm and quiet environment conducive to increasing concentration. Make a schedule for yourself (how many hours per week, what days and times) and note what content you will be reviewing. Your brain works like a sponge.... if you try to put in too much information at the same time, your brain will not keep it in. The goal of your exam preparation time is to review the material you have learned during your training. If you find you are getting stressed or overwhelmed, use a relaxation technique.

## How to answer OIIQ questions

What is this question asking?

Each case contains some pertinent characteristics (age, sex), the clinical setting (Emergency, CLSC, hospital unit), sometimes, lifestyle factors or additional data are provided (ex. smoker, sedentary lifestyle, mother of 2 children, vital signs, clinical exam findings, laboratory exams etc....)

Did you know, all the information written in the case is relevant? The information listed will help you to answer the relevant questions. We will review this throughout the workshops.

### What is a good answer?

You have to describe your answer ( $\text{F}^{\circ}$ ,  $\text{T}^{\circ}$  elevation).

When you want to write vital signs in your answer, it is important to specify which vital signs you are referring to.

For medication questions: Specify the name, dose and route, especially if several medications and/or possible routes are listed (~~codeine~~, codeine 15 mg sc).

When transcribing an answer in a TNP, if there is a time and date to write, make sure that the time and date matches the time in the case.

Below is a document which provides you with useful tips to answer exam questions:

English: <http://www.oiiq.org/admission-a-la-profession/diplomee-si/lexamen-professionnel/faq/english>

French:

[http://www.oiiq.org/sites/default/files/uploads/pdf/publications/publicationsoiiq/361G\\_conseilspratiques\\_voletecrit.pdf](http://www.oiiq.org/sites/default/files/uploads/pdf/publications/publicationsoiiq/361G_conseilspratiques_voletecrit.pdf)

Avoid abbreviations as much as possible. If you do use them, make sure they are approved (DAR, PQRSTU, VS) avoid ( ~~PIF~~, ~~HIAPP~~)

The article cited below reviews the important information that must be found in a chart note of a nurse. Approved abbreviations are included:

French:

[http://www.oiiq.org/sites/default/files/uploads/pdf/publications/perspective\\_infirmieres/2012\\_vol09\\_no1/15\\_Notes-observation.pdf](http://www.oiiq.org/sites/default/files/uploads/pdf/publications/perspective_infirmieres/2012_vol09_no1/15_Notes-observation.pdf)

Below is a video presentation during the OIIQ congress of November 2014. This video explains how the exam is structured and how exam questions should be answered (approx. 50 minutes). It is suggested that you review this video now and then 1 week before the exam, in order to refresh yourself on the important points.

French:

<https://vimeo.com/118736839>

**PowerPoint:** the OIIQ presentation below explains the OIIQ professional exam.

English:

<http://www.oiiq.org/admission-a-la-profession/diplomes-si/lexamen-professionnel/preparation-a-lexamen>

(Select English PDF)

French:

[https://www.oiiq.org/sites/default/files/uploads/pdf/admission\\_a\\_la\\_profession/si-lexamen-metait-conte-oct2014.pdf](https://www.oiiq.org/sites/default/files/uploads/pdf/admission_a_la_profession/si-lexamen-metait-conte-oct2014.pdf)

The exam consists of 40 to 44 different clinical scenarios. Each of the situations will contain 3 to 6 questions. Each case will have a total of 100 marks.

Because of this marking system, it is easy to see the ponderation of each question when you feel that you are stuck on a question.

Focus firstly on the questions that are worth the most points.



## Exercise 1

### Situation 1

**Mrs. Ricard, 71, is a resident in a CHSLD. She is transferred to your medical-surgical unit due to a diagnosis of pneumonia. During your initial assessment, she tells you that at her residence, she takes a bath every Tuesday.**

#### Question1

What priority problem will you put in her TNP?

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#### Question2

What nursing directive will you add to her TNP? Justify your answer.

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### Situation 2

**Louis, 25 years old, lives in an independent living facility. He is hospitalized on the psychiatry unit due to a psychotic episode. You collect your admission data with the woman who takes care of Louis at home. She tells you that Louis takes his bath every Tuesday at 10 AM, tomorrow.**

#### Question3

What priority problem will you write in the TNP?

---

#### Question4

What nursing directive will you write in the TNP? Justify your answer.

---

### Situation 3

**Mrs. Fortin, 78 years old, had a right hip replacement three days ago. She takes her narcotic prescription regularly since her surgery. Today, she is complaining of hard stool during defecation.**

**Question5**

What priority problem will you write in the TNP?

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**Question6**

What directives (3) will you write in the TNP for the PAB who is caring for this patient? Justify your answers.

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**Question7**

What directives will you add to the TNP for the nurse?

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**Situation 4**

**Mr. Lowell, 52 years old, is admitted to your coronary unit for the past 4 days due to a myocardial infarction. During his medical visit, the cardiologists prescribes the following : Atenolol 50mg die, ASA 80mg die, Nitro patch 0.2mg and glucose monitoring QID because his glucose level was between 9 and 11 mmol/l since his admission.**

**Question8**

Adjust the TNP using the information provided.

Assessment Findings								
Date	Time	N°	Priority problem or need	Initials	Resolved/Satisfied			Professions/Services involved
					Date	Time	Initials	
15/05/20	12 :30	1	MI	SR				

  

Clinical Follow-up								
Date	Time	N°	Nursing Directives	Initials	DISCONTINUED/RESOLVED			
					Date	Time	Initials	
15/05/20	12 :30	1	Follow MI protocol	SR				

**The nursing assistant notifies you at the end of the shift that Mr. Lowell felt dizzy several times throughout the afternoon. His vital signs are: BP 92/50, pulse 62/min, resp: 20/min, T 36.8 buccal.**

**Question9**

Adjust the TNP above to account for this new information.