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3rd Edition

TURNING POINT

Nursing

Competitive Exam Guide

(MCQs with Rationale Including IBQs & CBQs)

M.L. CHOUDHARY

Foreword
Dr Sandhya Gupta

Recommended By
Nandram Chaudhary

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Salient Features

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- The concept and foundation of Turning Point-Nursing (MCQs) is completely based on competitive grounds and is prepared by a team of nursing experts who have decades of experience in competitive exams.
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- Maximum possible content has been covered from all the nursing subjects, so that the student/reader does not need to look into a plethora of books-in a sense it is 'all in one approach'.
- Well-explained questions with the help of infographics, figures, tables and illustrations.
- Data and information provided in the book are the utmost correct and based on the latest guidelines and evidence-based practices.

About the Author

M. L. CHOUDHARY, D. Pharm, M.Sc. Nsg. (Pediatrics), AIIMS (Ex- Principal, Bansal School of Nursing, Hanumangarh), is an award-winning author with over 20 years teaching experience in various capacities and currently working at the All India Institute of Medical Sciences, New Delhi. He is a Postgraduate in Pediatric Nursing from AIIMS, New Delhi. He is a trained IAP-BLS provider and has completed FBNC (WHO-SEARO). He has published numerous research papers in national and international journals of repute.

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M.L. CHOUDHARY

D.Pharm, M.Sc. Nursing (Pediatrics)
College of Nursing, AIIMS, New Delhi

Foreword
Dr Sandhya Gupta

Recommended By
Nandram Chaudhary

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RECOMMENDED BY

Nandram Chaudhary

B.Sc. (Hons.) Nursing (SMS, Jaipur)
Diploma in Neuro Nursing (Amity University, Noida)

Nursing Officer, AIIMS Bhopal

♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦

Former Nursing Officer, GMCH, Chandigarh

Selected in CRE-AIIMS SNO, AIIMS Rishikesh

GMCH-2019 AIR-07, DSSSB-2019 AIR-103

UP NHM, Staff Nurse-2019

UP NHM CHO-2019, MP NHM CHO-2019

PGI Chandigarh-2020

Combined AIIMS-2020, AIR-51

NORCET-2020 AIR-171

NORCET-2021 AIR-29, NORCET-2022 AIR-34

PGI Sangrur-2023, NORCET-5 2023 AIR-134

Reviewers & Contributors

Ghanshyam Jangir
M.Sc. Nsg. (Med-Surg.)
Professor-cum-Principal
Govt. College of Nursing
SPMC & AGH, Bikaner (Raj.)

Prof. Subhasankari G
PhD (Scholar)
Professor-cum-Principal
National College of Nursing
Barwala, Hisar, Haryana

Dr Anwar Khan
PhD, M.Sc. Nsg. (Pediatrics)
Assistant Professor
College of Nursing
University of Hail, KSA

Gita Razdan
M.Sc. Nsg. (OBG)
Ex-Assistant Professor
College of Nursing
AIIMS, New Delhi

Dr Philomina Thomas
PhD, M.Sc. Nsg. (OBG)
Ex. Nursing Tutor
College of Nursing
AIIMS, New Delhi

Shashi Bhatia
M.Sc. Nsg. (Med-Surg.)
Lecturer
College of Nursing
PGIMS, Rohtak, Haryana

Shatrughan Pareek
PhD (Scholar), M.Sc. Nsg. (Med-Surg.)
DNA, PGDHHM
Senior Nursing Superintendent
IRHS, Bikaner, Rajasthan

Kiran Singh Simak
B.Sc. (Hons.) Nsg.
& M.A. (Sociology)
Ex. Nursing Tutor
CON, AIIMS, New Delhi

Dr Dinesh Choudhary
Medical Officer &
Guest Faculty
Govt. College of Nursing
GMC, Pali, Rajasthan

Tapasi Mandal
M.Sc. Nsg. (Med-Surg.), RAKCON
(President Gold Medal)
Nursing Officer
CTVS, AIIMS, New Delhi

Suresh Kumar Bamania
M.Sc. Nsg. (CHN)
Nursing Tutor
NINE, PGIMER, Chandigarh

Dr TR Choudhary
PhD, M.Sc. Nsg. (Med-Surg.)
Faculty NEET (UG)
ALLEN, Mysuru, Karnataka

Surya Kant Tiwari
M.Sc. Nsg. (Pediatrics)
PGDHM, FACEN-India
UGC NET JRF (SMCH)
Nursing Tutor
CON, AIIMS, Raebareli, U.P.

Saumya P. Srivastava
M.Sc. Nsg. (Oncology)
Nursing Tutor
Dr. Ram Manohar Lohia Institute of
Medical Sciences, Lucknow, U.P.

Ramesh Saini
B.Sc. (Hons.) Nsg.
Senior Nursing Officer
AIIMS, Bhopal, M.P.

Virendra Kumar
B.Sc. (Hons.) Nsg., PGDCA
Nursing Officer
ESIC Hospital, Indore, M.P.

Muthuselvi. S
M.Sc. Nsg. (Pediatrics)
Nursing Tutor (on Deputation)
CON, AIIMS, New Delhi

Emin Elsa Thomas
M.Sc. Nsg. (CHN), RAKCON
Nursing Tutor (on Deputation)
CON, AIIMS, New Delhi

Aparna Sehgal
M.Sc. Nsg. (Med-Surg.)
Nursing Tutor
BKSM CON, Jind, Haryana

Dinesh K. Varma
M.Sc. Nsg. (Pediatrics)
PHNO
PGIMER, Chandigarh

Kusum Lata
M.Sc. Nsg. (Psychiatric)
Assistant Professor
Ch. Kehar Singh Institute of Nursing
& Hospital, Baraut, U.P.

Priyanka Bhati
M.Sc. Nsg. (Cardiology)
Nursing Tutor
CON, AIIMS, Bathinda, Punjab

Manisha Mehra
M.Sc. Nsg. (Nephrology)
Nursing Tutor
CON, AIIMS, Patna, Bihar

Manju Lata Mulewa
M.Sc. Nsg. (OBG), RAKCON
Senior Nursing Officer
AIIMS, New Delhi

Anita
M.Sc. Nsg. (Critical Care)
Nsg. in-service Educator
National Center for Aging
AIIMS, New Delhi

Sakshi Sachdeva
M.Sc. Nsg. (Psychiatric)
Registered Nurse
George Eliot Hospital
United Kingdom

Surat Ram Kudi
M.Sc. Nsg. (Psychiatric)
Nursing Tutor
SVBP Hospital LLRM
Medical College, Meerut, U.P.

Rajendra Kalal
M.Sc. Nsg. (CHN), RAKCON
Senior Nursing Officer
AIIMS, New Delhi

Foreword

I got to know Mr M. L. Choudhary when he was doing his postgraduate studies at College of Nursing, AIIMS, New Delhi. During his studies I found him to be a keen observer and had passion for learning new things. He has made a good beginning as an author and this book is a great self-help book of non-fiction category.

Mr Choudhary has taken great interest to assemble questions of previous 20+ year's exams and written compact and comprehensive rationale. This is particularly useful if the nursing aspirant is going to prepare for qualifying exams or entrance exams. It must have been a tireless work done by the author for helping people overcome fear of facing exams in real-life and prepare well to face the challenge by finding one single platform.

The author has done M.Sc. Nursing from a premier institute and is having work experience in a variety of settings. He shows the way to a fear-stricken candidate who has to struggle to go through many books to prepare for competitive exams sometimes for higher degree and at times for seeking jobs in institutions of repute in the country. Readers will definitely appreciate the passion of Mr M. L. Choudhary after reading this book **"Turning Point-Nursing"** upon gaining confidence to sit for various exams.

The work in this book speaks volumes of praise for the author in searching and researching content for the reader to get deeper insight into the process of preparing oneself for competitive exams in Nursing Science.

I am sure the readers are going to have a very fruitful learning experience. I congratulate Mr M. L. CHOUDHARY in this endeavour.

Dr Sandhya Gupta
Formerly-Principal (Actg.)
& Associate Professor
College of Nursing, AIIMS
New Delhi, India

Preface to the Third Edition

"To improve is to change; to be perfect is to change often." **– Winston Churchill**

After the overwhelming reception of the second edition of the book across India I am more than excited to release the third edition. The responses from toppers of various nursing exams speak for the success of the second edition. In this edition we have incorporated 3500+ MCQs including IBQs and CBQs as per new exam patterns, yet the same format have been kept in order to remain it as a perfect book for nursing aspirants.

"End of all knowledge must be building up of character" **– Mahatma Gandhi**

October 2024

M. L. CHOUDHARY
pavanmangilal@gmail.com

Preface to the First Edition

Long ago I thought of a mission- **"Turning Point-Nursing"**. Then it was a dream, now realizing that dream into concrete reality is a profound matter of satisfaction and joy.

As Steve Maraboli mentioned: "The best way to succeed is to have a specific **Intent**, a clear **Vision**, a plan of **Action**, and the ability to maintain **Clarity**. Those are the Four Pillars of Success. It never fails!"

This book is a compilation of 9999+ MCQs with a high-yield, including IBQs of previous 20+ year's exams with compact and comprehensive rationale. Maximum possible content has been covered from all the nursing subjects, so that the student/reader does not need to look into a plethora of books- in a sense it is **'all in one approach'.**

All the questions are arranged topic-wise with the correct option and detailed explanation, which help the readers in understanding the concept and clarifying their doubts. The content for this book has been taken from credible sources of information/latest guidelines and the content has been checked and rechecked at various levels to rectify the error.

This book will be a valuable companion to all nursing students who are aspiring to succeed in various nursing competitive exams.

Although the author has made his utmost efforts to make the book errorless, however there is great space for improvement that can only be filled by your valuable suggestions and feedback with us regarding making the next edition more valuable (**email: turningpointnursing@gmail.com**).

Wishing you the best in all your endeavors!

M. L. CHOUDHARY

Acknowledgments

From the inception with profound love I owe my sincere gratitude to the God "The Almighty", for his immense unconditional grace and love showered upon me throughout my life and for giving me strength, perseverance and blessings to pursue this task and accomplish it successfully.

Words are not enough to thank and it is my proud privilege to express heartfelt gratitude to the expertise and guidance of my teachers Dr. Poonam Joshi, Dr. Kamlesh K. Sharma and Dr. Shashi Mawar for their encouragement and useful suggestions.

This book would not have been possible without the efforts of many people. I'm indebted to all the reviewers for their valuable suggestions, constant support and dedication throughout this endeavour. I also wish to express my sincere gratitude and regards to all those who have contributed appropriate and relevant information timely.

Thanks are due to our beloved students, friends who are always my constant supports, source of learning, perpetual inspiration and encouragement.

I also take this opportunity to express my sincere appreciation to my parents and parents-in-law for their love and moral support. I owe thanks to my beloved wife Smt. Pavan Choudhary and my son Dravit and Gravit for their unending love, faith, understanding and support throughout this is an inevitable, continuing, but exciting experience.

Acknowledgement will remain incomplete if I fail to extend thanks to everyone who played an important part in the successful realization of this book.

Finally, I would like to express my deep debt of gratitude to M/s Prime Publication for their wholehearted support in the publication of this book.

M.L. CHOUDHARY

Note:

- **FAQ** (Frequently Asked Question)**.**
- **Correct Option** ()* indicates a doubtful answer based on the best knowledge of the author or the opinions of experts/reviewers, so readers should further explore to ensure the correct answer to those questions.

Contents

1

FUNDAMENTALS OF NURSING

"Nurses are the heart of healthcare."

– Donna Wilk Cardillo

Fundamentals of Nursing

INTRODUCTION TO NURSING

Nursing- As a Profession

1. The word nursing comes from the Latin word 'nutricius', means:
(a) God (b) To nourish (c) To express (d) Help
NHM, U.P. Staff Nurse 2021
Correct Option (b)

2. The term 'hygiene' is derived from 'Hygeia', the goddess of health in…….mythology:
(a) Egyptian (b) Greek
(c) Mesopotamian (d) Indian
CHO, Uttar Pradesh 2022
Correct Option (b)

3. Nursing may be defined as "the diagnosis and treatment of human responses to health and illness". This definition of nursing was given by:
(a) Florence Nightingale
(b) American Nurses Association
(c) Virginia Henderson
(d) Word Health Organization
PhD (Nursing) IGNOU Entrance 2020
Correct Option (b)

4. Who is known as 'Lady with the Lamp'? FAQ
(a) Mother Teresa (b) Sarojini Naidu
(c) Florence Nightingale (d) None of these
RRB Staff Nurse 2015
Correct Option (c)

- Florence Nightingale ("The lady with lamp") was a British philanthropist, known as the founder of modern nursing and establishing nursing as a profession.
- She was born on 12 May 1820, in Florence, Italy and died on 13 August 1910, in London.
- She was the second daughter of English parents, Frances Nightingale (mother) and William Shore Nightingale (father).
- She gave the theory of "modern nursing" in 1860, considered to be the first nursing theorist.
- Her tireless efforts lowered the death rate among sick and wounded British army during the Crimean war.
- She got lots of funds during the Crimean war; funds were used to establish a school of nursing at St. Thomas Hospital in London, England, in 1860.
- The first nursing school based on the Nightingale model to be established in the U.S. war at Bellevue Hospital in New York in 1873.
- Her book 'Notes on hospital' and 'Notes on Nursing: What it is, what it is not' become the first definitive textbook for the field.
- King Edward conferred on her the 'Order of merit' in 1907.

5. Florence Nightingale was born in which country:
(a) England (b) Germany
(c) Italy (d) France
RUHS B.Sc. (PB) Nsg. Entrance 2014
Correct Option (c)

6. Birth date of Florence Nightingale is: FAQ
(a) 14 June, 1820 (b) 12 June, 1820
(c) 12 May, 1820 (d) 20 May, 1820
BHU Nsg. Officer 2019
Correct Option (c)

7. Birthday of 'Lady with the lamp' is celebrated as Nurse's Day on: FAQ
(a) 12th April (b) 12th June
(c) 12th March (d) 12th May
IGNOU B.Sc. (PB) Nsg. Entrance 2014
Correct Option (d)

8. All of the following statements are true for Miss Florence Nightingale EXCEPT:
(a) Known for contribution in nursing during Crimean war
(b) Visited India once only
(c) Received the year book of the Institution at Kaiser Worth
(d) Appointed as superintendent of the English General hospitals in Turkey
IGNOU B.Sc. (PB) Nsg. Entrance 2013
Correct Option (b)

- Florence Nightingale wanted to visit India in the 1857 revolt but unfortunately it become not possible. Although she worked on an Indian sanitation programme.

9. Select the incorrect statement:
(a) Nightingale was the first practicing nurse epidemiologist
(b) She volunteered during the Crimean war
(c) She developed schools for all branches of emergencies
(d) She started training for nurses in London
ISRO Sriharikota Staff Nurse 2024
Correct Option (c)

10. During which war did the United States ask for Florence Nightingale's assistance in setting up military hospitals?

(a) Crimean War (b) World War I
(c) World War II (d) Civil War

GMCH Chandigarh Staff Nurse 2019
Correct Option (a)

11. Who was the first nurse in the world?
(a) Virginia Henderson (b) Stephen Girard
(c) Florence Nightingale (d) Betty Neuman

AIIMS Raipur Nsg. Officer 2019
Correct Option (c)

12. Nursing education was established by:
(a) Lavinia Dock (b) Lillian Wald
(c) Clara Barton (d) Florence Nightingale

AIIMS Bhubaneswar Staff Nurse 2018
Correct Option (d)

13. Who is revered as the founder of modern nursing?
(a) Jean Watson (b) Florence Nightingale
(c) Betty Newman (d) Virginia Henderson

AIIMS Bhopal Staff Nurse 2016
Correct Option (b)

14. First school of nursing was established by:
(a) Virginia Handerson (b) Theodor Fliedner
(c) Florence Nightingale (d) Isabel Hampton

AIIMS Raipur Staff Nurse 2017
Correct Option (b)

- Theodor Fliedner, opened the first hospital and deaconess (sisterhood dedicated to the care of sick) training center on 13 October, 1836, in Germany.
- Florence Nightingale trained there as a nurse.

15. Who is the author of the book 'Notes on Nursing: What it is and what it is not'?
(a) Florence Nightingale (b) Dr Ashok Ganguli
(c) Rajkumari Amrit Kaur (d) Virginia Henderson

CHO, Uttar Pradesh 2021
Correct Option (a)

16. Florence Nightingale is most noted for which of the following contributions to nursing research?
(a) Framework and model development
(b) Quai-experimental study design
(c) Data collection and analysis
(d) Case study approach to research

UPUMS, Saifai Nsg. Officer 2024
Correct Option (c)

17. The practical nursing programs were developed during the:
(a) First half of nineteenth century
(b) First half of twentieth century
(c) Second half of nineteenth century
(d) Second half of twentieth century

AIIMS Raipur Staff Nurse 2017
Correct Option (b)

18. Which of the following was the first practical nursing school in the United States?
(a) Thompson Practical Nursing School
(b) Ballard School
(c) Kaiserswerth School
(d) Household Nursing School

AIIMS Bhopal Nsg. Officer 2018
Correct Option (b)

19. According to Nightingale's definition of Nursing, which of the following activity is nurse's function?
(a) Diagnosing the underlying pathophysiology of disease
(b) Providing antipyretic drug to the patient who has intermittent fever
(c) Providing sponge bath to bed-ridden patient
(d) Performing the lab tests of patients for cause of disease

HSSC Haryana Staff Nurse 2017
Correct Option (c)

20. The belief of a Professional Nurse that 'individual is a social being with special needs' relates to:
(a) Nursing Education
(b) Philosophy of Nursing
(c) Objectives of Nursing
(d) Standard of Nursing

IGNOU B.Sc. (PB) Nsg. Entrance 2014
Correct Option (b)

21. All of the following are characteristics of nursing profession except it:
(a) Has theoretical body of knowledge
(b) Has autonomy in decision-making and practice
(c) Has a code of ethical practice
(d) Provides services which contribute to sick individual

IGNOU B.Sc. (PB) Nsg. Entrance 2013
Correct Option (d)

- Characteristics of nursing as a profession:
  - The services provided are vital to humanity and the welfare of society.
  - There is a special body of knowledge which is continually enlarged through research.
  - The services involve intellectual activities (like nursing process) and accountability.
  - Practitioners are educated in recognised institutions.
  - Practitioners have autonomy in decision-making and practice.
  - Practitioners are motivated by service (altruism) and consider their work an important component of their lives.
  - A profession has a code of ethics for practice.
  - There is an association (e.g., TNAI) which encourages and supports high standards of practice.

22. An essential element of professional nursing, that involve the initiation of independent nursing interventions without medical order:

(a) Advocacy (b) Autonomy
(c) Internment (d) Subjugation

AIIMS Raipur Staff Nurse 2017
Correct Option (b)

23. Which of the following options best suits the meaning of a profession?
(a) Occupation with ethical component and intellectual study
(b) Occupation that promotes for higher study
(c) Occupation with some practice
(d) Occupation with large number of personnel working

DSSSB Nsg. Officer 2019
Correct Option (a)

24. Profession is defined as an occupation with which component?
(a) Economy (b) Code of ethics
(c) Psychological (d) Social

AIIMS Raipur Nsg. Officer 2019
Correct Option (b)

25. Which of the following is NOT supposed to be demonstrated as a part of professionalism?
(a) Transparency (b) Integrity
(c) Sense of duty (d) Dishonesty

AIIMS Bhopal Nsg. Officer 2018
Correct Option (d)

26. Word 'Nursing' was defined by I.C.N. in which year:
(a) 1977 (b) 1972 (c) 1973 (d) 1978

BSF Staff Nurse 2014
Correct Option (c)

- Virginia Avenel Henderson (first lady of nursing/ mother of modern nursing) posed the definition of nursing in 1966, which was adopted by the international council of nursing in 1973.
- She developed nursing need theory (14 basic human needs).

27. International Council of Nurses (ICN) was established in: FAQ
(a) 1867 (b) 1899 (c) 1950 (d) 1962

PhD (Nursing) IGNOU Entrance 2022
Correct Option (b)

- ICN is a federation of more than 130 countries national nurses association formed in the year 1899, with headquarters in Geneva, Switzerland and its main objective is to promote the development of national nurses association.

28. The headquarters of International Council of Nurses is located at:
(a) London (b) Geneva
(c) Chicago (d) Alberta

AIIMS Mangalagiri Nsg. Lecturer 2022
Correct Option (b)

29. Which nursing organization was the first international organization of women nurses?
(a) The International Council of Nurses
(b) The American Nurses Association
(c) The National League for Nursing
(d) The National Student Nurses Association

SCTIMST Trivandrum Staff Nurse 2010
Correct Option (a)

Nursing Theories

30. A set of interrelated concepts that give a systematic view of a phenomenon which is explanatory and predictive in nature is known as:
(a) Construct (b) Theory
(c) Preposition (d) Process

AIIMS Mangalagiri Prof.-cum-Principal 2022
Correct Option (b)

31. A paradigm can best be described as:
(a) Experiential knowledge
(b) A way of looking at the world
(c) A deductive thought process
(d) Middle range theory

RUHS B.Sc. (PB) Nsg. Entrance 2013
Correct Option (b)

- Paradigm (conceptual diagram or model) is a pattern that may serve as a model, example or way of looking at the world.
- It explains the linkages of science, philosophy and theory accepted and applied by the discipline.

32. Four metaparadigms of nursing theory are: FAQ
(a) Person, Health, Environment & Nursing
(b) Person, Health, Communication & Nursing
(c) Person, Wellness, Security & Nursing
(d) Nursing, Health, Communication & Person

AIIMS Jodhpur Senior Nsg. Officer 2018
Correct Option (a)

- Nursing paradigm includes 4 major concepts, i.e., person/client, health, environment and nursing, which are known as the 4 meta-paradigm in nursing.
- The most important concept is the 'person'.

33. In model of nursing care, the ……..is the centre of a professional practice model:
(a) Health care team (b) Nurse
(c) Patient and family (d) Physician

NHM, U.P. Staff Nurse 2021
Correct Option (c)

34. A group of related ideas or statements is called:
(a) Theory (b) Philosophy
(c) Conceptual framework (d) Paradigm

ESIC Staff Nurse 2019
Correct Option (c)

- A set of abstract and general concepts and statements about those concepts is called conceptual framework (also known as conceptual model, conceptual system and paradigm).

35. An example of conceptual framework is:

(a) Nursing process (b) Patients feedback
(c) Progress notes (d) Progressive patient care

AIIMS Raipur Nsg. Officer 2019
Correct Option (a)

36. Which of the following is NOT an example of Grand theory?
(a) Health Belief theory
(b) Maslow's hierarchy needs theory
(c) Self-care elderly model
(d) Community empowerment model

MNS SCC Exam 2024
Correct Option (d)

37. .....is acknowledged to be the first nursing theorist: FAQ
(a) Florence Nightingale
(b) Mary Breckenridge
(c) Linda Richards
(d) Isabel Hampton Robb

AIIMS Bhopal Nsg. Officer 2018
Correct Option (a)

- Important nursing theories:

Nursing theorist	Year	Central theme
Florence Nightingale	1860	• Environmental theory • Focus on environment of the patient, including cleanliness, ventilation, light, temperature, noise, diet, etc.
Hildegard Peplau	1952	• Theory of interpersonal relationship • Focus on therapeutic interpersonal relationship
Virginia Henderson	1955	• Basic needs (14 basic needs) • Focus is on assisting the client in performance of those activities contributing to health or its recovery
Faye Abdullah	1960	• 21 nursing-care problems were identified to determine patient needs
Lydia E. Hall	1966	• Focus on rehabilitation, encompassing nursing's autonomy, therapeutic use of self, treatment within the healthcare team (cure) & nurturing (care)
Myra E. Levine	1967	• Conservation model • 4 conservation principles: energy, structural, personal & social integrity
Martha Rogers	1970	• Science of unitary human beings • Major concepts are energy field, open field, pattern & pan-dimensionality
Dorothea Orem	1971	• Self-care deficit theory • Self-care deficits requires nursing actions
Imogene King	1971	• Goal attainment theory • Nurse and patients communicate to mutually set goals
Betty Newman	1972	• Systems model • Based on individual's reaction to stressors in the environment • Focus on keeping the client system stable & assisting client adjustments to stressors
Sr. Callista Roy	1974	• Adaptation model • Human beings tries to maintain a balance between bio-psycho-social system • Nursing interventions are required when client demonstrate ineffective adaptive responses to environment
Madeleine Leininger	1978	• Transcultural caring theory • Caring is the central, unifying domain for nursing knowledge & practice
Jean Watson	1979	• Human caring theory • Holistic health care is central to the practice of nursing care
Rosemarie Parse	1981	• Human becoming theory (man-living-health)

38. The nursing theory framework model of Florence Nightingale was:
(a) Independent-functioning (b) Self-care
(c) Natural-healing (d) Adaptation

GMCH Chandigarh Staff Nurse 2016
Correct Option (c)

- Florence Nightingale's environmental theory (13 canons/concepts, i.e., ventilation, light, noise, diet, cleanliness, etc.) believes that the environment should be altered to allow for natural-healing.

39. First nursing philosophy on health maintenance and restoration was established by:
(a) Florence Nightingale (b) Clara Barton
(c) Mary Eliza Mahoney (d) Dorthea Dix

RRB Staff Nurse 2019
Correct Option (a)

40. Nursing was defined as 'the art of utilising the environment of patients to assist them in their recovery' by: FAQ
(a) Florence Nightingale (b) Linda Richards
(c) Virginia Henderson (d) M. Breckinridge

AIIMS Bhubaneswar SNO 2019
Correct Option (a)

41. Adjustment of living matter to other things and to environmental conditions is:
(a) Development theory
(b) Adaptation theory

among the following will fill out the report of this incident?
(a) The concerned nurse who spotted the error
(b) The nurse who committed the mistake in the previous shift
(c) Supervising nurse who is in-charge of the nursing unit
(d) The original nurse who was assigned to the patient on the first day

AIIMS Raipur Staff Nurse 2017
Correct Option (a)

Nursing Process

159. Arrange the following stages of nursing process in order of occurrence: 1. Assessment, 2. Planning, 3. Nursing diagnosis, 4. Outcome identification, 5. Implementation. Choose the correct answer: FAQ
(a) 2, 5, 1, 3, 4 (b) 3, 2, 5, 4, 1
(c) 4, 2, 3, 1, 5 (d) 1, 3, 4, 2, 5

NHM, Rajasthan Staff Nurse 2024
Correct Option (d)

- Nursing process (i.e., blueprint or plan of client care) is a systematic method (series of steps) of providing care to clients.
- It involves five process, i.e., assessment (data collection), nursing diagnosis, planning, implementation and evaluation.
- **ADOPIE** is American Nurses Association (ANA) standards and the nursing process includes six components: assessment, diagnosis, outcomes identification, planning, implementation and evaluation.
- Lydia Hall first used the term "nursing process" in 1955.

160. Blueprint of real nursing care called:
(a) Nursing care plan (b) Nursing care study
(c) Nursing case study (d) Clinical teaching

JMC Jhalawar (Raj.) Staff Nurse 2010
Correct Option (a)

161. An ideal nursing care plan for a patient must be:
(a) Reasonable (b) Individualized
(c) Complex (d) Least expensive

AIIMS Bhopal Nsg. Officer 2018
Correct Option (b)

- An ideal nursing care plan for a patient must be individualized and based on client-oriented (it may differ from individual to individual).

162. Nursing care that is based on identifying and meeting the needs of a patient is called:
(a) Prioritization (b) Target realization
(c) Goal-oriented (d) Client-oriented

AIIMS Bhopal Nsg. Officer 2018
Correct Option (d)

- Characteristics of the nursing process are systematic (sequential), client-oriented, goal-oriented (expected outcomes), continuous, dynamic and ever-changing.

163. Which of the following statements is NOT true to the characteristics of a family health nursing plan?
(a) Nursing care plan is one time comprehensive care plan for the family
(b) Nursing care plan is blueprint for action
(c) Nursing care plan is systematic process for nursing action
(d) Nursing care plan relates to future

RAK M.Sc. Nsg. Entrance 2013
Correct Option (a)

164. The first step of nursing process is:
(a) Planning (b) Assessment
(c) Implementation (d) Evaluation

RPSC (Raj.) Nsg. Tutor 2012
Correct Option (b)

- Assessment is the first step in the nursing process; it includes systematic and continuous collection of data to determine actual and potential problems of the client.

165. Which of the following is a stage of the nursing process in which the nurse continuously collects data to identify a patient's actual and potential health needs?
(a) Planning (b) Evaluation
(c) Implementation (d) Assessment

AIIMS Jodhpur Senior Nsg. Officer 2018
Correct Option (d)

166. Which division of the nursing process does gathering subjective & objective data, family history, surgical history, medical history, medication history, psychosocial history include? FAQ
(a) Intervention (b) Implementation
(c) Assessment (d) Diagnosis

DMER, Mumbai Staff Nurse 2023
Correct Option (c)

167. Systematic collection of patient data to identify unmet human needs:
(a) Nursing diagnosis (b) Nursing intervention
(c) Nursing evaluation (d) Nursing assessment

AIIMS Raipur Nsg. Officer 2019
Correct Option (d)

168. The nurse performs an assessment of a newly admitted patient. The nurse understands that this admission assessment is conducted primarily to:
(a) Diagnose if the patient is at risk of falls
(b) Ensure that the patient's skin is intact
(c) Establish a therapeutic relationship
(d) Identify important data

RUHS B.Sc. (PB) Nsg. Entrance 2013
Correct Option (d)

- Types of nursing assessments are initial, focused, emergency and time-lapsed.
- During initial or admission assessment (performed after newly admitted patient) nurse records all important health related history/database at the

cycle. While performing physical examination, which of the following would violate the privacy of the adolescent?

(a) Mandating presence of parents
(b) Exposing only area to be examined
(c) Allowing her to undress in private
(d) Giving a gown to the teenager

CHO, Uttar Pradesh 2022
Correct Option (a)

192. When preparing a child of 4-year for a procedure, which method is most appropriate for the nurse?

(a) Allowing the child to watch another child undergoing the procedure
(b) Showing the picture of procedure
(c) Talking to child and explaining in simple terms
(d) Preparing child with play by using doll and toy medical equipment

ISRO Sriharikota Staff Nurse 2024
Correct Option (c)

193. A nurse performing abdominal assessment on a patient is expected to carry out the steps in which of the following order? FAQ

(a) Percussion, inspection, auscultation, palpation
(b) Inspection, auscultation, percussion, palpation
(c) Auscultation, palpation, inspection, percussion
(d) Palpation, inspection, percussion, auscultation

DMER, Mumbai Staff Nurse 2023
Correct Option (b)

194. Match items in column-A (Physical examination techniques) with items in columns-B (Description):

Column-A	Column-B
1. Inspection	A. The use of the hands to feel for texture, size, consistency & location of body structures
2. Palpation	B. Listening to sounds produced by the body, usually using a stethoscope
3. Percussion	C. Involves tapping on the body to assess the underlying structures & detect abnormalities
4. Auscultation	D. The systematic visual examination of the body for signs such as color changes, swelling, or abnormalities

(a) 1-A, 2-B, 3-C, 4-D (b) 1-D, 2-C, 3-B, 4-A
(c) 1-D, 2-C, 3-A, 4-B (d) 1-D, 2-A, 3-C, 4-B

CHO, Madhya Pradesh 2024
Correct Option (d)

195. Physical assessment is being performed by a nurse. During the abdominal examination, nurse should perform the four physical examination techniques in which sequence:

(a) Auscultation immediately after inspection and then percussion and palpation
(b) Percussion followed by inspection, auscultation, and palpation
(c) Palpation of tender areas first and then inspection, percussion, and auscultation
(d) Inspection and then palpation, percussion and auscultation

GMCH Chandigarh Staff Nurse 2019
Correct Option (a)

196. A nurse is assessing a patient's abdomen. Which examination technique should the nurse use first?

(a) Palpation (b) Inspection
(c) Auscultation (d) Percussion

AIIMS Bhopal Staff Nurse 2016
Correct Option (b)

197. Which of the following techniques involves the sense of sight?

(a) Auscultation (b) Palpation
(c) Percussion (d) Inspection

JSSHS Delhi Nsg. Officer 2019
Correct Option (d)

198. During examination of the abdomen, auscultation should be done prior to percussion and palpation because these procedures may:

(a) Alter the distention
(b) Alter the bowel sound
(c) Alter the presence of fluids
(d) Alter the secretions of abdomen

HSSC Haryana Staff Nurse 2017
Correct Option (b)

199. The purpose of deep palpation is to assess:

(a) Organs (b) Hydration
(c) Skin turgor (d) Temperature

DSSSB Nsg. Officer 2019
Correct Option (a)

- Purpose of deep palpation is to locate body organs, determine their size and to detect abnormal mass.

200. The interpretation of the data collected about the patient represents the:

(a) Assessment of the patient
(b) Health problems of the patient
(c) Nursing interventions done for the patient
(d) Proposed plan of care for the patient

PGIMS Rohtak Staff Nurse 2017
Correct Option (b)

- The interpretation (analysis and synthesis) of the data collected from patients during assessment represents the nursing diagnosis or problem identification (2nd step of nursing process).
- It is a statement that describes the patient's actual or potential response to a health problem for which the nurse is competent to treat within the scope of independent nursing practice.

201. What is the main purpose of using a standard formal diagnostic statement in nursing diagnosis?

(a) To identify the nurse's problems
(b) To distinguish nurse's role from that of physician

- Sizes of common articles of patient's unit: mattress (190 cm long & 90 cm wide); bed sheet (108 inch long & 76 inch wide or 274 cm long & 193 cm wide); draw sheet (150 cm long & 110 cm wide); pillow (60 cm long, 45 cm wide & 10 cm thick) and pillow covers (65 cm long & 110 cm wide).

246. Mattress used for patient care should be:
(a) Thick and Hard (b) Thin and Soft
(c) Thick and Firm (d) Thin and Elastic

BHU Nsg. Officer 2018
Correct Option (c)

247. In which strength Savlon will be used for bed-making:
(a) 1:40 to 1:50 (b) 1:20 to 1:40
(c) 1:30 to 1:40 (d) 1:40 to 1:60

Safdarjung Delhi Nsg. Officer 2018
Correct Option (b)

- Solutions used for bed-making:

Solution	Chemical name	Strength
Savlon	0.3% chlorhexidine and 3% cetrimide	1:20 to 1:40
Lysol	Cresol and soap solution	1:40 to 1:80

248. Blood stain should be removed by:
(a) Alcohol (b) Hot water
(c) Cold water (d) Boric solution

GMCH Mewat Haryana 2014
Correct Option (c)

- For removing blood stains, first soak the cloth in cold water for one hour and when the stains disappear, wash them in soapy water.
- Hydrogen peroxide, ammonia and alcohol may be used in old blood stains.

249. Which of the following services is responsible for central supply in the hospital?
(a) Pharmacy services (b) Supported services
(c) Diagnostic services (d) Therapeutic Services

AIIMS Raipur Staff Nurse 2017
Correct Option (b)

- Central sterile supply department (CSSD) is a non-professional services or support services, which is responsible for supply of sterile supplies, e.g., equipment/instruments.

250. The manifold outlets in the general ward usually have:
(a) Nitrous oxide (b) Compressed medical air
(c) Vacuum (d) Scavenging system

PGIMS Rohtak Staff Nurse 2015
Correct Option (b)

- Color-coding of medical gas pipeline system:

Medical gas	US color code	ISO color code
Oxygen	Green	White
Nitrous oxide	Blue	Blue
Medical air	Yellow	White & black
Medical vacuum	White	Yellow

251. The patient whose clinical condition needs monitoring and support of at least two or more organ systems should be admitted to:
(a) The Medical Ward
(b) The Intensive Care Unit
(c) The High Dependency Unit
(d) The palliative Care Ward

GMCH Chandigarh Staff Nurse 2015
Correct Option (b)

- Intensive care unit (ICU) is a special hospital unit for patients with life-threatening illness (i.e., multiple organ failure), injury, or surgical procedure; require almost continuous monitoring by specially trained staff.
- High dependency unit (HDU) is a unit located close to ICU, where patients can be cared for more extensively than the normal ward.
- It is appropriate for patients who have had major surgery and for those with single-organ failure.

252. The exit of client from hospital is:
(a) Admission (b) Discharge
(c) Absconded (d) LAMA

RUHS B.Sc. (PB) Nsg. Entrance 2016
Correct Option (b)

253. A patient who decides to leave the hospital against medical advice (LAMA) must sign a form. What is the purpose of this form?
(a) To indicate the patient's wishes
(b) To use in the event of readmission
(c) To release the physician and hospital from legal responsibility for patient' health status
(d) To ethically illustrate that the patient has control of his or her own care and treatment

LNJP Delhi Staff Nurse 2013
Correct Option (c)

254. What is the full form of LAMA?
(a) Leave against medical advice
(b) Leave and medication advice
(c) Leave alone with medication application
(d) Leave against medication apply

AIIMS Raipur Staff Nurse 2017
Correct Option (a)

255. A patient who wishes to leave the hospital prior to the completion of treatment:
(a) May do so only if the doctor agrees
(b) May not do so under any circumstance
(c) Must be allowed to do so
(d) Must sign a release form before he/she leave

ESIC Staff Nurse 2016
Correct Option (d)

256. In case of absconding patient in night duty, a nurse will inform immediately to:
(a) Head Nurse (b) Nursing superintendent
(c) Security office (d) Nursing shift supervisor

(c) Allow client to sleep as late as possible
(d) Take a nap during day to make up for lost sleep

AIIMS Bathinda Nsg. Officer 2019
Correct Option (a)

269. A fire breaks out in your ward. The first action you take is:
(a) Call 101 Fire brigade
(b) Shut off the oxygen supply
(c) Do use the fire with fire extinguisher
(d) Evacuate the patients from the ward

GMCH Chandigarh Staff Nurse 2016
Correct Option (d)

- Acronym **RACE** is used to set priorities in the event of a fire:
  - **R**escue clients in immediate danger.
  - **A**ctivate the fire alarm.
  - **C**onfine the fire by closing all doors and windows.
  - **E**xtinguish the fire by using an extinguisher.
- Acronym **PASS** is used to set priorities in the use of a fire extinguisher:
  - **P**ull the pin; **A**im at the base of the fire; **S**queeze the handles; **S**weep the fire from side to side.

270. The first thing a staff nurse should do while managing a fire accident is: FAQ
(a) Keep the area closed
(b) Call the nearest fire station
(c) Extinguish the fire
(d) Rescue the casualty from site

CRPF Staff Nurse (SI) 2023
Correct Option (d)

271. What should be the first step to be taken in case of fire?
(a) Telling the affected person to run away from the place
(b) Put out the lights
(c) Rolling the victim on the ground
(d) Pour water on fire

UPUMS, Saifai Staff Nurse 2023
Correct Option (c)

272. Which of the following code is associated with cardiac arrest during a medical emergency? FAQ
(a) Code Black (b) Code Blue
(c) Code Green (d) Code Red

HPSSC Staff Nurse 2021
Kidwai Hospital Staff Nurse 2018
Correct Option (b)

- Emergency codes used in hospital are **code blue** (cardiac arrest/medical emergency), code pink (pediatric emergency), code orange (disaster or mass casualties), code brown (hazardous spill), code red (fire), code black (bomb threat), code purple (hostage taking), code white (actual or potential violent behaviour), code yellow (missing patient), etc.

Medical & Surgical Asepsis

273. In which of the following clinical conditions, barrier nursing is mandatory?
(a) Patient with end-stage renal disease
(b) Patient with terminal illness
(c) Patient with breast cancer
(d) Neutropenia

BHU Nsg. Officer 2024
Correct Option (d)

- Barrier nursing or isolation technique aim to confine micro-organism to a recognized area through barrier methods like mask, gloves, gowns, etc.
- It includes standard precautions (Tier 1) and transmission-based precautions (Tier 2).
- Techniques of barrier nursing:

Type of Isolation	Indication	Technique used
Respiratory Isolation	Droplet infection	Wear mask
Enteric isolation	Pathogens transmitted in faeces	Wear gloves and gowns while handling soiled articles
Wound and skin isolation	Pathogens present in wounds & can be transmitted by contact with infected wound	Wear gowns and gloves
Blood isolation	Pathogens found and spread by blood	Wear gloves while coming in contact with blood

274. The use of isolation in hospital is intended to:
(a) Discourage a client with an infection from ambulating
(b) Keep an infection from becoming endemic
(c) Prevent further spread of infection to others
(d) Maintain a sterile environment

PGIMS Rohtak Staff Nurse 2015
Correct Option (c)

275. Which type of isolation precaution is used for clients with measles (Rubeola)?
(a) None of these
(b) Protective environment
(c) Contact precaution
(d) Airborne precaution

AIIMS Raipur Nsg. Officer 2019
Correct Option (d)

- There are 3 types of transmission-based precautions (tier-2 isolation), used with specific types of patients are airborne, droplet and contact precautions.
- Airborne isolation/ precaution means the techniques used to decrease transmission of microorganisms

- Standard precautions (tier-1 isolation) are guidelines recommended by the CDC to reduce the risk of the spread of infection in hospitals (nosocomial infections) and used for all patient care.
- It includes hand hygiene, use of PPE (gloves, mask, eye protection and gown), cough etiquette, sharps safety, safe injection practices, clean and disinfects the environment.
- These precautions apply to blood, all body fluids, secretions, excretions (except sweat), non-intact skin and mucous membranes of all patients.

298. Standard precaution requires the use of protective eye wear when:
(a) There is a danger of body fluids splashing
(b) When a wound is oozing blood
(c) Caring for a patient with cough
(d) Invasive procedure are performed

ESIC Staff Nurse 2019
Correct Option (a)

299. One of the following is NOT included in standard precautions in health care settings:
(a) Wearing a N95 mask
(b) Recapping of used needles
(c) Performing hand hygiene
(d) Practicing proper cough etiquette

GMCH Chandigarh Staff Nurse 2015
Correct Option (b)

- Except option **'b'** all other standard precautions are used as per revised CDC guidelines.
- Recapping of used needles should be avoided to prevent needle-stick and other sharps injuries, so place needles, sharps and scalpels in appropriate puncture-resistant containers after use.

300. Which protective items a nurse require to provide colostomy care to the patient with nosocomial infection?
(a) Glove and Goggles
(b) Gloves and a Gown
(c) Gloves, gown and shoes protector
(d) Gloves, gown and goggles

RPSC (Raj.) Nsg. Tutor 2009
Correct Option (d)

301. Purposes of using gloves are all EXCEPT:
(a) To provide a protective barrier
(b) To reduce risk of transmission of microorganism
(c) To avoid allergic reactions of the hands
(d) To reduce the risk of exposure to blood-borne pathogens

RIMS & R., U.P. Staff Nurse 2013
Correct Option (c)

302. Gown should be worn when: FAQ
(a) The client's hygiene is poor
(b) Nurse is assisting with medication administration
(c) The client has AIDS or hepatitis
(d) Blood or body fluids exposure is present

AIIMS Bathinda Nsg. Officer 2019
Correct Option (d)

303. Which infection control technique is unnecessary when caring for a patient with tuberculosis?
(a) Washing hands before and after contact
(b) Putting on isolation gown, mask, and gloves
(c) Avoiding face-to-face contact
(d) Careful disposal of soiled tissues

RUHS M.Sc. Nsg. Entrance 2013
Correct Option (d)

304. All of the following are principles followed by a nurse in surgical asepsis EXCEPT: FAQ
(a) Always face the sterile field
(b) Keep sterile equipment above your waist
(c) Prevent excessive air currents around
(d) Discard the used articles in kidney tray kept on the trolley

IGNOU B.Sc. (PB) Nsg. Entrance 2012
Correct Option (d)

- Basic principles of surgical asepsis:
  - Wash hands, put on gowns, gloves and mask before handling sterile supplies.
  - Always face the sterile field and stand at least 1 foot away from the sterile field.
  - Hold sterile objects above the waist or table.
  - Do not speak, cough or sneeze over a sterile field.
  - Allow only a sterile object to touch another sterile object.
  - Hold transfer forceps pointing downwards.
  - One inch (2.5 cm) of the outside edge of a sterile field to be considered unsterile.
  - Sterile tables are only sterile at table height.
  - Keep the sterile field dry.
  - Prevent excessive air flow around sterile field.

305. Consider the following statements regarding the principles of aseptic technique practiced in operating room:
1. All material that enters the sterile field must be sterile
2. The parts of gown worn by surgical team considered sterile are the front from chest to table level & sleeves up to 2 inches above elbow
3. A wide margin of safety is maintained between sterile and unsterile field
4. Tables are sterile at table top and up to 4 inches below it

Which of the statement (s) given above is/are **NOT** correct?
(a) 2 only (b) 2, 3 and 4
(c) 1 and 3 (d) 4 only

ESIC Nsg. Officer 2024
Correct Option (d)

306. Which one of the following is TRUE about the principles of surgical asepsis?

317. For routine client care the recommended duration for vigorous hand-washing under stream of water using soap is:
(a) 10 sec. (b) 15 sec. (c) 30 sec. (d) 20 sec.
IGNOU B.Sc. (PB) Nsg. Entrance 2012
Correct Option (b)

- Hands that are visibly soiled or contaminated should be washed with soap and water for at least 15 seconds (CDC, 2002).

318. When a nurse is performing a surgical hand hygiene, she must keep hands:
(a) Above elbows
(b) In a comfortable position
(c) Below elbows
(d) At 45-degree angle
BHU Nsg. Officer 2019
Correct Option (a)

- During surgical handwashing water should flow from **hands to elbows** (hands above elbows).
- During medical handwashing water should flow from **elbows to hands** (hands below elbows).

319. The most commonly used method to prevent the transmission of microorganism(s) from one person to another in hospital setting is:
(a) Changing the bed linen daily
(b) Disinfecting instruments in special solutions
(c) Filtering air in hospitals
(d) Washing hands thoroughly and frequently before/after checking the patient(s)
NVS (Navodaya) Staff Nurse 2019
Correct Option (d)

320. Which of the following is considered as the most important aspect of handwashing? FAQ
(a) Soap (b) Water (c) Friction (d) Time
HPSSC Staff Nurse 2020
Correct Option (c)

- Friction is essential to remove skin oils and to disperse transient bacteria and soil from hand surfaces.

321. How many moments of hand hygiene have been laid down by WHO?
(a) 7 (b) 8 (c) 6 (d) 5
AIIMS Jodhpur Senior Nsg. Officer 2018
Correct Option (d)

- The 5 moments for hand hygiene are before touching a patient, before clean/ aseptic procedures, after body fluid exposure/ risk, after touching a patient and after touching patient surroundings.

322. Which of the following is NOT a moment of hand hygiene laid down by WHO?
(a) Before touching a patient
(b) Before clean/aseptic procedure
(c) Before touching patient surrounding
(d) After touching a patient
CHO, Himachal Pradesh 2022
Correct Option (c)

323. Hand rub should NOT be used in which condition:
(a) Before touching the patient
(b) After touching the patient
(c) After touching the patient's surroundings
(d) Hands are visibly soiled
RUHS B.Sc. (PB) Nsg. Entrance 2018
Correct Option (d)

- Handrub is a rapidly drying solution that contains ethanol or propanol and is applied to the hands after contact with patients.
- Alcohol-based handrub (alcohol concentration 60% to 95%), used for handrub for at least 15 seconds.
- It should be used after handwashing, if hands are visibly soiled.

324. Which of the following organisms is an obvious source of hospital infection that grows in hand lotions?
(a) Pseudomonas (b) E coli
(c) Staphylococci (d) Streptococci
UPUMS, Saifai Staff Nurse 2023
Correct Option (a)

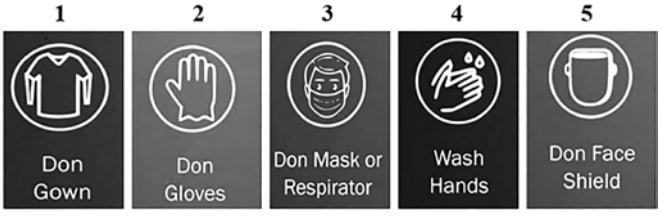
325. All of the following are basic measures to maintain strict isolation EXCEPT:
(a) Hand washing following six steps
(b) Following gown and glove technique
(c) Using screen for the patient
(d) Wearing mask
IGNOU B.Sc. (PB) Nsg. Entrance 2013
Correct Option (c)

- Using a screen for the patient is to provide privacy, not isolation.

326. The recommended sequence for removal of Personal Protective Equipment (PPE) on leaving a patient's rooms is:
(a) Gown removed first, Gloves removed last
(b) Gloves removed first, Gown removed last
(c) Mask removed first, Gloves removed last
(d) Glove removed first, mask removed last
GMCH Chandigarh Staff Nurse 2015
Correct Option (d)

- Sequence of donning/putting on PPE: wash hands, gown, mask or respirator, goggles/face shield and gloves.
- Sequence of doffing/removing PPE: gloves, goggles/ face shield, gown, mask or respirator and wash hands.

327. Given below diagram illustrates a healthcare worker donning the personal protective equipment. Show the correct order:



to be the 'gold standard' for measuring core body temperature.

347. Core body temperature is highest at:
(a) Early morning (b) Noon
(c) Late afternoon (d) Evening

KSSSCI, Lucknow Nsg. Officer 2024
Correct Option (c)

348. The thermometer is which the result are seen within 45 seconds is:
(a) Electronic Thermometer
(b) Clinical thermometer
(c) Disposable thermometer
(d) Tympanic membrane thermometer

AIIMS Raipur Staff Nurse 2017
Correct Option (c)*

- Both electronic/digital and disposable paper thermometers provide reading within 60 seconds.
- Tympanic membrane thermometer provides reading within 1 to 3 seconds.

349. Identify the given image:

(a) Disposable tongue depressor
(b) Disposable SpO_2 probe
(c) Disposable thermometer
(d) Disposable spatula

AIIMS Delhi Nsg. Officer 2019
Correct Option (c)

350. Which route one used to identify hypothermia in a newborn?
(a) Oral (b) Aural
(c) Rectal (d) Surface probe

SCTIMST Trivandrum Staff Nurse 2010
Correct Option (c)

- Rectal route gives the most accurate core body temperature (temperature of the deep tissues), which helps to identify hypothermia in newborn.

351. The most reliable method of taking temperature:
(a) By rectum (b) By mouth
(c) By axilla (d) None of above

GMCH Mewat Haryana 2014
Correct Option (a)

- The rectal method of taking temperature is most reliable because the rectum contains a large amount of blood supply and also the thermometer probe is not exposed to external air because it is placed in an enclosed cavity.

352. The nurse knows that the MOST appropriate method for assessing the temperature of a patient on seizure precautions is:
(a) Rectal (b) Oral (c) Electronic (d) Axillary

AIIMS Jodhpur Nsg. Tutor 2021
Correct Option (a)

353. While taking temperature from rectal route in children thermometer should be inserted about:
(a) 0.5 inch (b) 1 inch (c) 1.5 inch (d) 2 inches

BHU Nsg. Officer 2019
Correct Option (b)

- While taking the temperature from the rectal route, the thermometer should be inserted about 0.5 inch (1.25 cm) in infants, 1 inch (2.5 cm) in children and 1.5 inches (3.8 cm) in an adult and keep it in place for 5 minutes.

354. A rectal thermometer is inserted …….into the anus of an adult client:
(a) 1.5 inch (b) 1 inch (c) 2 inch (d) 2.5 inch

DSSSB Nsg. Officer 2019
Correct Option (a)

355. A nurse is checking a rectal temperature with a mercury (glass) thermometer. Which of the following actions by the nurse is incorrect?
(a) Insert thermometer through anal sphincter
(b) Read thermometer with mercury at eye level
(c) Apply water-soluble lubricant to the thermometer before insertion
(d) Leave the thermometer in place for 5 to 10 minutes before reading

ESIC Kolkata/Bangalore Staff Nurse 2012
Correct Option (d)

- Except option **'d'** all other actions are correct while taking temperature by rectal route.
- Thermometer should be kept in the rectum for 5 minutes, not for 10 minutes and read the results immediately after removing it.

356. Which of the following metals is in liquid state at room temperature?
(a) Mercury (b) Sulphur
(c) Sodium (d) Coal

RRB Staff Nurse 2019
Correct Option (a)

357. When assessing a rectal temperature, the nurse would use extreme care when inserting the thermometer to prevent which of the following?
(a) An increase in heart rate
(b) A decrease in heart rate
(c) A decrease in blood pressure
(d) An increase in respiration

Correct Option (b)

- Insertion of a rectal thermometer may stimulate the vagus nerve, which may cause bradycardia, potentially harmful for patients with cardiac problems.

within a few hours along with a fall in pulse rate and improvement in patient's condition is called **true crisis** and without improving general condition (fall in pulse rate) of patient is called **false crisis**.

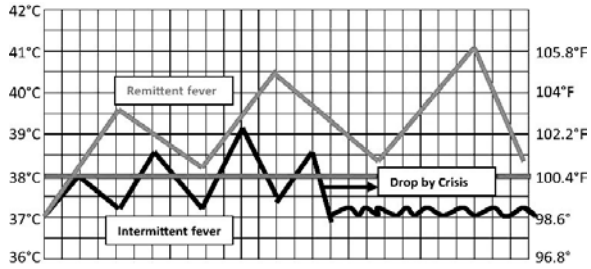
- The gradual fall (zig-zag manner) of a fever to normal is called lysis.

381. The fever in which temperature remains above normal throughout the day and fluctuate more than 2° F is known as……fever: FAQ

(a) Lysis (b) Remittent
(c) Inverted (d) Intermittent

AIIMS Patna Nsg. Officer 2020
Correct Option (b)

- A pattern of fever that varies more than 2° C (3.6° F) above normal, over a 24-hr period but does not return to normal is called remittent fever.
- A pattern of fever that rises from normal or subnormal to high & back at regular intervals (high temperature in evening & low in morning) is called intermittent (quotidian) fever.
- A pattern of fever that returns to normal for at least a day, and then occurs again is called relapsing (recurrent) fever.
- The body temperature remains consistently elevated above 38° C (100.4° F) & fluctuates less than 2° C (3.6° F) is called constant fever.



382. Ramu has a fever with 100° F temperature. It rises to around 103° F and comes down to 100° F several times in a day in a typical pattern. What kind of fever is Ramu having?

(a) Remittent (b) Relapsing
(c) Intermittent (d) Constant

DSSSB Nsg. Officer 2019
Correct Option (a)

383. All of the following are nursing interventions for a patient with high fever EXCEPT:

(a) Give cold sponge bath
(b) Check vital signs
(c) Administer medications as prescribed
(d) Restrict fluid intake

IGNOU B.Sc. (PB) Nsg. Entrance 2013
Correct Option (d)

- Nursing interventions for a patient with high fever are administer antipyretic drugs (acetaminophen), increase fluid intake up to 3000 mL/day (to prevent dehydration), record vital signs every 10-15 min, cool sponge baths, cool packs, hypothermia (cooling) blankets, provide adequate rest and sleep, etc.

384. All of the following are precautions in the care of a patient with high fever EXCEPT:

(a) Never leave a patient with high fever alone
(b) Rigors and convulsions may occur at any time
(c) Administer antipyretic drugs
(d) Tepid cold sponging is not useful in patient not responding to antipyretics

BHU Staff Nurse 2015
Correct Option (d)

- Precautions used during high fever are not to leave patients alone because rigors and convulsions may occur at any time.
- Tepid cold sponging is a useful intervention for all types of fever even when a patient is not responding to antipyretics.

Pulse

385. Site of pulse use for routine assessment of vital signs in the adult:

(a) Brachial pulse (b) Radial pulse
(c) Carotid pulse (d) Apical pulse

Correct Option (b)

- Radial pulse (most common site) is used for routine assessment of vital signs in an adult and apical pulse is a suitable site in newborn and infants.

386. When taking an apical pulse, where should the nurse place the stethoscope?

(a) Just to the left of the median point of the sternum
(b) In the 5th intercostal space at the left midclavicular line
(c) Between 6th & 7th ribs at the left mid axillary line
(d) Between 3rd & 4th ribs and to the left of the sternum

OSSSC, Odisha Nsg. Officer 2023
Correct Option (b)

- Apical pulse is auscultated in the left midclavicular line at 5th intercostal space (ICS) in children over 7 years and adult; whereas at 4th ICS in children less than 7 years of age.

387. Which of the following is the most reliable pulse in infants? FAQ

(a) Carotid pulse (b) Dorsalispedispulse
(c) Apical pulse (d) Radial pulse

UPUMS, Saifai Staff Nurse 2023
Correct Option (c)

388. When a pulse rate is irregular, it is best to count the:

(a) Radial pulse for 30 seconds
(b) Apical pulse for a full minute
(c) Apical pulse for 30 seconds
(d) Radial pulse for a full minute

ESIC Staff Nurse 2019
Correct Option (b)

389. The nurse decides to take an apical pulse instead of radial pulse. Which of the following client conditions influences the nurse's decisions?
(a) A client with an arrhythmia
(b) An 18 hours postoperative client
(c) A client in shock
(d) A client's response to orthostatic changes

HPSSC Staff Nurse 2021
Correct Option (a)

390. The correct site to verify radial pulse reading is:
(a) Brachial artery (b) Apex of heart
(c) Temporal artery (d) Inguinal artery

IGNOU B.Sc. (PB) Nsg. Entrance 2015
Correct Option (b)

- Radial pulse (pulse at radial artery) reading can be verified to compare with the apical pulse (pulse at apex of heart) to see pulse deficit.

391. The site of pulse in the neck is called:
(a) Temporal (b) Radial (c) Carotid (d) Popliteal

AIIMS Patna Nsg. Officer 2020
Correct Option (c)

- Carotid pulse is found in the neck region, used during physiological shock or cardiac arrest.

392. Pulse assessed from the marked anatomical area is:

(a) Carotid pulse (b) Femoral pulse
(c) Temporal pulse (d) Brachial pulse

AIIMS (NORCET) Nsg. Officer 2020
Correct Option (c)

393. To assess the patient's posterior tibial pulse a nurse would palpate:
(a) Behind the knee
(b) Over the medial malleolus
(c) Below the medial malleolus
(d) Below the lateral malleolus

ESIC Delhi Staff Nurse 2012
Correct Option (c)

- Posterior tibial pulse can be palpated in the inner side of the ankle, below the medial malleolus.

394. The most distal blood vessels that can be palpated is:
(a) Popliteal artery (b) Dorsalis pedis artery
(c) Femoral artery (d) Posterior tibial artery

ESIC Staff Nurse 2016
Correct Option (b)

- Dorsalis pedis artery located on the top of foot, between extension tendons of great and first toe, it is a most distal artery (branch of the anterior tibial artery), which can be palpated to assess circulation to foot.

395. The pulse felt as shown in the image is:

(a) Brachial pulse (b) Popliteal pulse
(c) Carotid pulse (d) Femoral pulse

AIIMS (NORCET) Nsg. Officer 2020
Correct Option (b)

396. Identify the WRONG statement from the following:
(a) Newborn have a rapid pulse rate
(b) Men have higher pulse than women
(c) Exercises increases the pulse rate
(d) Ingestion of meal causes slight increase in pulse rate

AIIMS Raipur Staff Nurse 2017
Correct Option (b)

- Except option **'b'** all other statements are correct.
- Pulse rate is higher in young people compared to old people. Females have rapid pulse than male and pulse rate increased by exercise, anger, heat & pain and decreased by sedative/narcotic drugs.

397. For every 1°F rise temperature, the pulse rate increases by:
(a) 20 beats/min (b) 15 beats/min
(c) 10 beats/min (d) 5 beats/min

ESIC Staff Nurse 2016
Correct Option (c)

- For every 1°F increase in temperature, there is a 7-10 bpm increase in pulse rate and a 4 bpm increase in respiration.

398. The number of pulse beats per minute (bpm) is known as:
(a) Rate (b) Volume (c) Tension (d) Rhythm

AIIMS Bhopal Staff Nurse 2016
Correct Option (a)

399. A nurse checks the radial pulse which is 78 beats per minute and then checks the apical pulse which is found to be 86. This difference between the radial and apical pulse is called: FAQ
(a) Pulsus paradoxus (b) Corrigan's pulse
(c) Pulsus alternans (d) Pulse deficit

AIIMS Rishikesh ANS 2023
CHO, Haryana 2022
Correct Option (d)

- Pulse deficit is a condition in which the speed of radial pulse is less than the apical pulse (pulse at the apex of heart).

436. Which of the following are correct techniques while checking blood pressure of a patient?

I. Before the measurement patient must remain in a sitting position for about 5 minutes
II. The cuff must be at the level of the heart
III. The arm must be freely hanging without any firm support
IV. The stethoscope must be placed a little above than the cuff

(a) I, II, IV (b) I, III, IV (c) I, II (d) II, IV

GMCH Chandigarh Staff Nurse 2019
Correct Option (c)

437. Arrange the steps involved in measuring blood pressure correctly:

1. Place the stethoscope over the brachial artery
2. Inflate the blood pressure cuff to a level above the expected systolic pressure
3. Release the pressure in the cuff slowly
4. Note the point at which the first sound is heard (systolic) and the point at which the sound disappears (diastolic)

(a) 2, 1, 3, 4 (b) 1, 2, 3, 4
(c) 3, 4, 2, 1 (d) 4, 3, 2, 1

CHO, Madhya Pradesh 2024
Correct Option (a)

438. An accurate blood pressure of a client can be obtained by:

(a) A cuff that covers the upper one-third of the client's arm
(b) Positioning the cuff approximately 4" above the antecubital space
(c) Use of cuff that is wide enough to cover two-third of the client's arm
(d) Identify 'Korotkoff sounds' and take systolic reading, at 10 mm Hg after the first sound

BHU Nsg. Officer 2018
Correct Option (c)

- BP cuff bladder length should be 75-100% of the client's measured arm circumference and width should be 37-50% of the arm circumference (a length-to-width ratio of **2:1**) and wrap it 1 inch (2 cm) above the antecubital fossa.
- Cuff size based on arm circumference:

Cuff size	Arm circumference (cm)	Bladder dimention (width×length), cm
Small adult	22-26	12×22
Adult	27-34	16×30
Large adult	35-44	16×36
Extra-large adult	45-52	16×42

439. Suppose you are a nurse on duty and you are asked to measure the BP of an adult. While choosing the cuff, the correct ratio of bladder in length and width is?

(a) 1: 3 (b) 2:1 (c) 1:2 (d) 3:1

AIIMS NORCET-6 (Prelims) Nsg. Officer 2024
Correct Option (b)

440. The Series of sound heard during measuring blood pressure is:

(a) Whisper (b) Rales (c) Korotkoff (d) Sniff

AIIMS Rishikesh ANS 2023
Correct Option (c)

- Sounds heard during auscultation of blood pressure are called Korotkoff sounds.

441. While measuring the blood pressure using a sphygmomanometer, how will the first Korotkoff sound be heard?

(a) A sharp tapping
(b) A blowing or whooshing
(c) A crisp, intense tapping
(d) A softer blowing that fades

RUHS B.Sc. (PB) Nsg. Entrance 2019
Correct Option (a)

- Korotkoff sounds divided into five phases: I: sharp tapping sound (systolic pressure); II: blowing or whooshing sound; III: crisper; intense tapping sound; IV: soft blowing sound that fades (diastolic pressure in infants and children); and V: silence (diastolic pressure in adolescents and adults).
- Document the first Korotkoff sound at phase-I as the systolic pressure and the beginning of fifth Korotkoff sound marks the disappearance of sound at phase-V as the diastolic pressure.

442. To avoid an error while measuring blood pressure, the nurse should:

(a) Use a narrow cuff
(b) Stand close to the manometer
(c) Elevate the client's arm on a pillow
(d) Read at eye level

BCCL Staff Nurse 2015
Correct Option (d)

443. Precautions apply during measurement of BP:

(a) Patient should be in supine position
(b) BP instrument keep above patient level
(c) Record eye level measurement
(d) None of these

ESIC Delhi Staff Nurse 2009
Correct Option (c)

- Common errors in BP assessment:

False-high reading	False-low reading
Arm below heart level	Arm above heart level
Bladder or cuff is too narrow	Bladder or cuff is too wide
Cuff wrapped too loosely	Cuff wrapped too tightly
Deflating cuff too slowly (false-high diastolic reading)	Deflating the cuff too quickly (false-low systolic & false-high diastolic reading)
Read meniscus from below eye level	Read meniscus from above eye level

Correct Option (c)

- The height of enema cane should be adjusted according to type of enema; in case of cleansing (evacuant) enema it should be 18 inches (45 cm) and for retention enema it should be 8 inches (20 cm) from rectum for an adult and 3 inch (7.5 cm) above the rectum for an infant.
- At every 12 inches of height 0.5 lb of pressure of flow of solution is increased.

629. A cleaning enema is ordered for a 55-year-old client before intestinal surgery. The maximum amount given is:

(a) 150 to 200 mL (b) 200 to 400 mL
(c) 400 to 750 mL (d) 750 to 1000 mL

RRB Staff Nurse 2018
Correct Option (d)

- Amount of solution used depends upon type of enema and age; in case of evacuant enema 500 to 1000 mL (1 to 2 pint) for adults, 500 to 750 mL for adolescent, 250 to 500 mL for child, 250 to 300 mL for toddler and 150 to 250 mL for an infant and in case of retention enema 100 to 150 mL.

630. A patient complain abdominal cramp during giving enema, nurse should do immediately:

(a) Stop enema giving
(b) Clamp the tube till pain subside
(c) Slow the rate of enema
(d) Call the physician

ESI Jaipur Staff Nurse 2009
Correct Option (b)

- Clamp the enema tube or lower container and stop administration of enema solution in case of desire to defecate or abdominal cramp or pain till the peristaltic movement passes away.
- Temperature for evacuant enema should be 105 to 110° F (40.5 to 43° C) for adults and 100° F (37.7° C) for children and retained enema should be given at the body temperature.

Urinary Catheterization & Irrigation

631. A Foleys catheter operates by principal of:

(a) Osmosis (b) Diffusion
(c) Gravity (d) None of above

RUHS M.Sc. Nsg. Entrance 2019
Correct Option (c)

632. A catheter that remains in place for many days or weeks and is held in position by water filled balloon in the bladder is called: FAQ

(a) Intermittent catheter (b) Intrapubic catheter
(c) Indwelling catheter (d) Suprapubic catheter

NHM, U.P. Staff Nurse 2023
Correct Option (c)

- Indwelling/self-retaining/retention catheters (e.g., Foley's catheter) mainly used for urinary retention for a long period.
- Intermittent/straight catheters used only for a short period (used with spinal cord injury or multiple sclerosis).
- Coude catheter is curved or bent at the tip, so it may be used in urinary obstruction in BPH.
- Three-way indwelling catheter used for bladder irrigation.
- Suprapubic catheters are inserted into the bladder via incisions made on the anterior abdominal wall (e.g., Malecot's and Pesser/Mushroom catheters).
- Catheter size 5- to 8-Fr for infants, 8- to 12-Fr for children, 14- to 16-Fr for women and 16- to 18-F for men required.

633. Most commonly used urinary catheter is: FAQ

(a) Malecot catheter (b) Metal catheter
(c) Foley's catheter (d) Pesser catheter

NVS (Navodaya) Staff Nurse 2018
Correct Option (c)

634. Identify the given image:

(a) T-tube (b) Irrigation cannula
(c) Foley catheter (d) Stomach tube

AIIMS (NORCET) Nsg. Officer 2022
Correct Option (c)

- Colours of Foley's catheter: grey: 10 Fr, white: 12 Fr, green: 14 Fr, orange: 16 Fr, red: 18 Fr, yellow: 20 Fr, violet: 22 Fr, blue: 24 Fr and black: 26 Fr.
- Most commonly used size for males 16 Fr and female 14 Fr.

635. Identify the given image:

(a) Malecot catheter (b) Ryle's tube
(c) Foley catheter (d) Pulmonary catheter

JIPMER Nsg. Officer 2018
Correct Option (a)

636. Indication for Foley catheterization include all EXCEPT:

(a) Collection of sterile urine sample
(b) Measuring residual urine volumes
(c) In preparation for a long travel
(d) Urinary retention

Correct Option (c)

- Except option **'c'** all others are the indications of catheterization.
- In long travelling it is not necessary to be catheterized, because it is an invasive procedure, so without clear indication it should not be used.

- Citrate or oxalate (**blue**) vial is used for coagulation studies like PT, APTT, TT, etc.
- Heparin (**green**) vial used for karyotyping.
- Serum separating (**yellow/gold**) vial used for biochemistry (urea, creatinine, sodium, potassium, CRP, LFTs), endocrinology (β-hCG, cortisol, sex hormones, GH), tumor markers (PSA, CEA, CA-125, AFP, LDH), toxicology, drug levels, immunology, etc.
- Potassium oxalate/sodium fluoride (**grey**) vial used for glucose test.

676. Consider the following statements:

1. Light blue colour blood sample collection tube is used for immunology & serological examination test
2. Red colour blood collection tube is used for PT, aPTT, INR examination
3. Light green colour blood collection tube is used for chromosome testing and HLA typing examination
4. Grey colour blood collection tube is used for Glucose and lactate testing

Which of the statements given above is/are **correct**?

(a) 3 only (b) 4 only (c) 1 & 2 (d) 3 & 4

ISRO Sriharikota Staff Nurse 2024

Correct Option (d)

677. Why EDTA is not suitable for calcium estimation?

(a) It will destroy calcium
(b) Binds the calcium which needed for coagulation
(c) Calcium concentration will increase
(d) All of these

AIIMS Raipur Staff Nurse 2017

Correct Option (b)

678. Sodium fluoride vial is used for measurement of which substance in blood:

(a) Glucose (b) Urea (c) Hb1Ac (d) Hematocrit

BHU Nsg. Officer 2018

Correct Option (a)

679. Which of the following vacutainers should be used for post-operative glucose assessment?

(a) Sodium Citrate/Blue
(b) EDTA vacutainers/Purple
(c) Sodium Fluoride/Grey
(d) Plain vacutainers/Red

NHM, Rajasthan Staff Nurse 2024

Correct Option (c)

680. In a cerebrospinal fluid (CSF) sample, all of the following are present EXCEPT:

(a) Red blood cells (b) Lactate
(c) White blood cells (d) Protein

IGNOU B.Sc. (PB) Nsg. Entrance 2015

Correct Option (a)

- CSF (it is transudate or ultrafiltrate of plasma) normally free from RBC, but contains WBC, protein, glucose, chloride and lactate.
- Protein and lactate levels increased in bacterial meningitis.

681. The specimen collection that does NOT require the use of surgical aseptic technique is:

(a) Urine from a retention catheter
(b) Exudate from a wound for culture and sensitivity
(c) Stool for ova and parasites
(d) Specimen for a throat culture

CCRAS (AYUSH) Staff Nurse 2019

Correct Option (c)

682. If investigation is not possible after sampling the blood should be kept in it:

(a) 1-4° C (b) 4-6° C (c) Discard (d) Freeze

GMCH Mewat Haryana 2014

Correct Option (b)

683. Instrument to detect the colour of a solution is:

(a) Calorimeter (b) Flame Photometer
(c) Chromatography (d) Colorimeter

BHU Staff Nurse 2015

Correct Option (d)

- Colorimeter is a device used in colorimetry, which helps in determining the concentration of a colored compound in a solution.
- Calorimeter is an instrument for determining the amount of heat exchanged in a chemical reaction or by the animal body under specific conditions.

Hot & Cold Applications

684. Therapeutic effect of hot application is:

(a) Vasoconstriction
(b) Increased lymph flow
(c) Decreased blood flow
(d) Decreased capillary permeability

RUHS M.Sc. Nsg. Entrance 2017

Correct Option (b)

- Therapeutic effects of hot and cold therapy:

Effects	Hot therapy	Cold therapy
Blood vessels	Vasodilation	Vasoconstriction
Blood/lymph flow	Increased	Decreased
Capillary permeability	Increased	Decreased
O_2 consumption	Increased	Decreased
Local metabolism	Increased	Decreased
WBC motility	Increased	Decreased
Blood viscosity	Decreased	Increased
Muscle tone	Decreased	Decreased

685. Which of the following is NOT an example of dry heat application?

(a) Hot packs (b) Hot-water bag
(c) Radiant warmer (d) Sun bath

DSSSB Nsg. Officer 2019

Correct Option (a)*

- There are 2 types of heat applications, i.e., **dry** heat application, e.g., hot-water bottles, electric

706. In the metric system of measurement, 1 cup is usually considered as ……..mL:
(a) 150 (b) 200 (c) 190 (d) 240
UPUMS, Saifai Staff Nurse 2023
Correct Option (d)

707. One pint of 10% dextrose yields, how much calories?
(a) 100 (b) 200 (c) 300 (d) 400
SCTIMST Trivandrum Staff Nurse 2010
Correct Option (b)

- One pint is equal to 500 mL, so 1 pint of 10% dextrose contains a total of 50 gm dextrose.
- One gm sugar provides 4 calories, so a total of 50 gm will give 200 calories.

708. One liter contains deciliter:
(a) 1 (b) 10 (c) 100 (d) 1000
RPSC (Raj.) Staff Nurse 2007
Correct Option (b)

- One liter contains 10 deciliter (dL) and one deciliter contains 100 mL.

709. In the report the nurse's is told that one of her patients has been ordered NPO after midnight. The nurse should:
(a) Take away the water pitcher at midnight
(b) Ask the patient if he is having any pain
(c) Offer frequent snacks
(d) Note all water patient drinks and all output
ESIC Staff Nurse 2016
Correct Option (a)

- NPO means no eating, drinking including water (nil per os or nothing by mouth) starting from at midnight.

710. Which of the following medication orders is administered immediately and only once? FAQ
(a) PRN order (b) Single order
(c) Stat order (d) Standing order
AIIMS Patna Nsg. Officer 2020
WCL Staff Nurse 2019
Correct Option (c)

- Stat. order means single order but it is given immediately and p.r.n. order (pro re nata) means when required ("as needed").

711. The document that gives nurses the authority to carry out specific actions under certain circumstances, often when a physician is not immediately available is called:
(a) Standing order (b) Prescription
(c) Discharge summary (d) Concept map
ESIC Staff Nurse 2019
Correct Option (a)

- A standing order is a written (pre-printed) orders, rules, regulations, protocols, or procedures prepared by the professional staff of a hospital or clinic and used as guidelines in the preparation and carrying out of medical and surgical procedures.

712. What is the time frame within which the telephonic or verbal orders for medications should be verified and signed by the physician?
(a) 4 hour (b) 8 hour (c) 12 hour (d) 24 hour
RUHS B.Sc. (PB) Nsg. Entrance 2019
Correct Option (d)

713. Standard Operating Procedure (SOP) refers to:
(a) An optimal balance between possibilities realized and a framework of norms and values
(b) Doing the right thing right, the right away, the first time
(c) Detailed, written instructions to achieve uniformity of the performance of a specific function
(d) A process of meeting the needs and expectations of the customers, both internal and external
PhD (Nursing) IGNOU Entrance 2020
Correct Option (c)

714. What is the meaning of PRN in medication administration?
(a) Immediately (b) Alternate days
(c) Every morning (d) When required
DSSSB Nsg. Officer 2019
Correct Option (d)

715. The abbreviation "AC" used in prescription means?
(a) After meals (b) Before meals
(c) At evening (d) At night
KSSSCI, Lucknow Nsg. Officer 2024
Correct Option (b)

Symbol	Derivation	Meaning
h.s.	Hora somni	At bedtime
h.n.	Hac nocte	Tonight
s.o.s	Si opus sit	If necessary in emergency
o.m.	Omni mane	Each morning
o.n.	Omni note	Each night
a.c.	Ante cibum	Before meals
p.c.	Post cibum	After meals

716. Which of the following medication orders are for every other day?
(a) qd (b) qh (c) qod (d) bid
AIIMS Patna Nsg. Officer 2020
Correct Option (c)

Symbol	Derivation	Meaning
o.d.	Omni die	Once a day
b.d. (bid)	Bis in die	Twice a day
t.d.s. (tid)	Ter in die	Thrice a day
q.i.d.	Quarter in die	Four times a day
q.o.d.	Quaque altera die	Every other day

717. While administering medications to a client, a drug is to be administered 'AD', what does AD refer to?
(a) Right ear (b) Left ear
(c) Right eye (d) Left eye
RUHS B.Sc. (PB) Nsg. Entrance 2019

Correct Option (a)

Symbol	Derivation	Meaning
AD	Auris dextra	Right ear
AS	Auris sinistra	Left ear
OD	Oculus dexter	Right eye
OS	Oculus sinister	Left eye
OU	Oculus uterque	Both eyes

718. The part of the syringe which holds the medication is called:

(a) Hub (b) Plunger (c) Cask (d) Barrel

NHM, U.P. Staff Nurse 2023

Correct Option (d)

719. Match the drug administration route with the correct description:

1. Administration directly into the bloodstream	A. Oral drug administration
2. Administration into the fatty tissue beneath the skin	B. Intramuscular inj.
3. Administration through mouth	C. Bone marrow inj.
4. Administration into the muscle	D. Subcutaneous inj.
5. Administration through intraosseous	E. Intravenous inj.

(a) 1-B, 2-D, 3-C, 4-A, 5-E (b) 1-E, 2-D, 3-C, 4-B, 5-A
(c) 1-A, 2-B, 3-C, 4-D, 5-E (d) 1-E, 2-D, 3-A, 4-B, 5-C

CHO, Madhya Pradesh 2024

Correct Option (d)

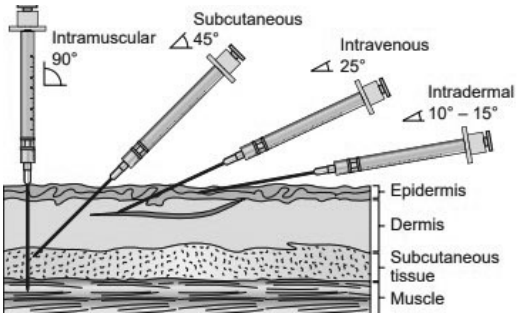
720. Identify the correct angle of insertion for different parenteral routes:

(a) 10° is for an intradermal (ID) injection
(b) 25° is for a subcutaneous (SC) injection
(c) 30° is for an intramuscular (IM) injection
(d) 60° is for an intramuscular (IM) injection

GMCH Chandigarh Staff Nurse 2015

Correct Option (a)

Route	Angles	Needle size
ID	5-15°	25- to 27 G, 3/8- to 5/8- inch
IV	15- 45°	18- to 21 G, 1- to 2- inches
SC	45 or 90°	25- to 29 G, 5/8- to 1/2-inch
IM	72- 90°	21- to 23 G, 1- to 2- inches



721. Intra-dermal injection is given at: FAQ

(a) 15° angle (b) 30° angle
(c) 45° angle (d) 90° angle

BHU Nsg. Officer 2019
GMCH Chandigarh Staff Nurse 2016

Correct Option (a)

722. The nurse should hold the syringe almost flat against the patient's skin (at about a 15° angle), with the bevel up the administering a:

(a) Intradermal injection (b) IM injection
(c) Intrathecal injection (d) SC injection

AIIMS Jodhpur Senior Nsg. Officer 2018

Correct Option (a)

723. Which gauge diameter of needle is used for 'intradermal injection'?

(a) 21 (b) 23 (c) 24 (d) 26

BHU Nsg. Officer 2018

Correct Option (d)

724. Subcutaneous (SQ) administration distributes medication into the:

(a) Fatty layers (b) Epidermis
(c) Venous (d) Muscle

DSSSB Nsg. Officer 2019

Correct Option (a)

- Subcutaneous (hypodermic) injections are administered into the loose connective (adipose or areolar/fatty) tissue layer just below the epidermis and dermis.
- It is commonly used in drugs like insulin and heparin.

725. Subcutaneous injection is administered:

(a) Epidermally (b) Hypodermally
(c) In the muscle (d) Intradermally

IGNOU B.Sc. (PB) Nsg. Entrance 2015

Correct Option (b)

726. In Hypodermic (subcutaneous) injection, the skin is pinched between thumb and forefinger of left hand and needle inserted at:

(a) 45° (b) 5-10° (c) 40° (d) 90°

GMCH Mewat Haryana 2014

Correct Option (d)

- In subcutaneous (hypodermic) injection, the skin is pinched between the thumb and forefinger of the left hand.
- If 2 inches of tissue grasped (obese patient), insert 25-gauge, 5/8 inch needle at 90° angle and if only 1 inch of tissue grasped (thin patient), use a 45° angle with 3/4 inch needle.

727. Slow infusion of isotonic fluid in to subcutaneous tissue is called:

(a) Hypodermoclysis (b) Plasmapheresis
(c) Dialysis (d) Enteroclysis

AIIMS Bhopal Nsg. Officer 2018

Correct Option (a)

- Hypodermoclysis is a method of infusing fluids (3 litres in a 24-hour period at two separate sites) into the subcutaneous tissues.

(16G), green (18G), pink (20G), blue (22G), yellow (24G) and purple (26G).

815. Which of the following is NOT a precaution to be taken in case of a patient with a central IV line?
(a) Optimal site selection (b) Hand hygiene
(c) Changing line everyday (d) Skin antisepsis
AIIMS Bhopal Nsg. Officer 2018
Correct Option (c)

816. Normal saline is an:
(a) Isotonic solution (b) Hypotonic solution
(c) Hypertonic solution (d) None of the above
GMCH Mewat Haryana 2014
Correct Option (a)

- Normal serum osmolarity for healthy adults is 270 to 300 mOsm/L.
- A parenteral solution which osmolarity is within normal range is called **isotonic**; those fluids greater than 300 mOsm/L is called **hypertonic**; and those fluids less than 270 mOsm/L is called **hypotonic**.

Solution	Tonicity	mOsm/L
0.9% saline (NS)	Isotonic	308
Lactated Ringer's solution	Isotonic	274
5% dextrose in water (D_5W)	Isotonic	278
5% dextrose in 0.225% saline (5% D/¼ NS)	Isotonic	321
0.45% saline (½ NS)	Hypotonic	154
0.33% saline (⅓ NS)	Hypotonic	102
0.225% saline (¼ NS)	Hypotonic	77
3% saline (3% NS)	Hypertonic	1026
5% saline (5% NS)	Hypertonic	1710
10% dextrose in water ($D_{10}W$)	Hypertonic	556
5% dextrose in 0.9% saline (5% D/NS)	Hypertonic	586
5% dextrose in 0.45% saline (5% D/½ NS)	Hypertonic	432

817. Which of the following IV fluids is an isotonic solution?
(a) 25% Dextrose (b) Ringer Lactate
(c) 3% Normal saline (d) 0.45% Normal saline
CHO, Haryana 2022
Correct Option (b)

818. Which type of solution causes water to shift from the cells into the plasma? FAQ
(a) Alkaline (b) Hypotonic
(c) Acidic (d) Hypertonic
AIIMS Patna Nsg. Officer 2020
Correct Option (d)

- Hypertonic solution means a solution having a greater osmotic pressure than plasma.
- It draws out water from cells (ICF) to the plasma (ECF), thus inducing plasmolysis.
- Plasmolysis means shrinking or decreasing of cytoplasm in a living cell caused by loss of water by osmosis.

819. Which one among the following is a physiologically hypertonic solution?
(a) 3% sodium chloride (b) 0.9% sodium chloride
(c) 0.45% sodium chloride (d) 2.5% sodium chloride
ESIC Nsg. Officer 2024
Correct Option (a)

820. Plasmolysis will occurs when the cell is placed in:
(a) Hypotonic solution (b) Isotonic solution
(c) Hypertonic solution (d) None of these
HPSSC Staff Nurse 2020
Correct Option (c)

821. The osmolality of 0.45% sodium chloride is:
(a) 154 mOsm/L (b) 278 mOsm/L
(c) 308 mOsm/L (d) 512 mOsm/L
GMCH Chandigarh Staff Nurse 2016
Correct Option (a)

822. How much salt must be added in 1 litre of water to make a solution of normal saline (0.9%)? FAQ
(a) 19 gm (b) 90 gm (c) 0.9 gm (d) 9 gm
IGNOU B.Sc. (PB) Nsg. Entrance 2021
Correct Option (d)

- Normal saline (NS) contains 0.9% of sodium chloride (NaCl), so 1 litre of NS contains 9 gm NaCl.
- 0.9% means 0.9 gm NaCl into 100 mL solution.

823. Amount of salt into isotonic solution:
(a) 0.25% (b) 0.45% (c) 0.75% (d) 0.90%
RPSC (Raj.) Staff Nurse 2007
Correct Option (d)

824. Isotonic saline means, saline having concentration of: FAQ
(a) 0.45 % (b) 1.45 % (c) 1.5 % (d) 0.9 %
IGNOU B.Sc. (PB) Nsg. Entrance 2019
Correct Option (d)

825. Identify the isotonic fluid among the following?
(a) 0.9% NS (b) 5 % Dextrose
(c) RL (d) All the above
RUHS M.Sc. Nsg. Entrance 2018
Correct Option (d)

826. 5% dextrose in water is……..solution:
(a) Hypotonic (b) Isotonic (c) Colloidal (d) Hypertonic
HPSSC Staff Nurse 2021
Correct Option (b)

827. … is an isotonic solution among the following: FAQ
(a) Ringer's solution (b) 10% dextrose
(c) Half-normal saline (d) 3% saline
AIIMS Bhopal Nsg. Officer 2018
Correct Option (a)

828. Tonicity of Ringer Lactate solution is: FAQ
(a) Isotonic (b) Normotonic
(c) Hypotonic (d) Hypertonic
RPSC (Raj.) Nsg. Tutor 2009
Correct Option (a)

- Lactated Ringer's **(Hartmann's)** or sodium lactate solution is an isotonic solution (274 mOsm/L &

failure, corticosteroid use, severe diarrhea, hyperparathyroidism, etc.

- Hypochloremia (serum chloride <96 mEq/L) is seen with addison's disease, untreated diabetic ketoacidosis, excessive sweating, vomiting, gastric suction, massive blood transfusions, diuretic therapy, burns, fever, etc.

Acid-Base Balance

986. pH is the negative logarithm of the concentration of:

(a) Hydrogen ions (b) Magnesium ions
(c) Calcium ions (d) Potassium ions

DSSSB Nsg. Officer 2019
Correct Option (a)

- The negative logarithm of the molar concentration of H^+ ions in aqueous solutions is called pH.
- Solutions with a high concentration of H^+ ions have a low pH and solutions with low concentration of H^+ ions have a high pH.
- The pH of a chemical solution may range from 1 to 14 and pH <7 is considered acidic whereas pH of 7 is neutral and >7 is alkaline.
- Normal blood pH is 7.35 to 7.45 (slightly alkaline).

987. During ABG analysis blood is collected from:

(a) Artery (b) Vein (c) Capillary (d) Any site

WCL Staff Nurse 2019
Correct Option (a)

988. Which test is used to check the collateral circulation to the hand? FAQ

(a) Capillary refill test (b) Allen test
(c) Schamroth's test (d) Romberg's test

DSSSB Nsg. Officer 2019
Correct Option (b)

- Allen's test is a bedside test used to evaluate integrity of the palmar arch by apply pressure to both the radial & ulnar artery and ask the patient to clench and unclench the hand till the palm becomes pale.
- Release the pressure on the ulnar artery and observe the return of color within 7 seconds indicates patent radial artery.

989. Allen's test is useful in evaluating:

(a) Thoracic outlet compression
(b) Presence of cervical rib
(c) Integrity of palmar arch
(d) Digital blood flow

PhD (Nursing) IGNOU Entrance 2020
Correct Option (c)

990. The procedure shown in the image is:

(a) Tuberculin skin test
(b) Arterial blood sampling
(c) Venipuncture
(d) Intradermal injection

AIIMS Delhi Nsg. Officer 2019
Correct Option (b)

- ABG procedure: perform Allen's test; wrist of non-dominant hand extended by 20-30°; radial artery palpated; area sterilized (70% alcohol wipe); sample taken with pre-heparinied syringe flushed with 05 mL of 1:1000 heparin solution with needle at 45°; needle capped and transported via cold chain to lab.

991. Which of the following tests need to be performed before radial artery cannulation to evaluate radial and ulnar arterial patency? FAQ

(a) Buerger's test (b) Allen's test
(c) Capillary refill test (d) Coop's test

AIIMS Patna Nsg. Officer 2020
Correct Option (b)

992. Which drug should be used for rinsing the syringe before taking blood sample for ABG analysis? FAQ

(a) Adrenaline (b) Dopamine
(c) Dobutamine (d) Heparin

HPSSC Staff Nurse 2021
Correct Option (d)

993. In ABG analysis, which parameters are assessed?

(a) Sodium bicarbonate, pH
(b) Sodium bicarbonate, CO_2, oxygen, pH
(c) Sodium bicarbonate, CO_2, pH
(d) Carbon dioxide, oxygen, pH

RUHS M.Sc. Nsg. Entrance 2018
Correct Option (b)

- Arterial blood gas (ABG) measures the PaO_2, $PaCO_2$, blood pH and bicarbonate (HCO_3 –) in arterial blood.
- Normal ABG value: pH (7.35 to 7.45), PaO_2 (80 to 100 mm Hg), $PaCO_2$ (35 to 45 mm Hg), bicarbonate (22 to 26 mEq/L), SaO_2 (> 95%).

994. Normal range of $PaCO_2$ in an ABG sample?

(a) 30 to 40 mm Hg (b) 40 to 45 mm Hg
(c) 35 to 40 mm Hg (d) 35 to 45 mm Hg

DSSSB Nsg. Officer 2019
Correct Option (d)

995. An ABG analysis report shows: pH-7.25; $PaCO_2$ is 35 mm Hg; HCO_3 is 20 mEq/L. Which of the following is the inference based on these findings?

(a) Metabolic acidosis (b) Metabolic alkalosis
(c) Respiratory alkalosis (d) Respiratory acidosis

AIIMS Patna Staff Nurse 2015
Correct Option (a)

- Metabolic acidosis (base bicarbonate deficit) is a clinical disturbance characterized by low pH (<7.35) as a result of the retention of acids and a low plasma bicarbonate concentration (<22 mEq/L).

996. Which of the following arterial blood gas values is consistent with metabolic acidosis?
(a) $PaCO_2$ 46 mmHg (b) pH 7.35
(c) PaO_2 95 mmHg (d) HCO_3–15 mEq/L
RUHS M.Sc. Nsg. Entrance 2019
Correct Option (d)

- Bicarbonate (buffer base) level is always below the normal value in metabolic acidosis.

997. The ABG analysis report shows that a decreased bicarbonate level and pH values denote: FAQ
(a) Metabolic acidosis (b) Metabolic alkalosis
(c) Respiratory alkalosis (d) Respiratory acidosis
RRB Staff Nurse 2019
Correct Option (a)

998. Starvation, diabetic ketoacidosis, shock and diarrhoea may lead to:
(a) Respiratory acidosis (b) Metabolic alkalosis
(c) Metabolic acidosis (d) Respiratory alkalosis
RAK M.Sc. Nsg. Entrance 2016
Correct Option (c)

- Causes of metabolic acidosis are insufficient carbohydrate metabolism, diabetes mellitus or diabetic ketoacidosis, starvation, high-fat diet, severe diarrhea, excessive use of acetylsalicylic acid (aspirin) and kidney failure.
- Intestinal and pancreatic secretions are normally alkaline (contain high amounts of bicarbonate ion) so excessive loss of base leads to acidosis.

999. The common acid base imbalance occurs due to severe diarrhea is?
(a) Respiratory acidosis (b) Respiratory alkalosis
(c) Metabolic acidosis (d) Metabolic alkalosis
AIIMS Mangalagiri Prof.-cum-Principal 2022
Correct Option (c)

- Interpretation of ABG values:

Acid-base Disorders	pH	Primary change	Compensatory change
Respiratory acidosis	↓	$PaCO_2$ ↑	HCO_3- ↑
Respiratory alkalosis	↑	$PaCO_2$ ↓	HCO_3- ↓
Metabolic acidosis	↓	HCO_3- ↓	$PaCO_2$ ↓
Metabolic alkalosis	↑	HCO_3- ↑	$PaCO_2$ ↑

(**ROME: R**espiratory **O**pposite; **M**etabolic Equal)

1000. Which arterial blood gas would the nurse expect in the client diagnosed with diabetic ketoacidosis?
(a) pH 7.34, PaO_2 99, $PaCO_2$ 48, HCO_3 24
(b) pH 7.38, PaO_2 95, $PaCO_2$ 40, HCO_3 22
(c) pH 7.46, PaO_2 85, $PaCO_2$ 30, HCO_3 26
(d) pH 7.30, PaO_2 90, $PaCO_2$ 30, HCO_3 18
RAK M.Sc. Nsg. Entrance 2009
Correct Option (d)

1001. The client has the following arterial blood gases: pH 7.19, $PaCO_2$ 33, PaO_2 95 and HCO_3 19. Which medication would the nurse prepare to administer based on the results?
(a) Intravenous sodium bicarbonate
(b) Oxygen via nasal cannula
(c) Epinephrine intravenous push
(d) Magnesium hydroxide orally
RAK M.Sc. Nsg. Entrance 2009
Correct Option (a)

- ABG reports show metabolic acidosis, so it is treated with IV sodium bicarbonate to neutralize the acidity or increase the buffer base.

1002. Which of the following values indicate metabolic alkalosis? FAQ
(a) pH 7.34 $PaCO_2$ 50 HCO_3 32 PaO_2 70
(b) pH 7.46 $PaCO_2$ 30 HCO_2 26 PaO_2 80
(c) pH 7.38 $PaCO_2$ 45 HCO_3 22 PaO_2 50
(d) pH 7.47 $PaCO_2$ 40 HCO_3 36 PaO_2 78
RAK M.Sc. Nsg. Entrance 2014
Correct Option (d)

- Metabolic alkalosis (base bicarbonate excess) is a clinical disturbance by a high pH (>7.45) and a high plasma bicarbonate concentration (>27 mEq/L).

1003. A nurse is caring for a patient on diuretic therapy. The nurse would monitor the patient for which acid base disorder?
(a) Metabolic acidosis (b) Respiratory alkalosis
(c) Metabolic alkalosis (d) Respiratory acidosis
DSSSB Nsg. Officer 2019
Correct Option (c)

- Causes of metabolic alkalosis are excess vomiting or GI suctioning (due to loss of HCl), use of diuretics (due to loss of hydrogen ions & chloride), hyperaldosteronism (due to retention of Na^+ and loss of H^+), massive transfusion of whole blood, overuse of antacids and sodium bicarbonate.

1004. A nurse is caring for an infant who has intractable or uncontrolled vomiting. The MOST important likely complication is:
(a) Acidosis (b) Hyperkalemia
(c) Hypernatremia (d) Alkalosis
BHU Nsg. Officer 2019
Correct Option (d)

- Persistent/prolonged vomiting and gastric lavage (continuous low-pressure suction) may cause excessive loss of hydrochloric acid from the stomach.
- So the level of serum bicarbonate increases and acidic ions (H^+) decreases, which results in metabolic alkalosis.

1005. Which of the following clinical findings is expected in a patient who has undergone gastric lavage and prolonged vomiting?
(a) Decreased serum pH
(b) Increased serum bicarbonate level
(c) Increased serum oxygen level
(d) Decreased serum osmotic level

ESI Jaipur Staff Nurse 2009
Correct Option (a)

1028. Before giving blood transfusion a nurse must note the date, time of collection and must be aware the packed RBCs can be stored up to:
(a) 25 days (b) 35 days (c) 45 days (d) 55 days
RUHS B.Sc. (PB) Nsg. Entrance 2017
Correct Option (b)

- Packed RBCs or whole blood can be stored in refrigerator at 4° C ± 2° C up to 42 days (35 to 42 days), platelets at 22° C ± 2° C (with agitation) up to 5 days and FFP at –30° C or lower for 1 year.

1029. What is the storage temperature of Fresh Frozen Plasma?
(a) 1-6° C (b) < –18° C (c) 20-24° C (d) < –65° C
CHO, Haryana 2023
Correct Option (b)

1030. For blood donation, a donor should have haemoglobin level above:
(a) 10 gm% (b) 11 gm% (c) 12 gm% (d) 13 gm%
IGNOU B.Sc. (PB) Nsg. Entrance 2012
Correct Option (c)

- Hb and/or packed cell volume (hematocrit) should be > 12 g/dL and or Hct of 36%.
- Automated haematology analyser is considered the **gold standard** test for quantifying Hb among blood donors.

1031. A unit of blood contain how much amount of blood: FAQ
(a) 100 mL (b) 200 mL (c) 350 mL (d) 400 mL
RPSC (Raj.) Staff Nurse 2007
Correct Option (c)

- Blood collection from donors weighing 45 to 55 Kg should be 350 mL blood and from those weighing 55 Kg and above should be 450 mL.

1032. How often can a donor give blood?
(a) At any time (b) Every 2 months
(c) Every 3 months (d) Every 6 months
RRB Staff Nurse 2015
Correct Option (c)

- Donors can give the next blood donation after 3 months (12 weeks).

1033. After taking blood from Blood bank, the blood transfusion should be started within? FAQ
(a) 30 minutes (b) 60 minutes
(c) 90 minnutes (d) No such time limit
AIIMS NORCET-6 (Prelims) Nsg. Officer 2024
Correct Option (a)

1034. A neonate requires blood transfusions after birth. Which of the following cannulation sites is most preferred?
(a) Scalp veins (b) Interosseous
(c) Umbilical cord (d) Subclavian
ESIC Kolkata/Bangalore Staff Nurse 2012
Correct Option (c)

1035. When administering blood to a patient, is important to:
(a) Administer each unit within a 6-hour period
(b) Use a volume control infusion pump to administer the blood
(c) Run the blood at a slower rate during the first 5 to 10 minutes
(d) Draw blood samples from the patient immediately after each unit is transfused
RML Delhi Staff Nurse 2011
Correct Option (c)

- Acute hemolytic transfusion reaction (most common) usually develops within the first 5 to 15 minutes of transfusion, so run the blood slowly (no faster than 5 mL/minute for the first 15 minutes).
- So observe the patient closely for the first 15 minutes of transfusion for early detection of life-threatening reactions.

1036. A blood transfusion should be started at how many macro-drops/min. & for how long time?
(a) 10 drops for 10 minutes
(b) 20 drops for 10 minutes
(c) 25-50 drops for 15 minutes
(d) 120 drops for 15 minutes
BHU Nsg. Officer 2018
Correct Option (c)

1037. While administering a blood transfusion, the ideal nursing care recommended to identify a blood transfusion reaction is:
(a) Inspecting 15 minutes after infusion is started
(b) Inspecting at the end of transfusion
(c) Inspecting once in every 30 minutes
(d) Inspecting whenever the patient complains
SCTIMST Trivandrum Staff Nurse 2010
Correct Option (a)

1038. During blood transfusion the most important nursing responsibility is:
(a) Draw a sample from the patient before each unit is transfused
(b) Warm the blood to body temperature to prevent chilling
(c) Run the blood at a slower rate during the first few minutes of the transfusion
(d) Maintain patency of the IV catheter with dextrose solution
AIIMS Jodhpur/Rishikesh Staff Nurse 2017
Correct Option (c)

1039. During blood transfusion a nurse should look for all the following EXCEPT:
(a) Identify donor and recipient blood types and blood groups
(b) Check intravenous site for blood infiltration
(c) Cool the blood before administration

1069. Why humidification is important when patient is on oxygen therapy:
(a) To prevent drying of nasal mucosa
(b) To prevent drying of mouth
(c) To help patient to breath
(d) To help patient to be at ease

RUHS M.Sc. Nsg. Entrance 2015
Correct Option (a)

1070. Humidified oxygen (O_2) is administered via tracheostomy after a laryngectomy because:
(a) Humidified oxygen contains more water
(b) The upper airway is no longer connected to the lower airway
(c) The lower airway heals more quickly if humidify is utilized
(d) Humidified oxygen administration facilitates suctioning

RUHS B.Sc. (PB) Nsg. Entrance 2015
Correct Option (b)

1071. Oxygen saturation is measured by:
(a) Pulse oximeter (b) Thermometer
(c) Manometer (d) Pulse transducer

ESIC Delhi Staff Nurse 2012
Correct Option (a)

- Pulse oximetry is a non-invasive method of measuring arterial O_2 saturation of hemoglobin (% of O_2 carried by the Hb) by light signals generated by oximeter and reflected by blood pulsing through the tissue at the probe attached to fingertip (first choice), forehead, earlobe, or bridge of nose.
- Its working is based on **Beer-Lambert's law**.

1072. Pulse oximetry is used to:
(a) Count the respiratory rate
(b) Determine amount of O_2 taken into the lungs
(c) Measure carbon dioxide in the blood
(d) Determine amount of O_2 carried in blood

AIIMS Bathinda Nsg. Officer 2019
Correct Option (d)

1073. Pulse oximetry is used during endoscopic procedure to:
(a) Monitor the depth of sedation
(b) Reduce the required number of nurse staff
(c) Determine arterial blood oxygen saturation
(d) Measure carbon dioxide retention level

ESIC Staff Nurse 2016
Correct Option (c)

1074. A pulse oximeter gives what type of information about the client?
(a) Amount of carbon dioxide in the blood
(b) Amount of oxygen in the blood
(c) Percentage of haemoglobin carrying oxygen
(d) Respiratory rate

ESIC Kolkata/Bangalore Staff Nurse 2012
Correct Option (c)

1075. Which of the following CANNOT cause a low pulse oximetry reading in a patient with respiratory distress?
(a) Inadequate peripheral circulation
(b) Oedema
(c) Hyperthermia
(d) Nail polish

AIIMS Bhubaneswar SNO 2019
Correct Option (c)

- Causes for low pulse oximetry readings include excessive patient motion or noise artifacts, hypothermia, hypoperfusion, ambient light (sunlight, infrared lamps), decreased hemoglobin, sickle haemoglobin, edema and fingernail polish.
- False high reading occurs in carboxyhemoglobin, HbA1c >7%.

1076. What is the normal oxygen saturation?
(a) 92-99% (b) 80-100% (c) 96-100% (d) 80-99%

BSF Staff Nurse 2014
Correct Option (c)

- Normal value O_2 saturation is 95% to 100% (above 90% are satisfactory).
- Value <90% indicates hypoxemia and <70% is life-threatening.

1077. In general, arterial oxygenation is satisfactory, if SaO_2 is greater than:
(a) 90% (b) 70% (c) 60% (d) 80%

ESIC Staff Nurse 2016
Correct Option (a)

1078. Which of the following is a low-flow system of oxygen administration device? FAQ
(a) Transtracheal catheter (b) Nasal cannula
(c) Tracheostomy collar (d) Venturi mask

CRPF Staff Nurse (SI) 2023
Correct Option (b)

- Oxygen delivery systems divided into **low-flow systems** that allow for oxygen % ranging from 23% to nearly 100% (e.g., nasal cannula, simple face mask, partial and non-rebreathing mask) and **high-flow systems** that reach an oxygen concentration of 100% (e.g., venturi mask, tracheostomy collar and T-piece, face tent, aerosol mask).

Device	Flow rate	Advantages	Disadvantages
Nasal cannula	1-6 L/min	Inexpensive; comfortable	Dry nasal mucosa; dislodge easily
Naso-pharyngeal Catheter	1-6 L/min	Does not require tracheostomy; Inexpensive	Mucosal irritation
Simple face mask	6-12 L/min	Used for short periods while transportation; inexpensive	Contraindicated in who retain CO_2; poor fitting; claustrophobia

Device	Flow rate	Advantages	Disadvantages
Partial & non-rebreather masks	10-15 L/min	Useful for short periods; deliver highest O_2 concentration; easily humidifies O_2	Hot & confining; skin irritation; need tight seal, bag twist or kink; should not totally deflate; interferes with eating / talking
Oxygen-conserving cannula	8 L/min	Used for long-term at home	Cause necrosis over tops of ears; more expensive
Venturi mask	4-10 L/min	Deliver most precise O_2 concentration with humidity	Skin irritation; interferes with eating /drinking
Face tent	8-10 L/min	Good humidity	Bulky

1079. Choose the correct matching:
(a) T-Piece-Airway adjunct
(b) Mackintosh-CO_2 detector
(c) Kidney Tray-Blood storage
(d) Pulse Oximeter-Recording of pulse rate

BHU Nsg. Officer 2018
Correct Option (a)

- Airway adjuncts are used to maintain the airway open after establishing an open airway, e.g., oropharyngeal airway, nasopharyngeal airway and T-piece.

1080. How much oxygen a nurse should give to a patient with chronic respiratory failure:
(a) 1 litre/min with nasal prongs
(b) 2 litre/min with nasal mask
(c) 10 litre/min with nasal mask
(d) 12 litre/min with nasal prongs

JIPMER Staff Nurse 2013
Correct Option (b)

- Patients with chronic respiratory failure (caused by COPD and neuromuscular diseases) should be given low-flow oxygen rate of 1-2 L/min (15 hr/day) with nasal cannula (prongs) to increase respiratory drive or for stimulation of the respiratory center.
- High levels of O_2 in blood will suppress the respiratory center, so CO_2 is essential for stimulation of the respiratory center.
- Excessive oxygen may eliminate hypoxic drive.

1081. When caring for a patient with chronic lung disease on oxygen therapy by nasal cannula, the most important check, that is expected of the nurse is:
(a) The oxygen must be humidified
(b) The rate will be 2 L/minute or less
(c) Periodic sampling of arterial blood for ABG
(d) The rate will be 6 L/minute or more

SCTIMST Trivandrum Staff Nurse 2010
Correct Option (b)

- Patients with chronic lung disease like COPD should be given low-flow O_2 at 1-2 L/min., whereas humidification of oxygen is needed when O_2 flow rates are ≥4 L/min to prevent drying of secretions.

1082. The recommended flow rate of oxygen via nasal cannula:
(a) 1 - 4 L/min (b) 1 - 6 L/min
(c) 4 - 6 L/min (d) 6 - 8 L/min

RUHS B.Sc. (PB) Nsg. Entrance 2018
Correct Option (b)*

- Nasal cannula (prongs) is used at flow rates of 1 to 6 L/min. to achieve 24 to 44% FiO_2.
- O_2 concentrations of 24% (at 1 L/min), 28% (at 2 L/min), 32% (3 L/min), 36% (4 L/min), 40% (at 5 L/min) and 44% (at 6 L/min) can be achieved.
- Flow rates >4 L/min may cause irritation and drying of nasal and pharyngeal mucosa and pain in frontal sinuses.

1083. You are connecting a nasal cannula to a patient who requires O_2. You are setting the O_2 flow to 5 L/min. How much FiO_2 (fraction of inspired O_2 concentration) will be delivered to the patient?
(a) 24% (b) 28% (c) 36% (d) 40%

RUHS B.Sc. (PB) Nsg. Entrance 2019
Correct Option (d)

- Every increase by 1 liter per minute (L/min) equates to 4% increase in FiO_2, starting from 24% (easy rule of thumb for calculating of FiO_2).

1084. Put the steps for setting up a nasal cannula for oxygen administration in the correct order:
A. Adjust the flow rate to the prescribed level
B. Secure the tubing behind the patient's ears
C. Ensure the nasal prongs are inserted into the patient's nostrils
D. Connect the tubing to the oxygen source
(a) ABCD (b) DCAB (c) CDBA (d) CDAB

CHO, Madhya Pradesh 2024
Correct Option (b)

1085. Rate of oxygen administration through nasal catheter:
(a) 1-2 L (b) 0.5-1 L (c) 2-4 L (d) 4-6 L

UPUMS, Saifai Nsg. Officer 2024
Correct Option (c)

1086. If a patient needs 6 litres of oxygen, which of the following device you will prefer?
(a) Nasal cannula (b) Oxygen face mask
(c) Venturi mask (d) Any of the above

Correct Option (b)

- At 6 L/minute simple face masks deliver 50% FiO_2, nasal cannula deliver 44% FiO_2 and venturi mask deliver 32% FiO_2.

- Diagnostic surgery is done to confirm a diagnosis (e.g., breast biopsy, bronchoscopy).
- Ablative surgery is done to remove a disease body part (e.g., appendectomy).
- Cosmetic surgery is done to improve personal appearance (e.g., rhinoplasty).

1109. Surgery performed to estimate the extent of a disease or confirmation of a diagnosis is called:
(a) Palliative (b) Diagnostic
(c) Exploratory (d) Curative
NHM, M.P. Staff Nurse 2021
Correct Option (c)

1110. Surgery done to remove lesions that are likely to develop into cancer is known as:
(a) Diagnostic (b) Palliative
(c) Prophylactic (d) Reconstructive
Correct Option (c)

1111. A new surgery protocol that observes patients before, during and after surgeries is called:
(a) Anaesthesia Care Centre (ACC)
(b) Post Anaesthesia Care Unit (PACU)
(c) Surgical care unit (SCU)
(d) Enhanced Recovery After Surgery (ERAS)
NHM, U.P. Staff Nurse 2023
Correct Option (d)

- Key elements of ERAS protocols include preoperative counselling, optimization of nutrition, standardized analgesic and anesthetic regimens and early mobilization.

1112. Wound made by surgical incision, by a surgeon under aseptic condition is called as:
(a) Puncture wound (b) Clean wound
(c) Contusion (d) Infected wound
AIIMS Raipur Nsg. Officer 2019
Correct Option (b)

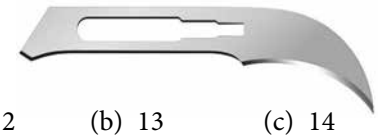
- A wound may be **intentional**/ non-self-inflicted, e.g., surgical incision (a wound with clean edges); **unintentional**/ accidental, e.g., abrasion (rubbing off of the skin's surface); a puncture (stab wound); or a laceration (wound with torn, ragged edges).

1113. Which is NOT a type of open wound?
(a) Laceration (b) Abrasion
(c) Stab wound (d) Contusion
UPPSC, U.P. Staff Nurse 2022
Correct Option (d)

1114. A wound where the skin layers have been scraped off is termed:
(a) Incision (b) Puncture
(c) Laceration (d) Abrasion
AIIMS Bhopal Senior Nsg. Officer 2018
Correct Option (d)

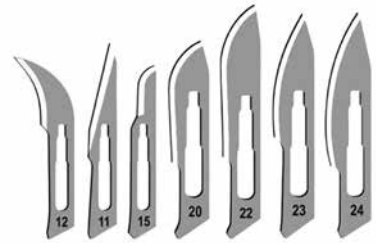
1115. Wound caused by an injury with a blunt object, leading to tearing of soft tissue is known as:
(a) Laceration (b) Abrasions
(c) Punctures (d) Incision
ESIC Nsg. Officer 2024
Correct Option (a)

1116. Identify the size of surgical blade shown below: FAQ



(a) 12 (b) 13 (c) 14 (d) 15
AIIMS (NORCET) Nsg. Officer 2020
Correct Option (a)

- Uses of surgical blades: No. 10, 15, 22 & 23 (make incisions), No 11 (I & D of abscess & arteriotomy), No. 12 (suture removal).



1117. Tissue reaction is highest with which of the following suturing materials?
(a) Plain catgut (b) Chromic catgut
(c) Nylon (d) Vicryl
PGIMS Rohtak Staff Nurse 2017
Correct Option (a)

- Tissue reactivity is higher with natural materials (e.g., gut, silk) and lower with synthetic materials (e.g., nylon and polypropylene).
- Higher tissue reactivity can result in increased risk of wound infection with delayed healing.

1118. Which suture material used into surgery is more reactive than other:
(a) Plain catgut (b) Chromic catgut
(c) Nylon (d) Vicryl
RPSC (Raj.) Staff Nurse 2007
Correct Option (a)

1119. All the following suture materials are absorbable, EXCEPT:
(a) Poly glycolic acid (Vicryl)
(b) Chromic catgut
(c) Polypropylene (Prolene)
(d) Polydioxanone (POS)
SCTIMST Trivandrum Staff Nurse 2010
Correct Option (c)

- Absorbable sutures are sterile strand prepared from collagen derived from healthy mammals (catgut) or from a synthetic polymer like vicryl, monocryl, polydioxanone (PDS), polyglycolic suture.
  - ♦ A material made from the sterilized sub-mucosa of the small intestine (jejunum) of sheep is called catgut suture and absorbed by inflammatory reaction and phagocytosis by 7 days.

- ♦ Catgut after treating with chromium trioxide is called chromic catgut, enhances the strength of suture material and delays its absorption up to 21 days.
- ♦ Vicryl is made up of polyglycolic acid and completely absorbed by hydrolysis within 56 to 90 days.
- ♦ PDS is better than vicryl and absorbed by 96 days.

- Non-absorbable sutures are made from a material that is not absorbed by the body, such as silk (derived from silkworm larva), polymers, polyester, polypropylene, nylon, cotton wire and Dacron.
- Suture color-coding: plain catgut (yellow), chromic catgut (brown), vicryl (violet), prolene (blue), silk (black) and cotton (white).
- Thick suture numbering is from 0-10, with #10 being the largest diameter and thin suture are those that have the greatest number of zeros after them and range from 1-0 to 12-0 (12-0 having the least breaking strength).

1120. Absorbable suture material includes all EXCEPT:
(a) Polyester (b) Polydioxanone
(c) Collagen (d) Catgut
ESIC Staff Nurse 2016
Correct Option (a)

1121. Which of the following is a non-absorbable suture?
(a) Chromic catgut (b) Vicryl
(c) Monocryl (d) Nylon
AIIMS (NORCET) Nsg. Officer 2022
Correct Option (d)

1122. Suture ethilon is a/an:
(a) Absorbable suture (b) Non-absorbable suture
(c) Semi absorbable (d) Not a suture material
RAK M.Sc. Nsg. Entrance 2024
Correct Option (b)

1123. The suture material that is both absorbable and synthetic is:
(a) Polyamide (b) Polypropylene
(c) Polyglycolic acid (d) Chromic catgut
GMCH Chandigarh Staff Nurse 2016
Correct Option (c)

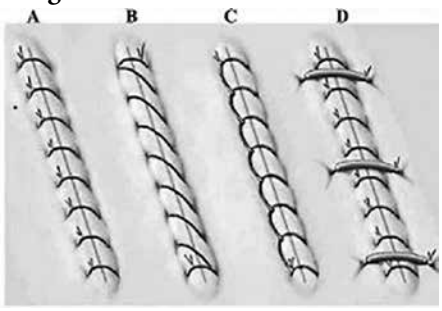
1124. Catgut is made from intestine of:
(a) Domestic cat (b) Wild cat
(c) Sheep (d) Horse
NPCIL Staff Nurse 2019
Correct Option (c)

1125. Most commonly used suture for hernia repair is:
(a) Catgut (b) Polypropylene
(c) Polyglactin (d) Polyglyconate
Correct Option (b)

1126. Which is the example of monofilament suture?
(a) Silk (b) Polydioxanone
(c) Dacron (d) Vicryl
AIIMS (NORCET) Nsg. Officer 2021
Correct Option (b)

- Based on material structure sutures can be classified into **two types**:
  - ♦ Monofilament sutures are made of a single strand and show lower tissue reaction and better passage through tissues, e.g., polypropylene (prolene), catgut, nylon, stainless steel, polydioxanone (PDS).
  - ♦ Multifilament or braided suture is made several filaments twisted together and often coated with various materials like silicon, wax and calcium, etc. and provide knot security, e.g., PGA, polyglactin (vicryl), silk, polyester (i.e., Dacron is a trademark).

1127. In the provided diagram, recognize the type of suturing that is intermittent:



(a) Both A and B (b) Only A
(c) Both C and D (d) Only B
CHO, Madhya Pradesh 2024
Correct Option (b)

- Type of suturing methods used in diagram A: intermittent, B: continuous, C: blanket continuous, D: retention.

1128. Which of the following is the correct set of steps in removing sutures?
(a) Place the curved tip of the suture scissors directly under the knot or on the side, close to the skin; gently cut the suture and pull it out with the forceps
(b) Raise the knot; untie the knot and cover the suture line
(c) Place the curved tip of the suture scissors on the side, close to the skin; raise it; cut abruptly and pull with the forceps
(d) Raise the knot with artery forceps and place the tip of the scissors under the knot, close to the skin. Gently cut the suture with a scalpel and pull it out with nails
UPUMS, Saifai Staff Nurse 2023
Correct Option (a)

- Timing of suture removal: face (3-5 days), neck (5-7 days), scalp (7-10 days), thorax (10-12 days), abdomen (12-14 days), perineum (10-12 days).

1129. Surgical needles are:

(a) Straight (b) 1/4
(c) 5/8 circle (d) All of the above

LNJP Delhi Staff Nurse 2013
Correct Option (d)

- Surgical needles used in suturing are classified into:
  - ♦ Straight needle: Used to suture skin, nerve and blood vessels without needle holder.
  - ♦ Curved needle: Used to suture deep surgical wound with a needle holder & its various size such as 1/4 (used in eye microsurgery), 3/8, (large/superficial wound and require less wrist movement), 5/8 (urogenital tract wound) and 1/2 circle (oral cavity and require less space but more supination and pronation of wrist).
  - ♦ Atraumatic needle is eyeless (material is attached to the needle by swaging) and a traumatic needle is an eyed needle (needles are reusable).

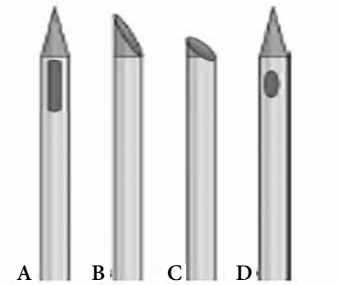
1130. Tuohy's needle is used for:

(a) Spinal anaesthesia (b) Epidural anaesthesia
(c) Local anaesthesia (d) Nerve block

NPCIL Staff Nurse 2019
Correct Option (b)

- Tuohy's needle is a hollow hypodermic needle with curved end, suitable for epidural catheters use in epidural anaesthesia.

1131. Match the spinal needles:



(a) A-Sprotte, B-Whitacre, C-Quincke, D-Pitkin
(b) A-Whitacre, B-Quincke, C-Sprotte, D-Pitkin
(c) A-Sprotte, B-Quincke, C-Pitkin, D-Whitacre
(d) A-Whitacre, B-Quincke, C-Pitkin, D-Sprotte

Correct Option (d)

1132. What is the other name of thumb forceps?

(a) Kelly's Forceps (b) Mouse's Teeth
(c) Needle Holder (d) Mosquito Forceps

LNJP Delhi Staff Nurse 2013
Correct Option (b)

- Thumb/mouse's forceps is a forceps with one or two fine points at the tip of each blade, fitting into hollows between the points on the opposite blade.

1133. Desjardins forceps is used to remove stones from:

(a) Bladder (b) Common bile duct
(c) Kidney (d) Ureter

Correct Option (b)

- Desjardin's cholidocolithotomy forceps is a long and slender curved instrument used to remove stones from common bile duct (CBD).

1134. During cutting the tissue, bleeding points are caught with the help of:

(a) Artery forceps (b) Allis forceps
(c) Lane's forceps (d) Babcock's forceps

NPCIL Staff Nurse 2019
Correct Option (a)

- Artery forceps (haemostat) is a delicate clamp that will not injure the vessel and used for temporary occlusion of bleeding points of a vessel.
- Based on size it may be small or mosquito, medium and large artery forceps.

1135. Which forceps are non-traumatic?

(a) Allis forceps (b) Babcock's forceps
(c) Kocher's forceps (d) Tooth thumb forceps

NPCIL Staff Nurse 2019
Correct Option (b)

- Babcock's forceps are designed to hold a short tubular structure like appendix, ureter, vas and fallopian tubes without compressing it, so it is non-traumatic forceps.
- Allis forceps is a hemostatic forceps with curved, serrated edges used to grasp fibrous tissues firmly by interlocking teeth.
- Allis forceps, Kocher's forceps and tooth thumb forceps are traumatic forceps.

1136. Identify this instrument?

(a) Artery forceps (b) Allis forceps
(c) Green-Armytage (d) Babcock forceps

CHO, Madhya Pradesh 2021
Correct Option (d)

1137. Identify this instrument?

(a) Dissecting Forceps (b) Dilator
(c) B.P. handle (d) Spatula

CHO, Madhya Pradesh 2021
Correct Option (c)

1138. Bulldog clamps are used in surgery of:

(a) Blood vessel (b) Intestine
(c) Nerve (d) Tendon

Correct Option (a)

- Bulldog clamp (serrefine) is fine-tipped, spring-loaded forceps, used to grip and hold sutures, tissues or vessels.

(a) Morphine (b) Fentanyl
(c) Nitrous oxide (d) Midazolam

ESIC Kolkata/Bangalore Staff Nurse 2012
Correct Option (c)

- General anesthesia produced by the inhalation of volatile liquid agents (e.g., isoflurane, desflurane, sevoflurane, halothane, etc.) or gases (e.g., N_2O or laughing gas & O_2) are called inhalation anesthesia.
- Entonox (mixture of $N_2O + O_2$) is a safe inhalational analgesia during labour pain.
- Opioid analgesics (e.g., fentanyl, morphine sulfate), barbiturates (e.g., thiopental, methohexital), nonbarbiturate hypnotics (e.g., propofol, etomidate) are used by IV route for general anesthesia, to manage acute and chronic pain.
- Midazolam is a very short-acting benzodiazepine.

1179. Which one of the following is the fastest acting inhalational agent?
(a) Halothane (b) Isoflurane
(c) Sevoflurane (d) Ether

Correct Option (c)

- Potency of anesthetics is measured by minimum alveolar concentration (i.e., highest MAC-least potent, least MAC- most potent).

Agent	MAC	Colour code
Halothane (H)	0.74	Red
Isoflurane (I)	1.15	Purple
Enflurane (E)	1.7	Orange
Sevoflurane (S)	2.05	Yellow
Desflurane (D)	6	Blue

1180. Which one of the following local anaesthetics is an ester of benzoic acid?
(a) Lidocaine (b) Procaine
(c) Ropivacaine (d) Cocaine

RRB Staff Nurse 2015
Correct Option (b)

- The 2 basic classes of local anesthetics are amino amides (e.g., lidocaine, bupivacaine, mepivacaine, prilocaine, etc.) and amino esters (e.g., procaine, cocaine).

1181. Drug used in infiltrating anaesthesia:
(a) 2% Lignocaine (b) 5% Lignocaine
(c) 4% Lignocaine (d) None of these

BCCL Staff Nurse 2015
Correct Option (a)

1182. Local anaesthesia administer with which drug to increase their effect:
(a) Adrenaline (b) Calcium gluconate
(c) Normal saline (d) Water

ESI Jaipur Staff Nurse 2009
Correct Option (a)

- Adrenaline added into local anesthetics agents may cause vasoconstriction at the site of injection, so it delays systemic absorption of local anesthetics agents and decreases toxic effects.
- By this effect it also increases the intensity and duration of local anaesthesia and prevents seizures.

1183. EMLA, a topical anesthetic, should be applied for how much time before the procedure?
(a) 10 minutes before procedure
(b) 30 minutes before procedure
(c) 60 minutes before procedure
(d) Immediately before procedure

AIIMS NORCET-6 (Prelims) Nsg. Officer 2024
Correct Option (c)

- EMLA cream (lidocaine 2.5% + prilocaine 2.5%) should be applied under an occlusive dressing for at least 1 hr.

1184. Color of nitrous oxide cylinder is: FAQ
(a) Black with white shoulder (b) Black
(c) French blue (d) Red

RUHS M.Sc. Nsg. Entrance 2019
Correct Option (c)

1185. The pin index code of nitrous oxide is:
(a) 2, 5 (b) 1, 5 (c) 3, 5 (d) 2, 6

Correct Option (c)

- Pin index (present on yoke of Boyle's machine) of various gas cylinder: air (1, 5); oxygen (2, 5); nitrous oxide (3, 5); nitrogen (1, 4); CO_2<7.5% (2, 6); CO_2>7.5% (1, 6); cyclopropane (3, 6) & entonox (7).

1186. In General anaesthesia, the stage of excitement and dreams is:
(a) Stage I (b) Stage II (c) Stage III (d) Stage IV

GMCH Chandigarh Staff Nurse 2016
Correct Option (b)

- Induction of general anesthesia involves **4 stages:**
  - Stage I (analgesia, sedation and relaxation).
  - Stage II (excitement and delirium).
  - Stage III (operative and surgical anesthesia).
  - Stage IV (medullary depression).

1187. The Mallampati classification deals with:
(a) Pattern of sleep disturbance in insomnia
(b) Wound assessment in unstageable ulcers
(c) Airway assessment in anaesthesiology
(d) Risk of health-care associated infections in intensive care settings

GMCH Chandigarh Staff Nurse 2016
Correct Option (c)

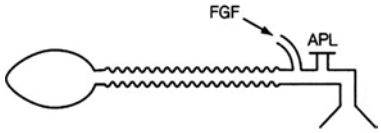
- Mallampati classification is a four-point scale used to assess the relative ease of ET intubation of a patient based on the size and position of tongue relative to the size of the pharyngeal opening.
- **LEMON** (**L**ook externally, **E**valuate 3-3-2 rule, **M**allampati score, **O**bstruction, **N**eck mobility) criteria is used to predict difficult intubation.

1188. Sellick maneuver is used to prevent:
(a) Alveolar collapse
(b) Hypertension
(c) Aspiarion of gastric contents
(d) Bradycardia

AIIMS NORCET-7 (Prelims) Nsg. Officer 2024
Correct Option (c)

- Sellick maneuver (cricoid pressure) is used for rapid-sequence intubation (RSI) to prevent risk of aspiration.

1189. Identify the Mapleson circuit type, shown in the image below:



(a) Type A (b) Type B (c) Type C (d) Type D

Correct Option (b)

- Mapleson or controlled breathing systems (A to F) are used for delivering O_2 and anaesthetic agents and to eliminate CO_2 during anaesthesia.
- Ayre's T-piece (**type E**) anesthesia circuit used in infants.

1190. Identify the instrument:

(a) Vascular stapler (b) Diagonal stapler
(c) Circular stapler (d) Linear stapler

AIIMS (NORCET) Nsg. Officer 2020
Correct Option (c)

1191. Identify the instrument:

(a) Vascular stapler (b) Diagonal stapler
(c) Circular stapler (d) Linear stapler

AIIMS (NORCET) Nsg. Officer 2020
Correct Option (d)

1192. Match the List-I with List-II and select the correct answer using the code given below the lists:

List-I (Retractor)	List-II (Use)
A. Langenbeck 	1. Useful for giving maximum exposure in large incision such as those used in abdomen
B. Morris 	2. Useful for holding the liver up during cholecystectomy
C. Deaver 	3. Useful in major abdominal surgery to retract deeper parts of the abdominal wall or the bladder or uterus while operating on the rectum
D. Dyball 	4. Useful for holding open wound like in appendicectomy

(a) A-4, B-2, C-1, D-3 (b) A-4, B-1, C-2, D-3
(c) A-3, B-1, C-2, D-4 (d) A-3, B-2, C-1, D-4

ESIC Nsg. Officer 2024
Correct Option (b)

(III) Postoperative Nursing Care

1193. You are a nurse assigned in a recovery room or post-anesthetic care unit (PACU). The main priority of care in such area is:
(a) Keeping airway intact
(b) Keeping patient pain
(c) Keeping neurological status stable
(d) Keeping relatives informed of patient's condition

IGNOU B.Sc. (PB) Nsg. Entrance 2019
Correct Option (a)

- Maintaining a patent airway postoperatively is priority nursing intervention because airway obstruction commonly occurs due to tongue falling back or due to fluid collection or edema in airway.

1194. A client arrives from surgery to the post-anesthesia care unit (PACU). The nurse should complete which of the following respiratory assessments first?
(a) Airway flow (b) Breath sound
(c) Respiratory rate (d) Oxygen saturation

RUHS M.Sc. Nsg. Entrance 2019
Correct Option (a)

1195. Ms. Anita asks the nurse when she can start eating after surgery. What is the most appropriate response by the nurse?
(a) "You'll have to ask the doctor"
(b) "Tell me about your appetite"
(c) "You'll likely start on clear fluids once bowel sounds can be heard"
(d) "I'll have the dietician consult with you about most nutritious post-surgery menus"

GMCH Chandigarh Staff Nurse 2019
Correct Option (c)

- NPO status is maintained until the gag reflex and peristalsis/bowel sound returns or flatus pass.
- First, ice chips/water is offered; then clear to full liquids; if tolerated.

1196. After a child returns from post-anesthesia care unit (PACU) after surgery, which of the following would the Nurse assess first?
(a) The intravenous fluid access site

(II) Plaster Casts

1282. Plaster of Paris is:
(a) Calcium carbonate (b) Calcium phosphate
(c) Calcium Sulphate (d) Calcium citrate
JIPMER Staff Nurse 2017
Correct Option (c)

- Plaster of Paris (gypsum salt) is calcium sulphate hemihydrate ($CaSO_4 \cdot 2H_2O$).
- It is mixed with water to form a paste that sets rapidly, used to make casts and stiff bandages.

1283. Magnesium sulphate is known as:
(a) Epsom salt (b) Plaster of paris
(c) Black powder (d) Iodized salt
PGIMS Rohtak Staff Nurse 2017
Correct Option (a)

1284. Aluminium U-shaped splints can be used in case of a/an:
(a) Elbow injury (b) Wrist injury
(c) Forearm injury (d) Finger injury
NHM, U.P. Staff Nurse 2023
Correct Option (d)

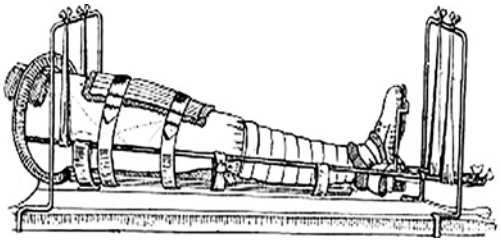
Splints/braces	Use
Aeroplane splint	Brachial plexus injury
Aluminum splint	Fracture of phalanges
ASHE brace	Dorsolumbar spinal injury
Bohler-Braun	Lower limb fracture: tibia/femur
Cramer-wire	Fractures of arm, forearm & leg
Cock up splint	Radial nerve palsy
Denis Browne	CTEV
SOMI brace	Cervical spine injury
Knuckle bender	Ulnar nerve palsy
Stack splint	Mallet finger
Milwaukee brace	Scoliosis
Taylor's brace	Dorsolumbar spinal injury
Thomas splint	Lower limb fractures
AFO brace	Foot drop

1285. Which of the following splints is indicated for metacarpal bone?
(a) High arm sling (b) Broad sling
(c) Zimmer splint (d) Stockinette high arm sling
NHM, U.P. Staff Nurse 2023
Correct Option (c)

1286. Stirrup splint is used to support the:
(a) Ankle (b) Wrist (c) Forearm (d) Fingers
NHM, U.P. Staff Nurse 2023
Correct Option (a)

1287. Thomas splint is used to immobilize fracture of which bone?
(a) Femur (b) Vertebrae
(c) Tibia (d) Pelvic bone
CHO, Rajasthan 2023
Correct Option (a)

1288. Identify the image shown below:



(a) Aero plane splint (b) Thomas splint
(c) Ankle stirrup splint (d) Cock-up splint
Correct Option (b)

1289. Braun's splint is used for:
(a) Fracture of the arms (b) Fracture of lower limbs
(c) Fracture of the pelvis (d) Fracture of collar bone
GPSC, Gujarat Nsg. Officer 2022
Correct Option (b)

1290. Match List-I with List-II: The types of splints used for different body parts:

List-I (Type of Splint)	List-II (Applied on body parts)
a. Thomas splint	I. Used to immobilize the hip
b. Arm splint	II. Used for immobilization of the fracture of upper & lower extremities
c. Gooch's splint	III. Used for the immobilization of the fracture of humerus
d. Liston's splint	IV. Used for the immobilization of fracture of the femur or tibia

Choose the **correct** answer:
(a) a-I, b-II, c-III, d-IV (b) a-IV, b-III, c-II, d-I
(c) a-I, b-II, c-IV, d-III (d) a-III, b-IV, c-I, d-II
Correct Option (b)

1291. To avoid changing the shape of a wet cast, the nurse should:
(a) Handle the cast with the fingertips only
(b) Change the client's position every 30 min.
(c) Encourage the client to ambulate early using a walker
(d) Handle the cast with the palms of hands only
RHTC, Najafgarh Staff Nurse 2007
Correct Option (d)

1292. Divergent spica is applied on:
(a) Ankle (b) Heel
(c) Both a & b (d) None of these
Correct Option (c)

1293. A cast that is split along both sides is called:
(a) Cast brace (b) Windowed cast
(c) Bivalve cast (d) Buck's extension
RHTC, Najafgarh Staff Nurse 2007
Correct Option (c)

1294. After a cast has been applied, the nurse should suspect circulatory impairment if the patient of?

(III) Traction & Crutch Gaits

1302. Buck' extension traction is:
(a) Applied as cervical head halter
(b) Skin traction to the lower leg
(c) Skeletal traction to the lower leg
(d) Tongs applied to the head

DSSSB Staff Nurse 2013
Correct Option (b)

- Traction (skin and skeletal) uses a pulling force to promote and maintain alignment to an injured part of the body.
- Newton's 3rd law of force is applied in traction.
- Skin traction is achieved by use of Velcro, tape, straps, boots, or splints, which is usually secured around the skin of affected extremity. [e.g., Buck's extension, Bryant's (Gallows') traction, cervical-halter traction, Dunlop's (side-arm) traction, pelvic belt and Russell's (balanced) traction].
- The pulling force 2 to 3.5 kg used on extremity and pelvic traction 4.5 to 9 kg.

1303. Russell's traction is a modification of:
(a) Bucks Traction (b) Skin traction
(c) Pelvic traction (d) Skeletal traction

Correct Option (a)

Traction	Use
Agnes Hunt	Hip flexion deformity correction
Buck's	Conventional skin traction
Crutchfield	Cervical spine injury
Dunlop	Supracondylar fracture of humerus
Gallow's	Fracture shaft femur
90°-90°	Fracture shaft femur
Perkin's	Tibial & femoral fractures
Russell's	Trochanteric & femoral shaft fracture

1304. The nurse evaluates the body part to be placed in traction every hour for the first 24 hours mainly to prevent the development of:
(a) Inflammation (b) Dislocation
(c) Neurovascular problem (d) Infection

CRPF Staff Nurse (SI) 2023
Correct Option (c)

1305. Patient with a fracture of the head of the femur is placed in buck's extension. The rationale for buck extension is:
(a) Prevent soft tissue trauma
(b) Reduces the need for POP cast application
(c) Prevent damage to surrounding nerves
(d) Reduces muscle spasm

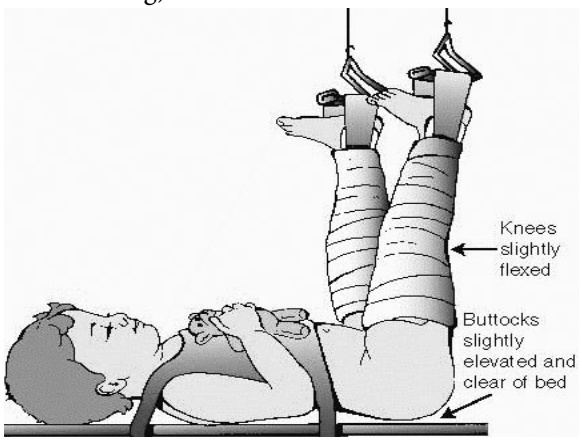
AIIMS Patna Staff Nurse 2015
Correct Option (d)

- Buck's (extension) skin traction is used to immobilize a fracture, maintain a straight pull, prevent hip flexion contractures and reduce muscle spasms.
- It is most commonly used for fractures of the hip, femur and knee injuries.

1306. Gallows traction is used for: FAQ
(a) Fracture shaft of femur
(b) Fracture neck of femur
(c) Fracture humerus
(d) Fracture tibia

OSSSC, Odisha Nsg. Officer 2023
Correct Option (a)

- Gallows (Bryant's) traction is a type of skin traction applied to both lower legs with the force pulling vertically with the hip flexed at 90° and knees extended.
- Buttocks are slightly elevated (15°) from the mattress to provide counter traction.
- It is mainly used in treating the fracture shaft of femur in children below 2 years of age (weight below 15 to 18 kg).



1307. A 2-year-old child is placed in Bryant traction for treatment of a fractured femur. The nurse develops a plan of care for the child. Which of the following is NOT a component of the plan?
(a) Place the child in a supine position
(b) Place the child supine with legs flexed slightly less than 90 degrees
(c) Ensure that the sacrum is resting on the mattress
(d) Ensure that use of a footplate to keep the traction straps away from child's ankles

RAK M.Sc. Nsg. Entrance 2011
Correct Option (c)

- Except option **'c'**, all other interventions are accurate. In Bryant traction, the sacrum should be off the mattress.

1308. An 18-months-old has a fractured femur and is in Bryant's traction. To evaluate correct application of the traction the nurse should note that:
(a) Child is being continuously and gradually pulled towards bottom of bed
(b) The child's buttocks are raised slightly
(c) The child's leg is a 45° angle to bed
(d) The child can move the unaffected freely

ET Intubation & Tracheostomy

1414. The endotracheal tube is put into the:
(a) Oesophagus (b) Stomach
(c) Trachea (d) Nasal Cavity
NPCIL Staff Nurse 2019
Correct Option (c)

- Endotracheal tube (ET) is a short-term artificial airway (10 to 14 days) and tracheostomy tube (long-term assistance) is inserted into the trachea to gain control of the airway.

1415. Identify the procedure shown in the image:

(a) Endotracheal intubation
(b) Tracheal intubation
(c) Oropharyngeal intubation
(d) Nasopharyngeal intubation
AIIMS Delhi Nsg. Officer 2019
Correct Option (a)

1416. Appropriate size of ET tube used in adults is:
(a) 2.5 - 4 mm (b) 8 - 9.5 mm
(c) 5 - 7 mm (d) 4 - 4.5 mm
Correct Option (b)

- ET tube size according to age:
  - Newborn (2 to 3 kg): 2.5 mm to 4 mm
  - Infant (0 to 1 year): 4 mm to 4.5
  - Children up to 10 year: 5 mm to 7 mm
  - Children above 10 year: 7 mm to 8 mm
  - Adults: 8 mm to 9.5 mm

1417. ET tube formula of uncuffed tube for child:
(a) (Age in years/3.5) + 4
(b) (Age in years/4) + 4
(c) (Age in years/4) + 3.5
(d) (Age in years/3.5) + 3.5
AIIMS (NORCET) Nsg. Officer 2022
Correct Option (b)

- ET tube formula (> 2 years):
  - Uncuffed tube = $\frac{Age\ in\ years}{4}$ + 4 mm
  - Cuffed tube = $\frac{Age\ in\ years}{4}$ + 3.5 mm
  - ET tube depth (lip): ETT size × 3

1418. What should be the size of the ET tube for a newborn weighing 2,000 to 3,000 gm? FAQ
(a) 3.0 (b) 2.5 (c) 4.0 (d) 3.5
AIIMS Bhopal Nsg. Officer 2018
Correct Option (d)

- Appropriate endotracheal tube size:

Inner diameter of tube (mm)	Weight (g)	Gestational age (wks)
2.5	<1000	<28
3.0	1000-2000	28-34
3.5	2000-3000	34-38
4.0	>3000	>38

1419. For tracheal intubation of a child of 6 years uncuffed tracheal tube of following size would be appropriate:
(a) 4 mm ID (b) 3 mm ID
(c) 5.5 mm ID (d) 6.5 mm 1D
BHU Nsg. Officer 2019
Correct Option (c)

- ET tube formula (> 2 years):
  Uncuffed tube = $\frac{Age\ in\ years}{4}$ + 4 mm
  6/4 + 4 mm = 5.5 mm

1420. Endotracheal intubation is used in:
(a) General anaesthesia (b) Spinal anaesthesia
(c) Regional anaesthesia (d) Local anaesthesia
NPCIL Staff Nurse 2019
Correct Option (a)

- Endotracheal intubation is insertion of an ET tube through the nose or the mouth into the trachea (using a laryngoscope as a guide) to maintain the airway, to administer oxygen or an anesthetic gas or to aspirate secretions.
- General anesthesia produced by volatile liquid agents or gases are used as inhalation anesthesia through ET intubation.

1421. For tracheal tube insertion in a newborn following is the combination of tube and laryngoscope blade:
(a) Cuffed tube with straight blade
(b) Uncuffed tube with straight blade
(c) Cuffed tube with curved blade
(d) Uncuffed tube with curved blade
BHU Nsg. Officer 2019
Correct Option (b)

1422. What is the instrument shown below?

(a) Urethral dilator (b) Tracheal dilator
(c) Aneurysm needle (d) None of the above
OSSSC, Odisha Nsg. Officer 2021
Correct Option (b)

1423. The healthcare provider is caring for a patient on a

AIIMS Delhi Nsg. Officer 2019
Correct Option (d)

1452. Contraindication of nasopharyngeal airway is:
(a) Sedated patient (b) Skull base fracture
(c) Unconscious (d) During dental procedures

AIIMS NORCET-6 (Prelims) Nsg. Officer 2024
Correct Option (b)

- Nasopharyngeal airway (NPA) is a hollow tube inserted into the nose and posterior pharynx.
- Absolute contraindications for NPA intubation include basilar skull fractures, facial trauma and disruption of the midface, nasopharynx, or roof of the mouth.

1453. Identify the device shown in the image:

(a) Venturi mask (b) Laryngeal mask airway
(c) Spirometer tube (d) Endotracheal tube

AIIMS (NORCET) Nsg. Officer 2021
Correct Option (b)

1454. A 7-year-old unconscious child arrived to ED. Which is the best way to assess the weight of child?
(a) Stadiometer (b) Manos tape
(c) Weight machine (d) Broselow tape

AIIMS NORCET-6 (Mains) Nsg. Officer 2024
Correct Option (d)

- Broselow tape is a color-coded length-based tape used to estimate a child's weight, ET/LMA size and emergency drugs based on length.
- It is designed for children up to 12 years old with a weight 36 kg.

End-of-Life Care

1455. The illness characterized by rapid onset of symptoms and that lasts for a short duration is known as a/an:
(a) Acute illness (b) Chronic illness
(c) Terminal illness (d) Age-related illness

DSSSB Nsg. Officer 2019
Correct Option (a)

1456. Acute illness refers to an illness that:
(a) Is longer than 6 months, and can also effect be functioning in any dimension
(b) Is synonymous with disease
(c) Has a short duration and is severe
(d) Causes and irreversible condition

AIIMS Nagpur Nsg. Officer 2020
Correct Option (c)

1457. What is the other term for recovery from an illness?
(a) Remission (b) Regression
(c) Reaction formation (d) Rationalization

RRB Staff Nurse 2019
Correct Option (a)

- Remission (also called recovery from illness) is a period when the disease is present but the person does not experience symptoms.

1458. The meaning of remission is:
(a) The symptoms reappear
(b) The severity of disease increases
(c) The person is clinically cured
(d) The disease is present, but the person does not experience symptoms

ESIC Staff Nurse 2019
Correct Option (d)

1459. Mrs. Geeta is caring for her 90-year-old mother-in-law at home. On a home visit, the nurse observes that Geeta is having symptoms of caregiver stress. Her plan will be to:
(a) Suggest shifting her mother-in-law to hospital
(b) Refer Mrs. Geeta to a psychiatrist
(c) Give Mrs. Geeta a sedative
(d) Plan respite care for Mrs. Geeta

GMCH Chandigarh Staff Nurse 2015
Correct Option (d)

- Respite care is a short-term, intermittent care, often for persons with chronic or debilitating conditions.
- One of the goals of respite care is to provide rest for family members or caregivers from the burden and stress of sustained caregiving (caregiver stress).

1460. Respite care refers to:
(a) End-of-life care
(b) Rehabilitation
(c) Part-time supervision of patients with chronic conditions
(d) Palliative care

AIIMS Bhopal Nsg. Officer 2018
Correct Option (c)

1461. Facilitating peaceful and supportive care in dying patient is called as:
(a) Euthanasia (b) Ambulatory care
(c) Hospice care (d) Intensive care

BHU Nsg. Officer 2024
Correct Option (c)

- Hospice care is an interdisciplinary program of palliative and supportive care and services that focus on the physical, spiritual, social, and economic needs of terminally ill patients (e.g., cancer patients) and their families.

1462. A Hospice facility has following principles:
(a) Death is not acceptable and the process of dying must be prolonged
(b) Pain relief is not a priority in terminally ill patients
(c) Bereavement care for family is not a part of this form of care

2

MEDICAL–SURGICAL NURSING INCLUDING ANATOMY & PHYSIOLOGY

"Every human being is the author of his own health or disease."

– Swami Sivananda Saraswati

Cell and Tissues

ANATOMY & PHYSIOLOGY

Cells

1. …… are the smallest functional units of the body:
(a) Cartilages (b) Tissues
(c) Cells (d) Fibres
HSSC Haryana Staff Nurse 2023
Correct Option (c)

- The cells are basic structural, functional and biological units of life.
- Human body is made up of about 100 trillion cells.

2. These are the basic units or building blocks of living organisms:
(a) Enzyme (b) Proton (c) Cells (d) Neutron
AIIMS Raipur Nsg. Officer 2019
Correct Option (c)

3. Robert Hooke discovered the cell in which year?
(a) 1665 (b) 1725 (c) 1545 (d) 1595
HPSSC Staff Nurse 2022
Correct Option (a)

4. Who proposed the "cell theory"?
(a) Schleiden & Schwann (b) Watson & Crick
(c) Mendel & Morgan (d) Robert Hooke
Correct Option (a)

5. Which of the following is NOT a feature of life?
(a) Growth (b) Responsiveness
(c) Reproduction (d) Organ System
BSF Staff Nurse 2014
Correct Option (d)

- Except organ system, other options are basic life processes that distinguish living from non-living.
- Six most important life processes of the human body are metabolism, responsiveness, movement, growth, differentiation and reproduction.
- Cell, tissue, organ, system and whole body are structural hierarchy or compositional systems of the body.

6. How many types of cells are known?
(a) One (b) Two (c) Three (d) Four
Correct Option (c)

- The three types of cells are known as prokaryotic, mesokaryotic and eukaryotic.

7. The……..occupies the central portion of the cell and is the main regulator of its activity:
(a) Pinocytic vesicle (b) Nucleus
(c) Nuclear membrane (d) Cytoplasm
CHO, Uttar Pradesh 2021
Correct Option (b)

8. The main difference between a prokaryotic cell and an eukaryotic cell is absence of:
(a) Plasma membrane (b) True nucleus
(c) Mitochondria (d) Flagella
AIIMS Jodhpur Senior Nsg. Officer 2018
Correct Option (b)

- Prokaryotic cells are the cells that do not have a true nucleus and membrane-bound organelles (e.g., bacterial and archaea cells).
- Eukaryotic cells are the cells that contain a true membrane-bound nucleus and organelles (e.g., animals, protozoa, fungi and plants cells).

9. Identify false statements from the following with regards to prokaryotes?
(a) Deoxyribonucleoprotein is absent
(b) Muramic acid is present
(c) Mitochondria, Golgi apparatus are present
(d) One chromosome is present
DSSSB Nsg. Officer 2019
Correct Option (c)

10. Which of the following is NOT assimilated by eukaryotic cells?
(a) Lactate (b) Sulfate (c) Nitrogen (d) Glucose
ESIC Staff Nurse 2019
Correct Option (c)

11. Cell membrane is: FAQ
(a) Semipermeable (b) Permeable
(c) Impermeable (d) Selectively-permeable
HPSSC Staff Nurse 2020
Correct Option (d)

- Cell membrane, also called the plasma membrane, consists of a lipid bilayer, made up of three types of lipids molecules-phospholipids (75%), cholesterol (20%) and glycolipids (5%).
- The fluid-mosaic model of the bimembrane or cell membrane proposed by SJ Singer and GL Nicolson.
- It helps in maintaining water and salt balance across membranes in the body is called osmoregulation.

12. What kind of substance cannot permeate the membrane by passive diffusion?
(a) Lipid-Soluble
(b) Non-ionized substances
(c) Hydrophobic substances
(d) Hydrophilic substances

(c) MMR genes (d) All of the above

Correct Option (a)

- Werner syndrome (adult progeria) is a premature aging disease caused by the mutation in the WRN gene (DNA helicase defect).
- Hutchinson-Gilford syndrome is a progressive genetic disorder (LMNA gene defect) that causes children to age rapidly.

80. The genetic exchange process in which donor DNA is introduced to the recipient by a virus is:

(a) Transfection (b) Transformation
(c) Conjugation (d) Transduction

ESIC Staff Nurse 2019
Correct Option (d)

- Transduction is a genetic recombination in bacteria in which DNA is carried from one bacterium to another a bacteriophage (a virus that infects bacteria).

81. Germ-line gene therapy is:

(a) Not heritable (b) Sometimes heritable
(c) Heritable (d) Unrelated to heritability

RRB Staff Nurse 2019
Correct Option (c)

- Germ-line gene therapy is used to modify the disease-causing genes in reproductive cells (sperm and ova) to get the future generations with healthy modified genes.
- The foreign DNA (gene) is integrated into cells by using a vector, a carrier of DNA, e.g., a virus.

82. Which of the following approaches is NOT used by doctors in gene therapy?

(a) Inactivating a mutated gene
(b) Activating a mutated gene
(c) Replacing a gene that causes a disease
(d) Introducing a new gene into body

CHO, Uttar Pradesh 2022
Correct Option (b)

Cell Division

83. Cell division is initiated by:

(a) Chromomere (b) Centrosome
(c) Centriole (d) Centromere

Correct Option (b)

- During cell division, centrosomes replicate so that succeeding generations of cells have the capacity for cell division.

84. In which phase of the cell cycle are the chromosomes inactive, condensed and not transcribed into messenger RNA?

(a) G1 phase (b) S phase (c) M phase (d) G2 phase

CHO, Haryana 2022
Correct Option (c)

- Cell cycle consists of two major phases: interphase (resting phase), when a cell is not dividing and the mitosis (M) phase, when a cell is dividing.
- Interphase is divided into 3 phases: G1 phase (gap 1), S phase (synthesis), G2 phase (gap 2).

85. Which of the following is a process of making new body cells?

(a) Apoptosis (b) Mitosis
(c) Protein synthesis (d) Meiosis

CHO, Uttar Pradesh 2022
Correct Option (b)

- Mitosis is a type of cell division of somatic cells (except gamete) in which each daughter cell contains the same number of chromosomes as the parent cell.
- It is a continuous process divided into **4 phases**, i.e., prophase, metaphase, anaphase and telophase.

86. Mitosis is a condition of:

(a) Cell breakdown
(b) Cell division without reduction
(c) Cell death
(d) Cell division with half chromosomes

BHU Staff Nurse 2015
Correct Option (b)

Mitosis	Meiosis
It occurs in somatic cells completes in one sequence	It occurs in germ cells completes in 2 sequence: meiosis I and II
2 daughter cells are formed	4 daughter cells are formed
Daughter cells are diploid	Daughter cells are haploid
No crossing over in chromosomes	Crossing over occurs in chromosomes
Daughter cells have same chromosomes as parent cell	Daughter cells have half the no. of chromosomes as parent cells
Equation division	Reduction division

87. The type of cell division that occurs in reproductive cells is:

(a) Mitosis (b) Cell division (c) Meiosis (d) All of these

CHO, Madhya Pradesh 2020
Correct Option (c)

- Meiosis is a type of cell division (producing gametes like sperm or egg) in which the daughter cell contains half the number of chromosomes (haploid) in somatic cells.

88. In meiosis how many daughter cells are produced?

(a) 8 (b) 6 (c) 4 (d) 2

HPSSC Staff Nurse 2022
Correct Option (c)

89. What is the correct sequence of mitosis? FAQ

(a) Prophase, Metaphase, Anaphase, Telophase
(b) Metaphase, Anaphase, Prophase, Telophase
(c) Telophase, Anaphase, Prophase, Telophase
(d) Anaphase, Prophase, Metaphase, Telophase

- Features of slow and fast muscles:

Slow-twitch muscle fibres	Fast-twitch muscle fibres
Type I fibres	Type II fibres
Slow oxidative fibres	Fast glycolytic fibres
More myoglobin, so **red**	Less myoglobin, so **pale**
High blood supply	Low blood supply
More mitochondria	Less mitochondria
Endurance type activities	Strength/anaerobic type activities
Fatigue slowly (e.g., back & gastrocnemius muscles)	Fatigue quickly (e.g., ocular and hand muscles)

132. What is the main source of energy for cardiac muscle?

(a) Glucose (b) Protein (c) Fat (d) Lactic acid

RRB Staff Nurse 2015

Correct Option (c)

- Fatty acids are the main source of energy for cardiac muscle, although ketone bodies and lactate can serve as fuel for heart muscle.
- In fact, heart muscle consumes aceto-acetate in preference to glucose (there is no glycogen store in the heart muscle).

133. When a muscle relaxes which of the following occurs:

(a) All the ATP is used up
(b) The actin binding sites are saturated
(c) The nerve stimulus is forceful
(d) The nerve stimulus is removed

IGNOU B.Sc. (PB) Nsg. Entrance 2016

Correct Option (d)

134. Out of the "chemical forces" or bonds listed below, the strongest one is:

(a) Van der Waals (b) Dipole
(c) Covalent (d) Hydrophobic

RRB Staff Nurse 2015

Correct Option (c)

- Covalent bonds and ionic are stronger bonds, whereas Van Der Waals (dispersion forces), dipole and hydrogen bonds are weaker bonds.

135. An energy consuming process by which cells of the human body absorb molecules (such as proteins) by engulfing them is called:

(a) Lipid diffusion (b) Aqueous diffusion
(c) Exocytosis (d) Endocytosis

RRB Staff Nurse 2015

Correct Option (d)

- Endocytosis is a process of ingestion of a foreign substance by a cell, e.g., phagocytosis.
- Phagocytosis is the process by which phagocytes (neutrophils, monocytes and macrophages) engulf and destroy microorganisms, other foreign antigens and cell debris.
- Exocytosis is the discharge of particles from a cell.

136. Which of the following branches of science deals with the study of normal structure, shape, size and location of the various parts of the body?

(a) Oncology (b) Physiology
(c) Otolaryngology (d) Anatomy

CHO, Uttar Pradesh 2021

Correct Option (d)

137. A plane that passes through the middle-line of the body and divides it into equal right and left sides is called:

(a) Oblique plane (b) Para-sagittal plane
(c) Mid-sagittal plane (d) Coronal plane

ESIC Staff Nurse 2019

Correct Option (c)

- There are **four** human body planes:
  - Sagittal plane: A vertical plane that divides the body or an organ into right & left sides. It may be mid-sagittal or median plane (a plane passes through midline of the body or an organ and divides it into equal right and left sides) or para-sagittal plane (does not pass through midline, so divides the body or an organ into unequal right and left sides).
  - Frontal (coronal) plane: It divides the body or an organ into anterior (front) and posterior (back) portions.
  - Transverse (cross-sectional or horizontal) plane: It divides the body or an organ into superior (upper) and inferior (lower) portions.
  - Oblique plane: It passes through the body or an organ at an oblique angle (any angle other than a 90° angle).

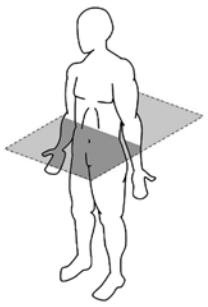
138. Which plan divides the brain into unequal right and left portions?

(a) Frontal plane (b) Transverse plane
(c) Mid-sagittal plane (d) Para-sagittal plane

SCTIMST Trivandrum Staff Nurse 2010

Correct Option (d)

139. Identify the anatomical plane:



(a) Sagittal plane (b) Transverse plane
(c) Frontal plane (d) Coronal plane

AIIMS Delhi Nsg. Officer 2019

Correct Option (b)

Hematological System

ANATOMY & PHYSIOLOGY

Components of Blood

1. The approximate volume of blood in a normal adult male is:

(a) 10 Ltr (b) 2 Ltr (c) 5 Ltr (d) 8 Ltr

AIIMS Bhopal Nsg. Officer 2018

Correct Option (c)

- Physical characteristics of blood:

Features	Normal Value
Colour	Bright red (O_2-rich) and dark red (O_2-poor)
Volume	5-6 L (males); 4-5 L (females); 450 mL (newborn)
Viscosity	4-5 times more viscous than water
Temperature	38° C (100.4° F)
pH	7.35-7.45 (slightly alkaline)

2. The normal pH of blood is: FAQ

(a) 9.01 – 9.99 (b) 6.35 –6.45

(c) 7.35 – 7.45 (d) 7.50 –7.60

JSSHS Delhi Nsg. Officer 2019

AIIMS Jodhpur Senior Nsg. Officer 2018

Correct Option (c)

3. The pH of arterial plasma in healthy individuals is:

(a) 7.5 (b) 7.6 (c) 7.4 (d) 7.2

AIIMS Bhubaneswar SNO 2019

Correct Option (c)

4. Blood is a:

(a) Acidic Solution (b) Basic Solution

(c) Buffer Solution (d) Neutral Solution

HPSSC Staff Nurse 2016

Correct Option (c)

- Buffer solution is an aqueous solution of a mixture of a weak acid & its salt (acid buffer, e.g., carbonic acid) or a weak base with its salt (basic buffer, e.g., sodium bicarbonate) for maintaining a constant pH, especially of the blood.
- The 3 main buffer systems of the body fluids are protein buffer system, carbonic acid-bicarbonate buffer system and phosphate buffer system.
- The protein buffer system is the most abundant buffer in intracellular fluid (ICF) and blood plasma. For example, the protein haemoglobin is a good buffer within the RBCs and albumin is the main protein buffer in blood plasma.

5. pKa of the amino group of glycine is 9.6. The pH range at which glycine can be used as effective buffer due to its amino group is:

(a) 7.6 to 9.6 (b) 8.6 to 10.6

(c) 9.6 to 11.6 (d) 10.6 to 12.6

CHO, Himachal Pradesh 2022

Correct Option (b)

6. The blood contains:

(a) 90% of water (b) 80% of water

(c) 95% of water (d) 60% of water

LNJP Delhi Staff Nurse 2013

Correct Option (d)

- Blood contains 50 to 60% (average 55%) a clear, straw-coloured liquid is called plasma.
- Blood plasma contains 91.5% water and 8.5% solutes (mainly plasma proteins).

7. Match List-I with List-II and select the correct answer from the codes given below the lists:

List-I (Cell type)	List-II (Function)
A. Red Blood Cell	1. Help blood to clot
B. White Blood Cell	2. Fight infection
C. Platelets	3. Carrier or dissolved substances
D. Plasma	4. Transport oxygen

(a) A-3, B-2, C-1, D-4 (b) A-3, B-1, C-2, D-4

(c) A-4, B-2, C-1, D-3 (d) A-4, B-1, C-2, D-3

Correct Option (c)

- Blood (fluid of life or growth or health) is a connective tissue and has two components, i.e., 55% blood plasma and 45% formed elements or cells (RBC, WBC and platelets).
- Blood plasma contains water (91.5%), plasma proteins (7%) and other solutes (1.5%) like inorganic salts, hormones, gases, waste material, nutrients, etc.

8. Plasma of the blood is made up of:

(a) Protein and salt (b) Water

(c) Protein, water and salt (d) Carbohydrate

CHO, Uttar Pradesh 2022

Correct Option (c)

9. The maximum amount of carbon dioxide in the human body is transported as:

(a) Bicarbonate (b) Carbide

(c) Amylase (d) None of the above

UPUMS, Saifai Nsg. Officer 2024

Correct Option (a)

10. Which of the following is NOT a type of blood cell?

(c) Early normoblast stage
(d) Pronormoblast stage

UPUMS, Saifai Staff Nurse 2023
Correct Option (b)

34. Normal reticulocyte count of blood is:
(a) 1 to 2% (b) 5% (c) 10% (d) 25%

BSF Staff Nurse 2015
Correct Option (a)

- Reticulocyte is the last immature stage of RBCs and develops into mature RBCs within 1 to 2 days after their release from red bone marrow.
- Normal reticulocyte count of blood is about 0.5 to 1.5% of all RBCs.
- In newborn babies, the reticulocyte count is 2% to 6% of RBCs.
- Miller disc method is used for reticulocyte counting.

35. The most important function of RBC is:
(a) To act as anti-parasite and anti-allergen
(b) To transport O_2 from lungs to the tissues
(c) To prevent bleeding by haemostasis
(d) To provide first-line of defence

UPUMS, Saifai Staff Nurse 2023
Correct Option (b)

36. The normal newborn hemoglobin level is: FAQ
(a) 17-20 g/dL (b) 12-14 g/dL
(c) 10-12 g/dL (d) 20-25 g/dL

AIIMS Bhubaneswar SNO 2019
Correct Option (a)

- Normal levels of haemoglobin (Hb) are 18-20 gm/dL at birth, 17 gm/dL at one year, 15 gm/dL as an adult male and 14 gm/dL as an adult female.

37. The average Hb content of human blood is:
(a) 18-23 gm/dL (b) 14-16 gm/dL
(c) 8-10 gm/dL (d) 16-20 gm/dL

DSSSB PHN 2015
Correct Option (b)

38. Identify the given below image:

(a) Sahli's Hemoglobinometer
(b) Sphygmomanometer
(c) Thermometer
(d) Nebulizer

CHO, Madhya Pradesh 2024
Correct Option (a)

39. Arrange the steps for the estimation of HB through Sahli's Haemoglobinometer in the correct order:

A. Ensure cleanliness and dryness of the hemoglobinometer tubes and pipette
B. Fill the hemoglobinometer tube with N/10 HCl up to its lowest mark (2 g% or 10%) using a dropper
C. Draw blood up to the mark in the Sahli's pipette (20 µl), wipe off excess blood and transfer it to the N/10 HCl in the haemoglobin tube
D. Allow it to sit for 10 minutes for complete haemoglobin to hematin conversion
E. Add distilled water drop by drop, stirring until the colour matches the standard glass of the comparator
F. Read the haemoglobin concentration at the lower meniscus, providing the concentration in 100 mL of blood

(a) ABCDEF (b) AFDCEB
(c) FEADCB (d) DCEFBA

CHO, Madhya Pradesh 2024
Correct Option (a)

40. Haemoglobin is a type of:
(a) Carbohydrate (b) Respiratory pigment
(c) Skin pigment (d) Vitamins

RML Delhi Staff Nurse 2011
Correct Option (b)

- The term "respiratory pigment" refers to any pigment such as hemoglobin, myoglobin (oxygen-binding pigment in muscles) and neuroglobin (oxygen-binding pigment in brain) that has a part in the metabolism of oxygen within the body.

41. Which one of the following is an example of chromoprotein?
(a) Haemoglobin (b) Mucin
(c) Glutenin (d) Casein

DSSSB Nsg. Officer 2019
Correct Option (a)

42. Which of the following is correct concerning fetal hemoglobin (HbF)?
(a) HbF is present only in fetal life
(b) HbF is composed of 2 alpha and 2 gamma subunits
(c) HbF has decreased oxygen carrying capacity
(d) HbF is composed of 2 alpha & 2 beta subunits

BHU Nsg. Officer 2019
Correct Option (b)

- Fetal hemoglobin (Hb present in RBC of fetus) has better oxygen-binding capacity than adult Hb.
- Adult hemoglobin composed of two α- (alpha) chains and two β- (beta) chains and fetal hemoglobin composed of two α- (alpha) chains and two γ- (gamma) chains.

43. Normal adult hemoglobin contains:
(a) One alpha chains and one beta chains
(b) One alpha chains and two beta chains
(c) One beta chains and two alpha chains

(a) Antigen B (b) Antigen O
(c) Antigen A & B (d) Antigen A

NHM, U.P. Staff Nurse 2023
Correct Option (c)

- ABO blood groups:

Blood Group	Antigens in RBCs	Antibodies in Plasma/Serum	Genotype(s)
A	A	Anti-B (β)	AA or AO
B	B	Anti-A (α)	BB or BO
AB	A and B	No antibody	AB
O	No antigen	Anti-A & Anti-B	OO

120. Which of the following blood group is a universal acceptor? FAQ
(A) AB+ (b) A (c) B (d) O-

CHO, Rajasthan 2023
Correct Option (a)

- People with 'AB' positive blood groups (contains no antibodies in the plasma) are considered as universal recipients (UR).
- For haemolytic reaction recipients antibodies react with the donor's antigen.

121. An individual with which of the following blood groups is a universal donor? FAQ
(a) A –ve (b) AB +ve (c) B +ve (d) O –ve

AIIMS Patna Nsg. Officer 2020
Correct Option (d)

- People with 'O' negative blood groups (contains no antigen on the RBC) are considered a universal donor (UD).

122. Which of the blood group person is called a universal donor? FAQ
(a) O (b) AB (c) B (d) A

AIIMS Jodhpur Nsg. Tutor 2022
Correct Option (a)

123. A patient of hemorrhagic shock requires blood transfusion. His blood group is B+ve. Blood bank informed that following blood group blood is available. Which blood can be used?
(a) A+ (b) AB- (c) AB+ (d) O+

NCL Singrauli Staff Nurse 2020
Correct Option (d)

124. If father and mother are possessing Rh +ve and R-ve respectively, their children will have the blood group with:
(a) Rh +ve (b) Rh -ve
(c) Rh neutral (d) None of these

RRB Chandigarh Staff Nurse 2015
Correct Option (d)

- If father and mother are possessing Rh+ve and Rh-ve respectively, their children will have the chance of both Rh+ve and Rh-ve blood group.

125. An individual whose blood type is B may in emergency donate blood to a person whose blood type is:
(a) B or A (b) AB or A (c) A or O (d) AB or B

RUHS M.Sc. Nsg. Entrance 2014
Correct Option (d)

- In an emergency, a person with blood group B may donate blood to person with blood group B and AB.

126. If the blood group of mother and father is B and AB respectively, which blood group will NOT occur in their offspring?
(a) A (b) AB (c) B (d) O

RPSC (Raj.) Staff Nurse 2007
Correct Option (d)

- Because one parent (father) has the blood group AB, so it is not possible to form O blood group (blood group without A and B antigens on their RBCs).
- Inheritance of ABO groups:

Gene from parents	Blood group of offspring	Genotype of offspring
A+A A+O	A	AA or AO
B+B B+O	B	BB or BO
A+B O+O	AB O	AB OO

HEMATOLOGICAL DISORDERS

Anemia

127. The term decrease number of RBC is: FAQ
(a) Anemia (b) Polycythemia
(c) Leukemia (d) Thrombocytopenia

AIIMS (NORCET) Nsg. Officer 2021
Correct Option (a)

- Anemia is defined as either a decrease in RBCs or hemoglobin or hematocrit.
- It is caused by several factors: nutrient deficiency (e.g., iron, vitamin B_{12} and folic acid), infections (e.g., malaria, parasites, TB, HIV), chronic diseases, inherited RBC disorders, etc.

128. Deficiency of which causes anaemia:
(a) Fe^{2+} (b) Vitamin B12
(c) Folic acid (d) All of the above

ESIC Delhi Staff Nurse 2009
Correct Option (d)

129. The WHO cut-off points for the diagnosis of anemia in pregnant adult women is: FAQ
(a) 10 gm% (b) 11 gm% (c) 12 gm% (d) 13 gm%

JIPMER Staff Nurse 2017
Correct Option (b)

- WHO cut-off points for diagnosis of anemia: Hb level <13 g/dL in adult man; <12 g/dL in adult woman (non-pregnant); <11 g/dL in adult woman (pregnant); <11 g/dL in children 6 months to 6 years and <12 g/dL in children 6 to 14 years.

240. The nurse cares for a patient with leukaemia. The patient tells the nurse that he is having abdominal pain. The nurse understands that the abdominal pain is due to: FAQ
(a) Persistent vomiting
(b) Intra-abdominal bleeding
(c) Hepatosplenomegaly
(d) Side effects of drugs

AIIMS Jodhpur Nsg. Tutor 2021
Correct Option (c)

241. The nurse is assessing a client with chronic myeloid leukemia (CML). The nurse should assess the client for:
(a) Lymphadenopathy (b) Hyperplasia of the gum
(c) Shortness of breath (d) Bone pain

Correct Option (c)

242. Gold standard in the diagnosis of leukemia is: FAQ
(a) Blood culture & sensitivity (b) Bone X-Ray
(c) Bone marrow biopsy (d) Bone biopsy

RUHS B.Sc. (PB) Nsg. Entrance 2018
Correct Option (c)

- Definitive test for leukemia is microscopic examination of cells obtained from bone marrow aspiration and biopsy.
- Immature blast cells (immature leukocytes; more than 20%) is a hallmark of the diagnosis.

243. Which of the following is used as a diagnostic test for CML?
(a) FISH (b) BMB (c) LAP score (d) Karyotyping

Correct Option (a)

- In CML, fluorescence in situ hybridization (FISH) and/or PCR is used determine the Philadelphia chromosome or BCR-ABL1 oncoprotein.

244. As part of the preparation for a bone marrow aspiration, the nurse would: FAQ
(a) Explain the procedure to the patient and have the patient sign a consent form
(b) Tell the patient that no anaesthetic can be given because it interferes with the quality of the sample
(c) Show the patient the location of the posterior iliac crest where the sample will be taken
(d) Discuss the need to remain on bed rest for 6 to 8 hours after the procedure to prevent bleeding

RUHS M.Sc. Nsg. Entrance 2013
Correct Option (a)

- Procedure for bone marrow aspiration/biopsy:
  - It is an invasive procedure under local anesthesia, used to remove a small volume (5 mL) of tissue (bone marrow biopsy) and fluid filled with blood cells (bone marrow aspiration) from the central core of a bone by a large-bore needle (e.g., **Jamshidi needle**).
  - Its sites are posterior superior iliac crest (**preferred site**), anterior iliac crest and sternum are alternative sites in adult/children and tibial tuberosity in infants.
  - Informed consent is obtained before procedure.
  - Its indications are to diagnose blood disorders such as cancer, aplastic anemia and infectious diseases that affect bone marrow depression.

245. A child with leukemia having nausea should be offered:
(a) Cold clear fluid (b) Warm clear fluid
(c) Low protein diet (d) Low calorie diet

RUHS M.Sc. Nsg. Entrance 2016
Correct Option (a)

- Leukemia patients should provide small, frequent meals with high-calories, high-proteins and high-carbohydrates that require little chewing like cold clear fluid.

246. Which of these beverages can be given to a child with leukemia if nausea occurs?
(a) Orange juice (b) Weak tea
(c) Plain water (d) Carbonated beverage

IGNOU B.Sc. (PB) Nsg. Entrance 2016
Correct Option (c)

247. You are caring for a ten-year-old with ALL, who underwent a bone marrow transplant. To provide a safe effective care environment what would be included in a plan of care:
(a) Rectal temperature every four hourly to monitor for infection
(b) Encourage the child to go to play room to limit isolation
(c) Use of egg crate or other pressure reducing mattress
(d) Inserts a Foley's catheters to monitor output

RAK M.Sc. Nsg. Entrance 2014
Correct Option (c)

- Use of egg crate or other pressure reducing mattress to reduce the pressure on pressure points that helps to prevent pressure sore.
- Other activities like rectal temperature, urinary catheterization and not maintaining strict isolation are contraindicated in bone marrow transplant patients.

248. A 4-year-old newly diagnosed with leukemia, is placed on bed rest. While assisting with morning care, the nurse notes bloody expectorant after the child has brushed the teeth. The nurse should first:
(a) Secure a smaller toothbrush for the child
(b) Tell the child to be more careful while brushing the teeth
(c) Record and report the incident without alarming the child
(d) Rinse the child's mouth with half-strength hydrogen peroxide

Cardiovascular System

ANATOMY & PHYSIOLOGY

Heart

1. The……system comprises the heart, blood, and blood and lymph vessels:
(a) Circulatory (b) Skeletal
(c) Cartilage (d) Muscular
CHO, Uttar Pradesh 2021
Correct Option (a)

2. The heart is developed from which embryonic structure?
(a) Paraxial mesoderm
(b) Intermediate mesoderm
(c) Splanchnopleuric intraembryonic mesoderm
(d) Somatopleuric intraembryonic mesoderm
HPSSC Staff Nurse 2022
Correct Option (c)

3. The apex of the heart is formed mostly by:
(a) Central ventricle (b) Left ventricle
(c) Right atrium (d) Left atrium
AIIMS Patna Nsg. Officer 2020
Correct Option (b)

4. The fibroserous sac that covers the heart is called:
(a) Endocardium (b) Epicardium
(c) Myocardium (d) Pericardium
CHO, Madhya Pradesh 2022
Correct Option (d)

- Heart wall is consists of **three** layers:
  - Pericardium (outermost layer) is made up of two parts**:** outer fibrous tissue and inner double layer of serous membrane (i.e., outer parietal pericardium and inner visceral pericardium/ epicardium).
  - Myocardium (middle layer) is the thick (95% of the heart wall) and functional muscular layer formed by cardiac muscle fibers.
  - Endocardium (innermost layer) is a thin and smooth membrane formed by squamous epithelium (called endothelium) that lines the chambers of the heart and is continuous with the lining (intima) of the arteries and veins.

5. Human heart is protected by a double-walled membranous bag, known as:
(a) Mesocardium (b) Pericardium
(c) Endocardium (d) Atria
NHM, Rajasthan Staff Nurse 2024
Correct Option (b)

6. The innermost layer of the heart is called: FAQ
(a) Myocardium (b) Endocardium
(c) Epicardium (d) Pericardium
RRB Staff Nurse 2019
Correct Option (b)

7. What is the normal amount of pericardial fluid?
(a) 5-10 mL (b) 20-50 mL
(c) 50-100 mL (d) 100-150 mL
Correct Option (b)

8. Which of the below is NOT a function of the fibrous skeleton of the heart?
(a) Acts as a point of insertion for cardiac muscle fibers
(b) Forms structural foundation for heart valve
(c) Conducts impulses from atria to ventricles
(d) Prevents overstretching of the valves
ESIC Staff Nurse 2019
Correct Option (c)

- Fibrous skeleton of the heart (**cardiac skeleton**) consists of four dense connective tissue rings that surround the valves of the heart, fuse with one another and merge with the interventricular septum.
- It prevents overstretching of the valves as blood passes through them and serves as a point of insertion for bundles of cardiac muscle fibers.
- It acts as an electrical insulator between the atria and ventricles.

9. The sinus venarum and the atrium meet at the muscular ridges called:
(a) Crista terminalis (b) Fossa ovalis
(c) Venae cordis minimae (d) Auricle
CHO, Uttar Pradesh 2022
Correct Option (a)

10. Cardiac muscle differ from skeletal muscle by: FAQ
(a) It contains actin and myosin
(b) It has automaticity and conductivity
(c) It needs calcium for contraction
(d) It thrives without oxygen
JIPMER Staff Nurse 2013
Correct Option (b)

- Cardiac muscle differs from skeletal muscle in that it has the ability to produce its own impulses regularly is called rhythmicity (autorhythmicity or self-excitation).

branches and the Purkinje fibers.

- The velocity of impulses is maximum in Purkinje fibers and minimum at AV nodes.

44. What is the total period of one cardiac cycle? FAQ

(a) 1.8 sec (b) 0.1 sec (c) 1.2 sec (d) 0.8 sec

AIIMS Rishikesh ANS 2023

Correct Option (d)

- The normal cardiac cycle lasts about 0.8 second with the heart beating approximately 60 to 85 bpm (average 72/min) in the adult at rest.
- It consists of atrial systole (contraction of the atria) lasts about 0.1 second, ventricular systole (contraction of the ventricles) 0.3 second and complete cardiac diastole (relaxation of the atria and ventricles) 0.4 second.

45. Each beat of human heart is completed in:

(a) 85 sec (b) 8.5 sec (c) 0.85 sec (d) 5.8 sec

HPSSC Staff Nurse 2016

Correct Option (c)

ECG

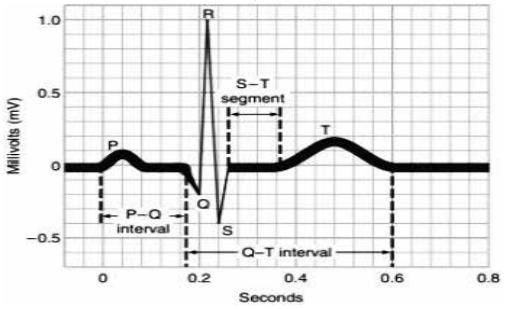
46. Electrocardiogram is: FAQ

(a) Recording of brain wave activity
(b) Recording of heart activity
(c) Recording of peristalsis
(d) None of the above

ESIC Delhi Staff Nurse 2012

Correct Option (b)

- Electrocardiogram (ECG) is the graphic recording of the heart's electrical activity at a speed of 25 mm/sec.
- It is represented by a waveform, called P, Q, R, S and T (sometimes U).
- It was developed first by Willem Einthoven.



47. Normal PR interval in ECG is:

(a) 0.20-0.35 sec (b) 0.30-0.45 sec
(c) 0.35-0.40 sec (d) 0.12-0.20 sec

Kerala PSC Staff Nurse 2014

Correct Option (d)

- ECG waveforms and cardiac activity:

Description	Duration	Cardiac activity
P-wave	0.06-0.11 sec	Atrial depolarization
QRS complex	0.08-0.10 sec	Ventricular depolarization
T-wave	0.16 sec	Ventricular repolarization
ST-segment	0.12 sec	Time between ventricular depolarization & repolarization
PR-interval	0.12-0.20 sec	Delay at AV node

48. In a person having normal ECG report findings. The sinus rhythm starts in the:

(a) SA node (b) Purkinje fibers
(c) AV node (d) None of these

CHO, Madhya Pradesh 2022

Correct Option (a)

- Normal sinus rhythm (NSR) refers to the normal heart beat originating from the SA node, manifested as an upright P wave in lead II of the ECG.

49. In relation to the conduction pathway of the human heart, a normal 12 lead ECG consists of waves known as P, Q, R, S and T; which wave reflects the atrial depolarisation? FAQ

(a) QRS (b) U (c) T (d) P

UPUMS, Saifai Staff Nurse 2023

Correct Option (d)

- 'P' wave is a positive wave and the first wave in ECG.
- It is also called an atrial complex.
- It is produced due to the atrial depolarization (atrial contraction).
- Its normal duration is 0.1 second and amplitude is 0.1 to 0.12 mV.

50. QRS complex occurs due to: FAQ

(a) Atrial depolarization
(b) Ventricular depolarization
(c) Ventricular repolarization
(d) Conduction through AV nodes

RUHS M.Sc. Nsg. Entrance 2017

Correct Option (b)

- The QRS complex represents ventricular depolarization (ventricle contraction).
- Normal duration of 'QRS' complex is between 0.08 and 0.10 second.

51. The T wave in ECG represents:

(a) Total time for ventricular depolarization
(b) Time needed for sinus node stimulation
(c) Repolarization of Purkinje fibres
(d) Ventricular repolarization

AIIMS Jodhpur Senior Nsg. Officer 2023

Correct Option (d)

- T wave in ECG represents ventricular repolarization (when cells regain negative charge, also called the resting state).

52. In the ECG, the:

I. T wave is due to ventricular repolarization
II. QRS complex follows the onset of ventricular depolarization
III. PR interval denote AV delay
IV. RT interval related to ventricular action potential duration

(a) I, II, III are correct (b) I & III are correct
(c) I & IV are correct (d) All four are correct

ISRO Sriharikota Staff Nurse 2024
Correct Option (d)

53. In ECG, QRS complex axis is -30° to -60° (left axis deviation). This is seen in:
(a) Left ventricular hypertrophy
(b) Right ventricular hypertrophy
(c) Complete heart block
(d) Left atrial enlargement

ISRO Sriharikota Staff Nurse 2024
Correct Option (a)

54. Which of the following represents lead III of electrocardiography? FAQ
(a) Right leg to left arm (b) Right leg to right arm
(c) Left leg to right arm (d) Left leg to left arm

SCTIMST Trivandrum Staff Nurse 2010
Correct Option (d)

- Bipolar limb leads (standard limb leads) means any lead that consists of one electrode at one body site and another at a different site.
- Standard limb leads are of **3 types**:
  - Limb lead I**:** Negative terminal to the right arm and positive terminal to the left arm (use only both arms).
  - Limb lead II**:** Negative terminal to the right arm and positive terminal to the left leg (used into diagonal direction).
  - Limb lead III**:** Negative terminal to the left arm and positive terminal to the left leg (both into left side).

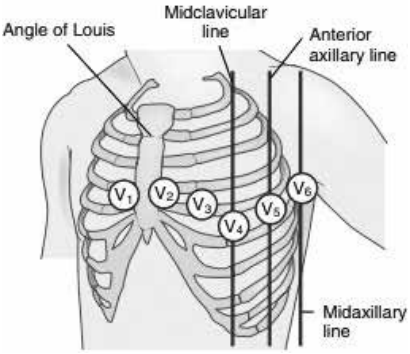
55. Match List-I with List-II: FAQ

List-I (ECG Leads)	List-II (Placement Position)
A. V2	I. 5th ICS, left mid-axillary line
B. V4	II. 5th ICS, left anterior axillary line
C. V5	III. 5th ICS, left mid-clavicular line
D. V6	IV. 4th ICS, left margin of sternum

Choose the **correct** answer:
(a) A-IV, B-III, C-I, D-II (b) A-I, B-II, C-IV, D-III
(c) A-III, B-IV, C-II, D-I (d) A-IV, B-III, C-II, D-I

BHU Nsg. Officer 2024
Correct Option (d)

- Unipolar chest leads or V (vector) leads are active electrode are placed on 6 places over chest:
  - **V1 –** 4th ICS, right sternal border.
  - **V2 –** 4th ICS, left sternal border.
  - **V3 –** Midway between V2 and V4.
  - **V4 –** 5th ICS, left mid-clavicular line.
  - **V5 –** 5th ICS, left anterior axillary line.
  - **V6 –** 5th ICS, left mid-axillary line.



56. The 12-lead ECG is used to diagnose:
a. Dysrhythmias and conduction abnormalities
b. Chamber enlargement and injury
c. Myocardial ischemia & conduction abnormalities
d. Pulmonary edema and heart failure
(a) a, b, c (b) b, c, d (c) a, b, d (d) a, c, d

AIIMS Raipur Staff Nurse 2017
Correct Option (a)

- Standard 12-lead ECG may show structural changes, conduction disturbances, damage (e.g., ischemia, infarction), electrolyte imbalance, or drug toxicity and also helpful in the assessment of dysrhythmias.

57. The monitor used to continuously record the ECG while patient is ambulatory and performing daily activity: FAQ
(a) Holter monitor (b) Electro physiologic study
(c) ECG machine (d) Cardiac monitor

NHM, M.P. Staff Nurse 2022
Correct Option (a)

- Holter monitoring is recording of ECG rhythm for 24-48 hr and then correlating rhythm changes with symptoms and activities recorded in diary and can be compared with the occurrence of dysrhythmias.

58. A shortened PR interval, slurring (called a delta wave) of the initial QRS deflection and prolonged QRS duration are characteristics of:
(a) Wolff-Parkinson-White (WPW) syndrome
(b) Myocardial ischemia
(c) Atrial tachycardia
(d) Left bundle branch block

AIIMS Jodhpur Senior Nsg. Officer 2023
Correct Option (a)

Blood Vessels

59. Blood vessel which connects artery and vein:
(a) Venules (b) Arteriole (c) Capillary (d) Sinus

WCL Staff Nurse 2019
Correct Option (c)

- Five main types of blood vessels are arteries, arterioles, capillaries, venules (smallest form of vein) and veins.

85. Where does the lymph drain from the right lung?
(a) Paratracheal and upper bronchopulmonary nodes
(b) Bronchopulmonary lymph nodes
(c) Paratracheal bifurcation nodes
(d) Tracheobronchial nodes

CHO, Uttar Pradesh 2022
Correct Option (b)

86. Which technique used to palpate lymph nodes:
(a) Press nodes by both hand index finger
(b) Rotate two finger pads in circular motion
(c) Fell the defect by back of hands
(d) Use all four fingers in horizontal motion

DSSSB Nsg. Officer 2019
Correct Option (b)

87. The purpose of lymph nodes is to trap:
(a) Antigens (b) Macrophages
(c) Hormones (d) RBCs

JIPMER Staff Nurse 2013
Correct Option (a)

- Lymph nodes are about 600 bean-shaped lymphoid organs that lie at intervals along the lymphatic vessels, which filter lymph.
- A lymph flows through lymph nodes, antigens (cellular debris and pathogens) trapped and destroyed by macrophages by direct phagocytosis.

88. Buboes are:
(a) Enlarged tender lymph nodes
(b) Enlarged tender arteries
(c) Enlarged bones
(d) Tender muscles

UPRVUNL, U.P. Staff Nurse 2021
Correct Option (a)

Hemodynamic Monitoring

89. Infants undergoing cardiac surgery require meticulous preoperative assessment of their hemodynamic and thus dehydration must be avoided in patients. Hemodynamic means:
(a) Dynamics of blood flow
(b) Dynamics of nervous system
(c) Dynamics of breathing
(d) Dynamics of muscle movements

CHO, Madhya Pradesh 2024
Correct Option (a)

- Hemodynamic monitoring parameters:

Parameter	Normal range
CVP/Right atrial pressure (RAP)	2-8 mm Hg
Right ventricular pressure (RVP) • Systolic (RVSP) • Diastolic (RVDP)	 15-30 mm Hg 2-8 mm Hg
Pulmonary artery pressure (PAP) • Systolic (PASP) • Diastolic (PADP)	 15-30 mm Hg 8-15 mm Hg
JVP (jugular venous pressure)	6-8 cm H_2O
Portal venous pressure	8-12 mm Hg
PAWP (pulmonary artery wedge pressure) or left artrial pressure	4-12 mm Hg
Pulmonary artery occlusion pressure (PAOP)	6-12 mm Hg
MAP (mean arterial pressure)	70-105 mm Hg
Arterial PO_2	100 mm Hg
Arterial O_2 saturation (SaO_2)	95-100%
Central venous saturation ($ScvO_2$)	≥70%
Cardiac output (CO)	4-8 L/min
Cardiac index (CI)	2.5-4.0 L/min/m^2

90. Average systolic blood pressure (BP) in healthy adult is:
(a) 150-160 mmHg (b) 100-140 mmHg
(c) 140-170 mmHg (d) 160-170 mmHg

IGNOU B.Sc. (PB) Nsg. Entrance 2019
Correct Option (b)

- Normal systolic pressure is 120 mm Hg (110 mm Hg to 140 mm Hg) and diastolic pressure is 80 mm Hg (60 mm Hg to 80 mm Hg).

91. Blood pressure in lower limb is recorded from:
(a) Internal pudendal artery (b) Tibial artery
(c) Popliteal artery (d) Femoral artery

Correct Option (c)

92. The lowest pressure that occurs when the heart is at its resting period, just before the contraction of the left ventricle is known as:
(a) Diastolic pressure (b) Hypertension
(c) Systolic pressure (d) Pulse pressure

AIIMS Raipur Nsg. Officer 2019
Correct Option (a)

93. A patient Mr. Shyam Modi has BP measured is 83 /50 mm Hg; which of the following would be his Mean Arterial blood pressure (MAP) in mm of Hg?
(a) 63 (b) 60 (c) 62 (d) 61

AIIMS Jodhpur Nsg. Tutor 2022
Correct Option (d)

- MAP= Diastolic BP + ⅓ (Pulse Pressure)
  MAP = 50 + ⅓ (33) = 61

94. The normal mean pulmonary artery pressure is:
(a) 10-15 mm Hg (b) 15-20 mm Hg
(c) 20-25 mm Hg (d) 25-30 mm Hg

HPSSC Staff Nurse 2021
Correct Option (a)

- Normal mean pulmonary artery pressure is 12 mm Hg.
- Mean blood pressure means the sum of twice the diastolic BP plus the systolic BP and then divided by 3.
- Mean pulmonary artery pressure (mPAP):

$$mPAP = \frac{(PASP + 2PADP)}{3}$$

$$= (25 + 2 \times 10) \div 3 = 15 \text{ mm Hg}$$

- Pulmonary hypertension is mPAP >20 mm Hg.

- Chest X-ray confirmation for catheter tip placement is essential before starting IV fluid.
- It should demonstrate the distal tip of the central venous line within either the superior vena cava (SC/IJ) or inferior vena cava (femoral).

120. A nurse is monitoring manometer for CVP value from a central line inserted via the brachial vein. CVP line inserted in a patient in ICU on face mask with oxygen. For correct reading she should record the value at:

(a) She should disconnect the manometer just before reading
(b) Either is correct
(c) End expiration
(d) End inspiration

AIIMS Jodhpur/Rishikesh Staff Nurse 2017
Correct Option (c)

- If the patient is on a ventilator or on a face mask with oxygen, the reading should be taken at the point of **end expiration**, to relax intrathoracic pressure.

121. The nurse is assisting a doctor with the removal of a central venous catheter. To prevent complications, the patient should be instructed to:

(a) Perform Adson's maneuver while removing catheter
(b) Perform Valsalva maneuver as the catheter is pulled
(c) Turn his head to right while grasping side rail
(d) Turn his head to the left side and hyperextend the neck while looking up

GMCH Chandigarh Staff Nurse 2019
Correct Option (b)

122. ……..is the drug used in the procedure of, maintaining a CVP:

(a) Heparin (b) Dopamine
(c) Atropine (d) Xylocaine

ESIC Staff Nurse 2016
Correct Option (a)

- Heparin (heparinized saline) is used to prevent clot or occlusion in arterial or CVP monitoring catheters or extracorporeal circuits.

CARDIOVASCULAR DISORDERS

Hypertension

123. When the systolic blood pressure is between 130 to 139 mmHg the blood pressure is classified as: FAQ

(a) Normal
(b) Prehypertension
(c) Hypertension stage 1
(d) Hypertension stage 2

CHO, Madhya Pradesh 2022
Correct Option (b)

- In adults (>18 years old), hypertension is defined as a systolic blood pressure (SBP) ≥140 mm Hg and a diastolic blood pressure (DBP) ≥90 mm Hg on two separate occasions.
- Classification of Blood Pressure (**ESH, 2023**):

Category	SBP (mmHg)	DBP (mmHg)
Optimal	< 120	< 80
Normal	120-129	80-84
High-normal	130-139	85-89
Hypertension grade 1	140-159	90-99
Hypertension grade 2	160-179	100-109
Hypertension grade 3	≥ 180	≥ 110

124. What recommendation should a nurse give to a 55-year-old patient with a blood pressure of 150/90 mm Hg?

(a) It is normal BP for your age
(b) Recheck your BP 2 weeks later
(c) Recheck your BP after 6 months
(d) Recheck your BP after 1 year

JIPMER Staff Nurse 2013
Correct Option (b)

- Recommendations for follow-up of BP:

BP (mmHg)*		Follow-up recommendations
SBP	DBP	
< 120	< 80	Recheck in 2 years
120-139	80-89	Recheck in 1 year (lifestyle advice)
140-159	90-99	Confirm within 2 months (lifestyle advice)
160-179	100-109	Evaluate or refer within 1 month (lifestyle advice)
≥ 180	≥ 110	Further evaluate & refer within 1 week (start drug treatment)

(*If systolic & diastolic categories are different, follow recommendation for shorter time)

125. With respect to the prevalence of hypertension by age and sex, which is/are correct?

1. Age 70 years and over, Sex-M-56%, F-49%
2. Age 60-69 years, Sex-M-43%, F-60%
3. Age 55-59 years, Sex-M-38%, F-40%

Choose the **correct** answer:

(a) 2 and 3 only (b) 1 only
(c) 1 and 2 only (d) 2 only

CHO, Rajasthan 2024
Correct Option (a)

126. Rule of halves is seen in:

(a) CHD (b) Blindness
(c) Burns (d) Hypertension

RUHS M.Sc. Nsg. Entrance 2021
Correct Option (d)

- 'Rule of halves' for hypertension states that half the people with high BP are not known (rule 1), half of

those known are not treated (rule 2) and half of those treated are not controlled (rule 3).

127. Modifiable risk factors for hypertension are EXCEPT: FAQ

(a) Age (b) Obesity
(c) Salt intake (d) Alcohol intake

RUHS M.Sc. Nsg. Entrance 2016
Correct Option (a)

- Except age, all options are modifiable risk factors (that can be modified by changes in lifestyle).
- Age, genetic predisposition or family history and male gender are non-modifiable (that cannot modified) risk factors for hypertension.

128. Which of the following is a non-modifiable risk factor for hypertension?

(a) Co-morbidity-Diabetes (b) Obesity
(c) Consumption of tobacco (d) Physical inactivity

CHO, Madhya Pradesh 2024
Correct Option (a)

129. Which of the following is NOT a risk factor for hypertension?

(a) Genetics (b) Obesity
(c) Youth (d) Smoking

RUHS M.Sc. Nsg. Entrance 2013
Correct Option (c)

- Risk factors for primary (essential; idiopathic) hypertension are age (>55 years male, >65 years female), male gender, genetic, obesity, diabetes, smoking, alcohol consumption, sedentary lifestyle, stress and high intake of sodium, saturated fat and trans fats.

130. Which factor is considered a non-modifiable risk factor for essential hypertension?

(a) Family history of hypertension
(b) Obesity
(c) High sodium intake
(d) Sedentary lifestyle

CHO, Madhya Pradesh 2024
Correct Option (a)

131. In respect of Hypertension, which statement is/are correct?

1. Non-modifiable risk factors are-age, sex, genetic factors, ethnicity
2. Modifiable risk factors are-obesity, salt intake, saturated fat, dietary fiber, stress
3. Hypertension is an iceberg disease

Choose the **correct** answer:

(a) 1, 2 and 3 (b) 1 only
(c) 1 and 2 only (d) 2 only

CHO, Rajasthan 2024
Correct Option (a)

132. When the causes of hypertension are unknown it is called: FAQ

(a) Primary hypertension
(b) Secondary hypertension
(c) Isolated hypertension
(d) All of these

CHO, Madhya Pradesh 2021
Correct Option (a)

133. Which of the following mutations is implicated in Liddle's syndrome, a rare form of inherited hypertension?

(a) Mutation in the NR3C2 gene
(b) Mutation in the SCNN1B gene
(c) Mutation in the ACE gene
(d) Mutation in the ABTR1 gene

CHO, Madhya Pradesh 2024
Correct Option (b)

- Liddle's syndrome (pseudohyperaldosteronism) is a rare, autosomal dominant, cause of secondary hypertension.
- It is characterized by early-onset hypertension with hypokalemic metabolic alkalosis, hyporeninemia and suppressed aldosterone secretion.

134. All of the following are the primary prevention methods of hypertension EXCEPT:

(a) Early case detection
(b) Dietary sodium restriction
(c) Weight reduction
(d) Increased physical activity

UPUMS, Saifai Staff Nurse 2023
Correct Option (a)

135. Patient suffering with high BP should be given:

(a) High protein diet
(b) Less fiber diet
(c) Less sodium diet
(d) Less unsaturated fatty acid diet

BSF Staff Nurse 2014
Correct Option (c)

- Lifestyle modifications include:
  - **DASH** (**D**ietary **A**pproaches to **S**top **H**ypertension) eating plan include consume a diet rich in vegetables, fruits, whole grains and low-fat dairy products with reduced amounts of saturated & total fat and lower sodium intake (**AHA** recommends sodium intake no more than 2300 mg/day).
  - Weight reduction (i.e., maintain BMI 18.5 to 24.9 kg/m^2).
  - Engage in aerobic physical activity such as brisk walking (≥ 30 min/day).

136. Kempner's rice-fruit diet is prescribed for:

(a) Hypertension (b) Diabetes
(c) Constipation (d) Peptic ulcer

CHO, Haryana 2022
Correct Option (a)

- Kempner diet consists mainly of rice and fruits, devised by Kempner to treat hypertension.

other organs), as a result AF is an important risk factor for stroke.

- Along with anti-arrhythmic drugs, anticoagulants (e.g., heparin or warfarin) may be used to reduce the risk of stroke.

352. A nurse in ICU observes the following ECG recording on the bedside monitor. Which of the following interpretations of this ECG, nurse will make and communicate to the physician?

(a) Atrial flutter (b) First degree AV clock
(c) Atrial fibrillation (d) Sinus bradycardia

AIIMS Jodhpur Nsg. Tutor 2021
Correct Option (c)

353. When interpreting ECG, P-wave disruption indicates:

(a) Cardiac arrest (b) Ventricular tachycardia
(c) Complete block (d) Atrial fibrillation

IGNOU B.Sc. (PB) Nsg. Entrance 2021
Correct Option (d)

354. The client who should get priority in nursing care is the one with:

(a) Fractured patella (b) Abdominal wound
(c) Head injuries (d) Ventricular fibrillation

BSF Staff Nurse 2015
Correct Option (d)

- Ventricular fibrillation (ventricular quiver/pulseless) is life-threatening in which impulses from many irritable foci (points) in the ventricles fire at irregular basis.

355. A nurse is administering an antibiotic Inj. Taxim 1000 mg to the patient admitted in ICU with septicaemia. She notices following waveform in second lead of ECG. Which of the following action she need to take FIRST?

(a) Start cardiopulmonary resuscitation
(b) Administer atropine
(c) Administer adrenaline
(d) Deliver shock of 200 J

AIIMS Jodhpur Nsg. Tutor 2021
Correct Option (a)

356. A man is admitted to the Telemetry Unit for evaluation of complaints of chest pain. Eight hours after admission, the patient goes into ventricular fibrillation. Physician defibrillates the patient. The nurse understands that the purpose of defibrillation is to:

(a) Increase cardiac contractility & output
(b) Cause asystole so the normal pacemaker can recapture
(c) Reduce cardiac ischemia and acidosis
(d) Provide energy for depleted myocardial cells

GMCH Chandigarh Staff Nurse 2019
Correct Option (b)

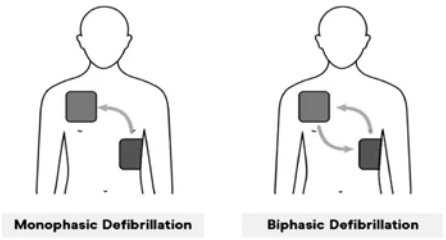
- Purpose of defibrillation is to cause asystole so the normal pacemaker can recapture (allows SA nodes to resume as pacer of heart activity).

357. A patient in ventricular fibrillation is about to be defibrillated. A nurse knows that to convert this rhythm effectively, the machine should be set at which of the following energy levels for the best delivery? FAQ

(a) 50 Joules (b) 100 Joules
(c) 200 Joules (d) 360 Joules

RAK M.Sc. Nsg. Entrance 2014 & 2011
Correct Option (d)

- Termination of ventricular fibrillation ("v-fib") with electrical counter shock is called defibrillation.
- It is used in two forms, i.e., monophasic or biphasic defibrillator.
- Monophasic defibrillator deliver current in only **one direction** and require increased energy loads, this type of defibrillation must deliver **high energy** (200 or more joules, i.e., consecutively 3 shocks first 200, then 300 and finally 360 joules).
- The energy setting for initial and subsequent shocks using monophasic defibrillators should be set at 360 joules.
- Biphasic defibrillator delivers current through the heart in **two directions**, flowing through the heart and back again to the first electrode.
- Biphasic defibrillator uses **lower levels of electrical current** than monophasic techniques, usually initiated at **120 to 200 joules**, with the level increased as needed.
- In cardioversion, only 30 joules are required.



358. The initial energy selection for defibrillation in pulseless ventricular tachycardia for a:

(a) Monophasic defibrillator is 32 J
(b) Biphasic defibrillator is 16 J
(c) Monophasic defibrillator is 100 J
(d) Biphasic defibrillator is 150 J

AIIMS Jodhpur Senior Nsg. Officer 2023
Correct Option (a)

460. You are preparing a patient for a major surgery. Which of the following medication the physician may remove from the medication order of this patient?
(a) Digoxin (b) Warfarin
(c) Famotidine (d) Furosemide

RUHS B.Sc. (PB) Nsg. Entrance 2019
Correct Option (b)

- Warfarin is an anticoagulant drug, increases the bleeding tendency during surgery.

461. Patient with pulmonary embolism is given heparin IV as an anticoagulant & antithrombotic agent to:
(a) Extend prothrombin time
(b) Interrupt the coagulation mechanism
(c) Neutralize heparin in case of bleeding
(d) Extend clotting time and stop further thrombus formation

RUHS M.Sc. Nsg. Entrance 2015
Correct Option (d)

Pulmonary Edema

462. The nurse is attending to a client who was diagnosed with heart failure. During the examination, the nurse observes that the client is dyspneic with crackles upon auscultation. Which symptoms would manifest for a client excess fluid volume?
(a) Decreased central venous pressure
(b) Pulmonary oedema
(c) Flat neck and hand veins
(d) Weight loss

UPUMS, Saifai Nsg. Officer 2024
Correct Option (b)

- Pulmonary edema is an abnormal accumulation of fluid in the interstitial spaces or in the alveoli of the lungs.
- It may block the exchange of oxygen and carbon dioxide and produce respiratory failure.
- It is manifested by dyspnea, orthopnea, restlessness, a sense of suffocation, labored noisy breathing (crackles), productive cough with frothy and pink-tinged sputum, cyanosis, profuse sweating, air hunger, tachypnea, palpitations and altered mental status due to inadequate oxygenation.

463. Blood-tinged foamy and frothy sputum is a characteristic features of:
(a) Pleural effusion (b) Pulmonary stenosis
(c) Pericarditis (d) Pulmonary edema

AIIMS Mangalagiri Prof.-cum-Principal 2022
Correct Option (d)

Sputum colour	Pathology
Mucoid (white/gray)	Tracheobronchitis, asthma
Yellow or opaque	Bacterial infection
Green & foul smell	Pseudomonas or anaerobic infection
Rusty/blood-tinged	Pneumonia, pulmonary infarction, TB
Black	Black lung disease
Pink-tinged, frothy	Pulmonary edema

464. What measurement can best be used to monitor the respiratory status of a patient with pulmonary edema?
(a) ABG analysis (b) Pulse oximetry
(c) Lung sounds (d) Skin colour assessment

RUHS M.Sc. Nsg. Entrance 2014
Correct Option (a)

- ABGs indicate severe hypoxemia (low PaO_2), hypercapnia (high $PaCO_2$) and a pH below 7.35.

465. Which of the following position would be the best aid breathing for a patient with acute pulmonary edema?
(a) Lying flat in bed
(b) Left side lying position
(c) High Fowler's position
(d) Semi Fowler's position

WCL Staff Nurse 2019
Correct Option (c)

- Position the patient with acute pulmonary edema in a high Fowler's (upright) position with legs down to decrease venous return to the heart and lung congestion.

Pulmonary Embolism

466. Rapid onset of dyspnea, substernal oppressive chest pain, delirium, apprehension symptoms of which disease?
(a) Pulmonary embolism
(b) Airway obstruction
(c) Pleural effusion
(d) Myocardial infarction

AIIMS Raipur Nsg. Officer 2019
Correct Option (a)

- Pulmonary embolism (PE) is the obstruction of the pulmonary artery or one of its branches, usually by embolus from a blood clot or thrombus (most common), fat or air or tumor tissue.
- Signs/symptoms of PE are sudden onset of dyspnea (most common), tachypnea, sharp chest pain, apprehension, restlessness, cough, diaphoresis, hemoptysis, crackles, wheezing, fever, tachycardia, hypotension, syncope, etc.

467. Cause of pulmonary embolism: FAQ
(a) Clots (b) Fat molecules
(c) Air bubble (d) All of above

JMC Jhalawar (Raj.) Staff Nurse 2010

491. In which among the following situation we can observe, elevation in jugular venous pressure:
(a) Normal physical exam (b) Cardiac tamponade
(c) Constrictive pericarditis (d) Myocarditis
AIIMS Raipur Staff Nurse 2017
Correct Option (c)

- Constrictive pericarditis (CP) means the scarring of pericardium after one or more episodes of pericarditis.
- It limits the normal cardiac filling during diastole.
- The classic presentation of CP is of right-sided HF-elevated neck veins, hepatomegaly and ascites and leg edema.
- Pericardial friction rub heard (most characteristic sign) at the left lower sternal border.
- Surgical excision of the pericardium (pericardiectomy) is used to relieve constriction.

492. What type of inflammation is "bread and butter" pericarditis?
(a) Caseous (b) Purulent
(c) Serous (d) Fibrinous
Correct Option (d)

493. A patient's physician orders a nuclear cardiograph and makes an appointment for a thallium scan. The purpose of injecting a radioisotope into the bloodstream is to detect:
(a) Normal versus abnormal tissue
(b) Damage into area of heart
(c) Ventricular function
(d) Myocardial scarring and perfusion
PGIMER Chandigarh Staff Nurse 2016
Correct Option (d)

494. You are educating a patient with cardiac problems to consume a high fibre diet. If the patient asks the reason for it, what would be the best response from you?
(a) Increases absorption of nutrients
(b) Reduces cardiac workload
(c) Reduces risk for oedema
(d) Reduces appetite
RUHS B.Sc. (PB) Nsg. Entrance 2019
Correct Option (b)

495. Pushing fluid out of the blood stream determining overall fluid movement across the capillary wall is called:
(a) Hydrostatic pressure (b) Osmotic pressure
(c) Vasoconstriction (d) Diffusion
RUHS M.Sc. Nsg. Entrance 2018
Correct Option (a)

496. The clustering of risk factors like obesity, hypertension, type-II diabetes, which increases the risk of cardiovascular diseases is known as: FAQ
(a) Dumping syndrome (b) Dyslipidemia
(c) Metabolic syndrome (d) Down's syndrome
CHO, Rajasthan 2023
Correct Option (c)

497. Of the following, which disease causes the most deaths worldwide?
(a) Cardiovascular disease (b) HIV/AIDS
(c) Tuberculosis (d) Malaria
GMCH Chandigarh Staff Nurse 2019
Correct Option (a)

498. Older adults with known cardiovascular disease must balance which of the following measures for optimum health:
(a) Diet, exercise and medication
(b) Stress, hypertension and pain
(c) Mental health, diet and stress
(d) Social events, diet and smoking
RUHS B.Sc. (PB) Nsg. Entrance 2017
Correct Option (a)

499. In the context of health care, the expansion of ICCU is:
(a) Intensive Coronary Care Unit
(b) Immediate Cumulative Care Unit
(c) Intensive Clean Cover Unit
(d) Immediate Call Care Unit
NHM, U.P. Staff Nurse 2021
Correct Option (a)

500. An extreme form of obesity with cardiopulmonary disease, alveolar hypoventilation, polycythemia and somnolence is known as:
(a) Klinefelter syndrome
(b) Eisenmenger's syndrome
(c) Tourette syndrome
(d) Pickwickian syndrome
AIIMS Raipur Nsg. Tutor 2023
Correct Option (d)

Notes

Endocrine System

ANATOMY & PHYSIOLOGY

Introduction to Endocrinology

1. Chemical messengers synthesised and secreted by endocrine glands are called: FAQ

(a) Enzymes (b) Neurotransmitters
(c) Hormones (d) Catalysts

UPUMS, Saifai Staff Nurse 2023
Correct Option (c)

- Endocrine system consists of ductless glands which secrete one or more hormones (chemical messengers) directly into the blood capillary without pouring into any duct.
- Study of hormones-related diseases is called endocrinology (Thomas Addition is known as the father of endocrinology).

2. Endocrine glands release hormones: FAQ

(a) Directly in the blood
(b) Directly into tissue
(c) Directly in the skin
(d) Through the duct in the body

IGNOU B.Sc. (PB) Nsg. Entrance 2015
Correct Option (a)

3. The most common ionized mediator of hormone action in our body is:

(a) Calcium (b) Magnesium
(c) Iron (d) Potassium

RUHS M.Sc. Nsg. Entrance 2016
Correct Option (a)

- Hormones are called the first messenger and cyclic AMP (adenosine monophosphate) is most common second messenger or inside the cell.
- Other second messengers are **calcium ions** (Ca^{2+}), cGMP (cyclic guanosine monophosphate, a cyclic nucleotide similar to cAMP), inositol trisphosphate (IP_3) and diacylglycerol (DAG).

4. Which one of the following is not a 2nd messenger?

(a) cGMP (b) cAMP (c) Sodium (d) Ca^{++}

Correct Option (c)

5. Which of the following hormones is modified amino acid?

(a) Epinephrine (b) Progesterone
(c) Prostaglandin (d) Oestrogen

HPSSC Staff Nurse 2016
Correct Option (a)

- Chemically, hormones are classified into **2 types**:
  - Lipid-soluble hormones:
    - Steroid hormones are derived from cholesterol, e.g., corticosteroids, progesterone and estrogen.
    - Thyroid hormones, e.g., T3 and T4 are synthesized by attaching iodine to the amino acid tyrosine.
    - The gas nitric oxide (NO) is both a hormone and a neurotransmitter.
  - Water-soluble hormones:
    - Amine hormones, e.g., catecholamines (epinephrine, norepinephrine and dopamine) are synthesized by modifying the amino acids tryptophan or tyrosine.
    - Peptide hormones, e.g., antidiuretic hormone and oxytocin and protein hormones, e.g., thyroid-stimulating hormone.
    - Eicosanoid hormones, e.g., leukotrienes (LTs), prostaglandins (PGs).

6. Peptide hormones:

(a) Oxytocin-Vasopressin-Somatostatin
(b) Oxytocin-Vasopressin-Epinephrine
(c) Oxytocin-Vasopressin-Thyroxine
(d) Testosterone-Vasopressin-Oxytocin

Correct Option (a)

7. A gland that disappears in the adult but is active during childhood is:

(a) Hypothalamus (b) Parathyroid
(c) Adrenal cortex (d) Thymus

UPPSC, U.P. Staff Nurse 2017
Correct Option (d)

- Thymus gland is a bilobed lymphoid organ which is situated in the mediastinal cavity and it is the primary site for T-lymphocyte differentiation.
- It weighs 10 to 15 gm at birth and continues to grow till puberty about 30 to 40 gm.
- After puberty it shrinks and the lymphoid tissue is replaced by fibrotic tissue.
- Only 5 to 10 gm of thymic tissue is left in adulthood.

8. An example of positive feedback mechanism in our body is:

(a) Oxytocin in childbirth
(b) Regulation of thyroid hormone
(c) Temperature regulation
(d) Baroreceptor mechanism

ESIC Staff Nurse 2019
Correct Option (a)

Correct Option (b)

- Thyroid gland is the first endocrine gland which develops on about the 24th day of gestation.

53. The Adam's apple is formed by:
(a) Thyroid cartilage (b) Epiglottis
(c) Hyoid bone (d) Cricoid cartilage
ESIC Staff Nurse 2019
Correct Option (a)

- Adam's apple or laryngeal prominence is a sharp protuberance formed by the thyroid cartilage of the larynx in the median plane just below the hyoid bone.
- It is more prominent in adult males than in females due to the influence of testosterone hormone.

54. Adam's apple is more prominent in:
(a) Adult male (b) Adult female
(c) Male child (d) Female child
RIMS & R., U.P. Staff Nurse 2013
Correct Option (a)

55. Adam's apple is related to:
(a) Pharynx (b) Larynx (c) Trachea (d) Esophagus
BSF Staff Nurse 2014
Correct Option (b)

56. Which of the following hormones contain iodine?
(a) Thyroxine (b) Testosterone
(c) Insulin (d) Adrenaline
HPSSC Staff Nurse 2016
Correct Option (a)

- Iodine is part of the hormones, i.e., tri-iodothyronine (T3) and tetraiodothyronine (T4) or thyroxine.

57. Thyroid is effective only in the presence of:
(a) Calcium (b) Iodine
(c) Potassium (d) Sodium Chloride
RUHS B.Sc. (PB) Nsg. Entrance 2015
Correct Option (b)

- In the absence of iodine, thyroid gland becomes ineffective because it is not able to synthesize T3 and T4 hormone.

58. Thyroxine is secreted by:
(a) Pituitary gland (b) Hypothalamus
(c) Thyroid gland (d) Thymus
AIIMS Bhubaneswar SNO 2019
Correct Option (c)

59. Which hormone is also called thyroxin?
(a) T1 (b) T2 (c) T3 (d) T4
BSF Staff Nurse 2014
Correct Option (d)

60. Which of the following glands secretes hormones to maintain the normal metabolic rate of the body?
(a) Thyroid gland (b) Pancreas
(c) Adrenal (d) Testes
AIIMS Bhopal Staff Nurse 2016
Correct Option (a)

- Thyroid hormones are responsible for increasing basal metabolic rate (BMR) is called calorigenic action, increases the synthesis of proteins in the cells (stimulate growth and development) and peristalsis and the activities of the sympathetic nervous system.

61. Which of the following hormones increases the basal metabolic rate of the body?
(a) Tyrosine (b) Follicle stimulating hormone
(c) Thyroxine (d) Thyroid stimulating hormone
NHM, Rajasthan Staff Nurse 2024
Correct Option (c)

62. All statements are correct EXCEPT:
(a) The Basal Metabolic Rate is normally measured early in the morning when in a post absorptive state
(b) Body size and composition, age and growth affect the basal requirement
(c) The classic Harris-Benedict equations are one of the options to estimate the Basal Energy needs
(d) Energy needs of the body in motion are called Basal metabolism
RRB Staff Nurse 2015
Correct Option (d)

- Basal metabolic rate (BMR) is the need of energy when the body is at complete rest (during lowest level of energy expenditure) not in motion or any other activity.
- It is measured by apparatus of Benedict and Roth (closed-circuit device) or by Douglas bag method (open-circuit device).
- Normal values of BMR are: Adult men 34-37 kcal/Sq.m./hour and for women 30-35 kcal/Sq.m./hour.
  - ♦ In terms of calories (Cal), it is about 1500 to 1800 cal/day.
  - ♦ In terms of body weight, measurement is 1 cal/kg/hour.
  - ♦ In terms of body surface, measurement is 40 cal/m^2/hour.

63. In the context of metabolism, the full form of REE is:
(a) Reset Energy Expenditure
(b) Resting Energy Expenditure
(c) Resting Environment Expenditure
(d) Reset Environment Expenditure
NHM, U.P. Staff Nurse 2021
Correct Option (b)

- REE/basal energy expenditure:

Condition	REE	Calorie
Normal (sedentary life)	1	20 kcal/kg/day
Mild/moderate sepsis	1.4	–
Severe sepsis	1.8	–
Severe burns	2	40 kcal/kg/day

- Water deprivation test is a functional test for adequacy of ADH and its ability to concentrate urine and to maintain serum osmolarity in the body.
- It is carried out by withholding fluids for 8 to 12 hrs or until 3 % to 5% of the body weight is lost.

163. What should be included in the nursing care plan for a client with diabetes insipidus? FAQ

(a) Blood pressure every hour
(b) Strict intake and output
(c) Urine for ketone bodies
(d) Glucose monitoring four times a day

RAK M.Sc. Nsg. Entrance 2016
Correct Option (b)

- Patients with DI having polyuria (**>50 mL/kg**) can cause hypovolemia, dehydration & electrolyte imbalances, so strict intake and output, weights, specific gravity of urine monitoring are priority nursing care management.

164. When caring for a client who was just undergone transsphenoidal hypophysectomy, the nurse must be alert for: FAQ

(a) Respiratory depression
(b) Gastric distention
(c) Excessive urine output
(d) Cardiac arrhythmias

PGIMS Rohtak Staff Nurse 2015
Correct Option (c)

- Trans-sphenoidal (TS) hypophysectomy is the removal of pituitary gland (hypophysis) by endoscopic transnasal approach in pituitary tumors (e.g., pituitary adenomas).
- After surgery monitor the patient for the signs of temporary diabetes insipidus (excessive urine output) or syndrome of inappropriate antidiuretic hormone (SIADH) resulting from ADH disturbance.
- Observe the patient for complications such as CSF leakage, infection (meningitis) and increased ICP.

165. In the first 24 hours post hypophysectomy the nurse checks for:

(a) The person's inability to feel their toes
(b) Extraocular movements
(c) The warm and sensation of the lower limbs
(d) All of the above

UPUMS, Saifai Nsg. Officer 2024
Correct Option (b)

- TS surgery approaches a tumor that sits below and compresses the optic nerves, therefore, check for visual acuity, visual fields and extraocular movements every hour in the first 24 hr post hypophysectomy.

166. Tumors within sella turcica and small adenomas of the pituitary glands can be removed through:

(a) Craniectomy
(b) Infratentorial approach
(c) Transsphenoidal approach
(d) Supratentorial approach

ESIC Staff Nurse 2019
Correct Option (c)

167. Excessive secretion of vasopressin responsible for which of the following disorders? FAQ

(a) Diabetes Insipidus (b) SIADH
(c) Cushing's syndrome (d) Addisonian crisis

RUHS M.Sc. Nsg. Entrance 2019
Correct Option (b)

- SIADH is a condition of excessive secretion of ADH/vasopressin which results in hyponatremia, hypertension, tachycardia, weight gain, low urine output and high urinary specific gravity.

168. Diagnostic criteria for the syndrome of inappropriate antidiuretic hormone (SIADH) secretion includes all of the following EXCEPT:

(a) Decreased serum osmolality (b) Hyponatremia
(c) Decreased urine osmolality (d) High urine sodium

UPUMS, Saifai Staff Nurse 2023
Correct Option (c)

Diabetes Mellitus

169. In which type of diabetes circulation of insulin is virtually absent? FAQ

(a) Type I diabetes
(b) Type II diabetes
(c) Pancreatic diabetes
(d) Maturity Onset Diabetes of Young

CHO, Himachal Pradesh 2022
Correct Option (a)

- Diabetes mellitus (DM) is a group of metabolic diseases characterized by increased levels of glucose in blood (hyperglycemia) resulting from defects in either insulin secretion from pancreas (type 1 DM) or from insulin resistance (type 2 DM).
- Comparison of type I DM and type II DM:

Features	Type I DM	Type II DM
Age of onset	Younger	Older
Weight	Thinner	Obese
Family history	Rare	Common
Etiology	Viral infection	Not known
Antigen pattern	HLA-DR, HLA-DQ	None
Antibodies	ICAs present	None
DKA	Common	Rare
C-peptide	Low	Higher
Dyslipidemia	Absent	Present
Insulin	All dependent	20-30%

170. Which statement about diabetes mellitus is false?

(a) Type 2 diabetes commonly occurs in adults after age 40

Correct Option (a)

181. The normal peak postprandial capillary glucose level is: FAQ

(a) < 80 mg/dL (b) < 120 mg/dL
(c) < 180 mg/dL (d) < 220 mg/dL

RUHS M.Sc. Nsg. Entrance 2017
Correct Option (c)

- Postprandial glucose level is a level of glucose into blood after a meal within 2 hours.
- It's normal range up to 160 mg/dL in a healthy person.

182. Which of the following can be used for the diagnosis of diabetes?

1. Fasting Blood Sugar ≤ 110 mg/dL
2. Fasting Blood Sugar ≥ 126 mg/dL
3. Random Blood Sugar ≥ 200 mg/dL
4. HbA1C ≤ 5.7

Choose the **correct** answer:

(a) 2 and 4 only (b) 3 and 4 only
(c) 1 and 4 only (d) 2 and 3 only

NHM, Rajasthan Staff Nurse 2024
Correct Option (d)

183. Patients with diabetes will need which item is monitored on a more frequent basis?

(a) Eyesight (b) Blood glucose
(c) Urea (d) Heart rate

Correct Option (b)

- Diabetes mellitus is a chronic metabolic disorder which is expressed by hyperglycemia.
- So, patients with DM should be monitored closely for blood glucose level, because there is more chances of fluctuation in glucose level.
- Although it is recommended an annual screening for diabetic retinopathy among patients with type 1 DM.

184. What would be the dose of insulin in mL, if 24 units of insulin is given using U-40/mL insulin? FAQ

(a) 0.6 mL (b) 0.4 mL (c) 0.2 mL (d) 0.8 mL

DSSSB Nsg. Officer 2019
Correct Option (a)

- 40 unit insulin present in 1 mL insulin solution.
- So 24 units insulin contains = 24/40 = 0.6 mL.

185. You are ordered to prepare a mixture of Regular Insulin and NPH Insulin. After injecting the required amount of air into the vials, you begin to withdraw the insulin into the syringe. The principals are:

(a) Regular insulin is filled first
(b) NPH insulin is filled first
(c) The sequence of filling is not important
(d) You must never mix NPH with Regular insulin

GMCH Chandigarh Staff Nurse 2015
Correct Option (a)

- Regular insulin can be mixed with any other type of insulin, so when mixing regular insulin with any other insulin, draw up the regular (short-acting) insulin first.
- This will avoid contaminating the vial of regular insulin with insulin of another type.

186. Which of the following is a short-acting insulin?

(a) Humulin R (b) Glargine
(c) Novolog (d) Detemir

NHM, M.P. Staff Nurse 2022
Correct Option (a)

Types of insulin	Onset (min)	Peak (hr)	Duration (hr)
Rapid-acting			
Lispro (Humalog)	15-30	0.5-2.5	3-6
Aspart (NovoLog)	10-20	1-3	3-5
Glulisine (Apidra)	10-15	1-1.5	3-5
Short-acting			
Regular (Humulin R)	30-60	1-5	6-10
Intermediate-acting			
NPH (Humulin N)	60-120	6-14	16-24
Long-acting			
Glargine (Lantus)	70	None	18-24
Detemir (Levemir)	60-120	12-24	Varies

187. Peak action time for regular insulin is:

(a) 2 to 4 hours (b) 4 to 6 hours
(c) 6 to 10 hours (d) 8 to 12 hours

PhD (Nursing) IGNOU Entrance 2022
Correct Option (a)

188. Which type of insulin can never be mixed with another?

(a) Long-acting (b) Rapid-acting
(c) Intermediate (d) Regular

BHU Nsg. Officer 2019
Correct Option (a)

189. Insulin is stored at: FAQ

(a) 0-26° F (b) 26-36° F (c) 36-86° F (d) 86-96° F

RUHS B.Sc. (PB) Nsg. Entrance 2018
Correct Option (c)

- Insulin may be stored at room temperature (15 to 25° C or 59 to 77° F) for 1 month.
- If need to store it for more than 1 month, keep the vial in the refrigerator (2 to 8° C or 36 to 46° F).

190. A nurse caring for a patient with type-2 diabetes mellitus with high dose insulin was monitoring blood glucose level between 2 am to 4 am. She is trying to assess: FAQ

(a) Rebound hypoglycemia (b) Dawn effect
(c) Insulin effectiveness (d) Somogyi effect

ESIC Nsg. Officer 2024
Correct Option (d)

- Comparison of Somogyi and Dawn effect:

Feature	Somogyi effect	Dawn effect
Definition	Early morning hyperglycemia due to treatment with excessive amount of exogenous insulin	Recurring early morning hyperglycemia
Cause	Nocturnal hypoglycaemia due to excessive dose of insulin	Decrease insulin secretion 3-5 am
Diagnosis (3-5 am)	Low plasma glucose level	High/normal plasma glucose level

191. Patient blood sugar is 40 mg/dL. Immediate management is to administer: FAQ

(a) 5% dextrose (b) 50% dextrose
(c) 10 unit human insulin (d) Normal saline

WCL Staff Nurse 2019
Correct Option (b)

- Hypoglycemia means low blood glucose level (<70 mg/dL) and blood glucose levels less than 40 mg/dL is called severe hypoglycemia, which is treated by administering 5% dextrose or 15 gm fast-acting simple carbohydrate (e.g., hard candy, table sugar, honey, fruit juice, low fat milk, etc.).
- If the patient is unconscious, never attempt to give anything per oral to avoid chances of aspiration, so treat the patient by injection of glucagon 1 mg (SC/IM), or IV injection of 25 to 50 mL of 50% dextrose.
- 10 unit human actrapid insulin and normal saline are used in case of hyperglycemia not in hypoglycemia.

192. The classic signs and symptoms of hypoglycemia include:

(a) Confusion, hypertension and nausea
(b) Headache, weakness and irritability
(c) Bradycardia, vomiting and hypotension
(d) Diplopia, restlessness and tachypnea

RAK M.Sc. Nsg. Entrance 2013
Correct Option (b)

- Clinical features of hypoglycemia:
  - In mild hypoglycemia (blood sugar level between 40 to 60 mg/dL): Hunger, diaphoresis, tremors (trembling or shakiness) and tachycardia.
  - In moderate hypoglycemia (blood sugar level between 20 to 40 mg/dL): Fatigue, diplopia, headache, dizziness, restless, irritable, inability to concentrate, slurred speech and nausea.
  - In severe hypoglycemia (blood sugar level <20 mg/dL): Delirium, violent behavior, seizures, coma and occasionally death.

193. The nurse would conclude that a patient was experiencing hypoglycemia if the assessment findings included:

(a) Diaphoresis and restlessness
(b) Rapid, thready pulse
(c) Vomiting and bradycardia
(d) Rapid, bounding pulse

RUHS M.Sc. Nsg. Entrance 2013
Correct Option (a)

194. Symptoms of hypoglycemia usually does not occur until the blood glucose level is less than: FAQ

(a) 60-70 mg/dL (b) 50-60 mg/dL
(c) 40-50 mg/dL (d) 30-40 mg/dL

HPSSC Staff Nurse 2016
Correct Option (b)

- Symptoms of hypoglycemia usually do not occur until the blood glucose level is less than 60 mg/dL.

195. The rule used to treat hypoglycemia is:

(a) Rule of 5/5 (b) Rule of 9/9
(c) Rule of 10/10 (d) Rule of 15/15

CHO, Madhya Pradesh 2022
Correct Option (d)

- The American Diabetes Association recommends the "15-15 rule" to treat hypoglycemia, which involves eating 15 gm of carbohydrate to raise blood glucose and check it after 15 minutes. If it's still below 70 mg/dL, give another serving.

196. The most common complication of a patient on insulin therapy is: FAQ

(a) Hyperglycemia (b) Hypoglycaemia
(c) Hypernatremia (d) Hyperkalemia

ESIC Staff Nurse 2016
Correct Option (b)

- Most common complication of patients on insulin therapy is hypoglycemia.
- Other side effects are lipodystrophy at injection site, hypokalemia (potassium moves inside the cell) and rebound hypoglycemia.

197. Rotating injection sites when administering insulin prevents which of the following complications?

(a) Insulin edema
(b) Insulin lipodystrophy
(c) Insulin resistance
(d) Systemic allergic reactions

CHO, Haryana 2022
Correct Option (b)

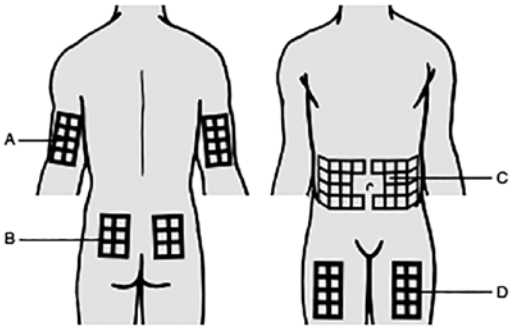
198. Which of the following combinations of adverse effects must be carefully monitored when administering I.V. insulin to a patient diagnosed with diabetic ketoacidosis:

(a) Hypercalcemia and hypernatremia
(b) Hypokalemia and hypoglycemia
(c) Hypocalcemia and hyponatremia
(d) Hyperkalemia and hyperglycemia

AIIMS Jodhpur Senior Nsg. Officer 2018
Correct Option (b)

208. Most rapid absorption of insulin occurs in:
(a) Abdomen (b) Arms (c) Thigh (d) Buttocks
Safdarjung Delhi Nsg. Officer 2018
Correct Option (a)

209. Identify the preferred site for the self-administration of subcutaneous injection of insulin:



(a) A (b) B (c) C (d) D
Correct Option (c)

210. Glycosylated hemoglobin (HbA1c) test, mean glucose levels: FAQ
(a) Over 2 days (b) Over 14 days
(c) Over 30 days (d) Over 90 days
RAK M.Sc. Nsg. Entrance 2024 & 2018
Correct Option (d)

- Glycosylated haemoglobin (HbA1c) refers to the amount of blood glucose bound to haemoglobin.
- HbA1c indicates how well blood glucose level is controlled for prior 3 to 4 months (90 days).
- Normal values range from 4% to 6%.
- An HbA1c ≥ 6.5% is recommended as the cut-point for diagnosing diabetes.
- The goal for DM client is HBA1c should be <7%.
- HbA1c is a good indicator of long-term glycemic control.

211. HbA1c value reflects the blood glucose levels in the past…….....months:
(a) 9 (b) 7 (c) 1 (d) 3
AIIMS Patna Nsg. Officer 2020
Correct Option (d)

212. The optimal target for patients with diabetes mellitus is maintaining a glycated haemoglobin (HbA1c) at:
(a) Below 6.5% (b) Below 9%
(c) Above 6.5% (d) Above 9%
AIIMS Jodhpur Senior Nsg. Officer 2023
Correct Option (a)

213. A patient with diabetes mellitus has a glycosylated hemoglobin A1c level of 9%. Based on this test result, the nurse plans to teach the client about the need to:
(a) Prevent and recognize hypoglycemia
(b) Avoid infection
(c) Take in adequate fluids
(d) Prevent and recognize hyperglycemia
AIIMS Jodhpur Senior Nsg. Officer 2018
Correct Option (d)

214. Long-term control of blood sugar is assessed by estimation of:
(a) Glucose tolerance test
(b) HbA1c %
(c) Postprandial blood sugar
(d) Fasting blood sugar
ESIC Staff Nurse 2016
Correct Option (b)

215. HbA1c is determined to diagnose: FAQ
(a) Hypothyroidism (b) Diabetes mellitus
(c) Gout (d) All the above
ESIC Delhi Staff Nurse 2012
Correct Option (b)

- HbA1c is a reliable biomarker for diagnosis and prognosis of DM (type II).
- **Falsely high HbA1c** is reported in anemia (iron, B_{12} & folate deficiency), asplenia, uremia, alcoholism, hyperbilirubinemia, chronic salicylate and opioid ingestion, lead poisoning, etc.
- **Falsely low HbA1c** is reported in hemolysis, sickle cell disease, acute blood loss, blood transfusion, pregnancy, etc.

216. Which of the following should be avoided in diabetic patients: FAQ
(a) Theophylline (b) Terbutaline
(c) Propranolol (d) Salbutamol
RUHS B.Sc. (PB) Nsg. Entrance 2013
Correct Option (c)

- Drugs like aspirin, oral anticoagulant, oral hypoglycemic agents, β -blockers like propranolol, metoprolol, TCA and tetracycline increase the hypoglycemic effect of insulin, so it should be avoided in diabetic patients.

217. After the ingestion of the glucose drink used in the glucose tolerance test, the nurse would know a patient does not have diabetes mellitus if the blood glucose level returns to normal in: FAQ
(a) 2-3 h (b) 4-6 h (c) 7-8 h (d) 10-12 h
RUHS M.Sc. Nsg. Entrance 2013
Correct Option (a)

- Oral glucose tolerance test (OGTT) is a screening test for DM, in which the plasma glucose levels are measured after a patient consumes an oral glucose load 75 gm (1.73 g/kg).
- In non-diabetic patients blood sugar returns to normal levels within 2 to 3 hours.
- According to WHO criteria for diagnosis of DM is two hour post-load glucose ≥ 200 mg/dL.

218. Increased glucose tolerance is seen in:
(a) Hypopituitarism (b) Hyperinsulinism
(c) Hypothyroidism (d) All of the above
RRB Staff Nurse 2019

Respiratory System

ANATOMY & PHYSIOLOGY

Nose, Pharynx & Larynx

1. The functions of nasal cavity in relation of ventilation are following EXCEPT: FAQ
(a) Warming up inspire air to body temperature
(b) Humidify the air up to 100% saturation
(c) Removal of particulate matter from air
(d) Disinfect the air entering in to lungs

Safdarjung Delhi Nsg. Officer 2018
Correct Option (d)

2. One of the following is NOT a function of human respiratory system:
(a) Humidifies the air (b) Cools the air
(c) Warms up the air (d) Exchange of gases

ISRO Sriharikota Staff Nurse 2024
Correct Option (b)

3. Which nasal structure cleans and moistens the air entering the nasal and nasal cavity? FAQ
(a) Conchae (b) Cilia
(c) Sieve screen (d) Vertical septum

CHO, Uttar Pradesh 2022
Correct Option (a)

- Nasal conchae (turbinates) are three (superior, middle & inferior) long, narrow curled shelves of bone that protrude into the nasal cavity.

4. The lateral wall of the nose consists of how many pairs of turbinates or conchae?
(a) Two (b) Three (c) Four (d) Five

KSSSCI, Lucknow Nsg. Officer 2024
Correct Option (b)

5. Which structure is considered as a special nose for detecting chemical signals, facilitating the sense of smell?
(a) Pharyngeal tonsil (b) Ethmoid bone
(c) Vomeronasal organ (d) Nasal conchae

CHO, Madhya Pradesh 2024
Correct Option (c)

6. What is the function of the internal nasal valve?
(a) To act as a resonating chamber for sound
(b) To separate the two nasal cavities
(c) To filter inhaled particles
(d) To constitute the area of highest resistance to airflow

AIIMS Bhubaneswar SNO 2023
Correct Option (d)

7. All are sinuses belong to paranasal sinuses EXCEPT:
(a) Maxillary (b) Ethmoid
(c) Sphenoid (d) Mastoid

Safdarjung Delhi Nsg. Officer 2018
Correct Option (d)

- Air cavities present in frontal, maxillary **(largest sinus)**, sphenoid and ethmoid bones are called paranasal sinuses.
- Infection of sinus is called sinusitis (maxillary sinus is most commonly involved).
- Caldwell-Luc operation is done for maxillary sinusitis.

8. Surgical procedure used to correct a deviated nasal septum (DNS)?
(a) Septoplasty (b) Annuloplasty
(c) Valvuloplasty (d) None of these

HPSSC Staff Nurse 2022
Correct Option (a)

- Septoplasty or submucosal resection of the nose is a surgical procedure used to treat DNS.

9. Which of the following is NOT the cause of rhinitis?
(a) Rhino virus (b) Dirty water
(c) Influenza virus (d) Pollen

AIIMS Jodhpur PHN 2023
Correct Option (b)

- Rhinitis is an inflammation and/or dysfunction of the nasal mucosa and classified as non-allergic/ allergic or acute/chronic condition.
- It is caused by a variety of factors like change in temperature or humidity; odours; infection; age; systemic disease; allergens; drugs, etc.

10. Which among the following virus is responsible for most incidence of common cold?
(a) Rhino virus (b) T4 virus
(c) MSZ virus (d) Simian virus 40

CHO, Madhya Pradesh 2019
Correct Option (a)

11. Before endotracheal intubation some facts about trachea a nurse has to understand and all the following are true regarding trachea EXCEPT: FAQ
(a) It's about 13 cm long
(b) It bifurcates into two major bronchi
(c) It starts at the level of 7th cervical vertebra
(d) It ends at the level of sternal angle of Louis

BFUHS, Faridkot Staff Nurse 2021

Correct Option (c)

- Trachea is a 12 to13 cm long tube that starts at 6th cervical vertebra and at T5 (at the level of sternal angle) it bifurcates into two major bronchi.
- Sternal angle or angle of Louis (manubrio-sterna junction) is the angle formed by the junction of the manubrium and the body of the sternum.

12. Angles of right and left bronchi at carina are:
(a) 20° & 40° (b) 25° & 45° (c) 40° & 40° (d) 45° & 25°
Correct Option (b)

13. The trachea or windpipe is made up of rings shape of the cartilage rings is: FAQ
(a) C-shaped (b) S-shaped
(c) Cone shaped (d) Straight
RUHS M.Sc. Nsg. Entrance 2015
Correct Option (a)

- The wall of trachea (windpipe) is composed of 16 to 20 incomplete (C-shaped) rings of hyaline cartilage.

14. How many tracheal cartilages are there in the human body? FAQ
(a) 5-7 (b) 8-10 (c) 16-20 (d) 10-13
CHO, Uttar Pradesh 2022
Correct Option (c)

15. The oesophagus and the trachea open into the:
(a) Pharynx (b) Cartilaginous flap
(c) Larynx (d) Cardiac portion
CHO, Uttar Pradesh 2021
Correct Option (a)

16. The cartilage that completely encircles the larynx with the narrow part anteriorly and the broad part posteriorly is called: FAQ
(a) Thyroid cartilage (b) Cricoid cartilage
(c) Arytenoid cartilage (d) Epiglottis
AIIMS Raipur Staff Nurse 2017
Correct Option (b)

- Larynx (voice box) is composed of 9 cartilages (3 unpaired: thyroid, cricoid, epiglottis and 3 paired: arytenoid, corniculate, cuneiform) bound together by an elastic membrane.
- Among them cricoid cartilage (shape like signet-ring) is the lowermost cartilage, encircles the larynx below the thyroid cartilage and forms the foundation stone of larynx.
- The ring has a narrow part called arch and a broad posterior part is called lamina.

17. The voice box is known as: FAQ
(a) Pharynx (b) Diaphragm
(c) Bronchioles (d) Larynx
AIIMS Patna Nsg. Officer 2020
Correct Option (d)

18. Angle of anterior borders of laminae of thyroid cartilage in adult male is:
(a) 90° (b) 100° (c) 80° (d) 120°
Correct Option (a)

- Anterior borders of laminae of thyroid cartilage in adult males 90° and in females 120°.

19. Which histological type of cartilage is epiglottis?
(a) Fibrous (b) Elastic (c) Hyaline (d) Fibroelastic
Correct Option (b)

- Thyroid, cricoid and basal part of arytenoid cartilages are made up of hyaline cartilage (ossify after 25 years of age).
- Epiglottis, corniculate, cuneiform and process of arytenoid are made of the elastic cartilage and do not ossify.

20. The larynx is closed during swallowing by: FAQ
(a) Vocal cord (b) Epiglottis
(c) Cricoid cartilage (d) Thyroid cartilage
RRB Staff Nurse 2019
Correct Option (b)

- Epiglottis (develops from 4th branchial arch) is a leaf-shaped cartilage lying on top of larynx; located immediately posterior to the roof of the tongue.
- It covers the entrance of the larynx when the individual swallows, thus preventing food or liquids from entering the airway.

21. Which is the only abductor of the vocal cord? FAQ
(a) Thyroarytenoid (b) Lateral cricoarytenoid
(c) Thyroepiglottic (d) Posterior cricoarytenoid
Correct Option (d)

Muscle	Function
Thyroarytenoid	Relaxor of vocal cord
Cricothyroid	Tensor of vocal cord
Posterior cricoarytenoid (safety muscle)	Only abductor of vocal cord
Lateral cricoarytenoid	Adductor of vocal cord

Lungs

22. The organ which is located in the pleural cavity of the thorax is:
(a) Liver (b) Heart (c) Lungs (d) Kidneys
IGNOU B.Sc. (PB) Nsg. Entrance 2012
Correct Option (c)

- Lungs are two cone-shaped spongy organs of respiration located within the pleural cavity of the thorax.

23. What is the name of the membrane that covers lungs? FAQ
(a) Meninges (b) Pleura
(c) Peritoneum (d) Periosteum
RUHS B.Sc. (PB) Nsg. Entrance 2016
Correct Option (b)

- Pleura is a covering of wall of the thoracic cavity and lungs made by double-layered serous membrane [outer **parietal** (thicker) and an inner **visceral** or pulmonary pleura], which is filled by a lubricating

Type	Description	Cause
Crackles (rales)	Fine, short, interrupted, high-pitched crackling sounds, best heard on inspiration (bases of the lower lung lobes)	Air passing through fluid or mucus in any air passage
Gurgles (rhonchi)	Continuous, low-pitched, coarse, gurgling, harsh sounds, best heard on expiration (over trachea & bronchi)	Air passing through narrow air passage due to secretions, swelling, tumors
Friction rubs	Superficial grating or creaking sounds heard during inspiration & expiration (lower anterior & lateral chest)	Rubbing together of inflamed pleural surfaces
Wheeze	Continuous, high-pitched, squeaky musical sounds, best heard on expiration (all lung fields)	Air passing through a narrow bronchus due to secretion, swelling, tumors

59. Crackling, rattling or bubbling is an abnormal sound heard on auscultation of the chest:
(a) Stridor (b) Rhonchus (c) Rale (d) Wheeze
HPSSC Staff Nurse 2021
Correct Option (c)

60. The nurse listens to Mrs. Suman's lungs and notes a hissing sound or musical sound. The nurse documents this as: FAQ
(a) Gurgles (b) Rhonchi
(c) Wheezes (d) Vesicular
UPUMS, Saifai Nsg. Officer 2024
Correct Option (c)

61. A low-pitched, a continuous gurgling sound caused by secretion in the large airway is called:
(a) Wheezes (b) Rhonchi
(c) Coughing (d) Stridor
AIIMS Raipur Staff Nurse 2017
Correct Option (b)

62. Gurgling sound from airway in a post-operative client indicates:
(a) Complete obstruction of lower airway
(b) Partial obstruction of airway
(c) Inflammation of pleural cavity
(d) Blood in pleural cavity
IGNOU B.Sc. (PB) Nsg. Entrance 2021
Correct Option (b)

63. On auscultation of a breathless patient you hear "crackling sounds" at the lungs bases. The most likely diagnosis is:
(a) Pneumothorax (b) Pulmonary edema
(c) Bronchial asthma (d) Emphysema
GMCH Chandigarh Staff Nurse 2016
Correct Option (b)

64. Resonance is best described as:
(a) Drum-like sounds
(b) Hollow sounds created by air filled lungs
(c) Short high-pitched thudding
(d) Moderately loud sounds with musical quality
DSSSB Nsg. Officer 2019
Correct Option (b)

65. Loud drum-like high-pitch sounds on percussion known as:
(a) Resonance (b) Crackles
(c) Hyper resonance (d) Tympani
DSSSB Nsg. Officer 2019
Correct Option (d)

66. The following statement is true regarding auscultation of the chest:
(a) Rhonchi are characteristics of heart failure
(b) Crepitations are common in heart failure
(c) Rhonchi are common over a pleural effusion
(d) Crepitations are characteristics of pleural effusion
GMCH Chandigarh Staff Nurse 2015
Correct Option (b)

Pulmonary Function Tests

67. The nurse would expect which pulmonary function test would result in a patient with pulmonary aspiration?
(a) Increased lung volume
(b) Increased compliance
(c) Decreased compliance
(d) Increased functional residual capacity
RAK M.Sc. Nsg. Entrance 2013
Correct Option (c)

- Pulmonary compliance is the ability of the lungs and thorax to expand or it is **expansibility** of lungs and thorax.
- Normally this measure is between 0.08 and 0.33 L/cm of water.
- It is decreased in pathological conditions (e.g., pneumothorax, hemothorax, pleural effusion, pulmonary edema, atelectasis, fibrotic pleurisy, ARDS, etc.) that stiffen the lungs or chest wall.
- It is increased in old age (physiological condition) and emphysema (pathological condition).

68. The lung function tests are determined by:
(a) Tonometer (b) Spirometer
(c) Sphygmomanometer (d) Barometer
RUHS (Raj.) Nurse Grade II 2013

(b) Bi-level positive airway pressure
(c) Bilateral peak airway pressure
(d) Bi-level peak airway pressure

NHM, M.P. Staff Nurse 2021
Correct Option (b)

91. A ventilator that delivers a preset constant volume of air and preset oxygen is called:
(a) High frequency jet ventilator
(b) Pressure cycled ventilator
(c) Volume cycled ventilator
(d) Time cycled ventilator

NHM, M.P. Staff Nurse 2021
Correct Option (c)

92. All of the following is true about positive-end expiratory pressure (PEEP), EXCEPT: FAQ
(a) It reduces venous return
(b) It improves alveolar gas exchange
(c) It prevents alveolar collapse
(d) It decreases mean airway pressure

RAK M.Sc. Nsg. Entrance 2024
Correct Option (d)

- PEEP is the positive pressure that will remain in the airways at the end of the respiratory cycle (end of exhalation) that is greater than the atmospheric pressure in mechanically ventilated patients.

93. The nurse provides care for a patient with an ET tube and positive-pressure mechanical ventilation. Which of the following observations requires intervention by the nurse?
(a) The intern nurse drains ventilator tubing condensation towards the ET tube connection
(b) The patients gags and bites the ET tube
(c) The intern nurse reports that the patient's weight has increased 1.36 kg over past 72 hr
(d) The ET tube cuff pressure is 22 cm H_2O

AIIMS (NORCET) Nsg. Officer 2023
Correct Option (b)

94. IPPB stands for:
(a) Immediate Positive Pressure Breathing
(b) Intermittent Positive Pressure Breathing
(c) Intermission positive Pressure Breathing
(d) Indirect Positive Pressure Breathing

IGNOU B.Sc. (PB) Nsg. Entrance 2011
Correct Option (b)

- Intermittent positive-pressure breathing (IPPB) or intermittent positive-pressure ventilation is a mechanical method for assisting pulmonary ventilation, employing a device that administers air or O_2 for inflation of the lungs under positive pressure.
- Expiration is usually a passive process (due to normal relaxation of chest).

95. Intermittent positive-pressure breathing is contraindicated in:
(a) Comatose (b) Pulmonary oedema
(c) Asthma (d) Tracheoesophageal fistula

AIIMS Raipur Nsg. Officer 2019
Correct Option (d)

96. Which of the following artificial ventilation modes is best suitable for a patient with respiratory arrest?
(a) Continuous positive airway pressure
(b) Controlled mandatory ventilation
(c) Assistant controlled mandatory ventilation
(d) Non-invasive positive pressure ventilation

AIIMS Raipur Staff Nurse 2017
Correct Option (b)

97. When a patient is on mechanical ventilation, which of the following equipment should be kept ready at bedside?
(a) Water-seal chest drainage set up
(b) Manual resuscitation bag
(c) Oxygen analyzer
(d) Tracheostomy cleaning kit

RUHS M.Sc. Nsg. Entrance 2019
Correct Option (b)

98. When caring for a patient who is on a mechanical ventilator, the nurse should monitor the patient for which of the following complications? FAQ
(a) Pulmonary embolus (b) Pleural effusion
(c) Pneumothorax (d) Flail chest

SCTIMST Trivandrum Staff Nurse 2010
Correct Option (c)

- Complications of mechanical ventilators are pneumothorax (excessive positive pressure, or barotrauma), hypotension (increase intrathoracic pressure, prevent blood return), infections (VAP), stress ulcer, emphysema & ventilator dependence.
- **VAP bundles** (to prevent VAP) include 5 key interventions:
  - ♦ Elevation of head-of-bed (30 to 45°).
  - ♦ Daily "sedation vacation" and assessment of readiness to extubate.
  - ♦ Peptic ulcer disease prophylaxis.
  - ♦ Deep vein thrombosis prophylaxis.
  - ♦ Daily oral care with chlorhexidine.

99. Choose the correct answer:
Assertion (A): Chlorhexidine mouth care is recommended for the patients on mechanical ventilator
Reasons (R): Mouth care with chlorhexidine prevents ventilator associated pneumonia
(a) (A) is not correct but (R) is correct
(b) (A) is correct, but (R) is not correct
(c) Both (A) and (R) are correct, and (R) is the correct explanation of (A)
(d) Both (A) and (R) are correct but (R) is NOT the correct explanation of (A)

BHU Nsg. Officer 2024

cords and paralysis of laryngeal nerves or pressure on the recurrent laryngeal nerve.

196. What is the classical sign of obstructive sleep apnea?

(a) Snoring (b) Hypersomnia
(c) Sleep Deprivation (d) Narcolepsy

RRB Staff Nurse 2019

Correct Option (a)

- Obstructive sleep apnea (OSA) is characterized by frequent and loud snoring with breathing cessation for **≥10 seconds**, for at least 5 episodes/hour, followed by awakening.
- Its classical sign/symptoms include **"3 S's"**, i.e., snoring, sleepiness and significant-other report of sleep apnea episodes.
- Clinical features plus **polysomnographic** (sleep study) are definitive tests for OSA.

197. Kveim test is the confirmatory test for:

(a) Celiac disease (b) Sarcoidosis
(c) Bronchiolitis (d) COPD

AIIMS Raipur SNO 2023

Correct Option (b)

- Sarcoidosis (type of interstitial lung disease) is a multisystem granulomatous disease of unknown cause that primarily affects the lungs.
- Kveim test involves intradermal injection of sarcoid node antigen and causes a local nodular lesion in about 1 month.

Notes

Gastrointestinal System

ANATOMY & PHYSIOLOGY

1. The alimentary canal is basically a long extending from the mouth to the:
(a) Stomach (b) Liver
(c) Large intestine (d) Anus
CHO, Uttar Pradesh 2021
Correct Option (d)

- The 2 division of digestive system are:
  - ♦ Gastrointestinal tract (GIT)/alimentary canal that extend from mouth to anus, where actual digestion takes place is called primary digestive organs, e.g., oral cavity, pharynx, esophagus, stomach, small and large intestine.
  - ♦ Accessory digestive organs which help in primary digestive organs in the process of digestion, e.g., teeth, tongue, salivary glands, liver, gallbladder and pancreas.

2. Which of the following are accessory digestive organs? 1. Pancreas, 2. Small intestine, 3. Gallbladder, 4. Stomach, 5. Tongue. Choose the correct answer: FAQ
(a) 1, 3, 5 (b) 1, 3, 4 (c) 3, 5 (d) 1, 5
NHM, Rajasthan Staff Nurse 2024
Correct Option (a)

3. Choose the correct sequence of the layers of the alimentary canal from the inside to outer layer:
(a) Submucosa→mucosa→muscular→serosa
(b) Muscular→serosa→mucosa→submucosa
(c) Serosa→muscular→submucosa→mucosa
(d) Mucosa→submucosa→muscular→serosa
Correct Option (d)

4. Process of taking food into the digestive system is:
(a) Ingestion (b) Propulsion
(c) Digestion (d) Elimination
RRB Staff Nurse 2015
Correct Option (a)

- Digestive system performs 6 basic processes:
  - ♦ Ingestion or eating (first process) means taking food and liquid into the mouth.
  - ♦ Other processes include secretion, mixing and propulsion, digestion (mechanical and chemical), absorption and defecation.

5. The process in which digested food can move into the blood vessels of the intestinal wall is called:
(a) Ingestion (b) Assimilation
(c) Digestion (d) Absorption
CHO, Uttar Pradesh 2022
Correct Option (d)

6. A progressive wave like movement that occurs involuntarily in the alimentary canal is called:
(a) Peristalsis (b) Inflammatory response
(c) Colic response (d) Regurgitation
IGNOU B.Sc. (PB) Nsg. Entrance 2012
Correct Option (a)

- Speed of peristalsis is 2-25 cm/sec throughout GIT.

Oral Cavity (Mouth)

7. Which of the following is NOT a feature of a healthy mouth?
(a) Dry & rough lips (b) Teeth free of debris
(c) Pink & moist mouth (d) Adequate salivation
AIIMS Bhubaneswar SNO 2019
Correct Option (a)

8. The functions of the oral cavity include:
(a) Mechanical processing (b) Lubrication
(c) Analysis of the food (d) All of these
RRB Chandigarh Staff Nurse 2015
Correct Option (d)

9. Commonest commensal microbes present into oral cavity: FAQ
(a) Helicobacter pylori (b) E. Coli
(c) Bacillus acidophilus (d) All of above
JMC Jhalawar (Raj.) Staff Nurse 2010
Correct Option (c)

- Lactobacillus acidophilus bacteria are commensal microbes (natural habitats) present in the oral cavity, intestine and adult vagina.
- It is found in milk, faces of bottle-fed infants, adults whose diets include high milk content.
- Helicobacter pylori (gram-negative spiral-shaped bacterium) are mainly present in the stomach and E. coli (gram-negative bacillus) in the colon.

10. Which of the following bacteria is responsible for curdling? FAQ
(a) Lactic acid bacteria
(b) Lactobacillus acidophilus
(c) Lactobacillus aureus
(d) Bacillus radicicola
CHO, Uttar Pradesh 2022
Correct Option (b)

- Lactobacillus (a genus of gram-positive facultative

Correct Option (d)

- Portal circulation: Blood flow from the abdominal organ that passes through the portal vein, the hepatic sinusoids and into the hepatic veins, to the inferior vena cava and back to the right atrium.
- This pathway permits the liver to remove excess glucose (store it as glycogen) and to detoxify substances (e.g., alcohol) entering the body from the GI tract.

147. Gallbladder acts as a storehouse for:

(a) Salivary juices (b) Enzymes
(c) Hydrochloric acid (d) Bile

IGNOU B.Sc. (PB) Nsg. Entrance 2014
Correct Option (d)

- Gallbladder is a pear-shaped reservoir of bile with 30 to 50 mL in capacity.
- Bile is concentrated (up to ten times) in gallbladder by the absorption of water.
- When fatty foods or acid enter the duodenum, the enteroendocrine cells of the duodenal mucosa secrete hormone cholecystokinin (CCK) which then causes the gallbladder to contract and push the stored bile out through the 3 to 4 cm long cystic duct which joins the common hepatic duct.

148. Cystic duct mostly joins:

(a) Common hepatic duct (b) Right hepatic duct
(c) Left hepatic duct (d) None of above

Correct Option (a)

149. A largest organ in abdominal cavity that filters blood is:

(a) Lymph nodes (b) Palatine Tonsils
(c) Spleen (d) Thymus gland

RML Delhi Staff Nurse 2011
Correct Option (c)

- The spleen is a dark purple, wedge-shaped largest lymphoid organ (weight 200 gm) situated in the left hypochondriac region and lies relative to 9th, 10th and 11th ribs.
- Its main functions are phagocytosis (filter the blood), destruction of RBC **('graveyard of RBCs')**, haemopoiesis (during foetal life), immune response and storage of blood (up to 350 mL).
- It stores RBCs, lymphocytes, iron, etc.

150. Which organ is called graveyard of RBCs?

(a) Liver (b) Thymus (c) Spleen (d) Pancreas

AIIMS Rishikesh ANS 2023
Correct Option (c)

151. The spleen lies against:

(a) 6th, 7th & 8th ribs (b) 7th, 8th & 9th ribs
(c) 8th, 9th & 10th ribs (d) 9th, 10th & 11th ribs

Safdarjung Delhi Nsg. Officer 2018
Correct Option (d)

GASTROINTESTINAL DISORDERS

Gastritis & Peptic Ulcer

152. The term pyrosis is related to:

(a) Heartburn (b) Dyspepsia
(c) Pus formation (d) Dysphagia

AIIMS Patna Nsg. Officer 2020
Correct Option (a)

153. The erosion of mucosal layer of stomach is termed as:

(a) Duodenal ulcer (b) Gastric ulcer
(c) Crohn's disease (d) Diverticulitis

DSSSB PHN 2015
Correct Option (b)

- Gastric ulcer means ulceration of mucosal and submucosal layers of stomach due to gastric acid.

154. A patient's gastric analysis test reveals excess secretion of gastric acid. The nurse would suspect which of the following diagnosis: FAQ

(a) Duodenal ulcer (b) Esophageal ulcer
(c) Gastric cancer (d) Chronic atrophic gastritis

RUHS M.Sc. Nsg. Entrance 2019
Correct Option (a)

Features	Gastric ulcer	Duodenal ulcer
Location	Antrum (Lesser curvature)	Duodenal bulb (first 1-2 cm)
Peak age	50-60 years	35-45 years
Male: Female	1:1	2-3:1
Risk factors	NSAID, H. pylori	H. pylori, blood group O
Stomach acid production	Normal to decreased	Increased
Pain	30-60 min after a meals; pain intensifies after meals	2-3 hr after a meals; wakes up in night due to pain; pain improves after meals or antacid
Hemorrhage	Hematemesis more common than melena	Melena more common than hematemesis
Nourishment	Weight loss	Weight gain
Malignant change	Less than 10%	Rare
Surrounding mucosa	Atrophic gastritis	No gastritis

155. A client is admitted with duodenal ulcer. What will the nurse anticipate the history to include?

(a) Recent weight loss
(b) Increasing indigestion after meal
(c) Awaking with pain at night

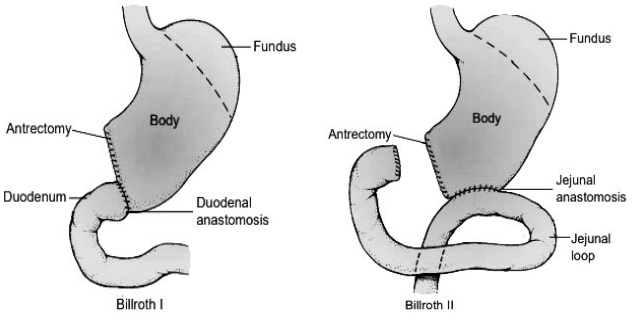
166. A doctor orders a gastro intestinal endoscopy with a capsule endoscopic device. What should the nurse instruct the client to do?
(a) Check the recorder every hour
(b) Avoid eating food and fluid during the test
(c) Avoid stooping and bending during the rest
(d) Swallow the capsule as soon as it is placed in the mouth

ISRO Sriharikota Staff Nurse 2024
Correct Option (c)

167. In which surgery, part of the stomach is removed and the remaining portion is anastomosed to duodenum?
(a) Gastrojejunostomy
(b) Gastroduodenostomy
(c) Gastrectomy
(d) Endoscopic mucosal resection

LNJP Delhi Staff Nurse 2013
Correct Option (b)

- Following surgeries are recommended for patients with intractable ulcers, malignancy of stomach, unresponsive to medications, or if haemorrhage, perforation and obstruction occurs:
  - ♦ Billroth I (gastroduodenostomy): Partial gastrectomy (removal of lower portion of antrum of stomach and small portion of duodenum and pylorus), with the remaining segment anastomosed to the duodenum.
  - ♦ Billroth II (gastrojejunostomy): Partial gastrectomy (removal of lower portion of antrum of stomach), with the remaining segment anastomosed to the jejunum.



  - ♦ Other surgeries used are vagotomy (cutting of the vagus nerve), pyloroplasty, gastric resection (antrectomy) and total gastrectomy.

168. Billroth I and Billroth II are surgical procedure done for: FAQ
(a) Gastric cancer (b) Pancreatic cancer
(c) Breast cancer (d) Lung cancer

PhD (Nursing) IGNOU Entrance 2020
Correct Option (a)

169. Which medical diagnosis can a nurse expect when collecting a health history from a client who is scheduled for an antrectomy?
(a) Cataract (b) Gastric ulcers
(c) Otosclerosis (d) Trigeminal neuralgia

RAK M.Sc. Nsg. Entrance 2018
Correct Option (b)

- Antrectomy (distal gastrectomy) is a procedure in which the distal 3rd of the stomach is excised in gastric or duodenal ulcers and benign gastric tumors.

170. A patient with a peptic ulcer is scheduled for a vagotomy. The patient asks the nurse about the purpose of this procedure. The nurse tells the patient that the procedure?
(a) Decrease food absorption in the stomach
(b) Heals the gastric mucosa
(c) Halts stress reactions
(d) Reduces the stimulus to acid secretions

CHO, Uttarakhand 2021
Correct Option (d)

- Vagotomy is a surgical cutting of the vagus nerve, used to treat peptic ulcer disease.
- It eliminates vagal nerve stimulation, so decrease gastric acid secretion by diminishing cholinergic stimulation to parietal cells.

171. What is the other name for pancreaticoduodenectomy?
(a) Whipple Procedure (b) Billroth - I
(c) Pancreatectomy (d) Billroth - II

RRB Staff Nurse 2019
Correct Option (a)

- The pancreaticoduodenectomy (**Kausch-Whipple procedure**) is typically used to remove the head of pancreas, the common bile duct, a portion of duodenum and the gallbladder from cancerous tumors.

172. The name of the surgery in which there is removal of duodenum, head of pancreas, gallbladder and bile ducts is called:
(a) Discectomy (b) Pancreatoduodenectomy
(c) Appendectomy (d) Lumpectomy

AIIMS Patna Nsg. Officer 2020
Correct Option (b)

173. Proton pump in stomach is an example for:
(a) Facilitated diffusion
(b) Simple diffusion
(c) Secondary active transport
(d) Primary active transport

ESIC Staff Nurse 2019
Correct Option (d)

- Proton pump (H^+/K^+-ATPase) is an enzyme present in gastric parietal cells that excretes hydrogen ions in exchange for potassium ions.
- Its result in the production of gastric acid.
- This exchange is an example of primary active transport (cell uses energy) in which a cell membrane moves molecules against a concentration or electrochemical gradient.

AIIMS (NORCET) Nsg. Officer 2021
Correct Option (c)

- SGPT is the most specific marker for hepatocellular injury/inflammation/necrosis.
- Serum albumin is a marker of chronic liver disease (CLD) with cirrhosis.
- The R ratio has been used to assess whether the pattern of liver injury is hepatocellular, cholestatic, or mixed.
- The R ratio is calculated by the formula R = (ALT value ÷ ALT ULN) ÷ (alkaline phosphatase value ÷ alkaline phosphatase ULN).
- An R ratio of >5 is defined as hepatocellular, <2 is cholestatic, and 2–5 is a mixed pattern.
- MR elastography is the most accurate non-invasive technique for diagnosing and staging liver fibrosis.

262. Excess bilirubin in the plasma causes:
(a) Cyanosis (b) Jaundice
(c) Cystic fibrosis (d) Leukaemia

DSSSB Nsg. Officer 2019
Correct Option (b)

- Bilirubin concentration in blood is abnormally elevated; all of the body tissue, including the sclera and skin, become tinged yellow or greenish-yellow is called jaundice.
- It is clinically evident when serum bilirubin level >2.5 mg/dL (43 fmol/L).

263. A patient with cirrhosis of the liver has a serum bilirubin level of 30 mg/dl. In order to evaluate these laboratory results you need to know that the normal serum bilirubin level is:
(a) 0.2 to 1.0 mg/dL (b) 3 to 10 mg/dL
(c) 10 to 20 mg/dL (d) 20 to 30 mg/dL

LNJP Delhi Staff Nurse 2013
Correct Option (a)

264. Marker for infectivity of serum in Hepatitis B is:
(a) HBsAg (b) Anti HBc (c) HBeAg (d) Anti HBe

Correct Option (c)

- HBsAg (Australia antigen) appears early in infected patients and disappears soon (also known as epidemiological marker of hepatitis infection).
- HBeAg is a marker of infectivity for Hepatitis B.

265. Window period in viral hepatitis is period between appearances of:
(a) HBsAg & Anti HBs (b) Anti HBs & Anti HBe
(c) HBsAg & Anti HBe (d) Anti HBc & Anti HBe

Correct Option (a)

- A gap of several weeks between the disappearance of HBsAg and appearance of anti HBs is called the window period.

266. Most important in diagnosing acute hepatitis B is:
(a) IgG Anti-HBc (b) IgM Anti-HBc
(c) Anti HBs (d) HBsAg

Correct Option (b)

267. A public health nurse was diagnosed to have HBeAg and HBsAg in the serum. Most likely, which of the following does she have?
(a) Recovery from hepatitis B
(b) Acute infectious hepatitis B
(c) HBV+HBE coinfection
(d) Chronic hepatitis B

UPUMS, Saifai Staff Nurse 2023
Correct Option (b)

268. Carrier stage of HBV (Hepatitis-B virus) is for:
(a) Life-long (b) 3 month (c) 6 month (d) 9 month

UPUMS, Saifai Nsg. Officer 2024
Correct Option (c)

- HBV infection is termed as chronic if it continues to be HBsAg +ve for ≥ 6 months.

269. Jaundice is usually NOT associated with:
(a) Hepatitis A (b) Hepatitis B
(c) Hepatitis C (d) Hepatitis E

PGIMS Rohtak Staff Nurse 2017
Correct Option (c)

- Jaundice is usually not associated with hepatitis A in children and hepatitis C in general.

270. Which of the following hepatitis is transmitted by FECO-ORAL route? FAQ
(a) Hepatitis B (b) Hepatitis C
(c) Hepatitis D (d) Hepatitis E

CHO, Haryana 2022
AIIMS Bhopal Senior Nsg. Officer 2018
Correct Option (d)

271. The virus which can cause fulminant hepatitis in pregnant women inducing a mortality rate of 20% is: FAQ
(a) Hepatitis A (b) Hepatitis B
(c) Hepatitis D (d) Hepatitis E

MNS SCC Exam 2024
Correct Option (d)

- Hepatitis E infection is higher in pregnant women (**3rd trimester**), result in abortions, still-births and neonatal deaths but also a **high mortality rate** (20%).

Pancreatic Disorders

272. What is the common pathophysiological mechanism of acute pancreatitis? FAQ
(a) Formation of Neo β-Pancreatic cells
(b) Overproduction of enzymes
(c) Malabsorption of enzymes
(d) Auto-digestion of pancreas

DSSSB Nsg. Officer 2019
Correct Option (d)

- Acute pancreatitis is the inflammation of pancreas of sudden onset, marked clinically by epigastric pain, nausea, vomiting, increased serum pancreatic

292. Which client problem has priority for the client diagnosed with acute pancreatitis?
(a) Risk for fluid volume deficit
(b) Alteration in comfort
(c) Imbalanced nutrition less than body requirements
(d) Knowledge deficit

RAK M.Sc. Nsg. Entrance 2010
Correct Option (b)

- Most important nursing diagnosis for a patient suffering from acute pancreatitis is altered discomfort due to severe pain and in chronic pancreatitis is altered nutrition less than body requirements.

293. Which of the following would most likely be a major nursing diagnosis for a patient with acute pancreatitis?
(a) Ineffective airway clearance
(b) Fluid volume excess
(c) Impaired swallowing
(d) Altered nutrition less than body requirements

ESIC Bhiwari Staff Nurse 2010
Correct Option (d)

294. In caring for pancreatitis patients, which of the following diets should the nurse plan? FAQ
(a) High protein, high carbohydrate, low fat diet
(b) High carbohydrate, low fat with fruits and vegetables
(c) High carbohydrate, high protein, low fat and low residue diet
(d) Small and frequent bland diet

RUHS M.Sc. Nsg. Entrance 2019
Correct Option (c)

Disorder of Biliary System

295. The presence of bilirubin in urine indicates:
(a) Renal stones (b) Raised blood glucose level
(c) Malignancy (d) Biliary disease

DSSSB Nsg. Officer 2019
Correct Option (d)

- Biliary disease refers to diseases affecting bile ducts, gallbladder, other structures involved in the production/storage and transportation of bile.
- Presence of bilirubin in urine may occur in cholecystitis, bile duct obstruction, etc.

296. What is the characteristic feature of biliary colic?
(a) Mid epigastric pain that radiates to the back
(b) Upper right abdominal pain that radiates to the back or right shoulder
(c) Localized lower right abdominal pain
(d) Localized pain in the hypogastric region

AIIMS Raipur Nsg. Officer 2019
Correct Option (b)

- Biliary colic refers to epigastric pain in the right upper quadrant that radiates to the back or right shoulder resulting from obstruction of a bile duct by a gallstone or cholecystitis.

297. Condition 'Cholelithiasis' refers to stones in:
(a) Urethra (b) Kidneys
(c) Gallbladder (d) Urinary bladder

NVS (Navodaya) Staff Nurse 2018
Correct Option (c)

298. Brown pigment gall stones are commonly found in?
(a) Cystic duct (b) Common bile duct
(c) Gall bladder (d) All of these

CHO, Haryana 2023
Correct Option (b)

- Types of gallstones:

Features	Cholesterol	Black pigment	Brown pigment
Location	Gallbladder, ducts	Gallbladder, ducts	Bile ducts
Constituents	Cholesterol	Bilirubin pigment polymer	Calcium bilirubinate
Consistency	Crystalline with nucleus	Hard	Soft, friable
% Radio-opaque	15%	60%	0%
Infection	Rare	Rare	Usual

299. The condition in which stones are located in the common bile duct is:
(a) Biliary cirrhosis (b) Cholelithiasis
(c) Choledocholithiasis (d) Jaundice

IGNOU B.Sc. (PB) Nsg. Entrance 2017
Correct Option (c)

300. Cholecystography is performed to:
(a) Detect obstruction in the duodenum
(b) Diagnose stones in the gallbladder
(c) Detect conditions of the stomach
(d) None of these

ESIC Delhi Staff Nurse 2012
Correct Option (b)

- Cholecystography is an x-ray examination of the gallbladder to diagnose the gallstones.
- Allergies to iodine or seafood are assessed and iodine containing contrast agents like iopanoic acid administered 10-12 hrs before the x-ray study and give **fat-free meal** the night before the test.
- During the test the patient is fed with a **fatty meal**, to test the contractility of the gallbladder.

301. The nurse is caring for a patient during a cholecystogram. Which of the following actions by the nurse is BEST? FAQ
(a) Administer an antiemetic
(b) Force fluids

(a) Low carbohydrate (b) High fat
(c) High protein (d) Low fat

AIIMS Rishikesh ANS 2023
Correct Option (d)

311. The client has just had an endoscopic retrograde cholangio-pancreatography (ERCP). Which post procedure intervention should the nurse implement?
(a) Assess for rectal bleeding
(b) Increase fluid intake
(c) Access gag reflex
(d) Keep in supine position

RAK M.Sc. Nsg. Entrance 2010 & 2009
Correct Option (c)

- ERCP is an examination of the hepatobiliary system via a flexible fiberoptic endoscope inserted through the esophagus to the descending duodenum.
- Monitoring for return of gag and cough reflexes and for signs of perforation, hemorrhage or infection (cholangitis) after the procedure are appropriate interventions.

312. Preprocedural investigation required for a client who is scheduled for ERCP is:
(a) Bilirubin level (b) Urine output
(c) Serum glucose (d) Blood pressure

Correct Option (a)

- ERCP is not performed if the client's bilirubin level is more than 3 to 5 mg/dL because cannulation may cause edema, which will increase obstruction of bile flow.

313. Charcot's triad consists of all EXCEPT:
(a) Abdominal pain (b) Jaundice
(c) Mental dysfunction (d) Fever

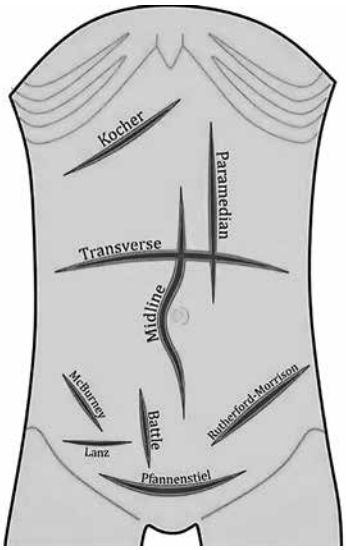
AIIMS (NORCET) Nsg. Officer 2023
Correct Option (c)

- Cholangitis is a life-threatening bacterial infection of the bile ducts (most common cause-choledocholithiasis).
- It is characterized by "Charcot triad" consists of fever, RUQ abdominal pain and jaundice.
- Reynolds pentad: Charcot triad + delirium & shock.

314. The common abdominal incision for gallbladder surgery is:
(a) McBurney's Gridiron
(b) Kocher's incision
(c) Pfannenstiel incision
(d) Left paramedian incision

GMCH Chandigarh Staff Nurse 2016
Correct Option (b)

- Kocher's incision (right subcostal incision) is an oblique incision made in the right upper quadrant of the abdomen and used for operation of liver, gallbladder and biliary tract (especially used in cholecystectomy).
- McBurney's /Gridiron incision is made over the McBurney point and used in appendectomy.
- Pfannenstiel incision (above pubis symphysis) used in gynaecological pelvis surgery like caesarean section.
- Paramedian incision (midline laparotomy) is made 2 to 5 cm lateral to umbilicus (close to the midline).



315. Subcostal incision is given for operation of:
(a) Gallbladder (b) Appendix
(c) Colon (d) Bladder

Correct Option (a)

316. Gridiron incision is given for operation of:
(a) Kidney (b) Stomach
(c) Ureter (d) Appendix

Correct Option (d)

317. Pfannenstiel incision is used for
(a) Caesarean section (b) Cholecystectomy
(c) Inguinal Herniorrhaphy (d) Gastrectomy

BCCL Staff Nurse 2015
Correct Option (a)

Appendicitis

318. Which of the following symptoms is the most common for acute appendicitis?
(a) Bradycardia and fever
(b) Fever and generalized abdominal tenderness
(c) Pain radiating into the groin and down the legs
(d) Pain beginning at the umbilicus and descending to the lower left quadrant

RUHS M.Sc. Nsg. Entrance 2013
Correct Option (b)

- Clinical manifestations of acute appendicitis:
  - Acute abdominal pain in periumbilical region, then radiate to the right lower quadrant (intense pain at McBurney's point).
  - Low grade-fever, chills, tachycardia.
  - Abdominal guarding with flexed legs.

is the likely diagnosis.

- So the nurse should prepare the patients for surgery immediately to remove abscess.

330. A client had an appendectomy 24-hour ago. Which of the following goals is appropriate for this client?

(a) The client will be able to walk in the hallway
(b) The client will be able to attend physical therapy
(c) The client will be able to accomplish all activities of daily living
(d) The client will be able to state the rationale for all postoperative medications

ESIC Kolkata/Bangalore Staff Nurse 2012
Correct Option (a)

- Ambulation should begin on the day of surgery or the first postoperative day (within 24 hrs of surgery) of appendectomy, so clients will be able to walk in the hall-way after 24-hrs of surgery.
- It helps to prevent respiratory complications, such as atelectasis.
- Other options are not appropriate to attend after 24-hrs of surgery.

331. Which of the following does not include post-operative care for appendectomy?

(a) Early ambulation
(b) Diet as tolerated after fully conscious
(c) Nasogastric tube connects to suction
(d) Deep breathing and leg exercise

RUHS B.Sc. (PB) Nsg. Entrance 2013
Correct Option (b)

- Diet should be advanced gradually from a clear-liquid to semi-liquid and then solid as tolerated by patients not only after fully conscious but also after returning of gag reflex and bowel sound.
- All other options are appropriate aspects of post-operative care for appendectomy.

332. A 14-year-old is admitted to your unit following an emergency appendectomy. What is the nurse's goal for the client?

(a) Pain related to inflamed appendix
(b) Patient will experience minimize risk of spread of infection
(c) Maintain N.G. tube decompression until bowel motility returns
(d) Child demonstrated resolution of peritonitis

RAK M.Sc. Nsg. Entrance 2014
Correct Option (c)

- Nasogastric drainage (NG tube) may be required to decompress the stomach and prevent nausea, vomiting and abdominal distention if peritonitis or abscesses occurs as a complication of appendicitis.
- Because the patient has the emergency appendectomy, so may have a chance of peritonitis (if the appendix has ruptured).

Inflammatory Bowel Disease

333. Chronic diarrhoea is a common feature in children associated with which disease?

(a) Inflammatory bowel disease (b) Gastritis
(c) Food poisoning (d) Hepatitis

AIIMS Raipur Nsg. Officer 2019
Correct Option (a)

- Inflammatory bowel disease (IBD) is a group of chronic disorders, i.e., Crohn's disease (CD) and ulcerative colitis (UC) that result from inflammation or ulceration of the bowel lining (overall: CD > UC).
- Diarrhea is a common feature in both ulcerative colitis (blood/mucus) and crohn's (mucus/pus).

334. Which of the following symptoms is associated with ulcerative colitis?

(a) Dumping syndrome (b) Soft stools
(c) Rectal bleeding (d) Fistulas

ESIC Kolkata/Bangalore Staff Nurse 2012
Correct Option (c)

- Main symptoms of ulcerative colitis include severe diarrhoea (10 to 20 liquid stool/day) containing mucus, pus and blood (**rectal bleeding**), whereas fistulas, fissures and weight loss are common in Crohn's disease not in ulcerative colitis.
- Dumping syndrome occurs in patients who have had gastric resections.

335. The predominant clinical manifestations of ulcerative colitis include: FAQ

(a) Diarrhea, passage of mucus and pus in stool, rectal bleeding
(b) Diarrhea, rectal bleeding, weight gain
(c) Pallor, vomiting, hypercalcemia
(d) Right upper quadrant abdominal pain, joint abnormalities, hypocalcemia

ESIC Nsg. Officer 2024
Correct Option (a)

- Comparison of Crohn's disease & Ulcerative colitis:

Factor	Crohn's disease	Ulcerative colitis
Course	Prolonged, variable	Exacerbation, remission
Pathology • Early • Late	 Transmural thickening Deep, penetrating granulomas	 Mucosal ulceration Mucosal minute ulceration
Location	Ileum, right colon (usually)	Rectum, left colon
Bleeding	Usually not, but may occur	Common-severe
Perianal Involvement	Common	Rare-mild
Fistulas	Common	Rare

- Proctoscope is used to see the rectum and anal canal.

374. A patient with hemorrhoids asks the nurse the cause of the problem. The nurse explains that it generally, results from:
(a) Eating spicy foods (b) Diabetes
(c) Hypertension (d) Constipation
RUHS M.Sc. Nsg. Entrance 2014
Correct Option (d)

- Risk factors for hemorrhoids are obesity, portal hypertension, constipation and prolonged straining, pregnancy, heavy lifting, prolonged standing and sitting and eating a low-fiber diet.

375. Straining during defecation causes:
(a) Polyps (b) Diarrhoea
(c) Hemorrhoids (d) Constipation
RUHS M.Sc. Nsg. Entrance 2018
Correct Option (c)

376. A client is scheduled for hemorrhoidectomy. The nurse should observe the client for the presence of common clinical indicators associated with hemorrhoids.
(a) Pruritus (b) Flatulence
(c) Anal stenosis (d) Rectal bleeding
RAK M.Sc. Nsg. Entrance 2018
Correct Option (d)

- The indications of surgery in hemorrhoids are significant rectal bleeding, intractable pain and recurrent episodes.

377. Mr. Shyam has just returned from the post anaesthesia care unit (PACU) after a haemorrhoidectomy. His postoperative orders include sitz-baths every morning. The nurse understands that sitz-bath is use for:
(a) Relieve tension (b) Promote healing
(c) Lower body temp. (d) Reduce swelling
HPSSC Staff Nurse 2016
Correct Option (b)

- Sitz bath (hip bath) is a method of applying tepid or warm water to the pelvic or rectal area by sitting in a tub or basin filled with sufficient water to reach the umbilicus.
- Its purpose is to relieve pain, decrease inflammation and promote drainage and healing.

378. Sitz bath is given for which of the following:
(a) Appendectomy (b) Haemorrhoidectomy
(c) Cholecystectomy (d) Mastoidectomy
AIIMS Bathinda Nsg. Officer 2019
Correct Option (b)

379. Temperature of water for 'Sitz Bath' is:
(a) 30-34°C (b) 37-39°C (c) 43-46°C (d) 48-52°C
BHU Nsg. Officer 2018
Correct Option (c)

- Temperature of water in a warm sitz bath should be 94° to 98° F (34.4° to 36.6° C) and in hot sitz bath water 105° to 110 °F (40.5° to 43.3° C).

380. Sitz bath should not be given to patient during first 24 hour of haemorrhoidectomy, because it may increase possibility of:
(a) Infection (b) Abscess formation
(c) Hemorrhage (d) Delay wound healing
ESIC Bhiwari Staff Nurse 2010
Correct Option (c)

Hernia

381. …….. is protrusion of an organ, tissue or structure through the walls of the cavity in which it is normally contained:
(a) Hernia (b) Fistula (c) Lump (d) Cyst
ESIC Staff Nurse 2016
Correct Option (a)

- Types of hernia:

Types	Description
Reducible	Content in the hernia sac can be pushed back
Irreducible	Content in the hernia sac can't be pushed back
Incarcerated	Adhesion between hernia sac and its content; reduction is difficult and there is no obstruction of blood supply
Obstructed	Herniation leads to obstruction of the bowel and blood supply remains intact
Strangulated	Blood supply to the hernia sac is compromised. If surgical repair is not done, hernia sac will become gangrenous
Inguinal (most common type)	Content in the abdominal cavity protrude through the inguinal canal. It usually affect men
Femoral	Content protrudes through the weak portion in the inner thigh. It mainly affect women
Umbilical	Protrusion of content occurs at the umbilicus. It occur mostly in babies & overweight adults

382. Herniation of upper part of stomach into the esophagus through diaphragm opening is known as:
(a) Orchiocele (b) Inguinal hernia
(c) Enterocele (d) Hiatal hernia
CHO, Rajasthan 2023
Correct Option (d)

- Hiatal hernia (esophageal/diaphragmatic) refers to conditions in which elements of the abdominal cavity, most commonly the stomach, herniate through the esophageal hiatus into the mediastinum.
- There are 4 types of hiatal hernia: type I or sliding (**most common**) & paraesophageal type II, III & IV.

383. The most common symptoms of a sliding hiatal hernia is:
(a) Feeling of fullness
(b) Difficulty in breathing
(c) Gastroesophageal reflux

abdominal hollow organ and is marked by intense, constant abdominal pain that worsen on body movement, anorexia, nausea, vomiting, diminished peristalsis, fever or hypothermia.

394. Medical management of a patient with peritonitis includes antibiotics, I/V fluids and:
(a) Enemas (b) Nasogastric suctioning
(c) Clear fluid diet (d) Early ambulation
RAK M.Sc. Nsg. Entrance 2013
Correct Option (b)

- Medical (non-surgical) management of peritonitis includes NG suctioning (to relieve abdominal distension and promote intestinal function), antibiotic therapy, analgesics, IV fluid administration.

Obesity

395. BMI is calculated by using the formula:
(a) Weight (kg) × Height $(m)^2$
(b) Height $(m)^2$ / Weight (kg)
(c) Weight (lb) + Height $(m)^2$
(d) Weight (kg) / Height $(m)^2$
DSSSB Nsg. Officer 2019
Correct Option (d)

- Body Mass Index (BMI)/(Quetelet's Index) is a simple index for estimating overweight and obesity in adults.
- Cut offs of obesity is body weight in excess of 10% of expected weight and in epidemiological studies + 2SD (standard deviations) from median weight for height.
- **Traffic-light diet** approach is used for overweight children, i.e., green (no restriction), yellow (moderation) and red (consume minimally).
- It is obtained by dividing a person's weight in kilograms by height in meters square.
- BMI = Weight (Kg)/Height $(m)^2$
- Classification of weight status by BMI:

Classification	BMI (kg/m^2)
Underweight	< 18.5
Normal weight	18.5 - 24.99
Overweight	≥ 25.00
Pre-obese	25 - 29.99
Obese Class I	30 - 34.99
Obese Class II	35 - 39.99
Obese Class III (severe obesity)	≥ 40

396. Usually, form which data is the body mass index (BMI) calculated:
(a) Person's weight alone
(b) Person's height alone
(c) Person's weight and height
(d) Person's basal metabolic rate (BMR)
ESIC Staff Nurse 2016
Correct Option (c)

397. The ideal weight of an adult person is calculated on the basis of:
(a) Age (b) Height (c) Economic status (d) All
NCL Singrauli Staff Nurse 2019
Correct Option (b)

398. The normal BMI in adults as per the WHO, ranges from:
(a) 25 - 29.9 kg/m^2 (b) 16 - 18 kg/m^2
(c) 18.5 - 24.9 kg/m^2 (d) 30 - 34.9 kg/m^2
CHO, Rajasthan 2023
Correct Option (c)

399. When the BMI of an adult is below 18 kg/m^2, the condition is termed as:
(a) Obese (b) Pre-obese
(c) Underweight (d) Overweight
RRB Staff Nurse 2019
Correct Option (c)

400. Which of the following levels of body mass index is considered to be overweight?
(a) 30-34.9 (b) 25-29.9 (c) 18.5-24.9 (d) < 18.5
AIIMS Rishikesh ANS 2023
Correct Option (b)

401. A 45-years-old man of height 1.6 m weighs 70 kg. Calculated BMI is 27.3. He is classified as:
(a) Obese class I (b) Pre-obese
(c) Obese class II (d) Normal weight
CCRAS (AYUSH) Staff Nurse 2019
Correct Option (b)

402. BMI of…….or more in adults is defined as Obesity:
(a) 20 (b) 25 (c) 30 (d) 40
CHO, Madhya Pradesh 2024
Correct Option (c)

403. The client weighs 160 pounds and is 5'1" tall. His BMI is 30.22. Which category should the nurse document in the client's medical records?
(a) Underweight (b) Overweight
(c) Ideal weight (d) Obese
RAK M.Sc. Nsg. Entrance 2009
Correct Option (d)

404. An adult is declared to be obese, if the BMI is more than:
(a) 35 (b) 30 (c) 20 (d) 25
ESIC Staff Nurse 2016
Correct Option (b)

405. The BMI value according to the BMI classification of class 1 obese is:
(a) >40 (b) 30-34.9 (c) 25-29.9 (d) 35-39.9
NHM, U.P. Staff Nurse 2021
Correct Option (b)

406. What will be the approximate BMI of a woman with weight 70 kg and height 155 cm?
(a) 26.1 (b) 29.1 (c) 25.2 (d) 24.6
ESIC Nsg. Officer 2024

Urinary System

ANATOMY & PHYSIOLOGY

Kidney

1. Development of the kidney takes place in the:

(a) Cervical region (b) Thoracic region
(c) Lumbar region (d) Sacral region

BSF Staff Nurse 2015
Correct Option (d)

- Kidney starts developing in the sacral region and then it ascends to occupy its lumbar position.
- Kidney derived from the metanephros and ureter from the mesonephric duct (Wolffian duct).

2. The kidneys are located in the…….space?

(a) Peritoneal cavity (b) Pelvic cavity
(c) Abdominal cavity (d) Retro-peritoneal

KSSSCI, Lucknow Nsg. Officer 2024
Correct Option (d)

- Kidneys are a pair bean-shaped, brownish-red organs lie in the back (retroperitoneally) side of the abdomen cavity, from the 12th thoracic vertebra to the 3rd lumbar vertebra in adult.

3. All of the following features are true related to kidney EXCEPT:

(a) Lie in abdomen in the lumbar region
(b) Acts as storehouse for urine
(c) Bean-shaped organ
(d) Maintains acid-base balance

IGNOU B.Sc. (PB) Nsg. Entrance 2021
Correct Option (b)

4. Structural and functional unit of kidney is called:

(a) Neuron (b) Glomeruli
(c) Axon (d) Nephron

RUHS B.Sc. (PB) Nsg. Entrance 2017 & 2016
Correct Option (d)

- Nephron is known as the functional, structural and excretory units of the kidneys.
- Each kidney has 1 million of nephrons and starts decreasing after about 45 to 50 years of age at a rate of 0.8% to 1% every year.

5. …….type of nephrons have short loops of Henle that do not dip far beyond the cortex:

(a) Cortical nephrons (b) Medullary nephrons
(c) Papillary nephrons (d) Juxtamedullary nephrons

CHO, Madhya Pradesh 2024
Correct Option (a)

- Features of two types of nephrons:

Feature	Cortical/superficial	Juxtamedullary
Quantity	85%	15%
Location	Outer cortex of kidney	Inner cortex near medulla
Loop of Henle	Short, Hairpin bend penetrates up to outer zone of medulla	Long, Hairpin bend penetrates till the tip of papilla
Blood supply	Peritubular capillaries	Vasa recta
Function	Urine formation	Concentration of urine (mainly) & also urine formation

6. Which of the following is/are NOT a main component of the nephron?

(a) Glomerulus (b) Long renal tubule
(c) Renal columns (d) Bowman's capsule

CHO, Uttar Pradesh 2022
Correct Option (c)

7. Through which arteriole does blood exit the glomerular capsule?

(a) Afferent (b) Efferent
(c) Renal (d) Interlobular

HPSSC Staff Nurse 2022
Correct Option (b)

8. A thin, smooth layer of fibrous membrane that protects the kidney is called as:

(a) Bowman's capsule (b) Capsule
(c) Cortex (d) Medulla

HSSC Haryana Staff Nurse 2017
Correct Option (b)

- The fibrous connective and fatty tissue that protects and surrounds each kidney is called renal capsule.

9. Renal pyramids are separated by the:

(a) Renal cortex (b) Renal medulla
(c) Renal columns (d) Renal pelvis

RUHS B.Sc. (PB) Nsg. Entrance 2013
Correct Option (c)

- Renal parenchyma is divided into two parts: the outer reddish brown portion is called **cortex** (contains nephrons) and the inner pale portion is **medulla** (contains loops of Henle, vasa recta and collecting ducts).
- Tissue of the renal cortex of the kidney extends

continuous bladder irrigation (**first 24 hr**) to remove blood clots and dissected tissue.

90. A patient has a TURP. Twenty-four hours later, the nurse notices that his urine is bright red. Which of the following nursing actions is MOST appropriate?
(a) Contact the physician
(b) Irrigate the catheter
(c) Continue to monitor the patient
(d) Remove the catheter

AIIMS Jodhpur Nsg. Tutor 2021
Correct Option (a)

- Bright-red coloured urine may occur during the first 24 hours after surgery and if it occurs after 24 hours later; inform the physician.

91. Important nursing management following TURP is:
(a) Assess surgical site of signs of infection
(b) Assess the vital signs
(c) Maintaining patency of a three-way Foley's catheter for hemostasis
(d) Administer ordered analgesics

RUHS B.Sc. (PB) Nsg. Entrance 2018
Correct Option (c)

92. Which nursing diagnosis would be a priority for the client who has undergone TURP?
(a) Potential for sexual dysfunction
(b) Potential for an altered body image
(c) Potential for chronic infection
(d) Potential for hemorrhage

RAK M.Sc. Nsg. Entrance 2009
Correct Option (d)

93. The following are the important preoperative nursing care for a patient with BPH; EXCEPT:
(a) Promoting urinary drainage
(b) Acid- ash diet to treat infection
(c) Assure nutrition, correct fluid and electrolyte balance
(d) Hormonal therapy

ESIC Staff Nurse 2019
Correct Option (d)

- Hormonal therapy with 5-α- reductase inhibitors (e.g., finasteride, dutasteride) are used to prevent conversion of testosterone to DHT and decrease prostate size.

94. Nurse would know that a post-TURP client understood his discharge teaching when he says I should:
(a) Get out of bed into a chair for several hours daily
(b) Call the physician if my urinary stream decreases
(c) Attempt to void every three hours when I'm awake
(d) Avoid vigorous exercise for 6 months after surgery

HPSSC Staff Nurse 2021
Correct Option (b)

Renal Failure

95. The client is diagnosed with Acute Renal Failure. Which laboratory values are most significant for diagnosing ARF? FAQ
(a) BUN and Creatinine
(b) WBC and Haemoglobin
(c) Potassium and Sodium
(d) Bilirubin and Sodium

AIIMS Raipur Nsg. Officer 2019
RAK M.Sc. Nsg. Entrance 2010
Correct Option (a)

- Acute kidney injury (acute renal failure) is defined as increase in serum creatinine, at least 0.3 mg/dL within 48 hr or urine volume <0.5 mL/kg/h for 6 hr.
- Progressive increased serum level of BUN and creatinine is called azotemia, which indicates ARF.
- **KDIGO** classification for AKI:

Stage	Urine Output	Serum Creatinine (SCr)
1	<0.5 mL/kg/h for ≥6 h	Raised by ≥0.3 mg/dL
2	<0.5 mL/kg/h for ≥12 h	Raised by ≥2 times baseline
3	<0.3 mL/kg/h for ≥24 h or anuria for ≥12 h	Raised by ≥3 times baseline

96. In RIFLE criteria, R stands for:
(a) Risk (b) Renal
(c) Residual (d) Refractory

AIIMS M.Sc. Nsg. Entrance 2022
Correct Option (a)

- Acronym **RIFLE** stands for risk, injury, failure, loss and end-stage kidney disease (ESRD).
- Risk, injury and failure are the three stages of AKI severity, whereas loss and ESKD are two outcomes of loss that require some form of renal replacement therapy.
- RIFLE classification is based on serum creatinine and urine output criteria.

97. Which is the hallmark sign of acute renal failure (ARF)?
(a) Hypertension (b) Weight gain
(c) Edema (d) Oliguria

Correct Option (d)

98. BUN used for kidney function tests stand for:
(a) Blood urine nitrogen
(b) Blood uric acid nitrogen
(c) Blood uracil nitrogen
(d) Blood urea nitrogen

BHU Staff Nurse 2015
Correct Option (d)

- Blood urea nitrogen (BUN), serves as an index of renal function.
- BUN means nitrogen present in the blood in the form of urea.
- Urea is the nitrogenous end product of protein metabolism and urea cycle.

- ♦ Muscles weakness and cramps and pruritus.
- ♦ Metabolic acidosis (inability of kidney to excrete H^+ and synthesis of HCO_3^- by renal tubules) and Kussmaul respiration.
- ♦ Nausea and vomiting (due to accumulation of metabolic waste like BUN, creatinine and acidosis).
- ♦ Azotemia (increased amounts of nitrogenous waste products like BUN, creatinine and uric acid level in the blood).
- ♦ Anemia (inability of kidney to secrete erythropoietin hormone).
- ♦ Infection and injury (due to suppressed immune system), GI bleeding, etc.
- ♦ Oliguria (urine output <0.5mL/kg/h or 400 mL/day) and anuria (urine output <50 mL/day).

109. A patient with renal dysfunction develops uremia, when his GFR is:

(a) ≤ 15 mL/min (b) > 30 mL/min
(c) ≥ 45 mL/min (d) ≥ 60 mL/min

ESIC Nsg. Officer 2024
Correct Option (a)

- Stages of chronic kidney disease (CKD):

Stage	Description	GFR (mL/min/1.73 m²)
1	Normal	≥90
2	Mild CKD	60-89
3	Moderate CKD	30-59
4	Severe CKD	15-29
5	End stage CKD	<15

110. Uremic lung is typically associated with: FAQ

(a) Renal osteodystrophy (b) Nephrosclerosis
(c) Chronic kidney disease (d) Polycystic kidney disease

UPUMS, Saifai Staff Nurse 2023
Correct Option (c)

111. In CRF all the following noticed EXCEPT: FAQ

(a) Anaemia (b) Hypocalcaemia
(c) Metabolic acidosis (d) Hypokalemia

DSSSB PHN 2015
Correct Option (d)

112. The nurse is caring for a client with AKI. When performing an assessment, the nurse would expect to note which breathing pattern?

(a) Apnea (b) Kussmaul's respirations
(c) Decreased respirations (d) Cheyne-Stokes respirations

Correct Option (b)

113. Assessing the laboratory findings which results would the nurse most likely expect to find in a client with chronic renal failure?

(a) Decreased serum calcium, blood pH 7.2, Potassium 6.5 mEq/L
(b) BUN 35 to 40 mg/dL, Potassium 3.5 mEq/L, pH 7.35, decreased serum calcium
(c) BUN 15 mg/dL, increased serum calcium, creatinine 1.0 mg/dL
(d) BUN 10 to 30 mg/dL, creatinine 0.5 to 1.5 mg/dL

AIIMS Nagpur Nsg. Officer 2020
Correct Option (a)

114. Anuria is defined as urine output less than…..… mL/24 hr: FAQ

(a) 500 (b) 300 (c) 100 (d) 800

CHO, Rajasthan 2023
Correct Option (c)

115. Which is the cause of Anuria?

(a) Dysuria (b) Renal failure
(c) Appendicitis (d) Gastritis

RRB Staff Nurse 2019
Correct Option (b)

116. In oliguria volume of urine is: FAQ

(a) Less than 100 mL (b) Less than 400 mL
(c) Less than 800 mL (d) Absence of urine

RUHS B.Sc. (PB) Nsg. Entrance 2014
Correct Option (b)

117. Which of the following factors causes the nausea associated with renal failure?

(a) Oliguria
(b) Gastric ulcers
(c) Electrolyte imbalance
(d) Accumulation of metabolic wastes

ESIC Kolkata/Bangalore Staff Nurse 2014
Correct Option (d)

118. A client is in acute renal failure. The nurse must assess the patient carefully for which of the following potential complications?

(a) Tetany (b) Hypernatremia
(c) Cardiac arrhythmias (d) Vascular collapse

PGIMS Rohtak Staff Nurse 2015
Correct Option (c)

- Hyperkalemia is the most serious complication in AKI because it can cause life-threatening cardiac dysrhythmias (considered a medical emergency).
- Other complications include volume overload, metabolic acidosis, hyponatremia, etc.

119. In case of a patient with the diagnosis of chronic kidney failure, the signs of which of the following electrolyte imbalance should be monitored:

(a) Hypokalemia (b) Hypocalcaemia
(c) Hypernatremia (d) Hyperglycaemia

AIIMS Patna Staff Nurse 2015
Correct Option (b)

120. Purpose to administer erythropoietin into a patient suffering with CRF:

(a) Elevate WBC count
(b) Enhance maturation of thrombocyte
(c) Increase production of platelets
(d) Stimulate the synthesis of RBC

- An intravenous pyelogram (IVP) also known as IV urography, is a radiologic study in which a radiopaque dye is used to evaluate the structure and function of the kidneys, ureters and bladder.
- Before the IVP procedure assess the patient for allergies to iodine, seafood and radiopaque dye.
- During IPV multiple x-rays are obtained to visualize upper and lower urinary system.
- After the procedure, force fluids unless contraindicated to flush out contrast media.

176. Which position is favorable for intravenous pyelography?

(a) Supine position (b) Trendelenburg
(c) Lithotomy (d) Left lateral

BSF Staff Nurse 2015
Correct Option (a)

177. The nurse accompanies a client who is to have an IVP. Which reaction, if it were to occur, should the nurse report to the physician immediately?

(a) Angioedema (b) A feeling of warmth
(c) Salty taste (d) Flushing of the face

PGIMS Rohtak Staff Nurse 2015
Correct Option (a)

- A feeling of warmth, hot flushing sensations, unpleasant or salty (metallic) taste in the mouth and throat irritation is normal reactions after injection of a contrast medium used during IPV.
- Angioedema is a condition marked by sudden localised, non-pitting swelling of certain body parts including skin and mucous membranes.
- It is usually the result of a type I (IgE-mediated reaction) hypersensitivity, so it should be reported immediately.

178. What is the correct nursing intervention after a renal arteriogram?

(a) Encourage ambulation to increase circulation
(b) Administer sedatives
(c) Check peripheral pulses every 30-60 minute
(d) Administer radio-opaque dye

DSSSB Nsg. Officer 2019
Correct Option (c)

- Renal arteriogram is an imaging or X-ray used to see the renal artery.
- After the procedure, maintain bed rest with the affected leg straight, check peripheral pulses every 30 to 60 minute., observe the site for bleeding or haematoma, etc. are the key nursing interventions.

179. A nurse's highest priority for a client who has returned to the nursing unit after nephrectomy is:

(a) Hourly urine output
(b) Temperature
(c) Able to turn side to side
(d) Able to sips clear liquid

JIPMER Staff Nurse 2017
Correct Option (a)

- Measure and record the urine output every hour after nephrectomy (removal of kidney) and it should be at least 0.5 mL/kg/hr.

180. What is the technique used to demonstrate the relationship between intravesical pressure and the volume of urine in the bladder?

(a) Cystoscopy (b) Cystometry
(c) Pyelogram (d) Ureteroscopy

AIIMS Raipur Nsg. Officer 2019
Correct Option (b)

181. Cystometrogram is done to assess function of: FAQ

(a) Gallbladder (b) Prostate
(c) Urinary bladder (d) Lungs

RAK M.Sc. Nsg. Entrance 2024
Correct Option (c)

- Cystometrogram is a graphic recording of pressure within the urinary bladder.

182. Which of the following are the indications for ureterostomy, EXCEPT:

(a) Megacolon (b) Spinal cord injury
(c) Spina bifida (d) Bladder cancer

CHO, Uttar Pradesh 2022
Correct Option (a)

183. Match Treatment with Disease:

Treatment	Disease
a. Dialysis	I. Burns
b. Abdominal paracentesis	II. BPH
c. Fluid Replacement	III. CRF
d. TURP	IV. Liver disease

Choose the **correct** answer:

(a) a-I, b-II, c-III, d-IV (b) a-I, b-III, c-II, d-IV
(c) a-I, b-II, c-IV, d-III (d) a-III, b-IV, c-I, d-II

MNS SCC Exam 2024
Correct Option (d)

Notes

Integumentary System

ANATOMY & PHYSIOLOGY

Skin

1. Skin is a part of which systems in the body:
(a) Circulatory (b) Respiratory
(c) Endocrine (d) Integumentary
AIIMS Bhopal Staff Nurse 2016
Correct Option (d)

- Integumentary system includes the skin (epidermis and dermis) and its derivatives (hair, nails) and the subcutaneous tissue (hypodermis).

2. The body system responsible for detection of Touch, Pain and Pressure is:
(a) Musculo-skeletal (b) Integumentary
(c) Respiratory (d) Cardiovascular
IGNOU B.Sc. (PB) Nsg. Entrance 2014
Correct Option (b)

- Sensory (somatic) nerves endings present in the dermis of skin which are responsible for detection of touch, pressure, temperature and pain.

3. Which is the largest external organ in the body?
(a) Intestine (b) Liver (c) Skin (d) Stomach
AIIMS Raipur Nsg. Officer 2019
Correct Option (c)

- Skin is the largest organ of the human body with a surface area of about 1.5 to 2 m^2 (22 $feet^2$) and weight is about 4.5 to 5 kg (7% of the total body weight).
- It is thinnest over eyelids and glans penis (thickness 0.5 mm) and thickest over palm of the hand and heels or sole of the foot (thickness 4 mm).

4. The thickest human skin is:
(a) Palm (b) Sole (c) Neck (d) Head
RUHS M.Sc. Nsg. Entrance 2014
Correct Option (b)

- Thickest skin present at soles of foot (4 mm thickness) and then the palm of hand.

5. What is the superficial layer of skin called? FAQ
(a) Sebaceous glands (b) Epidermis
(c) Dermis (d) Hair
AIIMS Raipur Nsg. Officer 2019
Correct Option (b)

- Skin is made up of **two** layers: superficial, thinner portion, which is composed of epithelial tissue is called **epidermis** and deeper, thicker connective tissue portion is called **dermis**.
- Epidermis has **five** layers:
  - ♦ Stratum corneum or horny layer is the outermost layer, consists of dead cells (corneocytes).
  - ♦ Stratum lucidum consists of translucent cells contain keratin and only present in the thick skin of areas (e.g., fingertips, palms and sole).
  - ♦ Stratum granulosum is a thin layer with two to five rows of flattened rhomboid cells.
  - ♦ Stratum spinosum or prickle cell layer consists of keratinocytes with some spine-like protoplasmic projections.
  - ♦ Stratum basale or stratum germinativum is the deepest layer, consists of cuboidal or columnar keratinocytes and involved in rapid cell division (stem cells).
- Dermis is made up of **two** layers: superficial papillary layer contains blood vessels, lymphatics, nerve fiber, chromatophores, dermal ridge (forms fingerprints or footprints) and deeper reticular layer contains reticular and elastic fibers.

6. Normal turnover time of epidermis is:
(a) 2 wk (b) 4 wk (c) 6 wk (d) 8 wk
Correct Option (b)

7. Eleidin protein is found in:
(a) Stratum Corneum (b) Stratum Spinosum
(c) Stratum Lucidum (d) Stratum Granulosum
Correct Option (c)

8. Which of the following layers is also known as stratum germinativum?
(a) Stratum lucidum (b) Stratum corneum
(c) Stratum basale (d) Stratum spinosum
NHM, U.P. Staff Nurse 2023
Correct Option (c)

9. Match list- I and list- II and selection the correct answer from the code given below:

List – I	List – II
A. Stratum lucidum	1. Region involved in rapid cell division
B. Stratum corneum	2. Deep region of the dermis
C. Stratum basale	3. Layer of dead cells
D. Reticular layer of dermis	4. Translucent cells containing keratin

(a) A-3, B-2, C-1, D-4 (b) A-4, B-2, C-3, D-1

65. When evaluating fluid loss in a burned client, the nurse understands that the relationship between surface area and fluid loss is:
(a) Equal (b) Unrelated
(c) Inversely related (d) Directly proportional
DSSSB Clinical Instructor 2017
Correct Option (d)

66. Which one of the following is the emergency management of burn injury in the first 24 hours?
(a) Dressing (b) Fluid Resuscitation
(c) Plastic Surgery (d) Antibiotic Therapy
RRB Staff Nurse 2019
Correct Option (b)

67. The nursing priority of a patient with an extensive full-thickness burn is:
(a) Body image (b) Fluid & electrolyte status
(c) Level of pain (d) Risk of infection
RUHS B.Sc. (PB) Nsg. Entrance 2018
Correct Option (b)

- Priority of care given to the patient with an extensive burn is changed according to the phase of management of burn.
- During the emergent/resuscitative phase (first 48 to 72 hours) priority is to maintain fluid status and during acute/intermediate phase (48 to 72 hours after burn injury) priority is asepsis to avoid risk of infection.

68. Which one is the real Parkland formula to estimate the fluid requirement in the first 24 hours in a serious burn patient?
(a) 4 mL × % TBSA × Body weight in kg
(b) 3 mL × % TBSA × Body weight in kg
(c) 2 mL × % TBSA × Body weight in kg
(d) 1 mL × % TBSA × Body weight in kg
UPPSC, U.P. Staff Nurse 2021
Correct Option (a)

Formula	Fluids	Infusion rate
Parkland (Baxter) 4 mL/kg/% TBSA burn for 24 hr	Ringer's lactated	½ in first 8 hr ½ in next 16 hr
Brooke (Modified) 2 mL/kg/% TBSA burn for 24 hr	RL without dextrose	½ in first 8 hr ½ in next 16 hr

69. As per Parkland formula, the amount of fluid to be infused in the first 8 hours to the patient of 70 kg weight having 50% total body surface area of burn will be:
(a) 8000 mL (b) 7000 mL
(c) 6000 mL (d) 5000 mL
ESIC Nsg. Officer 2024
Correct Option (b)

- Parkland formula =4 mL × TBSA (%) × weight (kg) for 1st 24 hr
- 4 mL × 50 (% TBSA) × 70 kg = 14,000 mL in 24 hr
- So 1/2 of total in 1st 8 hr = 7000 mL (875 mL/hr)
- 1/4 of total in 2nd 8 hr = 3500 mL (437 mL/hr)
- 1/4 of total in 3rd 8 hr = 3500 mL (437 mL/hr)

70. After 48 hours, successful fluid resuscitation of a burn victim can be evaluated by: FAQ
(a) Weight (b) Urine specific gravity
(c) Urine output (d) Peripheral perfusion
CHO, Uttarakhand 2021
Correct Option (c)

- Formulas of fluid replacement are guideline, actually fluid is administered according assessments of adequacy of fluid replacement by following clinical parameter:
  - Urine output 30 to 50 mL/hr (0.5 to 1 mL/kg/hr for adults), is the **most reliable** and **commonly used parameter of fluid replacement**.
  - Mean arterial pressure (MAP) greater than 65 mm Hg.
  - Systolic BP more than 90 mm Hg.
  - Pulse rate less than 120 beats/minute.
  - Stable vital signs, palpable peripheral pulses and complete sensorium.

71. The nurse is caring for a 10-year-old on admission to the burn unit. One assessment parameter that will indicate that the child has adequate fluid replacement is:
(a) Urinary output of 30 mL per hour
(b) No complaints of thirst
(c) Increased hematocrit
(d) Good skin turgor around burn
GMCH Chandigarh Staff Nurse 2019
Correct Option (a)

72. During the first 24 hours of treating a patient for burns, you can assist in assessing fluid replacement needs by monitoring hourly:
(a) Urine specific gravity (b) I/V fluid rate
(c) I/V fluid intake (d) Vital signs
RUHS M.Sc. Nsg. Entrance 2014
Correct Option (a)

- Assess response to fluid resuscitation by measuring urine specific gravity, BUN, serum creatinine and serum sodium levels in addition to hourly urine output.

73. Best and easy way to monitor resuscitation in a burn patient is:
(a) Monitoring pulse rate
(b) Monitoring blood pressure
(c) Monitoring urine output
(d Monitoring hematocrit
SCTIMST Trivandrum Staff Nurse 2010
Correct Option (c)

74. The promote post-burn hydration and kidney function, the nurse should:

Sense Organs

ANATOMY & PHYSIOLOGY

Eye

1. The eyeball is approximately spherical in shape with a diameter of about:
(a) 1.8 cm (b) 3.0 cm (c) 1 cm (d) 2.3 cm
RRB Staff Nurse 2019
Correct Option (d)

- Eyeball (bulbus oculi) is spherical in shape and its diameter is about 2.5 cm (1 inch).

2. The anterior transparent part of the eye is:
(a) Pupil (b) Conjunctiva (c) Cornea (d) Sclera
DSSSB PHN 2015
Correct Option (c)

- Cornea is the transparent convex shape membrane about the anterior one-sixth portion of the eye.
- It focuses the light to the retina through the lens.

3. A transparent membrane that focuses the light that enters the eyes to the retina?
(a) Lens (b) Sclera (c) Cornea (d) Pupils
KSSSCI, Lucknow Nsg. Officer 2024
Correct Option (c)

4. Which corneal layer is unable to regenerate?
(a) Stroma (b) Bowman's membrane
(c) Dua's layer (d) Descemet's membrane
HPSSC Staff Nurse 2022
Correct Option (b)

- Corneal layers include epithelium, Bowman's layer, stroma, Descemet's membrane and endothelium.

5. Light rays entering the eye is controlled by:
(a) Pupil (b) Iris (c) Cornea (d) Lens
BSF Staff Nurse 2014
Correct Option (a)

- Pupil is a contractile opening or hole at the center of the iris of the eye.
- It is constricted when exposed to bright light or when the focus is on a near object and it is dilated in the dark light or when the focus is on a distant object.

6. The size of which part of the eye contributes to the controlling the amount of light entering the eye:
(a) Macula lutea (b) Pupil (c) Optic disc (d) Lens
ESIC Staff Nurse 2019
Correct Option (b)

7. Which of the following parts of an eye alters the size of the pupil to regulate the amount of light entering the eye?
(a) Cornea (b) Lens (c) Iris (d) Retina
AIIMS Patna Nsg. Officer 2020
Correct Option (c)

- Iris is a colored curtain-like part of the eyeball, regulate the amount of light enter into the eye by controlling dilation and contraction of the pupil.
- The oculomotor (CN III) nerve (i.e., parasympathetic) stimulate the circular muscles or sphincter pupillae of the iris to contract, causing a decrease in the size of the pupil (constriction) and in dim light, sympathetic neurons stimulate the radial muscles or dilator pupillae of the iris to contract, causing an increase in the pupil's size (dilation).

8. Size of pupil varies between:
(a) 3-5 mm (b) 2-6 mm (c) 1.5-8 mm (d) 1-10 mm
BSF Staff Nurse 2015
Correct Option (c)

- Average diameter of pupil is 4 to 5 mm (varies from 1 to 8 mm).

9. Which structure of the eye is helpful in changing the thickness of the lens?
(a) Sclera (b) Cornea (c) Ciliary body (d) Iris
RUHS M.Sc. Nsg. Entrance 2019
Correct Option (c)

- Ciliary body is a dark brown structure behind the iris of the eye.
- It consists of ciliary processes (secretes aqueous humor) and ciliary muscle (changes the shape of the lens).
- Extending from the ciliary processes are zonular fibers or suspensory ligaments that attach to the lens.

10. What does the ciliary body in the eye do?
(a) Filter out harmful UV radiation
(b) Replaces damaged retina cells
(c) Change the shape of the lens to focus light
(d) Detect light and convert it into electrical signals
CHO, Madhya Pradesh 2024
Correct Option (c)

- Ciliary muscle is a circular band of smooth muscle, which is the part of the ciliary body (ciliary apparatus) of the eye.
- Contraction or relaxation of the ciliary muscle changes the tightness of the zonular fibers, which changes the shape of the lens, adapting it for near or far vision.

11. Minimum distance required by a normal human eye to see the objects clearly is:

RUHS B.Sc. (PB) Nsg. Entrance 2013
Correct Option (c)

158. Which one of the following is NOT a surgical therapy in case of Meniere's disease?
(a) Endolymphatic shunt (b) Stapedotomy
(c) Vestibular nerve section (d) Labyrinthectomy

ESIC Nsg. Officer 2024
Correct Option (b)

Hearing Loss

159. Profound hearing loss is described as greater than:
(a) 20 dB (b) 80 dB (c) 40 dB (d) 60 dB

AIIMS Bhubaneswar Staff Nurse 2018
Correct Option (b)

- Hearing loss is classified by the decibel (dB) level or loss as recorded on the audiogram.
- Decibel (dB) loss, i.e., 0-15 (normal hearing); 16-25 (slight hearing loss); 26-40 (mild hearing loss); 41-55 (moderate hearing loss); 56-70 (moderately severe hearing loss); 71-90 (Severe hearing loss) and >90 (profound hearing loss).

160. Exposure to noise above which of the following dB level causes permanent hearing loss:
(a) >60 dB (b) >90 dB (c) >100 dB (d) >160 dB

RUHS M.Sc. Nsg. Entrance 2018
Correct Option (b)

161. How much noise may cause mechanical damage?
(a) 150 dB (b) 60 dB (c) 120 dB (d) 85 dB

NCL Singrauli Staff Nurse 2020
Correct Option (a)

162. Decibel is a unit for measuring which of the following:
(a) Water Level (b) Heat Level
(c) Salinity Level (d) Sound Level

NCL Singrauli Staff Nurse 2019
Correct Option (d)

- Decibel (unit of sound, dB) is a unit for expressing logarithmically the pressure or power (degree of intensity or loudness) of sound. The dB is 1 tenth of 1 bel (B).

163. A sensorineural hearing loss associated with aging is called: FAQ
(a) Anacusis (b) Presbycusis
(c) Presbyopia (d) Hypermetropia

AIIMS Raipur SNO 2023
Correct Option (b)

164. The risk factors of sensorineural impairment include the following:
a. Family history of sensorineural impairment
b. Congenital malformations of the cranial structures
c. Chronic exposure to loud noise
d. Recurrent ear infection
(a) a, b, c (b) b, c, d (c) a, b, d (d) a, c, d

AIIMS Raipur Staff Nurse 2017
Correct Option (a)

165. Arrange the Sequence of the tests to evaluate hearing to determine whether you have hearing loss and in what part of your ear the problem is located:
1. Sound detection
2. Visual exam of the external ear canal (otoscopy)
3. Middle ear check
4. Hearing history
5. Word recognition

(a) 2, 4, 3, 5, 1 (b) 3, 2, 1, 5, 4
(c) 4, 2, 3, 1, 5 (d) 1, 3, 4, 2, 5

CHO, Madhya Pradesh 2024
Correct Option (c)

166. Arrange the steps in the correct order for an auditory assessment: A. Sound detection, B. Hearing history, C. Results & recommendations, D. Otoscopy, E. Ear check, F. Word recognition.
(a) ABCDEF (b) BEFACD
(c) BDEAFC (d) BCDFAE

CHO, Madhya Pradesh 2024
Correct Option (c)

167. Which of the following is the correct sequence of steps in conducting an auditory assessment?
A. Pure-tone audiometry, otoscopy, speech audiometry
B. Speech audiometry, otoscopy, pure-tone audiometry
C. Otoscopy, pure-tone audiometry, speech audiometry
D. Otoscopy, speech audiometry, pure-tone audiometry
(a) Only A (b) Both B and C
(c) Only C (d) Both A and B

CHO, Madhya Pradesh 2024
Correct Option (c)

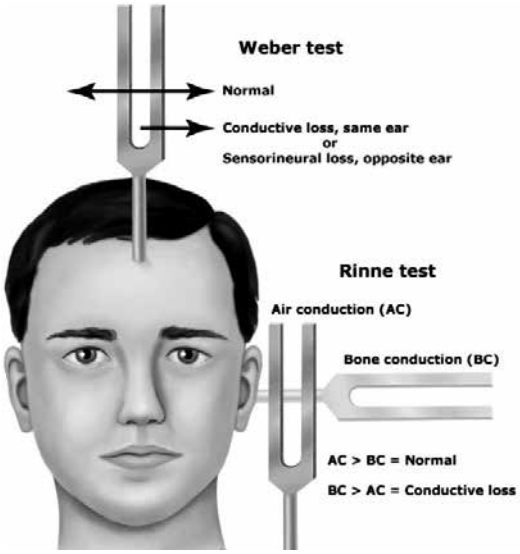
168. In weber's test, lateralisation of sound to diseased ear indicates:
(a) Conductive deafness
(b) Combination of both Sensorineural deafness and Conductive deafness
(c) Sensorineural deafness
(d) Tympanic deafness

AIIMS Bhubaneswar Staff Nurse 2018
Correct Option (a)

- A tuning fork is an instrument that produces sound in the same range as human speech.
- A 512 Hz tuning fork is most commonly used.
- It is used to screen for conductive (interference in the transmission of sound waves to the inner ear) or sensorineural hearing loss (result of nerve impairment).
- Weber test is used for unilateral conductive-type hearing loss.
- A vibrating tuning fork held against the midline of the top of the head, the person with unilateral

conductive-deafness, sound will be perceived as being more pronounced on the diseased side; in person with sensorineural-deafness, sound will be perceived as being louder in good ear.

- Rinne test is used to compare bone conduction hearing with air conduction.
- A vibrating fork is placed on the mastoid process behind the ear until the person no longer hears it. Then it is held close to the external auditory meatus. If the subject still hears the vibrations, air conduction exceeds bone conduction (this is the normal finding).



169. While performing the Weber test, a vibrating tuning fork is placed in the middle of the top of the child's head. What response from the child is considered as normal?

(a) Hearing sound in the right ear
(b) Hearing no sound in both the ears
(c) Hearing sound equally in both the ears
(d) Hearing sound in the left ear

UPUMS, Saifai Staff Nurse 2023
Correct Option (c)

170. A nurse is caring for a client who has impaired hearing. Which of the following approaches will facilitate communications?

(a) Speak frequently
(b) Speak loudly
(c) Speak directly into the impaired ear
(d) Speak in a normal tone

RAK M.Sc. Nsg. Entrance 2011
Correct Option (d)

- Face the client when speaking with impaired hearing to facilitate the communication, talk to person in normal volume and at a low-pitch because shouting is not helpful & higher frequencies are less easily heard.

171. Which referral would be most important for the client with permanent hearing loss?

(a) Aural rehabilitation
(b) Speech therapist
(c) Social worker
(d) Vocational rehabilitation

RAK M.Sc. Nsg. Entrance 2017
Correct Option (a)

- Aural rehabilitation means any treatment used to improve the hearing or expressiveness of a hearing-impaired person.
- Speech therapist (speech-language pathologist) specializes in diagnosis and treatment of defects and disorders of voice, of spoken and written communication.

172. Mechanical or electrical device that improves hearing:

(a) Lip reading (b) Speech therapy
(c) Sign language (d) Hearing aids

AIIMS Raipur Nsg. Officer 2019
Correct Option (d)

- Hearing aids are electro-acoustical devices that amplify sounds in people with hearing loss.
- Speech reading (lip reading) is helpful in increasing communication.
- Sign language is a method for communication that uses a hand-spelled alphabet and word symbols and is used in people with profound hearing impairment.

173. All of the following are different types of figures of speech EXCEPT:

(a) Smile (b) Metaphor
(c) Preposition (d) Personification

ISRO Sriharikota Staff Nurse 2024
Correct Option (c)

174. Which one of the following procedures is used to correct otosclerosis? FAQ

(a) Myringoplasty (b) Stapedectomy
(c) Mastoidectomy (d) Myringotomy

RAK M.Sc. Nsg. Entrance 2024
Correct Option (b)

- Otosclerosis is a hereditary condition of unknown cause in which formation of spongy bone, especially around the oval window, with resulting fixation of the stapes.
- It is characterized by progressing, bilateral conductive hearing loss, tinnitus and pinkish-orange discoloration (**Schwartze's sign**) of the eardrum.
- Surgical procedure, e.g., stapedectomy is used.

175. The nurse would expect an elderly patient with otosclerosis to exhibit which of the following symptoms?

(a) Pain and ringing in the ear
(b) Headache and vertigo
(c) Progressive deafness and excessive cerumen
(d) Hearing loss and buzzing ear noise

AIIMS Jodhpur Nsg. Tutor 2021
Correct Option (d)

Nervous System

ANATOMY & PHYSIOLOGY

Nerve Cell

1. The body system that collects, processes and respond to information using electrical signals is:
(a) Endocrine (b) Nervous
(c) Lymphatic (d) Respiratory
IGNOU B.Sc. (PB) Nsg. Entrance 2019
Correct Option (b)

- Nervous system is made up of a network of billions of neurons and neuroglia.

2. Central Nervous System is consists of:
(a) Brain (b) Spinal cord
(c) Brain and Spinal cord (d) Spine only
RPSC (Raj.) Nsg. Tutor 2012
Correct Option (c)

- The nervous system is divided into:
  - ♦ Central nervous system (CNS) consists of the brain and spinal cord.
  - ♦ Peripheral nervous system (PNS) includes 12 pairs of cranial nerves and 31 pairs of spinal nerves.

3. Basic structural and functional unit of the nervous system is:
(a) Nephron (b) Cytoplasm
(c) Proton (d) Neuron
IGNOU B.Sc. (PB) Nsg. Entrance 2014
Correct Option (d)

- Neurons are specialized nerve cells, which serve as structural and functional units of the nervous system.

4. Specialized cells found throughout the nervous system that transmit signals using electrochemical processes are: FAQ
(a) Soma (b) Dendrites (c) Neurons (d) Axons
RUHS B.Sc. (PB) Nsg. Entrance 2019
Correct Option (c)

- Functions of neurons are initiation and conduction of impulses. They transmit impulses to other neurons or cells by releasing neurotransmitters at synapses.
- The impulses can flow 0.5 to 130 meters per second (1 to 290 mi/hr).

5. Nervous tissue is made of.....that receive and conduct impulses:
(a) Nephron (b) Mucus (c) Enzymes (d) Neurons
RRB Staff Nurse 2019
Correct Option (d)

6. Which structures act as wires of a telephone in the body?
(a) Veins (b) Arteries (c) Muscles (d) Nerves
RRB Staff Nurse 2019
Correct Option (d)

7. Where does a neuron receive input from other cells?
(a) Axon (b) Soma (c) Cell body (d) Dendrite
CHO, Madhya Pradesh 2024
Correct Option (d)

- Most neurons or nerve cell have **three** parts:
  - ♦ Nerve cell body (soma or perikaryon).
  - ♦ Dendrites (branched short process) are receiving or input portions of a neuron, which transmits impulses towards the nerve cell body.
  - ♦ Axon (long process) is the output portions of a neuron, which transmits impulses away from the nerve cell body. It is insulated by myelin sheath, which absent at regular interval is called nodes of Ranvier.

8. The neurons composing the nervous system can be divided into.....classes:
(a) Three (b) Four (c) Six (d) Five
CHO, Uttar Pradesh 2021
Correct Option (a)

- Functionally, neurons are classified as sensory or afferent, motor or efferent and interneurons or association neurons.

9. The supportive cells of the nervous system are:
(a) T-cells (b) Stem cells (c) Glial cells (d) Astrocytes
SCTIMST Trivandrum Staff Nurse 2010
Correct Option (c)

- Neuroglia or glial cells is the supporting structure of the nervous tissues which includes astrocytes, oligodendrocytes, microglia and ependymal cells in CNS and Schwann cells and satellite cells in PNS:
  - ♦ Astrocytes (star-shaped cells) are the largest and most numerous neuroglial cells, which help in forming blood-brain barrier (BBB).
  - ♦ Oligodendrocytes are responsible for forming and maintaining the myelin sheath around axons of CNS.
  - ♦ Microglia are phagocytic cells (macrophages of CNS) that migrate to the site of infection or injury.
  - ♦ Ependymal cells form the lining of the ventricles

90. Identify the reflex shown below:

(a) Patellar reflex (b) Achilles reflex
(c) Triceps reflex (d) Biceps reflex

Correct Option (b)

- Achilles or ankle-jerk reflex can be elicited with a reflex hammer by tapping over the Achilles tendon causes the foot to plantar flex.
- It is used to assess the S1 nerve root of the lumbosacral plexus.

91. Match List-I with List-II:

List-I	List-II
a. Bicep Reflex	I. Tongue blade
b. Gag Reflex	II. Babinski sign
c. Planter Reflex	III. Taylor Hammer
d. Pupil Reflex	IV. Light

Choose the **correct** answer:
(a) a-III, b-I, c-II, d-IV (b) a-IV, b-II, c-I, d-III
(c) a-I, b-IV, c-III, d-II (d) a-II, b-III, c-IV, d-I

NHM, Rajasthan Staff Nurse 2024
Correct Option (a)

92. Which division of the nervous system initiates a response known as fight-or-flight?
(a) The parasympathetic nervous system
(b) The sympathetic nervous system
(c) The somatic nervous system
(d) None of these

RRB Staff Nurse 2015
Correct Option (b)

- Fight-or-flight reaction (described by Walter Canon) is initiated by intense stimulation of the sympathetic nervous system of ANS and the adrenal medulla (increase secretion of norepinephrine and epinephrine) during an emergency situation.
- This response prepares the body to either flee or fight.

93. The emergency control branch of the human nervous system is which of the following?
(a) Sympathetic (b) Parasympathetic
(c) Cerebrospinal (d) Ventromedial

IGNOU B.Sc. (PB) Nsg. Entrance 2016
Correct Option (a)

94. Stress cause release of:
(a) Cortisol (b) Dopamine
(c) Insulin (d) Epinephrine

IGNOU B.Sc. (PB) Nsg. Entrance 2015
Correct Option (d)

- Any physical, physiological, or psychological stimuli that disturbs homeostasis is called stress.
- During stressful situations (e.g., fight-or-flight), activation of the sympathetic-adreno-medullar (SAM) axis, results in increased secretion of epinephrine or adrenaline and norepinephrine or noradrenaline (both known as catecholamines) from the adrenal medulla.

95. Which part of the body releases catecholamines in response to stress?
(a) Adrenal medulla (b) Cerebral cortex
(c) Hypothalamus (d) Adrenal cortex

DSSSB Nsg. Officer 2019
Correct Option (a)

96. Which is mainly responsible for fight (or) flight reactions?
(a) Adrenal cortex
(b) Adrenal medulla
(c) Posterior part of the hypothalamus
(d) Anterior part of the hypothalamus

RRB Staff Nurse 2019
Correct Option (b)

97. The "fight or flight" response includes all the following, EXCEPT:
(a) Increase in blood pressure
(b) Increase in salivary secretion
(c) Glycogenolysis
(d) Cessation of bladder and bowel activity

JIPMER Staff Nurse 2015
Correct Option (b)

- During fight-or-flight response (or sympathetic stimulation) all body system activities are increased except digestive (e.g., **salivary secretion**), urinary and reproductive activities are decreased.

98. The fight-or-flight response is characterized by the following EXCEPT:
(a) Decrease in cardiac output
(b) Increase in oxygen intake
(c) Mental alertness
(d) Increase in BP

RRB Staff Nurse 2019
Correct Option (a)

99. Which of the following is NOT a function of the sympathetic nervous system? FAQ
(a) Dilation of pupils (b) Rest and digest
(c) Fight and flight (d) Tachycardia

JSSHS Delhi Nsg. Officer 2019
Correct Option (b)

100. The action of the sympathetic system in the walls of airways is called as:
(a) Increase gas exchange (b) Broncho-dilation

(a) Position changes leading to complete anesthesia
(b) Pain worsens with activity, straining & lying down
(c) Impaired sensation of temp., touch, pain
(d) Clumsiness, weakness, spasticity

DSSSB Nsg. Officer 2019
Correct Option (b)

235. Which site of bleeding 'Haematomyelia' represents?
(a) Blood in stool
(b) Bleeding from spinal cord
(c) Bleeding per vagina
(d) Bleeding from nose

UPPSC, U.P. Staff Nurse 2022
Correct Option (b)

CVA/ Stroke

236. A stroke is also called:
(a) Peripheral vascular disease
(b) Myocardial infarction
(c) Coronary artery disease
(d) Cerebrovascular accident

DSSSB Nsg. Officer 2019
Correct Option (d)

237. Which of the following type of stroke is commonly associated with a sudden blockage of blood flow to the brain? FAQ
(a) Ischemic stroke (b) Haemorrhagic stroke
(c) Embolic stroke (d) Transient ischemic attack

CHO, Madhya Pradesh 2024
Correct Option (a)

- Strokes/brain attack are classified as:
  - **Ischemic stroke** (87%) is caused by the occlusion (blockage) of a cerebral artery by either a thrombus (thrombotic stroke, 60%) or an embolus (embolic stroke).
  - **Hemorrhagic stroke** (13%) is caused by bleeding into the brain tissue or into the subarachnoid space or ventricles (subarachnoid hemorrhage or intraventricular hemorrhage).

238. A client is presented with an embolic stroke. Which of the following conditions places the client at the risk of thrombo-embolic stroke?
(a) Atrial fibrillation (b) Bradycardia
(c) Multiple sclerosis (d) GB syndrome

AIIMS Jodhpur Senior Nsg. Officer 2023
Correct Option (a)

- Atrial fibrillation increased the risk of thrombo-embolic stroke because blood may not be properly pumped out of the heart, which may cause it to pool and form a clot. This clot then travel to the brain and block the flow of blood to the part of brain which can result in a stroke.
- **Nonmodifiable risk factors** include advanced age (>65 years), gender (men), ethnicity or race and family history or heredity.
- **Modifiable risk factors** include hypertension, heart disease (atrial fibrillation, myocardial infarction), drug abuse (cocaine), diabetes mellitus, hyperlipidemia, cigarette smoking, excessive alcohol use (>5 drinks daily), obesity, sedentary lifestyle, sleep apnea, use of hormonal contraceptives (oral pill), being pregnant or immediately postpartum.
- Other risk factors include migraine headaches, inflammatory conditions, hyperhomocysteinemia and Sickle cell disease.

239. Which client would be most at risk for experiencing a stroke?
(a) A 92-year-old client who is an alcoholic
(b) A 54-year-old client diagnosed with hepatitis
(c) A 60-year-old client who has a green field filter
(d) A 68-year-old client with chronic atrial fibrillation

RAK M.Sc. Nsg. Entrance 2010
Correct Option (d)

240. The List-I contains the name of the artery and List-II contains the manifestation of stroke related artery involvement. Match the List-I with List-II and select the correct answer using the code given below the lists:

List-I	List-II
A. Anterior cerebral	1. Aphasia
B. Middle cerebral	2. Loss of proprioception & fine touch
C. Posterior cerebral	3. Dysarthria & dysphagia
D. Vertebral	4. Visual hallucination

(a) A-3, B-4, C-1, D-2 (b) A-2, B-1, C-4, D-3
(c) A-2, B-4, C-1, D-3 (d) A-3, B-1, C-4, D-2

ESIC Nsg. Officer 2024
Correct Option (b)

- Stroke features related to artery involvement:

Artery	Deficit or syndrome
Anterior cerebral	Motor or sensory deficit (contralateral), or both; sucking or rooting reflex; rigidity; gait problem; loss of proprioception, fine touch
Middle cerebral	Dominant side: Aphasia, motor or sensory deficit, hemianopia Nondominant side: Neglect, motor or sensory deficit, hemianopia
Posterior cerebral	Hemianopia, visual hallucination, spontaneous pain, motor deficit
Vertebral	Cranial nerve deficits, diplopia, dizziness, nausea, vomiting, dysarthria, dysphagia, coma

241. For a client with a stroke, which of the following criteria must be fulfilled before the client is fed?
(a) The gag reflex returns

(b) Speech returns to normal
(c) Cranial nerves III and IV are intact
(d) The clients swallow small sips of water without coughing

ESIC Staff Nurse 2012
Correct Option (a)

- The client with a stroke or under effect of anesthesia post-operatively should be fed only after returns of gag reflex to prevent aspiration.
- If the client swallows small sips of water without coughing may be an indicator of absence of gag reflex.
- Cranial nerves III and IV are concerned with eyeball movements and cranial nerve IX, X for gag reflex (pharyngeal reflex).

242. A nurse is caring for a client with a right-sided cerebral venous accident (CVA), what activity is to be included in care of this client?
(a) Passive ROM exercises to affected side, active on unaffected side
(b) Place food on the affected side of the client's mouth
(c) Hot packs to right leg to decrease muscle spasm
(d) Turn every 2 hours and maintain position on the right side for 2 hours

RML Delhi Staff Nurse 2011
Correct Option (a)

- Perform passive range-of-motion (ROM) exercises to the affected side and active on the unaffected side to prevent contractures and muscular atrophy.
- Place food on the unaffected side of the client's mouth to prevent trapping of food in the affected side.
- Patient position should be changed every 2 hourly and maintain on the right side (affected side) for 20 minutes and 2 hours on the left side (unaffected side).
- Hot packs should be avoided.

243. The client diagnosed with atrial fibrillation has experienced a transient ischemic attack (TIA). Which medication would the nurse anticipate being ordered for the client discharge?
(a) An oral anticoagulant medication
(b) A beta-blocker medication
(c) An anti-hyperuricemic medication
(d) A thrombolytic medication

RAK M.Sc. Nsg. Entrance 2017
Correct Option (a)

- TIA is a neurologic deficit, with a reversible vascular cause, that produces stroke symptoms that resolve within 24 hr (typically last less than 1 hr).
- It is due to microemboli that temporarily block the blood flow.
- The risk of subsequent stroke in those who have TIAs can be substantially reduced with lifestyle modification (diet, exercise, etc.), antiplatelets (e.g., aspirin, clopidogrel), anticoagulant drugs (e.g., warfarin), statin and antihypertensive therapy.
- Oral anticoagulant is indicated for patients with atrial fibrillation or other sources of cardioembolic sources of TIA.
- Surgical interventions for the patient with TIAs due to carotid disease include carotid endarterectomy, transluminal angioplasty, stenting and extracranial-intracranial bypass.

244. A nurse should carefully assess a patient who has partial occlusion of the carotid arteries for development of which of the following conditions?
(a) Rapid eye movements
(b) Projectile vomiting
(c) Intermittent claudication
(d) Transient ischemic attacks

RAK M.Sc. Nsg. Entrance 2009
Correct Option (d)

245. Which of the following will NOT be observed in a client with a right hemispheric stroke?
(a) Impulse control difficulty
(b) Loss of depth perception
(c) Right hemiplegia
(d) Lack of awareness

AIIMS Bhubaneswar SNO 2019
Correct Option (c)

- Comparison of left and right hemispheric stroke:

Left hemispheric stroke	Right hemispheric stroke
Paralyzed right side: hemiplegia	Paralyzed left side: hemiplegia
Right visual field deficit	Left visual field deficit
Aphasia (expressive, receptive or global)	Spatial-perceptual deficits
Altered intellectual ability	Increased distractibility
Slow, cautious behaviour	Impulsive behaviour & poor judgement
Aware of deficits: depression, anxiety	Lack of awareness of deficits

246. Homonymous hemianopia refers to:
(a) Vision loss on the same side of the visual field in both eyes
(b) Vision loss on the opposite side of the visual field in both eyes
(c) Vision loss in the inner half of the both the right and left visual field
(d) Vision loss in the outer half of both the right and left visual field

AIIMS M.Sc. Nsg. Entrance 2022
Correct Option (a)

247. How soon after symptom onset must a person who has had a stroke receive thrombolytic treatment?
(a) 30 minutes (b) 1 hr (c) 2 hrs (d) 4.5 hrs

Musculoskeletal System

ANATOMY & PHYSIOLOGY

Bones

1. A system which provides support with a variety of joints that enables a wide range of movements is:

(a) The CNS (b) The skeleton
(c) The PNS (d) The spine and discs

DSSSB Nsg. Officer 2019
Correct Option (b)

2. …….is a connective tissue in which the intercellular substance is made hard by salts of calcium and phosphate:

(a) Nervous tissue (b) Muscle
(c) Cartilage (d) Bone

CHO, Uttar Pradesh 2021
Correct Option (d)

3. The spongy bones are called as:

(a) Cancellous (b) Endosteum
(c) Cortical (d) Osteons

HSSC Haryana Staff Nurse 2017
Correct Option (a)

- Mainly 2 types of bone tissue present in bones: compact bone (80%) and spongy bone (20%).
- Spongy bone tissue is also called trabecular or **cancellous bone tissue** (looks like a honeycomb), does not contain osteons, but it contains red bone marrow.
- Compact bone tissue (cortical) contains few spaces and is the strongest form of bone tissue.

4. Which of the following is the outer covering of the bone?

(a) Perineurium (b) Perichondrium
(c) Periosteum (d) Perimysium

AIIMS Bhopal Senior Nsg. Officer 2018
Correct Option (c)

- The periosteum (outer covering of the bone) is highly active during fetal development, when it generates osteoblasts for the appositional growth of bone.

5. A vascular membrane that covers the marrow cavity of long bones is called the:

(a) Endosteum (b) Lamellae
(c) Periosteum (d) Osteon

NHM, U.P. Staff Nurse 2023
Correct Option (a)

- Endosteum (inner thin covering lines the medullary cavity) is metabolically more active than periosteum.

6. Haversian canals are found in:

(a) Bones (b) Brain (c) Lungs (d) Kidneys

HPSSC Staff Nurse 2020
Correct Option (a)

- Compact bone tissue is composed of microscopic structural units called osteons or haversian systems.
- Haversian canal is minute canals found in compact bone that contains blood, lymph vessels and nerves.

7. Which of the following is known as bone forming cells?

(a) Fibroblasts (b) Osteocytes
(c) Osteoclasts (d) Osteoblasts

AIIMS Raipur Staff Nurse 2017
Correct Option (d)

- Four types of cells are present in bone tissue:
  - Osteoblasts (**bone-forming cells**) are derived from mesenchymal cells and it manufactures bone matrix (acellular part of bone).
  - Osteoprogenitor cells are unspecialized bone stem cells derived from mesenchyme, the tissue from which almost all connective tissues are formed and undergo cell division.
  - Osteocytes are mesodermal **bone-making cells** (maintain bone tissue) that have become trapped within bone matrix and it do not undergo cell division.
  - Osteoclasts are giant, multinucleated cells derived from blood cell (monocytes) precursors formed in the bone marrow of growing bones. By absorbing calcium salts, it removes excess bone tissues as in the remodeling of growing bones or damaged bone in the repair of fractures.

8. Which of the following biomarkers is specific to bone formation?

(a) Hydroxyproline (b) Osteocalcin
(c) Osteopntin (d) Cathepsin

AIIMS M.Sc. Nsg. Entrance 2022
Correct Option (b)

9. Site of growth in the length of a long bone is:

(a) Diaphysis (b) Periosteum
(c) Epiphyseal plate (d) Bone marrow

NVS (Navodaya) Staff Nurse 2019
Correct Option (c)

- The epiphyseal (growth) plate is a thin layer of cartilage and it separates the epiphyses from the

(c) Condyle (d) Facet

AIIMS Raipur Staff Nurse 2017

Correct Option (a)

120. The repair and reconstruction of the joint is called:

(a) Arthrodesis (b) Arthrotomy
(c) Arthroplasty (d) Amputation

AIIMS Raipur Staff Nurse 2017

Correct Option (c)

- Arthroplasty is surgical reconstruction or replacement of a diseased/damaged joint.
- Arthrodesis (syndesis or artificial ankylosis) is surgical immobilization of a joint by fusion of the bones.
- Arthrotomy is surgical incision or cutting into a joint.

121. A strong weight bearing synovial joints with irregular elevations and depressions that produce interlocking of the bones is called:

(a) Vestigial tail (b) Symphysis pubis
(c) Sacroiliac joints (d) Sacrococcygeal joint

AIIMS Raipur Staff Nurse 2017

Correct Option (c)

- The articulation between sacrum and ilium of the hip bone is called sacroiliac joint.
- This joint is strong and supports the entire weight of the upper body and it has limited movement because of interlocking of the articular surfaces of bone.

122. Rotator cuff is formed by all EXCEPT:

(a) Supraspinatus (b) Teres major
(c) Infraspinatus (d) Subscapularis

Correct Option (b)

- Rotator cuff is composed of 4 muscles (supraspinatus, infraspinatus, teres minor and subscapularis) anchor the humerus to the scapula.
- Rotator cuff tear (mostly in supraspinatus muscle) may result from acute injury or chronic stress among baseball pitchers, players of volleyball and racket sports.
- Positive Hornblower's (Patte's) sign indicates a tear in teres minor muscle.

123. Tennis elbow is characterized by:

(a) Tenderness over medial epicondyle
(b) Tendinitis of common extensor origin
(c) Tenderness over lateral epicondyle
(d) Tendinitis of common flexor origin

Correct Option (c)

- Lateral epicondylitis (**tennis elbow**) is tenderness over the lateral epicondyle, caused by repetitive stress (overuse), mainly involved the tendon is extensor carpi radialis brevis (ECRB) muscle.
- Medial epicondylitis (golfer's elbow) is tenderness over the medial epicondyle.

124. An injury to the joint ligament and joint capsule is termed:

(a) Soft tissue injury (b) Strain
(c) Fracture (d) Sprain

AIIMS Bhopal Senior Nsg. Officer 2018

Correct Option (d)

- An injury to the ligaments and tendons that surround a joint is called **sprain**.
- The 3 grades of sprains are first-degree (few stretching of ligaments), second-degree (partial tearing of ligament) and third-degree (complete tearing or rupture of ligaments).
- An excessive stretching or overuse of a muscle, fascia or tendons is called **strain**.

125. Excessive stretching of a muscle and its fascial sheath, often involving tendon is known as:

(a) Fracture (b) Strain
(c) Greenstick fracture (d) Sprain

ESIC Nsg. Officer 2024

Correct Option (b)

126. Which short-term is used for first aid of sprain?

(a) Rice (b) Rose (c) Price (d) Push

DSSSB Nsg. Officer 2019

Correct Option (a)

- The acronym **RICE** (rest, ice, compression and elevation) is used for first aid/ management of soft tissue injury (sports injury) for the first 72 hours after injury.
- Ice is applied for 20 to 30 minutes at a time.

127. Common "ankle sprain" involves injury to:

(a) Lateral ligamentous complex
(b) Anterior talofibular ligament
(c) Calcaneofibular ligament
(d) Talofibular ligament

JIPMER Staff Nurse 2017

Correct Option (b)

- There are two types of ankle sprain injury among them lateral ankle or inversion sprain (**classic sprain**) is the most common type (80 to 85%) and medial ankle or eversion sprain (5 to 10%).
- Inversion ankle sprain occurs when the foot falls inward and stretches the outer ligaments too much.
- Eversion ankle sprain occurs when the foot twisted outward and stretches the inner ligaments too far.
- The anterior talofibular ligament is one of the most commonly involved ligaments in the majority of ankle sprains.

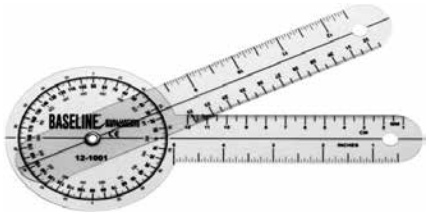
128. Goniometer is used to assess:

(a) Auditory acuity (b) Muscle strength
(c) Range of motion of joint (d) Visual acuity

DSSSB Staff Nurse 2013

Correct Option (c)

- Goniometer is an instrument used to assess both active and passive range of motion of joints.



129. In a side-lying position a patient is not able to abduct his hip. The power in his abductors is:
(a) Grade 1 (b) Grade 2
(c) Less than grade 3 (d) Grade 3
JIPMER Staff Nurse 2017
Correct Option (a)

- Grading of muscle strength:
  - ♦ Grade 0: No contraction and movement.
  - ♦ Grade 1: Trace of muscle contraction but no improvement at joint (not abduction at hip).
  - ♦ Grade 2: Movement at joint with gravity eliminated.
  - ♦ Grade 3: Movement against gravity, but not against added resistance.
  - ♦ Grade 4: Movement against external resistance with less strength than usual.
  - ♦ Grade 5: Normal strength.

130. What is the purpose of Lovett scale?
(a) Assessment of respiratory system
(b) Assessment of cardiovascular system
(c) Assessment of integumentary system
(d) Assessment of musculoskeletal system
NVS (Navodaya) Staff Nurse 2022
Correct Option (d)

MUSCULOSKELETAL DISORDERS

Fracture

131. A fracture in which there is no break in the skin is known as:
(a) Open fracture (b) Closed fracture
(c) Compound fracture (d) Impacted fracture
UPPSC, U.P. Staff Nurse 2017
Correct Option (b)

- Closed or simple: A fracture that remains contained with no disruption of the skin integrity

132. A fracture in which the broken end of bone comes out through the skin is known as:
(a) Simple (b) Comminuted
(c) Compound (d) Impacted
IGNOU B.Sc. (PB) Nsg. Entrance 2014
Correct Option (c)

- Open or compound: A fracture in which damage also involves the skin or mucous membranes (**grade I:** clean wound <1 cm long; **grade II:** larger wound without extensive soft-tissue damage or avulsion; **grade III:** highly contaminated and extensive soft-tissue damage).
- Comminuted: A fracture in which bone has splintered or crushed into several fragments.

133. A type of fracture in which one fragment of the bone goes into another is called:
(a) Spiral fracture (b) Transverse fracture
(c) Oblique fracture (d) Impacted fracture
NHM, U.P. Staff Nurse 2021
Correct Option (d)

134. 'Broken at a right angle to the long axis of a bone' describes:
(a) Spiral fracture (b) Transverse fracture
(c) Impact fracture (d) Oblique fracture
CHO, Uttar Pradesh 2021
Correct Option (b)

135. Which of the following is paired correctly with its description about skeletal fracture?
(a) An avulsion fracture: A fracture that extracts a part of bone from the ligament or tendon
(b) A greenstick fracture: This bends the bone but does not lead to a fracture
(c) A complete fracture: The fractured bone pierces to the skin surface through the skin
(d) A pathological fracture: A fracture that occurs due to some physical trauma
GMCH Chandigarh Staff Nurse 2019
Correct Option (a)

- Avulsion: A fracture that extracts a part of bone from the ligament or tendon.
- Greenstick: A fracture in which one side of the bone is broken and the other is bent (most commonly in children especially in rickets).
- Complete: A fracture involves a break across the entire cross-section of the bone and is frequently displaced.
- Pathologic: A fracture that occurs through an area of diseased bone (e.g., osteoporosis, bone cyst, Paget's disease, bony metastasis, tumor).

136. Commonest type of fracture in children is: FAQ
(a) Greenstick fracture (b) Colley's fracture
(c) Pathological fracture (d) Pott's fracture
IGNOU B.Sc. (PB) Nsg. Entrance 2019
Correct Option (a)

137. A 4-and-half-year-old child brought to emergency department with a fractured tibia. The nurse know that in children of this age, the most frequent encountered type of fracture is classified as:
(a) Transverse (b) Comminuted
(c) Compound (d) Greenstick
ESIC Staff Nurse 2016
Correct Option (d)

138. What is the type of fracture that occurs in children

(a) Dupuytren's contracture
(b) Carpal tunnel syndrome
(c) Boutonniere deformity
(d) Swan-neck deformity

AIIMS M.Sc. Nsg. Entrance 2022
Correct Option (a)

- Dupuytren's disease is a slowly progressive contracture of the palmar fascia that causes flexion of the fourth/**ring finger** (most common), fifth and sometimes middle finger.

218. When the middle slip of the extensor tendon is cut there is:
(a) No deformity
(b) Swan-neck deformity
(c) Button-hole deformity (boutonniere)
(d) Mallet finger deformity

JIPMER Staff Nurse 2017
Correct Option (d)

- A flexion deformity of the distal joint (distal interphalangeal) of a finger caused by avulsion (tearing away) of the extensor tendon is called mallet finger (baseball finger or hammer finger).
- Finger position marked by extension of the metacarpophalangeal and distal interphalangeal joint and flexion of proximal interphalangeal joint is called boutonniere deformity.

219. Which joint movement is restricted in a patient with pericapsulitis of the shoulder?
(a) Adduction (b) Abduction
(c) Flexion (d) Extension

JIPMER Staff Nurse 2013
Correct Option (b)

- Pericapsulitis or adhesive capsulitis of the shoulder (frozen shoulder) is a condition that causes shoulder pain, with restricted movement (**mainly abduction**) even though there is no obvious intrinsic shoulder disorder (normal X-ray).

220. "Pendulum exercises" prescribed for frozen shoulders are:
(a) Active exercises (b) Assisted exercises
(c) Passive exercise (d) Active assisted exercise

JIPMER Staff Nurse 2017
Correct Option (c)

- Codman's (pendulum) exercise is a **passive**, gentle and circular exercise of the upper extremity following immobilization.
- It is used to restore glenohumeral joint range of motion and function following trauma and frozen shoulder.

221. In case of a patient with paraplegia, in order to prevent contractures of the joints of lower extremities, which of the following is NOT relevant:
(a) Hourly change of position
(b) Using supportive devices to maintain alignment
(c) Provide instructions for active exercise
(d) Perform passive range-of-motion exercise several times daily

AIIMS Patna Staff Nurse 2015
Correct Option (c)

- Active exercise is not possible in the case of patients with paraplegia.

222. "Locking" of knee as a symptom means:
(a) Sudden inability to extend
(b) Sudden inability to flex
(c) Stiffness of knee
(d) Screw home movement

JIPMER Staff Nurse 2017
Correct Option (c)

- "Locking" of the knee means that legs get stuck in one position, making it impossible to bend (flex) or straighten (extend).
- It mainly occurs due to stiffness of the knee.

223. Blackened, decomposing tissue that is devoid of blood circulation is known as:
(a) Contraction (b) Atrophy
(c) Gangrene (d) Erythema

UPPSC, U.P. Staff Nurse 2017
Correct Option (c)

- Gangrene means necrosis or death of tissue, resulting from deficient or absent blood supply.

224. Amputation of foot is indicated in:
(a) Osteomalacia (b) Gangrene
(c) Fractures (d) Gout

IGNOU B.Sc. (PB) Nsg. Entrance 2014
Correct Option (b)

- Surgical removal of a body part (mainly limb) is called amputation.
- Indications of amputation by surgery are medical illness like malignancy, some vascular peripheral disease and gangrene formation (mainly due to diabetic foot).

225. Pain, mild to severe, felt in the area where an extremity has been amputated, is called:
(a) Radiating pain (b) Referred pain
(c) Arthralgia (d) Phantom limb pain

DSSSB Nsg. Officer 2019
Correct Option (d)

- Phantom limb pain is based on the law of projection

Male Reproductive System

1. "Gonads" means:
(a) Salivary glands (b) Sebaceous glands
(c) Sweat glands (d) Testis and ovaries
SCTIMST Trivandrum Staff Nurse 2010
Correct Option (d)

- Male reproductive system include primary male sex gland or male gonads (testes), a system of ducts (epididymis, ductus deferens, ejaculatory ducts, and urethra), accessory sex glands (seminal vesicles, prostate and bulbourethral glands) and supporting structures (scrotum, penis).

2. The male accessory glands include: 1. Paired seminal vesicles, 2. Prostate gland, 3. Ampulla, 4. Paired bulbourethral glands. Choose the correct answer:
(a) 2, 3 and 4 only (b) 1 and 2 only
(c) 1, 2 and 4 only (d) 2 and 4 only
NHM, Rajasthan Staff Nurse 2024
Correct Option (c)

3. Length of male urethra is approximately:
(a) 18-20 cm (b) 10-12 cm (c) 30-40 cm (d) 2-4 cm
HPSSC Staff Nurse 2020
Correct Option (a)

- Length of male urethra is about 20 cm (8 inch) and female urethra is about 4 cm (1.5 inch).

4. The elastic tissue which connects the cauda epididymis to the scrotal sac is:
(a) Caput epididymis (b) Scrotal ligament
(c) Gubernaculum (d) Tendinous cord
Correct Option (c)

5. Name the structure formed from the union of the ampulla of the ductus deferens and the duct of the seminal vesicle:
(a) Ejaculatory duct (b) Urethra
(c) Spermatic cord (d) Prostate gland
CHO, Uttar Pradesh 2022
Correct Option (a)

6. Which of the following is NOT true about testes?
(a) Testes produce spermatozoa
(b) Testes are internal genital organ
(c) Testes have an important function of formation, development and liberation of ova
(d) Testosterone hormone is responsible for sexual characteristics
RRB Staff Nurse 2015
Correct Option (c)

7. Inflammation of testes is known as:
(a) Cystitis (b) Orchitis
(c) Otitis (d) Oophoritis
IGNOU B.Sc. (PB) Nsg. Entrance 2014
Correct Option (b)

8. Granulomatous orchitis is the term applied for inflammation of: FAQ
(a) Lung (b) Testis (c) Omentum (d) Ovary
BHU Nsg. Officer 2019
Correct Option (b)

9. Dilatation and varicosity of the pampiniform plexus within the scrotum is called:
(a) Hydrocele (b) Hematocele
(c) Varicocele (d) Spermatocele
NHM, M.P. Staff Nurse 2021
Correct Option (c)

10. What is the common complication of varicocele?
(a) Phimosis (b) Erectile dysfunction
(c) Infertility (d) Cancer
Kerala PSC Staff Nurse 2014
Correct Option (c)

11. Which hormone is important for pubertal changes in males?
(a) Luteinising hormone (b) FSH
(c) Testosterone (d) Estrogen
Kidwai Hospital Staff Nurse 2018
Correct Option (c)

- Testes secrete male sex hormones, which are collectively called androgens.
- Testosterone is secreted by the interstitial cells of Leydig of seminiferous tubules in the testicles.
- It is the principal hormone that is responsible for development of secondary sexual characteristics in male.

12. Identify the measuring device shown below:

(a) Tonometer (b) Orchidometer
(c) Testometer (d) Parometer
Correct Option (b)

- Prader orchidometer is used to measure volume and determine the size of the testicle.

13. Location and secretion of Leydig cells are:
(a) Testis-testosterone (b) Ovary-estrogen

(c) A chromosome that is sex chromosome
(d) The basic unit of hereditary information

HSSC Haryana Staff Nurse 2017
Correct Option (b)

- Any chromosome other than the sex (X and Y) chromosome is called autosomes.
- Humans have 22 pairs of autosomes and 1 pair of sex chromosomes.

37. Gynecomastia is a term used for:
(a) Male breast infection
(b) Female breast infection
(c) Hypertrophy of male breast
(d) Hypertrophy of female breast

IGNOU B.Sc. (PB) Nsg. Entrance 2011
Correct Option (c)

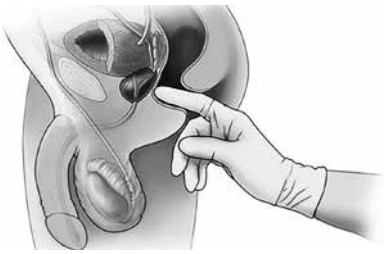
- Enlargement of male breast tissue is called **gynecomastia**.
- It is due to reduced male hormones (testosterone) or increased female hormones (oestrogen).
- Excessive growth of female breast tissue is called **gigantomastia**.

38. Middle lobe of the prostate is situated between:
(a) Rectum and seminal vesicle
(b) Prostatic urethra and ejaculatory duct
(c) Pubis and ejaculatory duct
(d) Rectum and prostatic urethra

BSF Staff Nurse 2015
Correct Option (b)

- The prostate gland has **4 lobes**:
  - Anterior lobe: Front portion of gland, lying in front of the urethra.
  - Median lobe: Situated between prostatic urethra and two ejaculatory ducts.
  - Lateral lobes: Two lateral lobes are separated by urethra & form the main mass of the urethra.
  - Posterior lobe: It can be palpated during digital rectal examination (**DRE**) by rectum.

39. Examination shown in the image is:



(a) Digital rectal examination (b) Proctoscopy
(c) Manual rectal examination (d) Rectoscopy

Correct Option (a)

40. Prostate cancer develops in which region of prostate?
(a) Transition zone (b) Peripheral zone
(c) Central zone (d) Both A & C

Correct Option (b)

41. Gleason scoring is done for:
(a) Prostate cancer (b) Lung cancer
(c) Hodgkin's lymphoma (d) Bladder cancer

Correct Option (a)

42. Cribriform pattern in prostate cancer biopsy is indicative of?
(a) Pattern 2 (b) Pattern 3 (c) Pattern 4 (d) Pattern 5

Correct Option (c)

43. Hydrocele is swelling of:
(a) Lymph node (b) Liver (c) Scrotum (d) Spleen

ESIC Staff Nurse 2016
Correct Option (c)

- Hydrocele is swelling of the scrotum due to collection of serous fluid, especially in the tunica vaginalis of the testis.
- It can be differentiated from hernia by transillumination; a hydrocele transmits light, whereas a hernia does not.

44. Malignant tumor of the tests is known as:
(a) Wilms tumor (b) Melanoma
(c) Lymphoma (d) Seminoma

RRB Staff Nurse 2019
Correct Option (d)

- Seminoma is the most common germ cell tumor of testis of young men (30 to 40 years) and accounts for half (50%) of all testicular malignancies.
- Melanoma is the most lethal form of skin (melanocytes) cancer.

Notes

Oncology

1. The term "oma" means:

(a) Cyst (b) New growth (c) Opening (d) Organ

ESIC Staff Nurse 2016

Correct Option (b)

- The suffix '-oma' means tumors (neoplasm or new growths).
- The study of neoplasms or tumors is called oncology.

2. Identify the statements, which are true for "Cancer".

1. Is a group of diseases characterized by an abnormal growth of cells
2. The most common cancer diagnosed is breast cancer
3. The most common cause of death due to cancer is liver cancer
4. The global burden of cancer was around 20 million in 2020
5. Cancer is the sixth leading cause of death

Choose the **correct** answer:

(a) 1, 2, 3 and 4 only (b) 1, 2 and 4 only
(c) 1, 2, 4 and 5 only (d) 1, 3 and 5 only

CHO, Rajasthan 2024

Correct Option (b)

3. Which physiological process is seen in the case of cancer?

(a) Uncontrolled mitosis (b) Cell adhesions
(c) Uncontrolled meiosis (d) Cell rupture

NHM, U.P. Staff Nurse 2023

Correct Option (a)

4. Increase in number of cells in a tissue is called:

(a) Hypertrophy (b) Hyperplasia
(c) Aplasia (d) Hypoplasia

RUHS B.Sc. (PB) Nsg. Entrance 2024

Correct Option (b)

- Hyperplasia is an increased number of normal cells in the normal tissue of an organ.
- Hypertrophy is an increase in size of an organ due to increase in size of the cells.
- Hypoplasia is an underdevelopment of a tissue organ or body.
- Aplasia is a failure of an organ or tissue to develop normally.

5. Transmission of one type cell into another cell type called:

(a) Hyperplasia (b) Metaplasia
(c) Dysplasia (d) Anaplasia

RPSC (Raj.) Staff Nurse 2007

Correct Option (b)

- Metaplasia is conversion of one type of mature cell into another type of cell.
- Dysplasia is abnormal cellular or tissue development.
- Anaplasia is loss of cellular differentiation and function, which is characteristic of malignancies.

6. In smokers, the ciliated columnar epithelium lining of the bronchi is replaced by squamous epithelium. This type of cell transformation is called:

(a) Dysplasia (b) Hyperplasia
(c) Hypertrophy (d) Metaplasia

AIIMS Mangalagiri Nsg. Lecturer 2022

Correct Option (d)

7. Which of the following is not a typical difference factor between benign and malignant tumors?

(a) Cell differentiation (b) Growth rate
(c) Size of the tumor (d) Encapsulation

ESIC Staff Nurse 2019

Correct Option (c)

8. The severe weight loss accompanied by progressive weakness, loss of appetite and anemia that is usually associated with advanced cancer is called:

(a) Carcinomatosis (b) Cachexia
(c) Anaplasia (d) Dysplasia

AIIMS Raipur Staff Nurse 2017

Correct Option (b)

- Cachexia is a state of ill health, malnutrition, severe muscle wasting and weight loss (>5%) that may occur in many chronic diseases, malignancies and infections.

9. Significant weight loss is:

(a) 5% over 6 to 12 months
(b) 10% over 6 to 12 months
(c) 5% over 6 weeks
(d) 10% over 6 weeks

BHU Nsg. Officer 2018

Correct Option (a)

10. Which of the following is NOT considered as carcinogen?

(a) Tobacco (b) UV rays (c) Viruses (d) Gens

RUHS M.Sc. Nsg. Entrance 2019

Correct Option (d)

- Any agents (biologic, physical, chemical & other) that cause cancer are called carcinogens.
- Biologic (viruses & bacteria) agents are Epstein-Barr virus (Burkitt lymphoma), HPV (liver cancer) and H. pylori (gastric cancers).

of the colon, lung, kidney, breast and ovary (CA-125).
- ♦ Human chorionic gonadotropin (hCG) for hydatidiform mole, invasive mole, and choriocarcinoma.
- ♦ Alpha-fetoprotein (AFP) for testicular and hepatocellular carcinoma.
- ♦ Prostate-specific antigen (PSA) for prostate cancer.
- ♦ CD99/MIC2 marker used for Ewing's sarcoma.

29. The elevated level of cancer antigen CA 15-3 is found in:
(a) Breast cancer (b) Penile cancer
(c) Ovarian cancer (d) Vaginal cancer
MPESB, Bhopal Staff Nurse 2021
Correct Option (a)

30. A test that should be included in the yearly physical examination of men during the late middle and older adult years is:
(a) PSA (b) ELISA
(c) Western blot (d) Serum Triglycerides
NPCIL Staff Nurse 2019
Correct Option (a)

- PSA is used as a screening test to detect prostate cancer in middle-aged male (normal value, males <50 years; <2.5 ng/mL).

31. The nurse analyzes the laboratory value of a client with a suspected diagnosis of prostate cancer and notes that the serum acid phosphatase level is elevated. The nurse knows that this lab test is most often useful in determining:
(a) The diagnosis of prostate cancer
(b) Complication associated with cancer
(c) The progression or regression of the cancer
(d) The likelihood of associated bone cancer
Correct Option (c)

32. Match List-I with List-II:

List-I (Screening)	List-II (Technique used)
a. Breast cancer	I. Pap test
b. Cervical cancer	II. Sigmoidoscopy
c. Colorectal cancer	III. Mammography
d. Lung cancer	IV. Low-dose helical CT

Choose the **correct** answer:
(a) a-III, b-I, c-II, d-IV (b) a-I, b-III, c-IV, d-II
(c) a-II, b-IV, c-I, d-III (d) a-IV, b-II, c-III, d-I
CHO, Rajasthan 2024
Correct Option (a)

33. Preventive measures to reduce the chance of cancer, include:
1. Regular physical activity
2. Avoidance of tobacco smoking
3. Diet including fresh fruits and vegetables
4. Regular health check-ups
5. Immunization against HPV
Choose the **correct** answer:
(a) 3, 4, 5 (b) 1, 2, 4, 5
(c) 1, 3, 4 (d) 1, 2, 3, 4, 5
CHO, Rajasthan 2024
Correct Option (d)

34. Pain that develops within organs is called:
(a) Somatic pain (b) Visceral pain
(c) Neuropathic pain (d) Nociceptive pain
AIIMS Bhubaneswar Staff Nurse 2018
Correct Option (b)

- Nociceptive (physiologic) pain refers to the normal functioning of physiologic systems that leads to the perception of noxious stimuli (tissue injury) as being painful. Its **two** types are:
  - ♦ Visceral pain: Arises from visceral organs, such as heart, kidneys and GIT.
  - ♦ Somatic pain: Arises from, in or around internal organs (bone, joint, muscle, skin or connective tissue).
- Neuropathic (pathophysiologic) pain caused by a lesion or disease of the somatosensory nervous system.

35. The pain produced from activation of peripheral nociceptors is known as:
(a) Deep tissue pain (b) Abdominal pain
(c) Neuropathic pain (d) Nociceptive pain
AIIMS Rishikesh ANS 2023
Correct Option (d)

36. Which of the following is a type of pain that is protective, temporary and usually self-limiting and resolves with tissue healing?
(a) Acute pain (b) Chronic pain
(c) Nociceptive (d) Neuropathic pain
AIIMS Bhubaneswar SNO 2019
Correct Option (a)

37. Which new technology measures physiological markers related to the sympathetic-parasympathetic response to pain?
(a) NRS (b) NOL index (c) VDS (d) CPOT
AIIMS Bhubaneswar SNO 2023
Correct Option (b)

- Nociception Level (NOL) index is a multi-parametric non-invasive method used for pain assessment in adult in ICU.

38. A 45-year-old patient who reports pain in the foot that moves up along the calf says, "My right foot feels like it is on fire." The patient reports that the pain started yesterday and they have no prior history of injury or falls. Which components of pain assessment has the patient reported?
(a) Aggravating and alleviating factors
(b) Exacerbation with associated signs and symptoms

nutritional status. What should the nurse encourage the client to do?

(a) Medicate with prochlorperazine (Compazine) before meals
(b) Eat foods that are hot in temperature
(c) Avoid red meats
(d) Increase the amount of spices in the food

UPUMS, Saifai Nsg. Officer 2024
Correct Option (d)*

- Because taste buds are affected, increasing the spices in the food will improve flavour.

70. Precaution used by nurse during administration of chemotherapy EXCEPT:

(a) Wear mask, gloves, gown and eye protector
(b) Use mainly IV route
(c) Never administer antiemetic before chemotherapy
(d) Advise to use contraception during chemotherapy

Correct Option (c)

- Precaution during administration of chemotherapy:
  - Administer antiemetics (e.g., ondansetron) before and during chemotherapy, because antineoplastic drugs stimulate the vomiting centers and cause nausea and vomiting.
  - Advice to use contraception because of antineoplastic drugs having teratogenic effects.
  - Use mainly IV route because chemotherapeutic agents are very irritant or vesicant (pH <5 or >9).
  - Wear gloves, gown, mask and eye and face protection.

71. Which of the following laboratory test is important for patient on chemotherapy?

(a) WBC (b) RBC (c) Electrolyte (d) BUN

IGNOU B.Sc. (PB) Nsg. Entrance 2015
Correct Option (a)

- WBCs count is more important because a decreased count may result in life-threatening opportunistic infection in the body.

72. The nurse is monitoring a client for signs and symptoms related to superior vena cava syndrome. Which is an early sign of this oncological emergency? FAQ

(a) Cyanosis (b) Periorbital edema
(c) Arm edema (d) Mental status changes

RAK M.Sc. Nsg. Entrance 2022
Correct Option (b)

- Superior vena cava (SVC) syndrome is a medical oncologic emergency caused by either partial/complete obstruction (mainly at thoracic level) of the SVC by tumor growth (mainly lung cancer), enlarged lymph nodes, clots that block the venous blood flow from head, neck and thorax to the heart.
- It is characterized by progressive facial puffiness/neck swelling (**early sign**), tightness of shirt or blouse collar (**stokes' sign**), dyspnea, cough and cerebral edema.
- Other medical oncologic emergencies are spinal cord compression, tumor lysis syndrome, hypercalcemia, sepsis, DIC and SIADH.

73. The following are the metabolic triad of tumor lysis syndrome EXCEPT: FAQ

(a) Hyperuricemia (b) Hyperphosphatemia
(c) Hypercalcemia (d) Hyperkalemia

AIIMS Raipur SNO 2023
Correct Option (c)

- Tumor lysis syndrome (TLS) occurs when large number of tumor cells are destroyed and their intracellular contents like potassium, nucleic acids (**mainly uric acid**) are released rapidly into bloodstream, which results in hyperkalemia, hyperphosphatemia, hypocalcemia and hyperuricemia.
- TLS is a positive sign that cancer treatment is effective; however, if left untreated may be fatal.

74. The four-hallmark sign of tumor lysis syndrome are hyperuricemia, hyperkalemia, hyperphosphatemia and:

(a) Hypernatremia (b) Hypocalcemia
(c) Hyponatremia (d) Hypercalcemia

NVS (Navodaya) Staff Nurse 2019
Correct Option (b)

75. Initial management of tumor lysis syndrome includes:

(a) Hydration (b) Correction of hyperkalemia
(c) Allopurinol (d) Hemodialysis

AIIMS M.Sc. Nsg. Entrance 2022
Correct Option (a)

Radiotherapy

76. Brachytherapy means: FAQ

(a) Chemotherapy with radiation therapy
(b) Internal radiation therapy
(c) External radiation therapy
(d) Radiation therapy with surgery

CHO, Rajasthan 2023
Correct Option (b)

- Brachytherapy (internal radiation), the radiation source comes into direct, continuous contact with tumor tissue inside the body for a period, so client emit radiation for a period of time and is hazardous to others.
- It includes either an unsealed radiation source (administered via oral or IV route, e.g., iodine-131) or a sealed radiation source (mainly solid implant) implanted within the tumor target tissues.
- Teletherapy (external-beam radiation) is the most common type of radiation therapy given by an external radiation source, so clients do not emit radiation from the body and is not hazardous to others.
- It includes stereotactic radiation therapy (a device

(c) Effective therapy of STDs
(d) Radiotherapy

UPPSC, U.P. Staff Nurse 2017
Correct Option (d)

- Cervical cancer control approach (WHO):
  - Primary prevention (preventing occurrence of disease) of cervical cancer include HPV vaccination (girls 9 to 14 years), avoid tobacco use, sex education to avoid multiple sex partners, early age at first coitus, condom promotion and male circumcision.
  - Secondary prevention (>30 years) includes screening and immediate treatment in pre-cancer lesions.
  - Tertiary prevention includes surgery, radiotherapy, chemotherapy and palliative care.

117. The vaccine used for the prevention of cervical cancer is: FAQ
(a) BCG (b) IgG (c) Hep B (d) HPV

PGIMER Chandigarh Staff Nurse 2016
Correct Option (d)

118. India's first indigenously developed vaccine for prevention from cervical cancer is:
(a) CERVARIX (b) MMR
(c) GARDASIL (d) CERVAVAC

CHO, Rajasthan 2023
Correct Option (d)

119. Pap smear is done to detect which disease? FAQ
(a) Uterine prolapse (b) Uterine fibroid
(c) Cervical cancer (d) Breast cancer

AIIMS Raipur Nsg. Officer 2019
Correct Option (c)

- Papanicolaou or "**Pap**" test is a painless screening test used for cytological study to detect cancer in cells and specimens is obtained 2 weeks after the first day of the LMP.
- **Coplin jar** (contains 95% ethanol) is used to place the slides for wet-fixation.

120. The screening test that has reduced the incidence of cervical cancer by nearly 80% is:
(a) Bimanual examination (b) Cystoscopy
(c) Ultrasonogram (d) Pap smear

CRPF Staff Nurse (SI) 2023
Correct Option (d)

121. The best method for early diagnosis of cervical cancer is: FAQ
(a) PAP Smear (b) Colposcopy & biopsy
(c) HPV Vaccine (d) Health education

JSSHS Delhi Nsg. Officer 2019
Correct Option (a)

122. The patient who has an appointment for a Pap smear should have been instructed:
(a) Not to douche or use vaginal medication before the test
(b) That she will know the test results before leaving the office
(c) To bring sanitary pad because moderate bleeding may occur
(d) That the procedure takes about 45 minutes

ESIC Staff Nurse 2019
Correct Option (a)

123. A client is scheduled for a pap smear. The nurse provides instructions to the client regarding preparation for the test:
(a) Test can be performed during menstruation
(b) Fluids are restricted on the day of the test
(c) The test is painless
(d) Vaginal douching is required 2 hours before the test

Safdarjung Delhi Nsg. Officer 2018
Correct Option (c)

124. According to American Cancer Society (ACS) guidelines all sexually active women should undergo Pap test how frequently:
(a) Every 5 years
(b) Every 3 years
(c) Every 2 years
(d) Every year till 3 consecutive negative results

RUHS M.Sc. Nsg. Entrance 2019
Correct Option (b)*

- Cervical cancer screening guidelines (ACS 2012):
  - Pap test (cytology test) alone every 3 years starting at age 21 years.
  - Pap test alone every 3 years until age 29 years.
  - Aged 30-65 years, switch to co-testing [Pap test & HPV test (preferred)] and Pap test alone every 3 years (acceptable).
  - Screening can be stopped at age 65 for those women who have never had positive findings.
- Revised guidelines (**ACS 2020**) screening start at age 25 years, primary HPV test alone every 5 years for ages 25-65 years (preferred); HPV/Pap test (co-testing) every 5 years (acceptable) or **Pap test alone every 3 years** (acceptable).

125. VIA is used to:
(a) Diagnose oral cancer
(b) Treat lung cancer
(c) Radiation therapy for intestinal cancer
(d) Screening for cervical cancer

CHO, Madhya Pradesh 2019
Correct Option (d)

- Visual inspection with acetic acid (VIA) is a screening test for cervical cancer, by applying a 3 to 5% acetic acid solution to the cervix.

126. Schiller's test is done to visualize the cervix after applying:
(a) Iodine (b) Calcium chloride
(c) Sulfur (d) Acetic acid

RAK M.Sc. Nsg. Entrance 2022
Correct Option (a)

- Multiple myeloma is a B-cells malignant disease characterized by infiltration of the bone marrow by abnormal malignant plasma cells.
- It is characterized by **CRAB** (hypercalcemia, renal dysfunction, anemia, and/or bone pain with lytic lesions).
- Bone marrow biopsy is a diagnostic test.

176. Which laboratory result the nurse would expect to note in multiple myeloma:
(a) Hypercalcemia (b) Decrease plasma cell
(c) Leukocytosis (d) Leukopenia
Correct Option (a)

- Multiple myeloma causes hypercalcemia due to release of calcium from destroying bone tissue and plasma cells into bone marrow.
- Others are not specific to multiple myeloma.

177. What are large, homogeneous cytoplasmic inclusions in plasma cells called?
(a) Councilman bodies (b) Dutcher bodies
(c) Mallory hyaline bodies (d) Russell bodies
Correct Option (d)

178. Which tissue or organ can be repeatedly donated to clients needing a transplant?
(a) Skin (b) Bones (c) Kidneys (d) Bone-marrow
RAK M.Sc. Nsg. Entrance 2009
Correct Option (d)

179. The benign tumor of blood vessel is called:
(a) Hemangioma (b) Myomas
(c) Lipoma (d) Adenoma
ESIC Staff Nurse 2013
Correct Option (a)

- Hemangioma is a benign tumor composed of dilated blood vessels and often encapsulated within a fibrous shell.
- If it is present in the brain it is called cavernous hemangioma (type of benign vascular tumor).

180. Vascular skin lesions which are benign tumor consisting of blood and lymph vessels are called:
(a) Purpura (b) Osler's nodes
(c) Ecchymosis (d) Angioma
ESIC Nsg. Officer 2024
Correct Option (d)

181. Sarcoma means cancer of which organ/tissue?
(a) Lymph tissue (b) Glands
(c) Connective tissue (d) Skin
CHO, Rajasthan 2023
Correct Option (c)

182. Malignant neoplasm of adipose tissue is called:
(a) Liposarcoma (b) Lipoma
(c) Fibrosarcoma (d) Adenoma
RUHS B.Sc. (PB) Nsg. Entrance 2024
Correct Option (a)

183. The tumor of the hyaline cartilage is called:
(a) Osteochondroma (b) Osteosarcoma
(c) Enchondroma (d) Chondrosarcoma
AIIMS Raipur Staff Nurse 2017
Correct Option (c)

- Enchondroma is a benign tumor of hyaline cartilage that develops in hand, femur, tibia or humerus.
- Osteochondroma is the most common benign bone tumor.
- Osteosarcoma is the most common and most fatal primary malignant bone tumor.
- Chondrosarcoma is a malignant tumor of the hyaline cartilage.

184. Osteochondroma is related to:
(a) Muscle (b) Heart (c) Bones (d) Lungs
ESI Staff Nurse 2009
Correct Option (c)

185. Which type of cancer has poorest prognosis?
(a) Squamous cell carcinoma (b) Breast cancer
(c) Pancreatic cancer (d) Gastric cancer
GMCH Chandigarh Staff Nurse 2019
Correct Option (c)

186. Long term exposure to arsenic can lead to:
(a) Gastric cancer (b) Prostate cancer
(c) Breast cancer (d) Skin cancer
NHM, U.P. Staff Nurse 2023
Correct Option (d)

187. Which is a characteristic feature of melanoma?
(a) A benign tumor of skin
(b) Melanoma is an encapsulated tumor
(c) Melanoma is a malignant tumor with highly metastasis
(d) Metastasis is very rare in melanoma
Correct Option (c)

- Types of skin cancer are:
  - Basal cell carcinoma (**most common**): pearly papule with a central crater and rolled, waxy border.
  - Squamous cell carcinoma (2nd most common): firm, nodular lesion topped with a crust or with a central area of ulceration.
  - Malignant melanoma (highly metastatic): irregular shaped, pigmented papule or plaque variegated colors with red-white or blue tones.
  - It arises from pigmented skin cells (melanocytes).

188. Which of the following genetic alteration is commonly found in melanoma and is associated with increased cell proliferation and survival?
(a) IDH1 (b) PTEN (c) NRAS (d) RET
CHO, Madhya Pradesh 2024
Correct Option (c)

- Genetic alterations in **BRAF, NRAS** (most common), MITF, KIT, TP53, CDKN2A and PTEN are common in melanoma.

3

PEDIATRIC NURSING

"Great is the man who has not lost his childlike heart."

– Mencius

Growth & Development including Neonatology

Introduction to Growth & Development

1. Which of the following is defined as 'a progressive series of orderly, coherent changes in terms of qualitative changes'? FAQ

(a) Spurt (b) Development
(c) Identity (d) Growth

UPUMS, Saifai Staff Nurse 2023
Correct Option (b)

- Development refers to progressive **qualitative** increase in a child's skills and capacity to function.
- Growth refers to **quantitative** increase in physical size of an organ or body (except lymphatic tissue) and it can be measured by anthropometric parameters like weight, height, head circumference, body mass index and skin fold thickness.
- Maturation refers to an increase in **competence** and increased **functioning** at a higher level.

2. Development in children refers to one of the following:

(a) Increase in size of the body parts
(b) Increase in intercellular substance
(c) Qualitative change and progressive increase in skill and capacity to function
(d) Quantitative change in body

IGNOU B.Sc. (PB) Nsg. Entrance 2019
Correct Option (c)

3. Developmental change that occurs across all stages of life is known as:

(a) Early stage approach
(b) Life cycle approach
(c) Maturity approach
(d) Life experience approach

HPSSC Staff Nurse 2022
Correct Option (b)

- Developmental change is a continuous process and individuals achieve it in every phase of life.

4. Which of these is NOT a factor affecting growth and development?

(a) Heredity (b) Nutrition
(c) Physical Appearance (d) Hormones

CHO, Madhya Pradesh 2024
Correct Option (c)

- Factors affecting growth and development include malnutrition, recurrent diarrhoea, respiratory tract infections (pneumonia, measles), parasitic infestations, anemia, vitamin deficiency (rickets) fracture, child feeding practices, etc.

5. All following are major problems affecting child growth and development EXCEPT:

(a) Malnutrition (b) Common cold
(c) Pneumonia (d) Measles

AIIMS Bhubaneswar Staff Nurse 2018
Correct Option (b)

6. Fetal growth is maximally affected by:

(a) Insulin (b) Growth hormone
(c) Cortisol (d) Thyroxine

Correct Option (a)

- Insulin and insulin-like growth factors (IGF-I) and (IGF-II) help in tissue growth in the fetus.
- Growth Hormone (GH) has no role in intrauterine growth.

7. Hormone responsible for skeletal maturation of fetus: FAQ

(a) Testosterone (b) Thyroxin
(c) Progesterone (d) Estrogen

RUHS M.Sc. Nsg. Entrance 2019
Correct Option (b)

- Human fetus secretes thyroxine (T4) from 12th weeks of gestation which helps in skeletal growth.

8. Children generally double their birth weight by 5 months of age. This is an example of:

(a) Development (b) Heredity
(c) State of health (d) Physical growth

Correct Option (d)

- A net increase in the size or mass of tissue of the body and in total weight of the muscles and various internal organs is called physical growth.

9. Growth from head to toe in children is called: FAQ

(a) Cephalocaudal growth
(b) Proximodistal growth
(c) Sequential growth
(d) Developmental pace

NHM, U.P. Staff Nurse 2023
Correct Option (a)

- Cephalocaudal pattern of development is the principle of maturation that includes motor development, control and coordination progress from head (cephalic part) to the legs (caudal part).
- Proximodistal pattern of development is the principle of maturation that proceeds from near to far, i.e., from the central axis of the body towards the periphery or extremities.

10. Development is in a proximo-distal direction. Which of the following statements is suitable to this principle? FAQ

34. The following are age-dependent growth assessment parameters EXCEPT: FAQ
(a) Weight (b) Kanawati index
(c) Height (d) Head circumference
Correct Option (b)

- Age-dependent parameters of growth assessment are weight, height, head circumference and mid arm circumference (MAC).
- Age-independent parameters (used when a child's age is not known) are weight for height ratio, Kanawati index, Dugdale's index, Jeliff's ratio.

35. Among these which is the best indicator for health and nutritional status of children:
(a) Head circumference (b) Height
(c) Chest circumference (d) Weight
Correct Option (d)

- Growth charts demonstrate progressive change in the height and weight of a child as age advances therefore they are the best indicator of long-term nutritional status.
- Mid-arm circumference and chest circumference are one point estimates, not provide information about long-term nutritional status of the child.

36. The "first period of reactivity" after birth of a child:
(a) First 30 min. of birth (b) 6-8 hr after birth
(c) First 6-8 hr of birth (d) 2-5 hr after birth
Correct Option (a)

- Period of reactivity means an initial episode of activity, alertness and responsiveness to interaction, characteristic of the physiological and social responses of a newborn to stimuli.
- First 6 to 8 hours after birth is called the **"first period of reactivity".** During the first 30 minutes (1st stage; first period) the newborn is alert, active, cries and has a strong sucking reflex, so it is the best time to start breastfeeding. After 30 minutes (2nd stage; resting period) the newborn may go to deep sleep and relative calm for 2 to 4 hours.
- Common assessment findings during this period include transient tachypnea, nasal flaring, sternal retraction, crackles, tachycardia and irregular heart rhythms.
- After resting period, the newborn awake from sleep and again becomes alert and active is called **"second period of reactivity"** and it lasts for 4 to 6 hours.
- Common assessment findings during this period include increased heart rate, respiratory rates, gastric and respiratory secretions, active gag reflex and passing of meconium occurs.

37. About 1 hour after birth, the nurse can expect a neonate to be: FAQ
(a) Cry and Cranky
(b) Hyper responsive to stimuli
(c) Relaxed and sleeping quietly
(d) Intensely alert with eyes wide open
ESIC Staff Nurse 2016
Correct Option (c)

38. A newborn baby has the ability to distinguish between sweet and sour tastes:
(a) 24 hour after birth (b) Immediately after birth
(c) 72 hour after birth (d) 1 week after birth
NHM, U.P. Staff Nurse 2021
Correct Option (c)

39. Newborn babies generally require sleep for about:
(a) 9 hour a day (b) 12 hours a day
(c) 6 hours a day (d) 16 hours a day
DSSSB Nsg. Officer 2019
Correct Option (d)

40. Match items in columns-A with items in columns-B:

Column A- Neonatal assessment components	Column B- Description
1. Apgar Score	A. This looks at how far the baby's knees extend
2. Ballard Score	B. In-depth examination of the newborn's physical characteristics within the first 24 hr of life
3. Newborn physical examination	C. Assesses the infant's neuromuscular & physical maturity
4. Popliteal angle	D. Evaluates the infant's physical condition at 1 & 5 minutes after birth

(a) 1-A, 2-B, 3-C, 4-D (b) 1-D, 2-C, 3-B, 4-A
(c) 1-D, 2-C, 3-A, 4-B (d) 1-D, 2-A, 3-B, 4-C
CHO, Madhya Pradesh 2024
Correct Option (b)

41. What is the scoring system to estimate the gestational age of a newborn by maturity rating?
(a) BIND score (b) Apgar score
(c) Downes' score (d) New Ballard score
AIIMS Raipur Nsg. Officer 2019
ESIC Staff Nurse 2019
Correct Option (d)

- Ballard Scale (Expanded New Ballard Score) is a tool commonly used for estimating newborn gestational age between 20 to 44 weeks by rating physical and neuromuscular characteristics of maturity.
- Bilirubin-Induced Neurologic Dysfunction (BIND) scoring used to evaluate severity of neonatal jaundice.

42. Which is the scale used to measure the gestational age of Newborn?
(a) Ballard scale (b) Mercury scale
(c) FLACC scale (d) APGAR scale
AIIMS Rishikesh ANS 2023
Correct Option (a)

43. What is the normal pulse rate of a newborn?
(a) 140 per minute (b) 130 per minute
(c) 120 per minute (d) 110 per minute
RUHS M.Sc. Nsg. Entrance 2015
Correct Option (a)

- Normal vital signs of healthy newborn:
  - Pulse rate or heart rate (apical most accurate) 120 to 160 bpm (average 140 bpm), bradycardia (rate <100/min) and tachycardia (rate >160/minute).
  - Respiratory rate 40 to 60 breath/minute (up to 80 bpm- 1st period of reactivity).
  - BP 80/46 mm Hg. (may be variation of 20/10 mm Hg.).
  - Temperature 36.5 to 37.5°C (97.7° to 99.7°F).
  - Capillary refill time (CRT) < 3 seconds.

44. The normal respiratory rate of a newborn is:
(a) 14-18 breaths/min (b) 30-60 breaths/min
(c) 50-70 breaths/min (d) 20-30 breaths/min
ESIC Nsg. Officer 2024
Correct Option (b)

45. All the following are observed in normal newborn EXCEPT:
(a) Positive Moro reflex
(b) Heart rate is 60 bpm
(c) Respiration are irregular
(d) Uneven head shape
IGNOU B.Sc. (PB) Nsg. Entrance 2015
Correct Option (b)

46. Heart rate of a healthy, alert neonate may range between: FAQ
(a) 120-180 beats/min (b) 130-170 beats/min
(c) 100-130 beats/min (d) 110-160 beats/min
NCL Singrauli Staff Nurse 2019
Correct Option (d)

47. Which of the following is the normal respiratory rate of a healthy newborn?
(a) 40-60/minute (b) 60-100/minute
(c) 20-30/minute (d) 10-16/minute
AIIMS Bhopal Nsg. Officer 2018
Correct Option (a)

48. What is the normal pulse rate of an infant?
(a) 120-160 per minute (b) 30-60 per minute
(c) 80-100 per minute (d) 60-80 per minute
BHU Staff Nurse 2016
Correct Option (a)

- Normal vital signs of healthy infant:
  - Pulse rate 90 to 130 bpm (average 110 bpm).
  - Respiratory rate 20 to 40 breath/minute (average 30 bpm).
  - BP 90/56 mm Hg.

49. What action should a nurse take if the respiratory rate of an infant is 35 breaths/minute?
(a) Notify the physician
(b) Administer oxygen
(c) Reassess after 15 minutes
(d) Document the findings
RUHS M.Sc. Nsg. Entrance 2016
Correct Option (d)

50. The weight of a baby at birth is 2 kg. How much fluid does a baby need on the first and third day respectively?
(a) 40 mL/kg/day and 50 mL/kg/day
(b) 60 mL/kg/day and 100 mL/kg/day
(c) 50 mL/kg/day and 70 mL/kg/day
(d) 80 mL/kg/day and 120 mL/kg/day
CHO, Uttar Pradesh 2022
Correct Option (b)

- Term baby requires 60 to 70 mL/kg fluid on the first day and 100 to 120 mL/kg on the next 2 to 3 days.
- Preterm babies require 70 to 80 mL/kg on the first day and advance gradually improves to 150 mL/kg/day.
- Daily fluid requirements during 1st week of life (mL/kg/day):

Birth Wt	D-1	D-2	D-3	D-4	D-5	D-6	≥D-7
<1500 g	80	95	110	120	130	140	150
≥1500 g	60	75	90	105	120	135	150

51. The body water content of an infant is:
(a) 750 mL/kg (b) 550 mL/kg
(c) 250 mL/kg (d) Based on feeding
Correct Option (a)

- Infant body contains 75% (750 mL/kg) fluid as compared to 60% (600 mL/kg) fluid in adults.
- Premature infants have higher total body water (TBW) than term infants.

52. Infant with a body weight of 10 Kg is kept NPO for surgery. How much IV fluid should be administered per hour to this child?
(a) 100 mL/hr (b) 40 mL/hr (c) 120 mL/hr (d) 80 mL/hr
AIIMS NORCET-6 (Mains) Nsg. Officer 2024
Correct Option (b)

- Holliday-Segar formula (4/2/1 rule):

Body Weight	Maintenance fluid requirement	
	Hourly	**Daily**
<10 kg	4 mL/kg	100 mL/kg
10-20 kg	40 mL + 2 mL/kg for each kg >10 kg	1000 mL + 50 mL/kg for each kg >10 kg
>20 kg	60 mL + 1 mL/kg for each kg >20 kg	1500 mL + 20 mL/kg for each kg above 20 kg

53. Total blood volume of a newborn at birth is:
(a) 80 mL/kg (b) 100 mL/kg
(c) 125 mL/kg (d) 150 mL/kg
PGIMER Chandigarh Staff Nurse 2016
Correct Option (a)

- The causes include organic (underlying medical conditions) and non-organic or psychosocial (up to 80% of cases).

Fontanelle

90. Wide-gap in the suture is:
(a) Diameter (b) Circumference
(c) Fontanelle (d) Inlet
RUHS M.Sc. Nsg. Entrance 2018
Correct Option (c)

- Wide gap in the suture line is called fontanelle.
- Of the many fontanelles (6 in number), 4 are minor (2 anterolateral and 2 posterolateral) and 2 major fontanelles present in newborn.
- Among **two** (anterior fontanelle and posterior fontanelle) are of obstetric significance.

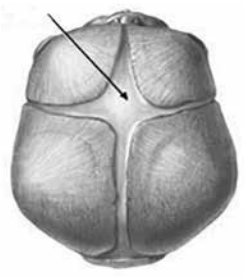
91. How many fontanels are present in a newborn?
(a) Two (b) Three (c) Five (d) Four
RRB Staff Nurse 2015
Correct Option (a)

92. At birth, there are:
(a) 4 fontanels (b) 6 fontanels
(c) 2 fontanels (d) 8 fontanels
ESIC Staff Nurse 2016
Correct Option (b)

93. Anterior fontanel in newborn closes between:
(a) 12-18 months of age (b) 2-3 months of age
(c) 9-12 months of age (d) 6-9 months of age
RUHS B.Sc. (PB) Nsg. Entrance 2024
AIIMS Patna Nsg. Officer 2020
Correct Option (a)

- Anterior fontanelle (bregma) is diamond shape junction formed by joining of the 4 sutures, i.e., anteriorly frontal, posteriorly sagittal and on either side, coronal.
- It normally ossified or closed by 12 to 18 months of age.
- It becomes pathological, if it fails to ossify even after 24 months.
- Early closure of fontanelle indicates craniostenosis due to premature closure of skull sutures and delayed closure may be due to rickets, malnutrition, hydrocephalus, cretinism, etc.

94. Identify the fontanel indicated by the arrow:



(a) Posterior fontanel (b) Temporal fontanel
(c) Anterior fontanel (d) Occipital fontanel
AIIMS Jodhpur Senior Nsg. Officer 2023
Correct Option (c)

95. What is the shape of anterior fontanelle?
(a) Square (b) Rectangular
(c) Diamond (d) Triangular
RRB Staff Nurse 2019
Correct Option (c)

96. The meeting point between coronal and sagittal suture is known as:
(a) Lambda (b) Parietal eminence
(c) Bregma (d) Occipital eminence
RRB Staff Nurse 2019
Correct Option (c)

97. The anterior fontanelle (Bregma) is situated at the junction of:
(a) Sagittal, coronal and frontal sutures
(b) Sagittal and lambdoid sutures
(c) Coronal and frontal sutures
(d) Sagittal and frontal sutures
NPCIL Staff Nurse 2019
Correct Option (a)

98. The anterior fontanelle becomes ossified by 18 months but it becomes pathological if it fails to ossify:
(a) Before 18 months (b) After 18 months
(c) Before 24 months (d) After 24 months
RAK M.Sc. Nsg. Entrance 2011
Correct Option (d)

99. Which fontanelle closes first into a child? FAQ
(a) Frontal (b) Occipital
(c) Sphenoid (d) Mastoid
RPSC (Raj.) Staff Nurse 2007
Correct Option (b)

- Posterior fontanelle (lambda/occipital) is a triangular shape junction formed by 3 suture lines, i.e., sagittal suture anteriorly and lambdoid suture on either side.
- It closes (first) in 6 to 8 weeks from birth.

100. The infant's posterior fontanelles usually closed by:
(a) 6 - 8 weeks (b) 3 - 6 months
(c) 12 - 18 month (d) 9 - 12 months
RUHS B.Sc. (PB) Nsg. Entrance 2016
Correct Option (a)

Developmental Milestone

101. All of these are gross motor activity EXCEPT:
(a) Turning (b) Standing and walking
(c) Sitting (d) Palmar and pincer grasp
Correct Option (d)

- Two types of motor development are:
  - Gross motor skills: The group of motor skills including head control, turning, sitting, standing and walking, running, climbing upstairs, throwing, etc. that require large muscle groups to produce the major action and require less

precision than that exerted by small muscles.
- ♦ Examples of gross motor skills are crawling, reaching, standing, walking, lifting things or throwing objects, etc.
- ♦ Fine motor skills: Motor skills that require greater control of the small muscles than large ones, and those that require a high degree of precision in hand and finger movement, etc.
- ♦ Examples of fine motor skills are hand-to-eye and hand-to-mouth coordination, palmar and pincer grasp, handwriting, grasping, dressing, etc.

102. The toddler can demonstrate achievement of gross motor skills by which of these activities:
(a) Stacking two blocks
(b) Push and pull toys
(c) Turning pages of a book
(d) Dumping a raisin

IGNOU B.Sc. (PB) Nsg. Entrance 2016
Correct Option (b)

103. When does an infant start gaining good head control?
(a) At Birth (b) 3rd months
(c) 8th months (d) 10th months

CHO, Madhya Pradesh 2024
Correct Option (b)

- Key gross motor developmental milestones:

Age	Milestones
3 months	Head control/neck holding
5 months	Rolls over (prone to supine)
6 months	Sitting with support (tripod posture)
7 months	Supine to prone
8 months	Sitting without support; crawls
9 months	Standing with support
10 months	Creeping
11 months	Cruising
12 months	Stands without support; bear walking
15 months	Walks alone; creeps upstairs
18 months	Runs; pulls a toy
2 years	Walks up & downstairs (2 feet/step); walks backwards; kicks a ball
3 years	Rides tricycle; alternate feet going upstairs
4 years	Hops on one foot; alternate feet going downstairs
5 years	Skipping on both feet

104. A one-month-old baby come to primary health center for physical examination, nurse should check which developmental milestone:
(a) Head turned from back to front
(b) Head turned left to right
(c) Laughing and crying too loudly
(d) Hold the rattles

ESIC Bhiwari Staff Nurse 2010
Correct Option (a)

- Turn head from back to front and front to back, left to right or side to side occur at 2 to 3 months.
- Grasp the object strongly but cannot hold it and drop immediately (hold rattles at 2 months).
- Laughing and crying too loudly at 3 months.

105. Child starts crawling at: FAQ
(a) 4 to 6 months (b) 8 to 9 months
(c) 9 to 12 months (d) After 12 months

IGNOU B.Sc. (PB) Nsg. Entrance 2019
DSSSB PHN 2015
Correct Option (b)

106. At which age does the child sit on its own, without any support?
(a) 4 month (b) 6 month (c) 12 month (d) 8 month

NHM, U.P. Staff Nurse 2023
Correct Option (d)

107. An infant can sit steadily without support at the age of:
(a) 10 month (b) 12 month (c) 8 month (d) 6 month

SSB DD & DNH Nsg. Officer 2018
Correct Option (c)

108. When toddlers move around on their hands keeping their abdomen off the floor, it is called:
(a) Squirming (b) Crawling
(c) Creeping (d) Rolling

AIIMS Jodhpur Senior Nsg. Officer 2018
Correct Option (c)

109. The nurses assess a six-months-old child during a well-baby clinic. Nurse makes all the following observations. Which of the following assessments made by the nurse is an area of concern indicating a need for further evaluation?
(a) Absence of Moro reflex
(b) Closed posterior fontanel
(c) Three pounds weight gain in 2 months
(d) Moderate head lag when pulled to sitting position

RAK M.Sc. Nsg. Entrance 2018
Correct Option (d)

110. A child can walk with a steady gait at the age of:
(a) 1 year (b) 2 years (c) 3 years (d) 4 years

IGNOU B.Sc. (PB) Nsg. Entrance 2021
Correct Option (b)

111. Normally a child climbs stairs at:
(a) 12 months (b) 24 months
(c) 36 months (d) 48 months

RUHS M.Sc. Nsg. Entrance 2017
Correct Option (b)

112. A child can ride a tricycle by the age of:
(a) 2 years (b) 3 years (c) 4 years (d) 5 years

AMRU, M.Sc. Nsg. Entrance 2024

Correct Option (b)

113. The indicators that suggest that development is seriously disordered in a child include all of the following, EXCEPT:

(a) Persistently low muscle tone or floppiness
(b) Persistent toe walking
(c) No speech by 18 months
(d) Climbing stairs with two feet per step by 2 years

UPUMS, Saifai Staff Nurse 2023
Correct Option (d)

114. Infants of 4 months to 5 months of age reach for objects with:

(a) Bidextrous approach (b) Intermediate pincer grasp
(c) Unidextrous approach (d) Immature pincer grasp

WBUHS M.Sc. Nsg. Entrance 2022
Correct Option (a)

- Key fine motor milestones:

Age	Milestones
4 months	Bidextrous grasp; mouthing
6 months	Unidextrous; transfer objects
9 months	Immature pincer grasp
12 months	Pincer grasp mature
15 months	Imitates scribbling; tower of 2 blocks; drinks from cup
18 months	Scribbles; tower of 3 blocks; feed self with spoon
2 years	Tower of 6 blocks; vertical & circular stroke
3 years	Tower of 9 blocks; copies circle
4 year	Copies rectangle/plus sign/cross; bridge with blocks
5 years	Copies triangle; gate with blocks

115. A child grasps fingers when palm touch occurs at the age of:

(a) 4 month (b) 6 month (c) 9 month (d) 4 week

DSSSB Nsg. Officer 2019
Correct Option (d)

- Palmar grasp reflex appears at 28 weeks of gestation and fully developed by 32 weeks of gestation and disappears by 2 to 3 months after birth.

116. All of the following fine motor skills develop during early childhood EXCEPT:

(a) Sketching (b) Cutting-pasting
(c) Sharing toys (d) Doing jigsaw puzzles

IGNOU B.Sc. (PB) Nsg. Entrance 2019
Correct Option (c)

117. A child can release a toy voluntarily by the age of:

(a) 6 months (b) 8 months
(c) 10 months (d) 12 months

JIPMER Staff Nurse 2017
Correct Option (c)

118. Select the correct sequence of the milestones achieved by an infant: a. Pincer grasp, b. Bidextrous reach, c. Scribbles, d. Unidextrous reach. Choose the correct answer:

(a) b, d, a, c (b) a, b, c, d
(c) b, a, d, c (d) c, b, d, a

MNS SCC Exam 2024
Correct Option (a)

119. A child transfers objects from one hand to other. What does it imply?

(a) Visual motor coordination (b) Object release
(c) Comparison of objects (d) Explore small objects

Correct Option (c)

Milestones	Developmental implications
Hand regard	Self-discovery of hands
Grasps a rattle	Object use
Reaches for objects	Visuomotor coordination
Transfers objects from one hand to other	Able to compare objects
Builds a tower of 2 cubes	Use objects in combination

120. What age group the development of social smile occurs?

(a) 2 month (b) 4 month (c) 6 month (d) 8 month

HSSC Haryana Staff Nurse 2021
Correct Option (a)

- Key social and adaptive milestones:

Age	Milestones
2 months	Social smile
3 months	Recognizes mother
6 months	Smiles at mirror image (mirror play)
7 months	Stranger anxiety
8 months	Object permanence
9 months	Waves 'bye-bye'
10 months	Plays peek-a-boo
12 months	Kisses on request; plays simple ball game
18 months	Domestic mimicry (e.g., sweeping)
2 years	Asks for food & drink; parallel play
3 years	Knows full name & gender; shares toys
4 years	Goes to toilet alone; cooperative play
5 years	Helps in household tasks, dresses and undresses

121. Which of the following milestones develop first?

(a) Mirror play (b) Crawling
(c) Creeping (d) Pincer grasp

RUHS M.Sc. Nsg. Entrance 2021
Correct Option (a)

122. At which age child may respond to verbal request:

(a) 6-9 months (b) 9-12 months
(c) 12-15 months (d) 15-18 months

RUHS B.Sc. (PB) Nsg. Entrance 2024
Correct Option (b)

123. When child start to say word like 'baba' 'dada':
(a) 18 months (b) 9 months
(c) 12 months (d) 3 months

Correct Option (b)

- Key language milestones:

Age	Milestones
1 month	Alerts to sound
2 months	Vocalizes
3 months	Cooing (musical) sound
4 months	Laughs aloud
6 months	Monosyllables ('ma', 'ba')
9 months	Bisyllables ('mama', 'baba')
12 months	1 to 2 words with meaning
15 months	Jargon speech
18 months	8-10 words with meaning (identify one or more body parts)
2 years	Simple sentence with 2-3 words (uses pronouns "I", "me", "you")
3 years	Asks questions, repeats 3 digits
4 years	Sings song or tells poem or stories
5 years	Asks meaning of words

124. Which of the following best describes the language of a 24-month-old?
(a) Doesn't understand yes and no
(b) Understands the meaning of words
(c) Able to verbalize needs
(d) Continuously asks "Why?" to most of topics

Safdarjung Delhi Nsg. Officer 2018
Correct Option (c)

125. Repetition of words and phrases without understanding is a characteristic feature of:
(a) Infant (b) Toddlers
(c) Preschoolers (d) Schoolers

CHO, Tripura 2022
Correct Option (b)

126. PBK-50 is a monosyllabic word recognition test which is developed to evaluate the speech perception of children. What does PBK stand for?
(a) Phonetically Balanced Kindergarten
(b) Perception Based Kindergarten
(c) Picture Balanced Kindergarten
(d) Paediatric Based Kindergarten

CHO, Jharkhand 2022
Correct Option (a)

- PBK-50 is used to measure speech perception skills in children with profound hearing losses who use cochlear implants or hearing aids.

127. The vision fully mature at the age of:
(a) At birth (b) 6 to 7 year
(c) 6 months (d) 1 to 2 year

Correct Option (c)

- At birth, a baby can follow a moving object (8 to 12 inches away) up to a range of 45°; at 4 weeks 90° and 8 to 12 weeks 180°.
- About 3 to 4 months binocular vision is established and by 6 months vision fully mature as in adult.

128. At which age a child can starts to brush his teeth:
(a) 2 year (b) 3 year (c) 4 year (d) 20 month

RUHS B.Sc. (PB) Nsg. Entrance 2014
Correct Option (b)

129. At the age of 2 years child should be able to:
(a) Use to eat fruits
(b) Drink milk from cup
(c) Pours own water in a glass
(d) Cuts food using a knife

RUHS M.Sc. Nsg. Entrance 2016
Correct Option (b)

130. A female child has recently learned to eat with a spoon without spilling, to dress and undress herself with supervision and to understand that she is a girl. These skills are first mastered between the ages of:
(a) 2 and 3 years (b) 3 and 4 years
(c) 4 and 5 years (d) 5 and 6 years

RAK M.Sc. Nsg. Entrance 2022
Correct Option (a)

131. When assessing physical development of the 5-year-old, you would find it abnormal if he:
(a) Needed to go up a stairway one step at a time
(b) Could jump on one foot a few times
(c) Could catch a large rubber ball
(d) Could stack up pile of six blocks

ESIC Staff Nurse 2019
Correct Option (a)

- Developmental red-flag signs:

Milestone	Upper limit	Usual limit
Head control	5 months	3 months
Sitting with support	9 months	6 months
Standing with support	12 months	9 months
Walking with support	15 months	12 months
Immature pincer grasp	12 months	9 months
Scribbling	24 months	15 months
Social smile	6 months	2 months
Single words	18 months	1 year

132. Which of the following behaviours by a 36-month-old child supports a nursing diagnosis of altered growth and development?
(a) Walks holding onto furniture

(a) Appropriate size of the face mask
(b) Bag for re-inflation
(c) Adequate pressure
(d) Suction catheter

NHM, U.P. Staff Nurse 2021
Correct Option (d)

- Self-inflating bag with capacity of 240 to 750 mL & face mask size '1' for term and '0' for preterm is used.
- Adequate pressure for first breath is 30 to 40 cm H_2O and for subsequent breaths 15 to 20 cm H_2O is required.

154. Bag mask ventilation (BMV) is contraindicated in:
(a) Diaphragmatic hernia (b) Cyanosis
(c) Polycystic kidney (d) Birth asphyxia

RUHS M.Sc. Nsg. Entrance 2018
Correct Option (a)

155. MRSOPA is used when there is:
(a) Ineffective ventilation (b) Decreased pH value
(c) Decreased partial pressure (d) Increased CVP

GPSC, Gujarat Nsg. Officer 2022
Correct Option (a)

- "**MRSOPA**" stands for **m**ask adjustment, **r**eposition airway, **s**uction mouth/nose, **o**pen the mouth, **p**ressure increase and **a**irway alternative.

156. Severe bradycardia in a newborn is heart rate less than:
(a) 40/min (b) 60/min (c) 80/min (d) 100/min

Correct Option (b)

- Heart rate less than 60/minute is an indication for chest compression along with positive ventilation in a newborn.

157. During resuscitation, which one of the following medications is indicated initially if the heart rate of a newborn continues to be less than 60/min after 30 seconds of PPV and chest compression?
(a) Epinephrine (b) Sodium Bicarbonate
(c) Atropine (d) Dexamethasone

ESIC Nsg. Officer 2024
Correct Option (a)

158. The dilution of adrenaline used in neonatal resuscitation is:
(a) 1:10 (b) 1:100 (c) 1:1000 (d) 1:10000

SCTIMST Trivandrum Staff Nurse 2010
Correct Option (d)

- Dilute 1 mL of 1: 1000 adrenaline with 9 mL normal saline to make 1:10,000 solutions.
- Recommended dose of adrenaline/epinephrine is 0.01 to 0.03 mg/kg by IV (**preferred**) or 0.1-0.3 ml/kg of 1:10,000 concentration and 0.05 to 0.1 mg/kg/dose by endotracheal.
- The concentration of adrenaline for both IV (umbilical vein) and intratracheal routes is 1: 10,000 (0.1 mg/mL).

159. Dose of Injection Adrenaline (1: 10,000) for neonatal resuscitation is:
(a) 0.1-0.3 mL/kg (b) 1-3 mL/kg
(c) 0.01-.03 mL/kg (d) 0.001-0.003 mL/kg

Correct Option (a)

160. Preferred route of drug delivery during neonatal resuscitation:
(a) Peripheral vein (b) Umbilical vein
(c) Intraosseous (d) Intratracheal

RUHS M.Sc. Nsg. Entrance 2021
Correct Option (b)

APGAR Score

161. ……is a means of standardizing the method of evaluating and recording the condition of the baby in numerical terms at 1 minute after birth and if necessary after minute:
(a) Apgar scoring (b) Silverman scoring
(c) Burstein scoring (d) Aldrich scoring

ESIC Staff Nurse 2016
Correct Option (a)

- Apgar score (Dr. Virginia Apgar 1953) is quantitative assessment of the newborn's physical condition at birth, i.e., respiratory, circulatory and neurological status.
- Five objective criteria are evaluated at 1 minute and 5 minutes (greater predictive value) after birth.
- Each of these criteria is given a score of 0, 1, or 2 (best possible score is 10).
- Five vital indicator used in Apgar score:

Parameter	APGAR score		
	0	1	2
Appearance (color)	Complete blue or pale	Body pink, extremity blue (acrocyanosis)	Complete pink
Pulse rate (heart rate)	Absent	<100/min	>100/min
Grimace (reflex)	No response	Grimace	Cough/ sneezes
Activity (muscle tone)	Limp/ flaccid	Some flexion of extremities	Active movement
Respiratory efforts (rate)	Absent	Slow, irregular	Good, crying

162. Quantitative assessment of neonate's condition at birth is done by:
(a) Recording BP (b) Examination of JVP
(c) Apgar score (d) Recording temperature

ESIC Staff Nurse 2016
Correct Option (c)

163. APGAR score is recorded at:
(a) 1 minute and 5 minutes after birth
(b) 5 minutes and 8 minutes after birth
(c) 2 minutes and 5 minutes after birth
(d) 5 minutes and 10 minutes after birth

WCL Staff Nurse 2019

(a) 6 (b) 7 (c) 8 (d) 9

AIIMS Bathinda Nsg. Officer 2019

Correct Option (c)

- In this case scenario newborn has a heart rate of 120/min (score 2), lusty cry (score 2), acrocyanosis (score 1), minimal flexion of extremities (score 1) and assuming the newborn is responding to stimulation (grimace) with grimacing or coughing (score 2), so APGAR score would be 8.

178. Nurse assesses the Apgar score of a newborn at 1-minute and finds his heart rate- 110; respiratory efforts are slow & irregular; in muscle tone observe some flexion of extremities and colour of body is pink with extremities are blue. How much 1-minute Apgar score of this newborn infant will be documented?

(a) 10 (b) 8 (c) 7 (d) 9

AIIMS Jodhpur Nsg. Tutor 2022

Correct Option (c)

179. The initial nursing action after the birth of a preterm baby with an APGAR score of 8 should be to:

(a) Check, clamp and dress umbilical cord
(b) Assist the physician with resuscitative measures
(c) Obtain the footprint and apply an identification band
(d) Quickly dry the baby and place in a controlled, warm environment

RAK M.Sc. Nsg. Entrance 2014 & 2013

Correct Option (d)*

- A preterm baby with APGAR score more than 7, no need to resuscitate and take footprint.
- Umbilical cord clamping must be delayed for at least **30 seconds** for vigorous term and preterm newborn.
- However, if the baby is asphyxiated at birth, cord should be clamped immediately after birth and start resuscitation.
- Preterm baby should be dried thoroughly and placed skin-to-skin contact with mother and clothed properly.

Birth Trauma

180. A swelling over the scalp which is present at birth or just after birth in case of vaginal delivery is known as: FAQ

(a) Encephalocele (b) Meningocele
(c) Caput succedaneum (d) Hydrocephalus

UPUMS, Saifai Staff Nurse 2023

Correct Option (c)

- Diffuse edema of soft scalp tissue present at birth that may cross a suture line is called caput succedaneum (**more common**).
- It occurs in cephalic presentation when the head is compressed against the girdle or dilating cervix or vulval ring during delivery which blocks venous return, forcing serum into the interstitial tissues.
- The swelling reabsorbs within 2 to 3 days or 48 to 72 hours.

181. Identify the swelling on the head of the newborn?

(a) Extradural hemorrhage (b) Cephalhaematoma
(c) Subdural hemorrhage (d) Caput succedaneum

CHO, Uttar Pradesh 2022

Correct Option (d)

- Caput succedaneum vs. cephalohematoma:

Features	Caput succedaneum	Cephalohematoma
Incidence	More common	Less common
Extent	Diffuse swelling; cross suture line or midline	Localized swelling; does not cross suture line or midline
Location	Scalp; superficial	Sub-periosteal; deep
Reason	Prolonged labor	Instrumental delivery
Content	Fluid	Blood
Onset	Present at birth	12-24 hr after birth
Recovery	48-72 hr	4-6 weeks
Jaundice	Not associated	Seen

182. When providing nursing care to a newborn, the mother is raising a question "When will the Caput Succedaneum disappear?" What response would you give to this mother?

(a) Within few hours (b) Within 12 hours
(c) Within 24 hours (d) Within 36 hours

RUHS B.Sc. (PB) Nsg. Entrance 2019

Correct Option (d)

183. Caput succedaneum resolves within:

(a) 7 days (b) 4 days (c) 10 days (d) 8 days

IGNOU B.Sc. (PB) Nsg. Entrance 2015

Correct Option (b)

184. Oedematous area in the scalp of the newborn, as a result of prolonged labour, is called:

(a) Intracranial bleeding (b) Subdural hematoma
(c) Cephalohematoma (d) Caput succedaneum

AIIMS Bhopal Nsg. Officer 2018

Correct Option (d)

185. Formation of swelling due to stagnation of fluid in layers at scalp beneath the girdle of contact is:

(a) Moulding (b) Haematoma
(c) Haemangioma (d) Caput succedaneum

- Absent Moro's reflex is seen in any condition with marked hypotonia (e.g., stage-3 HIE, Down syndrome).
- Asymmetrical (unilateral) Moro reflex is indicative of brachial plexus injury (e.g., Erb's palsy, Klumpke's palsy) or clavicle fracture.

217. In newborns, sudden movement of the head causes symmetric abduction and extension of the arms followed by gradual adduction and flexion of the arms over the body is called:
(a) Tonic neck reflex (b) Galant reflex
(c) Rooting reflex (d) Moro's reflex
AIIMS Raipur SNO 2023
Correct Option (d)

218. Which behavior should the nurse recognize as the Moro reflex response?
(a) Extension of the arms
(b) Extension of the leg and fanning of the toes
(c) Adduction of the arms
(d) Abduction and then adduction of the arms
ESIC Staff Nurse 2016
Correct Option (d)

219. Asymmetric Moro's Reflex at birth is indicative of:
(a) Brain damage (b) HIE
(c) Erb's palsy (d) Kernicterus
HPSSC Staff Nurse 2021
Correct Option (c)

220. A newborn who has an asymmetrical Moro reflex response should be further assessed for which of the following?
(a) Talipes equinovarus
(b) Fractured clavicle
(c) Congenital hypothyroidism
(d) Increased intracranial pressure
AIIMS NORCET-7 (Prelims) Nsg. Officer 2024
Correct Option (b)

221. Persistence of Moro's reflex is abnormal beyond the age of:
(a) 3th month (b) 4th month
(c) 5th month (d) 6th month
HPSSC Staff Nurse 2016
Correct Option (d)

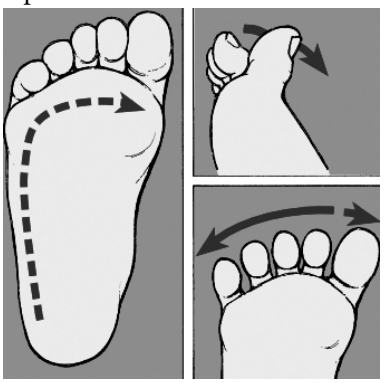
222. "A baby lifts his hands hearing hard voices" is called:
(a) Rooting reflex action (b) Moro-Startle
(c) Babinski's reflex action (d) None of these
BSF Staff Nurse 2014
Correct Option (b)

223. If a newborn's head and trunk is allowed to fall backward it elicits:
(a) Step- in Reflex (b) Plantar Reflex
(c) Startle Reflex (d) Moro Reflex
DSSSB PHN 2015
Correct Option (d)

224. Which reflex probably helps prevent falling?
(a) Moro reflex (b) Grasping reflex
(c) Rooting reflex (d) Sucking reflex
DSSSB Staff Nurse 2017
Correct Option (b)

225. As the infant's foot is stroked, the toes will extend upward. Identify the reflex:
(a) Blinking reflex (b) Babinski reflex
(c) Moro's reflex (d) Palmar grasp
AIIMS Rishikesh ANS 2023
Correct Option (b)

- Babinski reflex: Stroking outer sole of foot upward from heel and across ball of foot causes toes to hyperextend and big toe (hallux) to dorsiflex (extension).
- Positive Babinski's reflex is normal up to 18 months due to incomplete myelination of axons in the corticospinal tract.



226. The reflex action of the toes is indicative of abnormalities in the motor control pathways leading from cerebral cortex is:
(a) Babinski reflex (b) Romberg test
(c) Patellar reflex (d) Achilles reflex
ESIC Staff Nurse 2019
Correct Option (a)

227. In Babinski's reflex the movement of greater toes undergoes:
(a) Dorsi extension (b) Dorsiflexion
(c) Plantar flexion (d) Planter adduction
DSSSB PHN 2015
Correct Option (b)

228. All of the following reflexes are present in the newborn baby EXCEPT:
(a) Sucking (b) Mature pincer grasp
(c) Rooting (d) Pupillary reflex
AIIMS Raipur Staff Nurse 2017
Correct Option (b)

- Mature pincer grasp is a fine motor skill, which is a developmental milestone usually attained by 10 months of age.
- Rests of all reflexes given into options are present at birth.

Onset	1st & early 2nd trimester (phase of cellular hyperplasia)	Late 2nd or 3rd trimester (phase of cellular hypertrophy)
Effect on cells	Fetal cell number mainly decreased	Size of cells more affected than number of cells
Baby size	Uniformly small	Head larger than abdomen
Ponderal index (PI)	Normal (>2)	Low (<2)
Brain/liver size ratio	<5	>5
Prognosis	Poor	Good

257. Foetal growth below the 10th percentile in terms of weight, length, or head circumference based on standardized gestational rates is called:
(a) Delayed development (b) IUGR
(c) Short stature (d) Dwarfism
DSSSB Nsg. Officer 2019
Correct Option (b)

258. Which condition gives the baby "an old man look?"
(a) Post-maturity (b) Prematurity
(c) Low birth weight (d) IUGR
DSSSB Nsg. Officer 2019
Correct Option (d)

259. Which of the following is the cause of asymmetric IUGR?
(a) Gestational diabetes (b) Structural defects
(c) Intrauterine infections (d) Pregnancy induced HTN
UPUMS, Saifai Staff Nurse 2023
Correct Option (d)

260. The immediate management of preterm neonate includes the following:
(a) Cord is to be clamped quickly
(b) Cord length is kept long while cutting
(c) Air passage should be cleaned
(d) All of the above
RAK M.Sc. Nsg. Entrance 2014
Correct Option (d)

261. In a preterm baby elbow readily goes beyond the midline of chest, this is known as: FAQ
(a) Scarf sign (b) Arm recoil
(c) Popliteal angle (d) Glabellar tap
CHO, Uttarakhand 2021
Correct Option (a)

262. Sole creases in term neonate are:
(a) Absent near heels
(b) Evident over heels only
(c) Spread over entire foot
(d) Present only on toe tips
IGNOU B.Sc. (PB) Nsg. Entrance 2015
Correct Option (c)

- Term newborn have creases all over their plantar surfaces, however preterm newborn's creases may be completely absent or faint red marking.

263. If a baby born after 43 weeks of pregnancy known as:
(a) Premature infant (b) Postmature infant
(c) Normal infant (d) Abnormal infant
RPSC (Raj.) Nsg. Tutor 2012
Correct Option (b)

264. The baby looks thin and old, skin wrinkled and absence of moulding. These are the features of:
(a) Preterm baby (b) Term baby
(c) Post term baby (d) None of these
RAK M.Sc. Nsg. Entrance 2014
Correct Option (c)

265. Which of the following are signs of a post-mature newborn?
(a) Smooth, supple skin
(b) Long brittle fingernails
(c) Well-developed eyebrows
(d) Creases in the soles of feet
RUHS M.Sc. Nsg. Entrance 2013
Correct Option (b)

- Signs/symptoms of post-term newborn:
  - Parchment-like skin (dry and cracked) without lanugo.
  - Long fingernails and extended over ends of fingers.
  - Long and thin body and non-moulding head.
  - Dysmaturity or macrosomia and profuse scalp hair.
  - Wasting of fat and muscle in extremities.
  - Meconium staining nails and umbilical cord.
  - Peeling skin (desquamation).

266. A woman has given birth at 42 weeks of gestation. When assessing the neonate, which physical finding is expected?
(a) Sleepy lethargic baby
(b) Lanugo covering body
(c) Desquamation of epidermis
(d) Vernix Caseosa covering the body
WCL Staff Nurse 2019
Correct Option (c)

267. The most common problem encountered by post-term neonate with meconium aspiration is:
(a) Respiratory problem
(b) Gastro-intestinal problem
(c) Integumentary problems
(d) Cardiovascular problem
IGNOU B.Sc. (PB) Nsg. Entrance 2015
Correct Option (a)

- Most common problems of post-term neonates are respiratory problems like chemical pneumonitis, atelectasis and pulmonary hypertension due to

- Hind milk is thick milk secreted at the end of feed, which contains more **fat** and **energy** and **satisfies hunger** of the baby.

278. Which of the following components is higher in colostrum compared to breast milk in humans?
(a) Protein (b) Water
(c) Carbohydrate (d) Fats
NHM, U.P. Staff Nurse 2021
Correct Option (a)

279. Which of the following is significantly difference between human and cow's milk?
(a) Proteins & Fat (b) Proteins & sugar
(c) Protein & Lactose (d) Minerals
RRB Staff Nurse 2015
Correct Option (c)

- Composition of human and cow's milk:

Nutrients	Human milk (per 100 mL)	Cow's milk (per 100 mL)
Protein	0.9-1.1 gm	3.5 gm
Casein	30- 40 %, high lactalbumin, whey protein	80%, rich in casein (causes milk allergy & colic)
Carbohydrate (Lactose)	6 - 7.5 gm	4.5 gm
Fat	3.5 gm, richer in PUFA	4.0 gm
Na & K (mEq/L)	6.5 & 14	25 & 35
Osmolality (mOsm/L)	290	350
Calories	65-70 kcal	67 kcal

280. Human milk contains .....gms of protein:
(a) 2.2 gm/100 mL (b) 1.1 gm/100 mL
(c) 3.3 gm/100 mL (d) 4.4 gm/100 mL
Correct Option (b)

281. The carbohydrate content of breast milk is:
(a) 8.6 (b) 2.3 (c) 3.2 (d) 7.5
RAK M.Sc. Nsg. Entrance 2013
Correct Option (d)

282. Which milk, is nearer the mother's milk when extracted some sugar & add some protein from it:
(a) Goat (b) Yak (c) Buffalo (d) Cow
BSF Staff Nurse 2014
Correct Option (d)

- Cow's milk contains low sugar compared to human milk (cow's 4.5 g/dL and human 7.5 g/dL), so it becomes nearer to the mother's milk when adding some sugar.
- Cow's milk contains more protein than human milk (cow's 3.5 g/dL and human 1.2 g/dL), so it becomes nearer to the mother's milk when removing some protein.

283. The milk that closely resembles human milk is:
(a) Goat milk (b) Cow milk
(c) Buffalo milk (d) Camel milk
RRB Chandigarh Staff Nurse 2015
Correct Option (b)

- Cow milk more resembles human milk because both contain lactose sugar and equal amounts of fat (3.5 g/dL), water and almost the same energy (cow's milk 67 and human milk 65-70 Kcal/dL).
- Although cow's milk contains more protein (**three times more**), sodium, potassium, chloride and phosphorus, which may increase load on neonatal immature kidneys, so it should be diluted and boiled (boiling may modify casein present in cow's milk).

284. Which of the following enzymes coagulate milk in the infant?
(a) Rennin (b) Gastric lipase
(c) Pepsinogen (d) Lysozyme
NHM, U.P. Staff Nurse 2021
Correct Option (a)

285. Why cow's milk need to be diluted (4:1) for first 6 to 8 weeks of birth:
(a) High content of sugar
(b) High content of fat
(c) High content of protein and sodium
(d) All options are right
Correct Option (c)

286. In a 100 mL of human milk, how much protein is present?
(a) 1.2 g (b) 7.0 g (c) 4.0 g (d) 3.5 g
NVS (Navodaya) Staff Nurse 2019
Correct Option (a)

287. In comparison to cow's milk, which one of the following is more in human milk?
(a) Lactose (b) Proteins
(c) Minerals (d) Iron
RUHS M.Sc. Nsg. Entrance 2014
Correct Option (a)

288. The average energy value of human milk is:
(a) 150 kcal/100 mL (b) 70 kcal/100 mL
(c) 100 kcal/100 mL (d) 50 kcal/100 mL
ESIC Staff Nurse 2016
Correct Option (b)

- Human milk provides energy 65-70 kcal/100 mL.
- Maximum breast milk output occurs at 5 to 6 months of lactation is 730 mL/day.
- Water contents in breast milk 88%.

289. A healthy mother while breastfeeding will produce about …….of breast milk per day:
(a) 10-100 mL (b) 100-200 mL
(c) 300-400 mL (d) 500-900 mL
HSSC Haryana Staff Nurse 2023
Correct Option (d)

290. Human milk is preferable to cow's milk because:

NHM, U.P. Staff Nurse 2021
Correct Option (c)

- Drying the newborn at birth prevent heat loss by **evaporation**, putting baby under radiant warmer prevent heat loss by **convection**, wrapping the newborn into warm cloth and cover weighing scale, X-ray cassettes with warm cloth prevent heat loss by **conduction** and keeping baby cot away from cold outside wall, almirah and maintain room temperature at 25° C prevent heat loss by **radiation**.

361. Keeping the infant under radiant warmer prevents heat loss by which of the following in the immediate postpartum phase?
(a) Evaporation (b) Convection
(c) Conduction (d) Radiation

IGNOU B.Sc. (PB) Nsg. Entrance 2016
Correct Option (b)

362. Which apparatus is used to maintain environmental conditions suitable for a neonate?
(a) Phototherapy oven (b) Radiant warmer
(c) Mechanical ventilator (d) Incubator

CHO, Himachal Pradesh 2022
Correct Option (d)

- Devices used to keep baby warm:

Feature	Radiant warmer	Incubator
Type	Open care system	Closed care system
Mode of heating	Radiation	Convection
Heat loss mainly takes place through	Convection	Radiation

363. The mode of heat loss in a neonate by being placed on a cold surface is called: FAQ
(a) Conduction (b) Convection
(c) Radiation (d) Evaporation

RAK M.Sc. Nsg. Entrance 2024
Correct Option (a)

364. Which of the following would not be an appropriate nursing intervention to prevent heat loss EXCEPT:
(a) Place the crib beside the wall
(b) Doing Kangaroo care
(c) By using mechanical pressure
(d) Drying and wrapping the baby

Kidwai Hospital Staff Nurse 2018
Correct Option (a)

365. What should be the temperature of the delivery room to maintain warmth for neonates?
(a) 21-24 °C (b) 25-28°C
(c) 28-30 °C (d) Above 30°C

OSSSC, Odisha Nsg. Officer 2023
Correct Option (b)

- WHO recommends a delivery room temperature of 25 to 28°C to reduce the incidence of neonatal hypothermia.

Kangaroo Mother Care

366. Kangaroo mother care (KMC) is a way of protecting the baby from:
(a) Hypothermia (b) Hyperthermia
(c) Hyperglycemia (d) Hypocalcemia

AIIMS Rishikesh ANS 2023
Correct Option (a)

- KMC is a special way of caring for preterm or LBW babies by placing them in skin-to-skin (STS) with mother or other caregiver.

367. Benefits of kangaroo mother care are all of the following EXCEPT: FAQ
(a) Improve mother baby bond
(b) Increase milk production in mothers
(c) Increases infections in babies
(d) Keeps baby warm

CHO, Madhya Pradesh 2021
Correct Option (c)

- Benefits of KMC includes effective thermal control, improves breastfeeding rate, reduces various severe morbidities, prevents chances of infection, better psychological bonding between mother and baby and reduces the length of hospital stay.

368. Match the components of Kangaroo Mother Care (KMC) with their corresponding benefits: FAQ

Components	Benefits
1. Skin-to-Skin Contact	A. Regulation of Baby's Body Temperature
2. Exclusive Breastfeeding	B. Promotion of Bonding & Attachment
3. Supportive Environment	C. Enhanced Maternal Milk Production

(a) 2-A, 1-B, 3-C (b) 1-A, 2-B, 3-C
(c) 3-A, 2-B, 1-C (d) 1-C, 2-A, 3-B

CHO, Madhya Pradesh 2024
Correct Option (b)

- Components of KMC are skin-to-skin contact (kangaroo position), exclusive breastfeeding (kangaroo nutrition) and early discharge and follow-up care (kangaroo discharge and follow up).

369. Which of the following is the most appropriate intervention to reduce stress in a preterm infant at 32 week gestation?
(a) An attitude of extension when prone or side-lying
(b) Sensory stimulation including several senses at a time
(c) Kangaroo care
(d) Tactile stimulation until signs of overstimulation develop

AIIMS Nagpur Nsg. Officer 2020
Correct Option (c)

and appears in amniotic fluid between 28 to 32 weeks and peaks at 35 weeks gestation.

- Therefore, any neonate born at 36 weeks is unlikely to develop RDS.

380. The most important factor predisposing an infant to respiratory distress is: FAQ

(a) Prematurity (b) Cold stress
(c) Hypoglycemia (d) Hypocalcemia

RAK M.Sc. Nsg. Entrance 2024
Correct Option (a)

381. One of the possible complication in infant delivered by caesarean section would be:

(a) Respiratory distress (b) Renal impairment
(c) ABO incompatibility (d) Kernicterus

IGNOU B.Sc. (PB) Nsg. Entrance 2013
Correct Option (a)

382. What is the most common complication for which a nurse must monitor a preterm infant?

(a) Hemorrhage (b) Brain Damage
(c) Respiratory distress (d) Aspiration of mucus

NCL Singrauli Staff Nurse 2019
Correct Option (c)

383. When a nurse see a baby in respiratory distress from apparent mucus, the first nursing action is to:

(a) Carefully slap the infant's back
(b) Thump chest and start CPR
(c) Pick the baby up by the feet
(d) Call the core team

BHU Nsg. Officer 2018
Correct Option (c)

- Clearing of airway (gravity or postural drainage), ensuring adequate breathing and circulation are the first-line intervention.

384. The nurse evaluates the adequacy of the neonate's oxygen by monitoring:

(a) Cyanosis of hands and feet
(b) Pulse rate continuously
(c) Arterial blood gas levels
(d) The percentage of oxygen received

NPCIL Staff Nurse 2019
Correct Option (c)

- The adequacy of the neonate's oxygen can be monitored **ABG** (from umbilical artery) and SpO_2 levels (for term neonates 90 to 93% and preterm neonates 88 to 92%), colour of skin, **respiratory rate**.
- Because SpO_2 above 95% may cause retinopathy of prematurity (ROP).

385. The most significant sign of respiratory distress in preterm baby is: FAQ

(a) Bradycardia
(b) Nasal flaring
(c) Barrel chest
(d) Grunting, ala nasi and chest indrawing

IGNOU B.Sc. (PB) Nsg. Entrance 2014
Correct Option (b)

- Signs/symptoms of RDS appear within the first 6 hours of birth include tachypnea (respiratory rate >60/min), nasal flaring, expiratory grunting, retraction of the ribs, cyanosis, seesaw respiration, decrease air entry, etc.

386. Silverman-Andersen scoring is used to evaluate:

(a) Neonatal sepsis (b) Asthma
(c) Respiratory distress (d) Jaundice

AMRU, M.Sc. Nsg. Entrance 2024
Correct Option (c)

- Silverman-Anderson index is used to assess the degree of respiratory distress in preterm newborn with RDS (**Interpretation**: <5 mild; 5-7 moderate; >7 severe).

Score	Score 0	Score 1	Score 2
Upper chest retraction	Equal	Lag on inspiration	See-saw respiration
Lower chest retraction	None	Mild	Severe
Xiphoid retractions	None	Mild	Severe
Nasal flaring	None	Mild	Severe
Expiratory grunt	None	Audible with stethoscope	Audible without stethoscope

387. You are providing nursing care to a preterm newborn baby. Which assessment finding would alert the nurse to the possibility of Respiratory Distress Syndrome?

(a) Tachypnea and Retraction
(b) Bradypnea and hypotension
(c) Weak cry and irritability
(d) Incessant cry and cyanosis

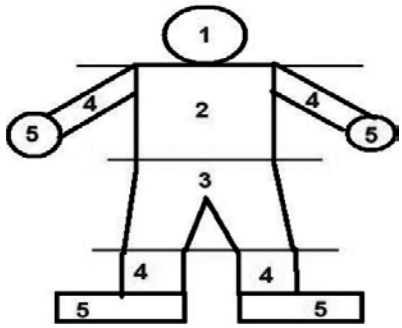
RUHS B.Sc. (PB) Nsg. Entrance 2019
Correct Option (a)

- Downes' score is used to assess the degree of respiratory distress in term and preterm babies (**Interpretation**: <3 mild; 4-6 moderate; >6 severe or impending respiratory failure).

Score	0	1	2
Cyanosis	None	At room air	With 40% O_2
Respiratory rate	<60/min	60-80/min	>80/min
Air entry	Clear	Decreased	Severely decreased
Retractions	None	Mild	Severe
Grunting	None	Audible with stethoscope	Audible without stethoscope

DSSSB Nsg. Officer 2019
Correct Option (d)

- Kramer's rule describes the relationship between total bilirubin level and progression of skin discoloration in cephalocaudal direction.
- This is used as a screening tool for neonatal jaundice by trained observers.
- Kramer dermal zones shows TSB levels at face & neck 5 mg/dL (**zone 1**); chest & upper abdomen 10 mg/dL (**zone 2**); lower abdomen, thighs & upper arm 12 mg/dL (**zone 3**); legs & forearm 15 mg/dL (**zone 4**); palms and soles >15 mg/dL (**zone 5**).



433. Goal of phototherapy in a newborn is to:
(a) Decrease serum unconjugated bilirubin level
(b) Prevent hypothermia
(c) Promote respiratory stability
(d) Decrease serum conjugated bilirubin level

SSB DD & DNH Nsg. Officer 2018
Correct Option (a)

- Phototherapy or light therapy (introduced by Cramer) is the use of blue fluorescent light (most effective) with wavelength 460 to 490 nm.
- Its main goal is to decrease serum unconjugated bilirubin by converting insoluble bilirubin (unconjugated) into soluble isomers that can be excreted in urine and feces.

434. The light of which color is used to treat neonatal jaundice:
(a) Red light (b) Yellow light
(c) Orange light (d) Blue light

RRB Staff Nurse 2015
Correct Option (d)

- Blue light (wavelength range 460 to 490 nm) is more effectively absorbed by bilirubin pigment, so it is mainly used in phototherapy units.
- Blue light interferes in examination of the skin colour of the baby, so combinations of **blue** and **white** light are preferred.

435. Which mechanism in phototherapy is mainly responsible for reduction in serum bilirubin?
(a) Photo-oxidation
(b) Photo-isomerization
(c) Structural isomerization
(d) Conjugation

Correct Option (c)

436. The optimal indication of phototherapy in a neonatal jaundice is: FAQ
(a) Bilirubin level rise above 20 mg/dL
(b) Bilirubin level rise above 5 mg/dL
(c) Bilirubin level rise above 15 mg/dL
(d) Bilirubin level rise above 10 mg/dL

BHU Nsg. Officer 2019
Correct Option (c)

- It is recommended that phototherapy started when serum bilirubin level rises above 15 mg/dL in 24 to 48 hour old newborn, 18 mg/dL in 49 to 72 hour old and 20 mg/dL in newborn older than 72 hours.

437. In which condition, is phototherapy used as a treatment?
(a) Hypomagnesimia (b) Hyperbilirubinemia
(c) Hypobilirubinemia (d) Hypocalcemia

AIIMS Rishikesh ANS 2023
Correct Option (b)

438. Treatment of choice for physiological jaundice is:
(a) Exchange blood transfusion (b) Steroid therapy
(c) Phototherapy (d) Oxygen therapy

AIIMS Rishikesh ANS 2023
Correct Option (c)

439. All of the following are essential for an infant with jaundice and under phototherapy EXCEPT: FAQ
(a) Covering the genital area
(b) Covering the eyes
(c) Blood sampling every 6 hr for bilirubin test
(d) Breast feed every 2 hourly

IGNOU B.Sc. (PB) Nsg. Entrance 2012
Correct Option (c)

- Care of baby during phototherapy:
  - Baby should be kept naked except the diaper on genitalia or gonads, to expose large body surface area.
  - Cover the baby's eyes with an eye patch to protect the retina from UV rays.
  - Keep the distance between baby and light up to 45 cm.
  - Keep room temperature optimum (25°-28° C).
  - Frequent breastfeeding at 2 hour intervals.
  - Change position every 2 hours or after each feed.
  - Monitor the temperature of the baby every 2 to 4 hours.
  - Measure TSB level every 12 to 24 hours.
  - Stop phototherapy when serum bilirubin level <11 mg/dL on 2 consecutive settings 12 hours apart.

440. During phototherapy, the nurse should apply eye patches to the newborn's eye to:
(a) Prevent injury to the conjunctiva and retina

Pediatric Disorders

Introduction to Pediatric Nursing

1. "Pediatric nursing" a branch of nursing is concerned with:

(a) Care to infant (b) Care to adolescent
(c) Care to children (d) All of the above

Correct Option (d)

- 'Pediatrics' is Greek words, 'pedia' means child, 'iatrike' means treatment and 'ics' means branch of science of child care and scientific treatment of children from infancy through adolescence.

2. The modern concept of pediatrics means:

(a) Short term care of the child
(b) Basic care of the child
(c) Continuous and preventive care of whole child
(d) Terminally ill care of the child

Safdarjung Delhi Nsg. Officer 2018
Correct Option (c)

- Modern concepts of pediatrics include advocate for child and family, communicate for child, activate child's activities and disseminate information related to child health programs, educate the public about child health, motivate people to participate in child care, investigate available resources, collaborate care.

3. The following are the trends of pediatric nursing, EXCEPT:

(a) Restricted visiting hours (b) Rooming-in
(c) Evidence-based practice (d) Family centred care

MPESB, Bhopal Staff Nurse 2021
Correct Option (a)

4. The changing focus of pediatric nurse on one of the following is:

(a) Disease centered care
(b) Special care during 3rd trimester of pregnancy
(c) Only care of sick child in hospital
(d) Child centered care within family perinatal care with advice and prevention, health promotion and follow up of children

IGNOU B.Sc. (PB) Nsg. Entrance 2019
Correct Option (d)

5. The primary role of the pediatric nurse is to provide nursing care as:

(a) Collaborator, Care coordinator and consultant
(b) An advocate, educator and manager
(c) An independent and autonomous practitioner
(d) Clinical specialist and case manager

AIIMS Raipur Staff Nurse 2017
Correct Option (b)

- Primary roles of the pediatric nurse are caregiver, advocate, educator, researcher and manager/leader.

6. What is NOT the role of a Pediatric nurse?

(a) Primary care giver (b) Health educator
(c) Therapeutic nurse (d) Prescribing medicines

AIIMS Jodhpur PHN 2023
Correct Option (d)

7. Who is known as "Father of Pediatric"?

(a) Abraham Jacob (b) Hippocrates
(c) Kashyapa (d) Susruta

Correct Option (a)

- Abraham Jacob is known as the father of pediatrics.
- Dr. George Coelho is considered the father of pediatrics in India.
- The world's first pediatricians (Indian) were Kashyapa and Jeevaka.

8. Hospital procedures for a child are:

(a) The same in each hospital
(b) Different in basic principles from those for adults
(c) Entirely different for each age group
(d) The same in principle as those for adults

RUHS B.Sc. (PB) Nsg. Entrance 2015
Correct Option (d)

Genetic/Congenital Disorders

9. The science of betterment of human race by application of the law of inheritance is called:

(a) Eugenics (b) Genetics
(c) Euphenic (d) Euthenics

AIIMS Bhopal Nsg. Officer 2018
Correct Option (a)

- Eugenics is the science which aims to improve the genetic endowment of human population by selective breeding by application of the law of inheritance.
- Euthenics is the science that deals with development of human well-being by improvement of living conditions.

10. Eugenics means: FAQ

(a) Genetic counseling
(b) Improvement of genetic endowment
(c) Genetic preventive measures
(d) Improvement of environment

AIIMS Nagpur Nsg. Officer 2020

CHO, Himachal Pradesh 2022
Correct Option (b)

22. Which hereditary disease is most closely linked to aneurysm?
(a) Cystic fibrosis
(b) Lupus erythematosus
(c) Myocardial infarction
(d) Marfan's syndrome

HPSSC Staff Nurse 2020
Correct Option (d)

- Marfan's syndrome is an inherited (autosomal dominant) disorder of connective (collagen) tissue, e.g., eyes, blood vessels, bones, muscles and ligaments.
- It is caused by a mutation in fibrillin-1 (FBN1) gene on the long arm of chromosome 15.
- It is characterized by reduced US : LS ratio, arm span > height, pectus carinatum/ excavatum, arachnodactyly (abnormally long limb, fingers & toes), dislocation of ocular lens (ectopia lentis), hypotonia and hyperextensible joints, scoliosis, mitral insufficiency and aortic aneurysm (**most life-threatening**).
- Revised Ghent criteria is used for diagnosis.

23. All of the following are hereditary disorders EXCEPT:
(a) Thalassemia (b) Haemophilia
(c) Cystic fibrosis (d) Cystitis

IGNOU B.Sc. (PB) Nsg. Entrance 2014
Correct Option (d)

- Except option **'d',** i.e., cystitis (inflammation of bladder), all others are hereditary disorders.

24. All of the following are congenital abnormalities in newborn EXCEPT:
(a) Hydrocephalus (b) Meningitis
(c) TEF (d) Spina bifida

IGNOU B.Sc. (PB) Nsg. Entrance 2011
Correct Option (b)

- Except option **'b',** all others are congenital abnormalities.

25. Identify the disorder when a single gene in the heterozygous state is capable of producing a phenotype: FAQ
(a) Multifactorial inherited disorders
(b) Autosomal-dominant inherited disorders
(c) Autosomal-recessive inherited disorders
(d) X-linked inherited disorders

DSSSB Nsg. Officer 2019
Correct Officer (b)

- Autosomal-dominant (AD) disorders are manifested in **heterozygous state**, i.e., only if one allele is abnormal the disease will occur (50% children are affected).
- Examples of AD are marfan's syndrome, achondroplasia, polycystic kidney, Huntington chorea, osteogenesis imperfecta, etc.
- Autosomal-recessive (AR) disorders are manifested in **homozygous state**, i.e., when both alleles at a given gene locus are mutant (only siblings are affected, i.e., 25% risk, but parents are normal).
- Examples of AR are cystic fibrosis, beta-thalassemia, sickle cell disease, spinal muscular atrophy, phenylketonuria, galactosemia, Wilson disease, etc.

26. Example of autosomal-recessive inheritance:
(a) Hemophilia (b) Skeletal disorders
(c) Cystic fibrosis (d) Craniofacial disorders

ESIC Staff Nurse 2019
Correct Option (c)

27. The mode of inheritance of cystic fibrosis is: FAQ
(a) Autosomal recessive (b) X-linked disease
(c) Autosomal dominant (d) Non-Mendelian

ESIC Staff Nurse 2019
Correct Officer (a)

28. The child uses Gowers' maneuver to rise from the floor in case of:
(a) Rheumatoid arthritis (b) Osteomyelitis
(c) Muscular dystrophy (d) Poliomyelitis

NHM, U.P. Staff Nurse 2021
Correct Option (c)

- Muscular dystrophies are inherited disorders of skeletal muscle with progressive muscle damage.
- Gowers' sign indicates weakness of proximal muscles, especially of the lower limb.
- It is commonly seen in Duchenne (more severe) or Becker muscular dystrophy (BMD).

Features	DMD	BMD
Onset of weakness	<5 yr of age	>6 yr of age
Progression	Rapid	Slower
Mutations responsible	Frame shift mutation	In-frame mutation
Non-ambulatory by	9-10.5 yr of age	>15 yr of age
Cardio-respiratory problems	Later onset	Early onset

29. Duchenne muscular dystrophy is a disease of:
(a) Neuromuscular junction
(b) Sarcolemmal proteins
(c) Muscle contractile proteins
(d) Disuse atrophy due to muscle weakness

RAK M.Sc. Nsg. Entrance 2022
Correct Option (c)

30. An autosomal recessively inherited disease that has been mapped to chromosome 11q is called:
(a) Neurofibromatosis
(b) Von Hippel-Lindau disease
(c) Ataxia-telangiectasia
(d) Tuberous sclerosis

Inborn Errors of Metabolism

67. Inborn errors of metabolism are the following, EXCEPT: FAQ
(a) Turner's syndrome (b) Phenylketonuria
(c) Tay-Sachs disease (d) Cystic fibrosis
ESIC Staff Nurse 2019
Correct Option (a)

- Inborn errors of metabolism (IEM) are rare genetic or inherited disorders resulting from an enzyme defect in biochemical and metabolic pathways affecting proteins, fats and carbohydrates metabolism.
- Examples of IEM are galactosaemia, phenylketonuria (PKU), cystic fibrosis, Tay-Sachs disease, maple syrup urine disease (MSUD), alkaptonuria, gaucher disease, homocystinuria, Wilson disease, etc.

68. G6PD deficiency is classified in the following trait:
(a) Autosomal dominant
(b) Dominant X-linked
(c) Autosomal recessive
(d) Recessive sex linked
RUHS M.Sc. Nsg. Entrance 2015
Correct Option (d)

- Glucose-6-phosphate dehydrogenase (G6PD) deficiency is an inherited disorder transmitted as an X-linked recessive trait (sex chromosome).
- G6PD is an enzyme that is essential to maintaining the integrity of RBC, thus a deficiency of it causes non-immune hemolytic anemia.
- It is triggered by fava beans, infection and drugs (e.g., sulfamethoxazole, primaquine, chloroquine, etc.).
- Hallmarks of a hemolytic crisis are pallor, icterus, hemoglobinemia, hemoglobinuria and splenomegaly.
- Peripheral smear shows Heinz bodies, fragmented bite cells and spherocytes.

69. An inborn error of metabolism that causes premature destruction of RBC is: FAQ
(a) G6PDs (b) Homocystinuria
(c) Phenylketonuria (d) Celiac disease
NVS (Navodaya) Staff Nurse 2019
Correct Option (a)

70. All the following are true about phenylketonuria EXCEPT:
(a) Deficiency of Phenylalanine Hydroxylase
(b) Mental retardation
(c) Increased urinary excretion of P-hydroxy-phenyl pyruvic acid
(d) Decreased serotonin formation
Safdarjung Delhi Nsg. Officer 2018
Correct Option (d)

- PKU is an autosomal recessive inborn error of phenylalanine metabolism resulting from deficiency of phenylalanine hydroxylase (PAH).
- Decreased PAH level leads to deficiency of tyrosine, melanin, thyroxine and catecholamine neurotransmitters (e.g., serotonin).
- This results in phenylalanine metabolites like phenylacetate, phenylpyruvate increased in the blood and urine (gives mousy and musty odor).
- Untreated PKU is associated with growth failure, blonde and blue eyes, microcephaly, eczema, hypertonia, seizures and mental retardation.

71. An autosomal recessive disorder resulting in a deficiency of the liver enzyme phenylalanine hydroxylase is called:
(a) Turners syndrome (b) MSUD
(c) Phenylketonuria (d) Klinefelter syndrome
NHM, M.P. Staff Nurse 2021
Correct Option (c)

72. Mousy odor of urine is seen in:
(a) Isovaleric acidemia (b) Tyrosinemia
(c) Phenylketonuria (d) MSUD
Correct Option (c)

- Abnormal urine odor in IEMs: mousy or musty (phenylketonuria), maple syrup or burnt sugar (MSUD), boiled cabbage (tyrosinemia), sweaty feet (glutaric aciduria) & swimming-pool (hawkinsinuria).

73. Normal blood level of amino acid phenylalanine levels in newborn:
(a) 0 to 2 mg/dL (b) 2 to 4 mg/dL
(c) 20 mg/dL (d) None of above
Correct Option (a)

- Normal blood level of amino acid phenylalanine in newborn 0 to 2 mg/dL.
- Level >20 mg/dL is considered a positive result.

74. Guthrie blood test is recommended to diagnose:
(a) Galactosemia (b) Homocystinuria
(c) Alkaptonuria (d) Phenylketonuria
AIIMS Mangalagiri Nsg. Tutor 2022
Correct Option (d)

- Guthrie test is most commonly used for screening of phenylketonuria in newborn on 48 to 72 hrs of age (only fresh heel blood is used for the test).
- It is a bacterial (bacillus subtilis) bioassay for phenylalanine.

75. Ferric chloride test is used to diagnose:
(a) Phenylketonuria (b) Alkaptonuria
(c) Albinism (d) Cystinuria
Correct Option (a)

- Ferric chloride test with urine gives green colour in phenylketonuria (detects phenylalanine in urine).

76. A newborn screening test comes back positive for phenylketonuria (PKU). Which of the following is the most appropriate initial management for this condition?
(a) Administration of corticosteroids
(b) Observation and retesting in one month
(c) A phenylalanine-restricted diet
(d) A high-protein diet

AIIMS Bhubaneswar SNO 2023
Correct Option (c)

- Meat, fish, chicken, eggs, dry beans, nuts, legumes, colas, milk & dairy products & aspartame (artificial non-saccharide sweetener) contain high amounts of phenylalanine so it should be avoided in PKU.
- Low phenylalanine diets like vegetables, fruits, juices and cereal are the treatment of choice.

77. Which of the following is a characteristic finding in a child diagnosed with Maple Syrup Urine Disease (MSUD)?
(a) Hypoglycemia
(b) Increased serum bilirubin
(c) Elevated serum phenylalanine levels
(d) Elevated levels of branched-chain amino acid in blood and urine

AIIMS Bhubaneswar SNO 2023
Correct Option (d)

- MSUD is an autosomal recessive inborn error of amino acid metabolism due to abnormal activity of the branched-chain α-ketoacid dehydrogenase (BCKAD) complex.
- It is characterized by a typical smell (maple syrup or burnt sugar) in cerumen (12 h after birth) and urine (1st week of life).

78. Methionine restricted diet is recommended for:
(a) Phenylketonuria (b) Homocystinuria
(c) Alkaptonuria (d) MSUD

AIIMS Raipur Nsg. Tutor 2023
Correct Option (b)

- Homocystinuria is a disorder of methionine metabolism caused by deficiency of cystathionine β-synthase (CBS), a pyridoxine-dependent enzyme.
- It is characterized by developmental delay, ectopia lentis, myopia, marfanoid, thromboembolism (a cause of early death and morbidity).
- High doses of vitamin B6 and folic acid is advised.

79. Commonest autosomal recessive inherited lysosomal storage disorder is:
(a) Gaucher disease
(b) Niemann-Pick disease
(c) Tay-Sachs disease
(d) Klippel-Trenaunay syndrome

MNS SCC Exam 2024
Correct Option (a)

- Important lysosomal storage diseases:

Disease	Deficiency
Gaucher disease	Beta glucocerebrosidase
Tay-Sachs disease	Alpha hexosaminidase
Niemann-Pick disease	Sphingomyelinase
GM1 gangliosidosis	Beta galactosidase

80. "Wrinkled tissue paper" appearance of macrophage in bone marrow aspirate is seen in?
(a) Niemann-Pick disease (b) Gaucher disease
(c) Tay-Sachs disease (d) Fabry disease

Correct Option (b)

- Gaucher cells are a hallmark of Gaucher disease and seen as wrinkled tissue paper appearance.
- X-ray of long bones: Erlenmeyer-flask deformity.

Malnutrition

81. The major cause for childhood illness is:
(a) Infection (b) Accidents
(c) Malnutrition (d) Infestation

AIIMS Bhopal Nsg. Officer 2018
Correct Option (c)

- The major health problems include low birth weight, malnutrition (most wide-spread condition), infections and parasitic infestations, accident and poisoning and behavioral problems, etc.
- Malnutrition refers to deficiencies, excesses or imbalances in a person's intake of energy and/ or nutrients (WHO).
- It consists of both undernutrition and overweight and obesity.

82. A condition in which there is an inadequate consumption, poor absorption or excessive loss of nutrients is called:
(a) Malnutrition (b) Undernutrition
(c) Excess nutrition (d) Overnutrition

DSSSB Nsg. Officer 2019
Correct Option (b)

- Undernutrition has 3 subgroups: underweight, wasting and stunting.
- Underweight is defined as low-weight-for-age (Weight-for-age less than –2 SD of the WHO child growth standards median).
- Stunting is defined as low-height-for-age (Height-for-age less than –2 SD of the WHO child growth standards median).
- Wasting is defined as low-weight-for-height (Weight-for-height less than –2 SD of the WHO child growth standards median).

83. Stunting refers to:
(a) Low weight than what is appropriate for a certain height
(b) Low BMI
(c) Low weight than what is appropriate for certain age
(d) Low height than what is appropriate for a certain age

AIIMS Jodhpur Senior Nsg. Officer 2018
Correct Option (d)

84. Which of the following types of malnutrition describes low-weight-for-height?
(a) Underweight (b) Wasting
(c) Deficiency in vitamins & minerals (d) Stunting

(c) Loss of sub-cutaneous fat
(d) All of the above

JMC Jhalawar (Raj.) Staff Nurse 2010
Correct Option (b)

- Difference between marasmus and kwashiorkor:

Features	Marasmus	Kwashiorkor
Etiology	Proteins & calories deficiency	Protein deficiency
Edema	Absent	Present
Activity	Active	Lethargic
Appetite	Good, voracious	Poor
Liver size	Normal	Enlarged (fatty liver)
Mortality	Less than kwashiorkor	High in early stage
Recovery	Recover early	Recover late
Skin & hair changes	Less common	More common

94. An emaciated child with monkey-like face, tissue and muscle wasting is seen in:
(a) Kwashiorkor (b) Protein malnutrition
(c) Marasmus (d) Marasmic kwashiorkor

IGNOU B.Sc. (PB) Nsg. Entrance 2015
Correct Option (c)

95. All of the following are signs and symptom of a child with Marasmus EXCEPT:
(a) Wasting of Muscles (b) Sunken eyes
(c) Moon-shaped face (d) Loose skin

IGNOU B.Sc. (PB) Nsg. Entrance 2011
Correct Option (c)

96. Following are the clinical feature of marasmus EXCEPT:
(a) Oedema
(b) Body weight is < 60% of the expected
(c) Depletion of fat in the adipose tissue
(d) Arm circumference is less

RIMS & R., U.P. Staff Nurse 2013
Correct Option (a)

- Except pitting edema, all other features are present in marasmus.
- Edema of lower legs, face and abdomen occurs in kwashiorkor due to hypoproteinemia, which causes decreased osmotic pressure of blood.

97. What is severe protein deficiency in young children known as?
(a) Dysentery (b) Rickets
(c) Kwashiorkor (d) Cholera

AIIMS Jodhpur PHN 2023
Correct Option (c)

- Kwashiorkor is a type of PEM that occurs in children aged 1 to 4 years, due to protein deficiency and inadequate amino acid supply in diet.
- The main sign is **pitting edema**, which starts from legs and feet and spreads to the hand and face in advanced cases (moon-shaped face).

98. By origin, which word meaning is 'Red Boy'?
(a) Marasmus (b) Kwashiorkor
(c) Cystic fibrosis (d) Hemoglobinopathy

DSSSB Nsg. Officer 2019
Correct Option (b)

99. One of the important features of Kwashiorkor is:
(a) Muscle wasting and lethargy
(b) Muscle wasting is obvious
(c) Severe loss of subcutaneous fats
(d) Fat loss is mild but firm

IGNOU B.Sc. (PB) Nsg. Entrance 2013
Correct Option (a)

- The first clinical signs of kwashiorkor are a vague type of lethargy, apathy, irritability, poor appetite and muscle wasting that is hidden by edema and fat.

100. The principal feature of kwashiorkor is:
(a) Visible muscle wasting
(b) Severe fat wasting
(c) Usually good appetite
(d) Edema in lower legs and face

PGIMER Chandigarh Staff Nurse 2016
Correct Option (d)

101. Specific sign of Kwashiorkor is:
(a) Pitting edema (b) Weight loss
(c) Monkey-like face (d) Muscle wasting

RUHS M.Sc. Nsg. Entrance 2017
Correct Option (a)

102. Which is NOT true about kwashiorkor?
(a) Brittle hair (b) Monkey-like face
(c) Anorexia (d) Edema in lower extremities

DSSSB Nsg. Officer 2019
Correct Option (b)

103. 'Flag Sign' is a clinical feature seen in:
(a) Kwashiorkor (b) Beriberi
(c) Marasmus (d) Pellagra

Correct Option (a)

- Alternate bands of hypopigmented and normal pigmented hair patterns are called flag sign.

104. Flaky paint appearance of skin is seen in:
(a) Marasmus (b) Pellagra
(c) Dermatitis (d) Kwashiorkor

Correct Option (d)

105. Which nutritional deficiency disorder is called "sickness of weaning"?
(a) Kwashiorkor (b) Marasmus
(c) Xerophthalmia (d) Scurvy

Correct Option (a)

106. In which condition high protein diet is given:
(a) Uraemia (b) Jaundice
(c) Malnutrition (d) All of the above

RPSC (Raj.) Nsg. Tutor 2012
Correct Option (c)

- High protein diet is provided in malnutrition.
- In severe protein energy malnutrition: 175 to 200 kcal/kg/day and moderate protein energy malnutrition: 150 Kcal/kg/day is given.
- About 8 to 10% of total calories should be obtained from higher biological value proteins.
- Start feeding with a "**starter**" (F-75) diet (75 kcal and 0.9 gm protein/100 mL), 8 to 12 feeds over 24 hours in the stabilization phase.
- "**Catch-up**" (F-100) diet contains 100 kcal and 3 gm protein/100 mL.
- Ready-to-use therapeutic food (**RUTF**) is an energy-dense, mineral and vitamin enriched food, used for home-based rehabilitation of SAM.
- 100 gm of RUTF: 543 kcal of energy & 15 gm protein.

107. Identify the age-independent indicators of malnutrition among the following?

(a) Mid-upper arm circumference (MUAC)
(b) Shakir's tape method
(c) Bangle test
(d) All of the above

AIIMS Raipur Staff Nurse 2017
Correct Option (d)*

- Age-independent anthropometric indices are used to assess nutritional status when child's age is not known, e.g., MUAC (bangle test & Shakir tape), Kanawati & McLaren index, Rao & Singh index, Dugdale's index, Quaker arm circumference measuring stick (quac stick) and Jelliffe ratio.

108. What is being measured in this image?

(a) Skin fold thickness (b) Kanawati index
(c) Body mass index (d) MUAC

Correct Option (d)

- MUAC is measured at the midpoint between the tip of acromion process of scapula and the olecranon of ulna, while the child holds the left arm by his side.

109. Shakir's tape is used for measuring:

(a) Colour-blindness (b) MUAC
(c) Chest circumference (d) Height

CHO, Haryana 2022
Correct Option (b)

- Shakir's tape is used to measure MUAC.
- It is divided into **3 colour zones**:
  - Green: >12.5 cm (normal nutritional status).
  - Yellow: 11.5-12.5 cm (borderline malnutrition).
  - Red: <11.5 cm (severe malnutrition).

110. Which of the following is NOT used in the Malnutrition Universal Screening Tool (MUST)?

(a) Effect of medications (b) Weight loss
(c) Effect of acute disease (d) BMI

NHM, U.P. Staff Nurse 2023
Correct Option (a)

111. What is the full form of method 'ABCD' used in nutrition assessment?

(a) Assessing, Bioscreening, Categorizing, Defining
(b) Anthropometry, Biological method, Contemporary method, Diet
(c) Anthropometry, Biochemical/Biophysical method, Clinical method, Dietary method
(d) Analyzing, Bioscreening, Complication assessment, Distribution of nutrients

NHM, U.P. Staff Nurse 2023
Correct Option (c)

- Methods of nutritional status assessment:
  - Direct methods, i.e., anthropometric measurements (height, weight, head, chest, skin-fold thickness, MUAC, BMI, etc.) and clinical examination (clinical signs), biochemical tests (Hb, stools and urine), biophysical methods (radiological examination, dark adaptation test).
  - Indirect methods, i.e., morbidity and mortality data, dietary intake assessment (diet survey/24-hr recall), food production data.

112. What is the most common and the easiest method of assessing the daily intake of a child?

(a) Food diary (b) Biochemical measurements
(c) 24-hour recall (d) Anthropometry

UPUMS, Saifai Staff Nurse 2023
Correct Option (c)

113. Which of the following is an example of a clinical assessment of nutritional status?

(a) Food frequency questionnaire
(b) Checking level of nutrients in a person's blood
(c) Asking a client about symptoms of deficiency
(d) MUAC

UPUMS, Saifai Staff Nurse 2023
Correct Option (c)

114. Bangle test is an assessment method to rule out:

(a) Fracture (b) Anemia
(c) Malnutrition (d) Hemophilia

AIIMS Mangalagiri Nsg. Tutor 2022
Correct Option (c)

115. Consider the following statements and select the

correct answer from the code given below:

Assertion (A): In nutritional assessment, biochemical tests are useful in early detection of nutritional deficiency.

Reason (R): Such laboratory tests confirm the subclinical form.

Codes:

(a) Both (A) and (R) are true and (R) is correct explanation of (A)
(b) (A) is true, but (R) is false
(c) (A) is false, but (R) is true
(d) Both (A) and (R) are false

UPPSC, U.P. Staff Nurse 2017
Correct Option (a)

CARDIOVASCULAR DISORDERS

Congenital Heart Disease

116. Which of the following cardiovascular disorders is acyanotic? FAQ

(a) Tricuspid atresia
(b) Tetralogy of Fallot
(c) Truncus arteriosus
(d) Patent ductus arteriosus

RUHS M.Sc. Nsg. Entrance 2013
Correct Option (d)

- Congenital heart disease (CHD) is structural malformations of the heart or great vessels that develop between 3 to 8 weeks of intrauterine life and are present at birth (0.8% of live births).
- CHD has been classified into **3 types**:
  - Acyanotic CHD: There is increased pulmonary blood flow due to **left to right shunt**, e.g., patent ductus arteriosus (PDA), ventricular septal defect (VSD), atrial septal defect (ASD).
  - Cyanotic CHD: There is reduced pulmonary blood flow due to **right to left shunt**, e.g., tetralogy of fallot (TOF), tricuspid atresia (TA), transposition of great arteries (TGA), truncus arteriosus.
  - Obstructive lesions: These disorders also show cyanosis, e.g., coarctation of aorta, aortic valve stenosis, pulmonary valve stenosis, congenital mitral stenosis.

117. Which of the following is a cyanotic heart disease?

(a) Atrial septal defect (ASD)
(b) Patent ductus arteriosus (PDA)
(c) Ventricular septal defect (VSD)
(d) Tetralogy of Fallot (TOF)

AIIMS Bhopal Nsg. Officer 2018
Correct Option (d)

118. One of the following is a cyanotic congenital heart disease:

(a) Atrial septal defect
(b) Ventricular septal defect
(c) Patent ductus arteriosus
(d) Pulmonary stenosis

IGNOU B.Sc. (PB) Nsg. Entrance 2017
Correct Option (d)

119. Which of the following condition is NOT under the cyanotic heart disease?

(a) Tetralogy of fallot
(b) Transposition of great arteries
(c) Patent ductus arteriosus
(d) Truncus arteriosus

RUHS M.Sc. Nsg. Entrance 2019
Correct Option (c)

120. Which of these is NOT a congenital heart disease?

(a) Atrial septal defect (b) Tetralogy of fallot
(c) Ischemic heart disease (d) Tricuspid atresia

ESIC Staff Nurse 2016
Correct Option (c)

- Ischemic heart disease is not a congenital heart disease (CHD) because its causes depend on the lifestyle of the person (modifiable).
- NADA's criteria for CHD: (1 major or 2 minor)

Major criteria	Minor criteria
Systolic murmur ≥ grade 3	Systolic murmur ≤ grade 3
Any diastolic murmur	Abnormal S2
Central cyanosis	Abnormal ECG; BP
Congestive heart failure	Abnormal chest X-ray

121. A 2-year-old child has a congenital cardiac malformation that causes right to left shunting of blood through the heart, what clinical finding the nurse should expect: FAQ

(a) Proteinuria
(b) Peripheral edema
(c) Elevated hematocrit
(d) Absence of pedal pulse

RAK M.Sc. Nsg. Entrance 2013
Correct Option (c)

- Right to left shunting of blood may cause cyanosis because deoxygenated blood from the right side of the heart shunts into the left side of the heart.
- Polycythemia **(increased hematocrit)** and increased blood viscosity may develop as a compensatory mechanism of cyanosis, which may increase risk of thrombophlebitis and formation of emboli.

122. A 2-year-old child had cyanotic congenital heart diseases. The nurse would expect to observe:

(a) Orthopnea
(b) An elevated hematocrit
(c) Absence of pedal pulse
(d) Edema in the extremities

RAK M.Sc. Nsg. Entrance 2016
Correct Option (b)

123. A 6-month-old baby girl has a cyanotic type of

to pulmonary stenosis that is right to left shunt.
- Whereas in PDA, ASD and VSD, there is increased pulmonary blood flow that is left to right shunt.

145. Tetralogy of Fallot presents with all of the following EXCEPT: FAQ
(a) Cyanosis of lips and nail beds
(b) Skin surface is dusky and bluish
(c) Dyspnea
(d) As child grows, symptoms disappear

IGNOU B.Sc. (PB) Nsg. Entrance 2014
Correct Option (d)

- Initially the most significant clinical features of TOF are blue baby or cyanosis at lips and nail beds and dusky blue color mucous membrane with dyspnea on crying and exertion (commonest symptom) and develop clubbing by 2 years of age.
- Child's body does not receive enough O_2 which leads to growth and development delay.

146. The congenital heart disease in which radiographic findings depict boot-shaped heart is called:
(a) Patent Ductus Arteriosus
(b) Atrial Septal Defect
(c) Coarctation of Aorta
(d) Tetralogy of Fallot

DSSSB Nsg. Officer 2019
Correct Option (d)

- Chest X-ray in TOF shows poorly vascularized lung field, a small boot-shaped heart ("cor en sabot") due to right ventricular hypertrophy.

Congenital heart diseases	Chest X-ray finding
Tetralogy of Fallot	Boot-shaped heart
Transposition of great vessels	Egg on side appearance
Supracardiac TAPVC	Figure of 8 or snowman
Ebstein anomaly	Box-shaped heart

147. Clubbing of the nails is a common finding in:
(a) Iron deficiency anemia
(b) Vitamin B12 deficiency
(c) Rheumatic heart disease
(d) Cyanotic heart disease

GMCH Chandigarh Staff Nurse 2015
Correct Option (d)

- Clubbing of fingers (drumstick fingers/Hippocratic fingers/watch-glass nails) means enlarged terminal phalanx of the finger.
- It is seen in congenital cyanotic heart disease, cystic fibrosis, COPD, lung cancer, cirrhosis of liver and any other condition that causes chronic hypoxia.

148. The nurse caring for a 5-year-old with a history of Tetralogy of Fallot notes that the child has clubbed fingers. This finding is indicative of which associated condition?
(a) Tissue hypoxia
(b) Chronic hypertension
(c) Delayed physical growth
(d) Destruction of bone marrow

KSSSCI, Lucknow Nsg. Officer 2024
Correct Option (a)

149. A child undergoes heart surgery to repair the defect associated with tetralogy of fallot. Postoperatively it is essential that nurse prevent: FAQ
(a) Crying (b) Coughing
(c) Hard stool (d) Unnecessary movement

RAK M.Sc. Nsg. Entrance 2017 & 2013
Correct Option (a)

- Crying and exertion in a child will increase workload on heart postoperatively and may cause hypoxic-anoxic or blue (hypercyanotic) spells or tet-spells, which occur due to cerebral anoxia.
- Tet-spell found in the morning soon after awakening, during or after feeding and painful procedure.

150. What is the immediate nursing intervention for cyanosis of a child with Tetralogy of fallot? FAQ
(a) Call up the pediatrician
(b) Place her in knee-chest position
(c) Administer oxygen inhalation
(d) Transfer her to the PICU

JIPMER Staff Nurse 2017
Correct Option (b)

- Hypoxic-anoxic spell is an emergency (commonly seen <2 years) that should be managed by placing the child in **squatting (sitting posture)** or **knee-chest** or in a lying down position.
- Administer 100% humidified O_2 by face mask, morphine 0.1-0.2 mg/kg IV/SC (to depresses respiratory centre) and β-blocker (propranolol) 0.1-0.2 mg/kg (IV) during spell and 0.5-1.5 mg/kg, 4-6 hourly orally, sodium bicarbonate at 1-2 mL/kg and correct hypovolemia (10 mL/kg of dextrose normal saline) and methoxamine or phenylephrine (α-agonists) causes systemic vasoconstriction.

151. The recommended position for an infant with test spells is:
(a) Dorsal recumbent (b) Knee-chest
(c) Trendelenburg (d) Semi-Fowler's

AIIMS Raipur Nsg. Tutor 2023
Correct Option (b)

152. A child with Tetralogy of Fallot, position uses which of the following:
(a) Supine position (b) Squatting position
(c) Prone position (d) Leaning forward position

HPSSC Staff Nurse 2016
Correct Option (b)

- Squatting position decreases venous return to the heart and thereby increases systemic vascular resistance, which leads to decreased cardiac output.

(b) A heart rate of 90 beats per minute
(c) Expectorating bright red secretion
(d) Infrequent swallowing

PhD (Nursing) IGNOU Entrance 2022
Correct Option (c)

224. While assessing an infant, the nurse notes nose breathing and occasional sneezing. What is the correct analysis of this data?
(a) There may be a respiratory problem
(b) Further assessment is indicated
(c) The environment may be cold
(d) These are normal responses

RAK M.Sc. Nsg. Entrance 2013
Correct Option (d)

225. The most common food given to the child after tonsillectomy is:
(a) Hot milk (b) Hot soup
(c) Pudding (d) Ice-cream

IGNOU B.Sc. (PB) Nsg. Entrance 2013
Correct Option (d)*

- After tonsillectomy the child should be given cool water, crushed ice, ice pops, or diluted fruit juice and soft foods like jelly, cake, cooked fruits, sherbet, soup and mashed potatoes.
- Milk, ice cream, or pudding should not be given initially, because milk products coat the mouth and throat, cause the child to clear the throat and increase the risk of bleeding.
- Avoid red, purple or brown color liquids because it may confuse between fresh or old blood in vomits.
- Avoid spicy, hot and rough foods, citrus juice and straws, forks or sharp objects, etc.
- Among the given options, ice cream is the best option to prevent bleeding.

226. Which foods would be best for a postoperative tonsillectomy child?
(a) Toast, jelly and ice cream
(b) Creamed tuna fish, root beer, and cake
(c) Clear soup, apple juice and cake
(d) Hot tea, wiener and roll, and sherbet

PGIMS Rohtak, Staff Nurse 2015
Correct Option (c)

Bronchial Asthma

227. A 4-year-old child with bronchial asthma presents history of 3 or more episodes during daytime and 2 wheezing episodes during night in a week. How will you grade this asthma?
(a) Mild persistent (b) Moderate persistent
(c) Severe persistent (d) Mild intermittent

Correct Option (b)

- Classification of asthma severity:

Day time symptoms	Night time symptoms	FEV_1	Severity
<2/week	<2/month	>85%	Intermittent
>2/wk but not daily	3-4/month	>80%	Mild persistent
Daily	>1/week	60-80%	Moderate persistent
Continuous	Frequent	<60%	Severe persistent

228. A ten-year-old child with asthma is treated for acute exacerbation in the emergency room. A nurse reports which of the following, knowing that it is not an indication that the condition is improving:
(a) Increased wheezing
(b) Decreased wheezing
(c) Warm, dry skin
(d) A pulse rate of 90 beats per minute

RAK M.Sc. Nsg. Entrance 2011 & 2010
Correct Option (b)

- Decreased wheezing in a child with asthma may be incorrectly interpreted as a positive sign, while it may actually signal an inability to move air (silent chest).
- A silent chest (decreased breath sound) is an **ominous sign** during an asthmatic attack.
- Increased wheezing during treatment actually indicates that the child's condition is improving.

229. While caring for a patient of Bronchial Asthma, you identify that the patients' respiratory condition has become critically worse when:
(a) There is an increase in the intensity of wheezing
(b) There is a decrease in breath sounds all over the chest
(c) Crepitations and wheezing are both present
(d) The patient says, "I am feeling more breathless than when I came to hospital"

GMCH Chandigarh Staff Nurse 2016
Correct Option (b)

230. A ten-year-old boy was brought to the emergency with a history of severe prolonged asthma attack that is unresponsive to usual treatment. The diagnosis of the child is:
(a) Status asthmaticus (b) Pneumonia
(c) Complicated pneumonia (d) Asthma

CHO, Madhya Pradesh 2022
Correct Option (a)

231. What will a nurse do if she receives a patient with status asthmaticus manifest with tachypnea, laboured respiration with effort on exhalation, tachycardia, elevated BP and is irritable?
(a) Administer treatment as prescribed
(b) Monitor IV therapy and give bronchodilators
(c) Start oxygen, check vital signs
(d) Provide comfortable position and check vital signs

RUHS M.Sc. Nsg. Entrance 2015

(c) Refer the patient to higher centre
(d) Baby has no dehydration, no treatment required

CHO, Rajasthan 2024
Correct Option (b)

346. Baby with diarrhea presented with restlessness but was able to drink water. Skin turgor goes back in 2 seconds. Best management is:
(a) Plan A (b) Plan B (c) Plan C (d) Plan D

Correct Option (b)

- Treat the child according to **plan B** (give 75 mL/kg of ORS in the first 4 hrs, replace ongoing losses 10-20 mL/kg/stool and offer plain water and breastfeed infants).

347. What is the level of dehydration into a child with 6 to 8% weight loss and 2 to 4 second capillary refill time?
(a) Mild (b) Moderate (c) Sever (d) Normal

Correct Option (b)

348. A 10-days-old baby is admitted with 5% dehydration. The nurse is most likely to note which of the following signs?
(a) Tachycardia (b) Bradycardia
(c) Hypothermia (d) Hyperthermia

RAK M.Sc. Nsg. Entrance 2014
Correct Option (a)

349. Signs/symptoms of severe diarrhoea into a neonate:
(a) Vomiting (b) Depressed fontanel
(c) Yellow urine (d) Abdominal distension

ESIC Staff Nurse 2016
Correct Option (b)

- Signs/symptoms of severe diarrhoea are lethargic or unconscious child, tachycardia with bradycardia, depressed/sunken fontanel, very sunken and dry eyes, absent tears, drinks poorly, parched mouth and tongue, no urine for 6 hrs, deep respiration (Kussmaul breathing), metabolic acidosis, very slow skin turgor (>2 seconds) and >10 liquid stools/day.

350. The immediate treatment to treat severe dehydration is:
(a) Give oral fluids (b) Give soft diets
(c) Start IV fluids (d) Give lemon water

IGNOU B.Sc. (PB) Nsg. Entrance 2017
Correct Option (c)

- In severe dehydration, start IV fluids immediately using Ringer lactate with 5% dextrose.
- According to **plan C**, a total of 100 ml/kg of fluid is given, over 6 hrs in children <12 months and over 3 hrs in children 1 to 5 years.
- ORS solution should be started simultaneously if the child can take it orally.

351. Parents bring an infant seeking treatment for vomiting and diarrhea for two days. On assessment, the student finds dry mucus membrane and lethargy. What other findings suggest a fluid volume deficit?
(a) A sunken fontanelle
(b) Increased pulse rate
(c) Increased BP
(d) Decreased urine specific gravity

DSSSB Clinical Instructor 2017
Correct Option (a)

352. Which of these assessments indicate dehydration in a preterm neonate:
(a) Urine output less than 1 mL/hr
(b) Excessive weight gain
(c) Good skin turgor
(d) Bulging fontanels

SSB DD & DNH Nsg. Officer 2018
Correct Option (a)

- Urine output less <1 mL/hr indicates dehydration.
- Normal urine output for infants is 1.5 to 2 mL/kg/hour and for older children is 1 mL/kg/hour.

353. The signs of severe dehydration among infants are:
(a) Anxiety and increased skin turgor
(b) Drowsiness, depressed fontanelle and decreased skin turgor
(c) Excessive crying and excessive thirst
(d) Drowsiness, bulging fontanelle and decreased skin turgor

AIIMS Bhopal Staff Nurse 2016
Correct Option (b)

354. Sunken fontanelle is a sign of: FAQ
(a) Turner's syndrome (b) Hydrocephalus
(c) Down's syndrome (d) Dehydration

AIIMS Nagpur Nsg. Officer 2020
Correct Option (d)

355. Initial nursing assessment of an infant suffering with acute diarrhoea and dehydration reveals:
(a) Skin turgor (b) Low hematocrit
(c) Bulging fontanels (d) Weight gain

RUHS B.Sc. (PB) Nsg. Entrance 2014
Correct Option (a)

- Dehydration in an infant reveals depressed fontanelle (if open), increased hematocrit, weight loss and very slow skin turgor (>2 seconds).

356. In malnourished children the following parameters are reliable indicators of dehydration EXCEPT:
(a) Skin turgor (b) Dry buccal mucosa
(c) Oliguria (d) Thirst

RAK M.Sc. Nsg. Entrance 2022
Correct Option (a)

- Skin turgor test is a less reliable indicator of dehydration in children with marasmus (severe wasting), kwashiorkor (severe malnutrition with edema) and in obese children.

357. Which nursing diagnosis should receive priority in the plan of care for a three-month-old infant who has a salmonella infection?

- ♦ Asymmetry of gluteal & thigh folds (deep creases in affected side).
- ♦ Limited hip abduction, as seen in flexion.
- ♦ Allis sign or Galeazzi sign (apparent shortening of femur, as indicated by level of knees in flexion).
- ♦ Positive Trendelenburg sign (if child is weight bearing) in unilateral DDH.
- ♦ Sailor's gait/Duck waddling gait (bilateral DDH).

563. Which sign is elicited by the forced abduction of the hip causing a clicking sound? FAQ

(a) Ortolani sign (b) Pronator sign
(c) Barlow's sign (d) Kernig's sign

DSSSB Nsg. Officer 2019
Correct Option (a)

564. Asymmetry of gluteal folds of skin:

(a) Hip displacement (b) Hip fracture
(c) Femur fracture (d) Osteomyelitis

HPSSC Staff Nurse 2016
Correct Option (a)

565. Which fracture or dislocation into an infant gives Allis' sign?

(a) Head of femur
(b) Developmental dysplasia of hip
(c) Dislocation of femoral head
(d) All of the above

Correct Option (d)

566. What is the meaning of Talipes equinus? FAQ

(a) Plantar flexion of ankle and foot
(b) An inversion of ankle and foot
(c) Dorsiflexion of ankle and foot
(d) An eversion of ankle and foot

AIIMS Raipur Nsg. Officer 2019
Correct Option (a)

- Congenital club-foot or talipes (CTEV) is a nontraumatic deformity of the foot.
  - ♦ Talipes equinus: Plantar flexion of ankle and foot
  - ♦ Talipes varus: An inversion of ankle and foot
  - ♦ Talipes calcaneus: Dorsiflexion of ankle and foot
  - ♦ Talipes valgus: An eversion of ankle and foot

567. Which is the most common type of club foot? FAQ

(a) Talipes varus (b) Talipes equinovarus
(c) Talipes valgus (d) Talipes calcaneovalgus

DSSSB Nsg. Officer 2019
Correct Option (b)

568. The deformity of the foot in which the foot is everted and abducted is called: FAQ

(a) Talipes Equinus (b) Talipes Calcaneus
(c) Talipes Varus (d) Talipes Valgus

AIIMS Mangalagiri Nsg. Tutor 2022
Correct Option (d)

569. Characteristic of systemic juvenile idiopathic arthritis (JIA) is:

(a) Begins after 16 years of age
(b) Uveitis is a feature
(c) RA factor is negative
(d) NSAIDs are contraindicated

Correct Option (c)

- JIA is defined as arthritis of one or more joints with onset <16 years of age & persisting for at least 6 weeks.
- Clinical subtypes of JIA are systemic (with fever and rash), oligoarthritis (≤4 joints involved) and polyarthritis (>4 joints involved).
- Systemic JIA is more common in boys & ANA may be positive or negative but RA factor is negative.
- Oligoarthritis/pauciarticular JIA (most frequent type) has 2 subtypes, i.e., Type I (more common in girls age 3-5 yrs & blinding, iridocylitis is seen) and type II (more common in boys & iritis is seen).
- Polyarthritis/polyarticular JIA (affects weight bearing joint and morning joint stiffness is seen).

Notes

4

OBSTETRIC & GYNECOLOGICAL NURSING

"To change the world, we must first change the way the babies are being born."

– Michel Odent

Obstetric & Gynecological Nursing

FEMALE REPRODUCTIVE SYSTEM

Vagina

1. Which of the following are the external structures of the female genitalia?

(a) Labia majora, labia minora, cervix & hymen
(b) Labia majora, labia minora, clitoris & hymen
(c) Labia majora, labia minora, hymen & ovaries
(d) Labia majora, labia minora, cervix & corpus luteum

CHO, Uttar Pradesh 2022
Correct Option (b)

- The female reproductive organs divided into:
  - ♦ External genitalia (vulva or pudendum): Mons pubis (veneris), labia majora, labia minora, hymen, clitoris, vestibule, urethra, Skene's glands, Bartholin's glands and vestibular bulbs.
  - ♦ Internal genitalia: Vagina, uterus, fallopian tubes and the ovaries.
  - ♦ Accessory organs: Breasts.

2. A tiny finger-like structure which lies at the upper junction of the two labia minora above the urethral opening is called:

(a) Ampulla (b) Hymen
(c) Clitoris (d) Mons pubis

NHM, Rajasthan Staff Nurse 2024
Correct Option (c)

3. A fibro-musculo-membranous sheath communicating the uterine cavity with the exterior at the vulva is called:

(a) Cervix (b) Urethra (c) Vagina (d) Clitoris

NHM, M.P. Staff Nurse 2022
Correct Option (c)

4. Vaginal canal normally has:

(a) An acid environment
(b) An alkaline environment
(c) A neutral environment
(d) An environment difficult to determine

RPSC (Raj.) Nsg. Tutor 2009
Correct Option (a)

- The pH of vagina is acidic (4 to 4.5, during reproductive life), due to presence of lactobacillus acidophilus (Doderlein's bacillus, a gram-positive facultative anaerobic rod-shaped bacteria), which converts glycogen into lactic acid.
- Before puberty and after menopause pH will be higher than 4.5 (alkaline), which may cause vaginal infections (e.g., candida albicans, bacterial vaginosis).

5. In a healthy woman the only organism found in upper two-third of the vagina is:

(a) Moniliasis (b) Doderlein's bacillus
(c) Gonorrhoea (d) Trichomoniasis

ESIC Staff Nurse 2016
Correct Option (b)

6. Acid medium of vagina is maintained by: FAQ

(a) Trichomonas vaginalis (b) Staphylococci
(c) Doderlein bacilli (d) E. coli

AIIMS Nagpur Nsg. Officer 2020
Correct Option (c)

7. Vaginal defence is lost in:

(a) Within 10 days of birth (b) During pregnancy
(c) After 10 days of birth (d) At puberty

Correct Option (c)

- Vaginal defence is lost at 10 days after birth. The maternal estrogen circulating the newborn maintains the vaginal defence for 10 days. Thereafter it is lost up to pre-puberty and after menopause.
- High level of circulating estrogen increases the vaginal defence during puberty, pregnancy and in the premenstrual phase.

8. pH of vagina during pregnancy:

(a) Acidic (b) Neutral
(c) Basic (d) Sometime acidic & sometime basic

RAK M.Sc. Nsg. Entrance 2018
Correct Option (a)

- During pregnancy proliferation and activity of lactobacilli increase due to increased levels of estrogen which causes an increase in acidity of vagina (pH 3.5 to 4.5).

9. The triangular area bounded by the clitoris, fourchette and labia minora is:

(a) Fossa navicularis (b) Vestibule
(c) Fourchette (d) Vulva

NHM, U.P. Staff Nurse 2021
Correct Option (b)

10. The opening of the Bartholin's ducts are situated in the?

(a) Vagina (b) Superficial perineal pouch
(c) Uterus (d) Vestibule

RAK M.Sc. Nsg. Entrance 2016
Correct Option (d)

- Bartholin's glands (greater vestibular gland) are two

ISRO Sriharikota Staff Nurse 2024
Correct Option (d)

- Candidiasis (moniliasis) is a fungal infection of the skin or mucous membrane with any species of candida (mainly by candida albicans).
- Types of candidiasis based on their location:
  - ♦ Thrush or oropharyngeal candidiasis (involves mouth and throat).
  - ♦ Candida vaginitis or vulvo-vaginal candidiasis (involve vagina).
  - ♦ Invasive candidiasis or Candida septicemia (species enter into the bloodstream).
- Candida vaginitis is characterized by itching and a thick, curdy white vaginal discharge (or cottage cheese-like discharge).
- **"Shish-kebab"** appearance is seen in Pap smear.

171. Causative organisms responsible for Moniliasis:
(a) Candida albicans (b) Tinea cruris
(c) Staphylococcus aureus (d) Gonococcus

RIMS & R., U.P. Staff Nurse 2013
Correct Option (a)

172. Inflammation of vaginal epithelium caused by candida albicans is known as:
(a) Monilial infection
(b) Trichomoniasis infection
(c) Bartholin's gland infection
(d) Cervicitis

IGNOU B.Sc. (PB) Nsg. Entrance 2011
Correct Option (a)

173. Which statement by the client indicates an understanding of the preventive measures of genital tract infection?
(a) I can douche anytime I want
(b) I should avoid the use of condoms
(c) I can wear my tight-fitting jeans
(d) I should wear underwear with a cotton panel liner

AIIMS Jodhpur Senior Nsg. Officer 2018
Correct Option (d)

174. Which of these is NOT a symptom of vaginal atrophy?
(a) Lengthening of vaginal canal
(b) Thinning of vaginal walls
(c) Decreased vaginal lubrication
(d) Urinary incontinence

AIIMS Raipur Staff Nurse 2017
Correct Option (a)

- Vaginitis in postmenopausal women is called vaginal atrophy (senile vaginitis).
- Its symptoms include vaginal thinning, dryness, burning, itching & discharge, urinary incontinence, decreased vaginal lubrication, dyspareunia, shortening and tightening of the vaginal canal due to estrogen deficiency.

175. The genitourinary clinical manifestation of estrogen deficiency is?
(a) Dilated cervix (b) Urinary tract infection
(c) Hot flushes (d) Atrophic vaginitis

HSSC Haryana Staff Nurse 2017
Correct Option (d)

- Postmenopausal thinning and dryness of the vaginal epithelium due to decreased estrogen levels is called atrophic or senile vaginitis.

176. A 69-year female patient reported dyspareunia. Physical examination reveals sparse hair, an introitus that admits two fingers and a pale, dry vagina. The adult-gerontology primary care nurse practitioner's initial management is to recommend:
(a) Daily douching
(b) Topical hormonal cream
(c) Topical antibiotic cream
(d) Topical antifungal cream

RUHS (Raj.) Nurse Grade II 2013
Correct Option (b)

- Vaginal estrogen therapy (e.g., topical vaginal creams) is used to treat genitourinary syndrome of menopause (vulvovaginal atrophy or atrophic vaginitis) such as vaginal dryness, itching, irritation, reduced lubrication, dyspareunia, and dysuria and recurrent UTIs, etc.

177. Genital tuberculosis occurs mainly in women in the following organ:
(a) Fallopian tube (b) Uterus
(c) Cervix (d) Vagina

BCCL Staff Nurse 2015
Correct Option (a)

- Involvement of reproductive organs in case of genital TB are **fallopian tubes** (90-100%), uterus (50-60%), ovaries (20-30%), vagina and vulva (1-2%).
- In fallopian tubes **ampulla** is mostly affected.

178. Most common route of transmission of endometrial tuberculosis is:
(a) Direct local spread (b) Lymphatic spread
(c) Retrograde spread (d) Hematogenous

Correct Option (d)

179. When the endometrial biopsy should be done to study for genital tuberculosis:
(a) Proliferative phase (b) Around ovulation
(c) Premenstrual phase (d) Any time

RGUHS M.Sc. Nsg. Entrance 2005
Correct Option (c)

- Endometrial biopsy is obtained on day 24 to 26 of the cycle (late premenstrual phase) or within a few hours of onset of menses.

180. Disorders of uterine tube and ovaries are:
(a) Acute salpingitis (b) Ectopic pregnancy
(c) Tumours (d) All of the above

Correct Option (d)

233. The following pelvis is usually associated with transverse arrest:

(a) Anthropoid (b) Android
(c) Gynecoid (d) Platypelloid

BSF Staff Nurse 2014
Correct Option (b)

- In women with android pelvis, the fetal head is arrested with sagittal suture in transverse bispinous diameter of the pelvis either at or slightly below the ischial spines (deep into the cavity) for more than 2 hours despite good uterine contractions, full dilatation of cervix and ruptured membranes is called deep transverse arrest (DTA).
- DTA is delivered only by caesarean section.

234. The pelvic shape has the poorest progress from vaginal delivery:

(a) Platypelloid (b) Anthropoid
(c) Android (d) Gynecoid

RUHS M.Sc. Nsg. Entrance 2018
Correct Option (c)

- Because of a narrowed sub-pubic angle (<90°) the biparietal diameter cannot easily accommodate and also of deep transverse arrest the android pelvis is least suited for vaginal delivery.

235. Which type of pelvis has a kidney-shaped brim with reduced anterior posterior diameter and increased transverse diameter?

(a) Gynecoid (b) Android
(c) Anthropoid (d) Platypelloid

AIIMS Mangalagiri Nsg. Lecturer 2022
Correct Option (d)

236. Which of the following is the largest diameter of pelvic brim?

(a) Obstetrical conjugate (b) Oblique diameter
(c) Anatomical conjugate (d) Transverse diameter

NHM, U.P. Staff Nurse 2023
Correct Option (d)

- Diameters of female pelvis:

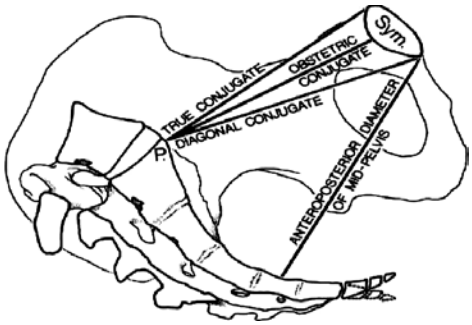
Pelvis	Diameter (cm)		
	Anteroposterior	Transverse	Oblique
Inlet/brim	11	13	12
Cavity	12	12	12
Outlet	13	11	–

237. The distance between the lower border of symphysis pubis to the midpoint on the sacral promontory is called: FAQ

(a) Obstetric conjugate (b) Anatomical conjugate
(c) Diagonal conjugate (d) True conjugate

AIIMS Raipur Nsg. Tutor 2023
Correct Option (c)

- There are 3 antero-posterior diameters of pelvis inlet (brim), i.e., anatomical (true) conjugate (11 cm or 4¼"), obstetric conjugate (10 cm or 4") and diagonal (internal) conjugate (12 cm or 4¾").
- Diagonal conjugate is the distance between the midpoint on the sacral promontory to the lower border of symphysis pubis.
- It is the only diameter which can be **measured** by per vaginal examination.



238. The distance from the upper border of the pubic symphysis to the midpoint of the sacral promontory is called:

(a) Anatomical conjugate (b) Diagonal conjugate
(c) Obstetric conjugate (d) Oblique conjugate

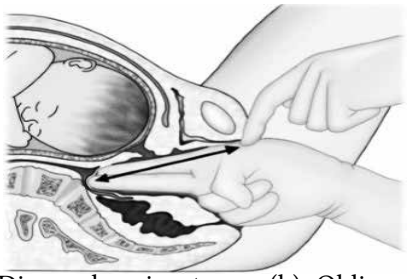
Correct Option (a)

239. The shortest anteroposterior diameter of the pelvis in the anteroposterior plan of inlet is:

(a) Diagonal conjugate (b) Obstetric conjugate
(c) Oblique conjugate (d) Conjugate vera

RAK M.Sc. Nsg. Entrance 2024
Correct Option (b)

240. Name the following clinical pelvimetry technique shown in the following diagram? FAQ



(a) Diagonal conjugate (b) Oblique conjugate
(c) Anatomical conjugate (d) Obstetric conjugate

AIIMS Jodhpur Nsg. Tutor 2021
Correct Option (a)

241. The most important pelvic inlet diameter through which the foetal head passes during birth:

(a) Anatomical conjugate (b) Diagonal conjugate
(c) Obstetrical conjugate (d) Oblique diameter

IGNOU B.Sc. (PB) Nsg. Entrance 2019
Correct Option (c)

- Obstetrical conjugate (10 cm or 4") is the distance between the sacral promontory to a point slightly below the upper inner margin of the symphysis pubis.
- It is the shortest diameter of pelvic inlet through which

Fetal Skull

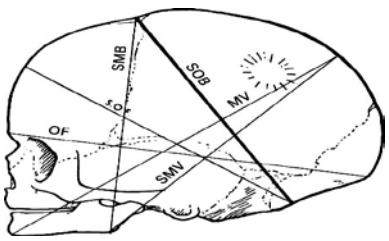
252. The suture of the fetal skull which is present between the frontal and parietal bone is called: FAQ
(a) Frontal suture (b) Sagittal suture
(c) Coronal suture (d) Lambdoidal suture
AIIMS Raipur Nsg. Tutor 2023
Correct Option (c)

- Coronal suture lies between parietal and frontal bones on either side.
- Sagittal (longitudinal or interparietal) suture lies between two parietal bones.
- Frontal (metopic or medio-frontal) suture lies between two frontal bones.
- Lambdoidal (occipito-parietal) suture lies between the two parietal bones and the superior borders of the occipital bone.

253. The suture that separates the parietal bone from the tabular portion of the occipital bone is called:
(a) Sagittal suture (b) Frontal suture
(c) Coronal suture (d) Lambdoidal suture
AIIMS Patna Nsg. Officer 2020
Correct Option (d)

254. In human fetal skull distance between the centres of bregma to the nape of the neck, is termed as:
(a) Suboccipito bregmatic
(b) Submento bregmatic
(c) Suboccipito frontal
(d) Mento vertical
RIMS & R., U.P. Staff Nurse 2013
Correct Option (a)

- Suboccipito-bregmatic (9.5 cm): Distance from the occipital protuberance (nape of the neck) to the center of the anterior fontanel (bregma).
- Submento-bregmatic (9.5 cm): Distance from the sub-mentrum to the bregma.
- Occipito-frontal (11.5 cm): Distance from the occipital protuberance to the glabella (portion above the root of the nose).
- Suboccipito-frontal (10 cm): Distance from the nape of the neck to the anterior end of the anterior fontanel (center of the sinciput).
- Mento-vertical (14 cm, highest diameter): Distance from the mentrum (chin) to the highest point on the vertex.
- Submento-vertical (11.5 cm): Distance from the sub-mentrum (below the chin) to the highest point on the vertex.



255. The area lying in front of the anterior fontanelle corresponding to the area of brow is called:
(a) Vertex (b) Sinciput
(c) Occiput (d) Mentum
DSSSB Nsg. Officer 2019
Correct Option (b)

256. The average submento-vertical diameter is:
(a) 9.5 cm (b) 10 cm (c) 11.5 cm (d) 14 cm
AIIMS Raipur Staff Nurse 2017
Correct Option (c)

257. The largest diameter of the fetal skull is:
(a) Mento-vertical (b) Occipito-frontal
(c) Submento-vertical (d) Submento-bregmatic
NVS (Navodaya) Staff Nurse 2019
Correct Option (a)

258. Normal bi-parietal diameter (BPD) measurement of full term fetal head is:
(a) 11.4 cm (b) 9.5 cm (c) 8.5 cm (d) 10.5 cm
ESIC Staff Nurse 2016
Correct Option (b)

- Biparietal diameter (9.5 cm) is the distance between two parietal eminences.

259. The compression of the engaging diameter of the head with corresponding elongation of the diameter at right angle is called:
(a) Moulding (b) Caput succedaneum
(c) Extension (d) De-flexion
RAK M.Sc. Nsg. Entrance 2024
Correct Option (a)

- Grading of moulding: Grade 1: bones touching but not overlapping, Grade 2: overlapping but easily separated and Grade 3: fixed overlapping.

Basics of Reproduction

260. The process involved in the development of a mature ovum is called:
(a) Fertilization (b) Oogenesis
(c) Gametogenesis (d) Spermatogenesis
RRB Staff Nurse 2019
Correct Option (b)

- Oogenesis is the process of formation of a mature female gamete (ovum) from oogonium (a primordial cell from which an oocyte originates).

261. In primordial follicles, the single flat layer of support cells that surround the oocyte is called:
(a) Glial cells (b) Antrum
(c) Granulosa cells (d) Theca cells
UPUMS, Saifai Staff Nurse 2023
Correct Option (c)

262. During process of gametogenesis the female and male sex cells divide and then contain:
(a) A diploid number of chromosomes in their nuclei
(b) A haploid number of chromosomes in their nuclei
(c) 24 pairs of autosomes in their nuclei

Correct Option (c)

- Excessive fluid retention as evidenced by marked gain in weight or evidence of pre-eclampsia has to be excluded.
- No treatment is required for physiological edema.
- Edema subsides on rest with slight elevation of the limbs.
- Diuretics should not be prescribed.

384. Which should avoid during pregnancy?

(a) Smoking (b) Alcohol
(c) Tobacco chewing (d) All of the above

ESIC Delhi Staff Nurse 2009
Correct Option (d)

- Advise the pregnant mother to avoid consumption of alcohol, smoking, drugs and tobacco chewing because it may increase the chances of IUGR or LBW, miscarriage, stillbirth and fetal alcohol syndrome, etc.

385. Smoking is contraindicated into pregnancy because:

(a) Nicotine cause vasodilation of mother's blood vessels
(b) Carbon monoxide binds with haemoglobin and reduces available haemoglobin for foetus
(c) Cause dizziness to mother
(d) Is a bad lifestyle habits

IGNOU B.Sc. (PB) Nsg. Entrance 2015
Correct Option (b)

386. The nurse should counsel a four months pregnant mother regarding exercises:

(a) Exercise to raise the heart beat above 140 beats/minutes for 20 minutes daily
(b) Perform gentle back lying exercises for 30 minutes daily
(c) Try high-intensity aerobics but limit session to 15 minutes daily
(d) Walk briskly for 10 to 15 minutes daily and gradually increase this time

RUHS B.Sc. (PB) Nsg. Entrance 2018
Correct Option (d)

- Guidelines for exercise during pregnancy:
  - ♦ Perform moderate-intensity aerobic activity, such as brisk walking at least 30-minutes a day, five days a week (gradually increased) to raise heart rate to 110 to 120 BPM.
  - ♦ Avoid exercise in supine position (lying on back) after 1st trimester, prolonged standing, high-risk of contact, falling or abdominal trauma; altitudes >5250 feet and scuba diving.
  - ♦ Stop exercise in vaginal bleeding, dizziness, calf pain, chest pain, preterm labor, decreased fetal movement, amniotic fluid leakage, etc.

Endocrinology in Reproduction

387. Placenta secretes all the following hormones, EXCEPT:

(a) Progesterone (b) hCG
(c) Luteinizing hormone (d) Oestrogen

AIIMS Bhopal Nsg. Officer 2018
Correct Option (c)

388. A hormone that prevents menstruation and maintains pregnancy by sustaining the function of the corpus luteum is:

(a) Follicle stimulating hormone
(b) Luteinizing hormone
(c) Gonadotropin releasing hormone
(d) Human chorionic gonadotropin hormone

AIIMS Raipur Staff Nurse 2017
Correct Option (d)

- hCG (pregnancy hormone) is a glycoprotein, synthesized by syncytiotrophoblast of the placenta.
- It has 2 subunits: α-biologically similar in LH, FSH and TSH (non-specific) and β-subunit unique to hCG (specific).
- It contains the highest carbohydrate content.
- hCG maintains the corpus luteum during early pregnancy to secrete mainly progesterone but also secrete estrogen.
- Due to constant presence of progesterone and estrogen menstruation stopped and pregnancy maintained due to decreased uterine motility by effect of progesterone.
- Tests for hCG in maternal serum or urine are used as positive pregnancy tests.

389. Which hormone is responsible for performing placental function during the first 8 to 10 weeks of pregnancy?

(a) Progesterone (b) hCG
(c) Luteinizing hormone (d) Estrogen

AIIMS Raipur Nsg. Officer 2019
Correct Option (b)

390. A suspected pregnancy is confirmed by the presence of hCG in urine or serum after how many days of missed period?

(a) At least 8 days (b) At least 12 days
(c) At least 14 days (d) At least 21 days

RUHS M.Sc. Nsg. Entrance 2019
Correct Option (a)

- hCG can be detected in the maternal serum or urine as early as 8 to 9 days of fertilization, maximum at 60 to 70 days (8 to 10 wks) of pregnancy (early gestation) and disappears from maternal circulation within 2 weeks of delivery.

391. Levels of hCG in the maternal circulation typically peak at what level and at what gestational age?

(a) 10,000 mIU/mL at 10 weeks
(b) 10,000 mIU/mL at 20 weeks
(c) 100,000 mIU/mL at 40 weeks
(d) 100,000 mIU/mL at 10 weeks

UPUMS, Saifai Nsg. Officer 2024

(b) Face presentation : Face
(c) Transverse presentation : Shoulder
(d) Breech presentation : Buttock

BHU Staff Nurse 2015
Correct Option (a)

- In cephalic presentation, the presenting part may be vertex (**commonest**), brow or face not chin.

462. In face presentation, the denominator is the:
(a) Vertex (b) Frontal eminence
(c) Acromion (d) Mentum

RAK M.Sc. Nsg. Entrance 2016
Correct Option (d)

- Denominator means a bony fixed point on the presenting part which makes relation with the various quadrants of the maternal pelvis, i.e., occiput in vertex, mentum (chin) in face, frontal eminence in brow, sacrum in breech and acromion in shoulder.

463. The relationship of the foetal parts to each other is called: FAQ
(a) Foetal attitude (b) Foetal lie
(c) Foetal presentation (d) Foetal position

RAK M.Sc. Nsg. Entrance 2024
AIIMS Raipur Nsg. Tutor 2023
Correct Option (a)

- Attitude of the fetus means relationship of the fetal head and limbs to its body.
- It may be fully flexed (universal attitude), deflexed, extended (partially or completely) and neutral (military).

464. In normal labour, attitude of the fetal head is in:
(a) Partial flexion (b) Partial extension
(c) Complete flexion (d) Complete extension

NHM, U.P. Staff Nurse 2023
Correct Option (c)

465. During face presentation attitude of the head will be:
(a) Partial extension (b) Deflexion
(c) Complete extension (d) Flexion

RUHS M.Sc. Nsg. Entrance 2019
Correct Option (c)

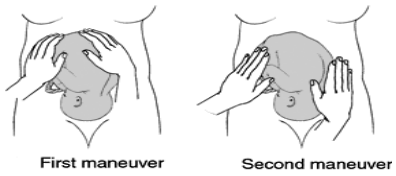
- In face presentation, the head of the fetus is sharply extended so that the face comes first.

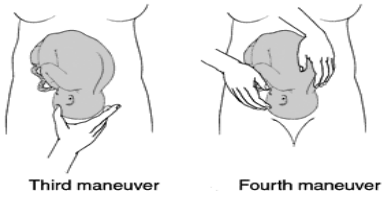
466. When the lower pole of the uterus is grasped with right hand and facing the women's head is known as:
(a) Pelvic palpation (b) Combined grip
(c) Pawlik maneuver (d) None of the above

HPSSC Staff Nurse 2016
Correct Option (c)

- In obstetrics, the use of four steps in palpating the uterus in order to determine the lie, position, presentation and engagement of the fetus is called obstetric grips (**Leopold's maneuvers**).

Leopold's maneuver	Name of grip	Purpose
1st Leopold	Fundal grip	Used for fundal palpation, to determine part of the fetus is present in the upper pole (fundus)
2nd Leopold	Lateral or umbilical grip	Used for lateral palpation, to determine position of the back, limbs and anterior shoulder
3rd Leopold	Pawlik's or 2nd pelvic grip	Examiner should face towards mother face & grasp lower pole with thumb and fingers of one hand to determine the part of the fetus at the inlet & its mobility
4th Leopold	1st pelvic grip	Examiner should face towards mother's feet to determine the pole of the uterus (presentation)





467. Identify the grip shown in the image:

(a) Pelvic grip (b) Fundal grip
(c) Lateral grip (d) Pawlik grip

AIIMS (NORCET) Nsg. Officer 2020
Correct Option (c)

468. To determine fetal position using Leopold's maneuvers, the first maneuver is to:
(a) Determine degree of molding
(b) Determine the position of fetus
(c) Determine what part of fetus is in fundus
(d) Locate the back, arms and legs

RAK M.Sc. Nsg. Entrance 2018
Correct Option (c)

(a) 100 Kcal (b) 200 Kcal
(c) 350 Kcal (d) 500 Kcal

PGIMER Chandigarh Staff Nurse 2016
Correct Option (c)

512. The increased caloric requirement during second half of pregnancy over non-pregnant state is:
(a) 350 Kcal (b) 200 Kcal
(c) 400 Kcal (d) 500 Kcal

RAK M.Sc. Nsg. Entrance 2014
Correct Option (a)

513. The recommended daily energy intake of an adult pregnant woman with heavy work is:
(a) 3070 kcal (b) 2900 kcal
(c) 2500 kcal (d) 2100 kcal

UPPSC, U.P. Staff Nurse 2017
Correct Option (a)

- Energy requirement of women (**ICMR-NIN, 2020**): sedentary work 1660 kcal, moderate work 2130 kcal and heavy work 2720 kcal.
- So recommended daily energy intake will be 2720 + 350 = 3070 kcal (revised guidelines).

514. The additional protein requirement in 2nd trimester of pregnancy as per ICMR-NIN, 2020 is:
(a) 9.5 g/day (b) 10.5 g/day
(c) 11.5 g/day (d) 11.0 g/day

CHO, Rajasthan 2023
Correct Option (a)

- Protein requirement in pregnant women: +9.5 (2nd trimester) +22 (3rd trimester); lactating women (0-6 m): +17 g/d; lactating women (7-12 m): +13 g/day (ICMR-NIN, 2020).

515. Iron requirement during pregnancy is about……..mg: FAQ
(a) 1000 (b) 1500 (c) 2000 (d) 2500

HSSC Haryana Staff Nurse 2023
Correct Option (a)

- RDA (ICMR, 2020) for iron in non-pregnant adult women 29 mg/day; pregnant women: 27 mg/day; lactating women 23 mg/day.

516. Eating a balanced, healthy diet by a pregnant woman can help prevent which of the following?
1. Too much weight gain
2. Anaemia and infections in mother
3. Normal birth of the baby
4. Gestational diabetes

Choose the **correct** answer:
(a) 2 and 3 only (b) 2, 3 and 4 only
(c) 1 and 3 only (d) 1, 2 and 4 only

CHO, Rajasthan 2024
Correct Option (d)

517. The most common and dangerous exposure to radiation during pregnancy is due to:
(a) Ultrasound (b) Chest X-ray
(c) CT Scan (d) Abdominal X-ray

IGNOU B.Sc. (PB) Nsg. Entrance 2014
Correct Option (c)

- CT scan emits excess radiation as compared to X-rays; so exposure to CT scan during pregnancy is contraindicated to avoid teratogenic effect on growing fetus (less than 5 rad is safe).
- Radiation exposure by fetus in pregnancy:

Procedure	Dose (cGy)
Abdominal X-ray	0.1–0.3
Pelvic X-ray	0.5–1.1
Chest X-ray	<0.001
Abdominal CT	0.4–0.8
Chest CT	0.002–0.02
Abdominopelvic CT	2.5–3.5
Ventilation scan	0.007–0.05
PET scan	1–1.5

Antenatal Assessment

518. Which is NOT a high-risk pregnancy?
(a) Previous vaginal delivery
(b) Primigravida woman over 30 years
(c) Anaemia
(d) Twin pregnancy

CHO, Rajasthan 2024
Correct Option (a)

- Risk factors for high-risk pregnancy: extremes of age < 20 yrs or >35 yrs, short statured primi (<140 cm), HIV+ve/HBsAg+ve, severe anemia (Hb <7 g/dL), hypothyroidism, multi-fetal pregnancy, placenta previa, malpresentation, pre-eclampsia/gestational diabetes mellitus, previous history of C-section, etc.
- Color coding of antenatal card (**MCP card**):

Color	Risk factors
Green	No risk factors
Red	High-risk pregnancies
Blue	Pregnancy-induced HTN (PIH)
Yellow	Comorbid condition: GDM/hypothyroidism

519. On doing abdominal examination of a pregnant woman, you found uterus to be at 20 weeks but by dates (LMP) it is 24 weeks. What is the most probable reason for such discrepancy?
(a) Wrong dates (b) Gestational hypertension
(c) Hydramnios (d) Multiple pregnancies

CHO, Rajasthan 2024
Correct Option (a)

520. At 16 weeks of pregnancy the height of the uterus is at:
(a) Level of umbilicus
(b) Midway between symphysis pubis & umbilicus
(c) Ensiform cartilage
(d) None of the above

(b) 2 or more FHR acceleration in 40 min period
(c) No deceleration during a 40 min observation
(d) No acceleration during a 40 min observation

AIIMS Jodhpur Senior Nsg. Officer 2018
Correct Option (a)

560. A non-stress test is prescribed for a pregnant mother and the nurse informs the woman about the procedure. The nurse tells that:
(a) The test is an invasive procedure and requires that an informed consent be signed
(b) The test will take about 2 hours and will require close monitoring for 2 hours after procedure is completed
(c) An ultrasound transducer that records fetal heart activity is secured over the abdomen where the fetal heart sound is heard most clearly
(d) The fetus is challenged or stressed by uterine contractions to obtain necessary information

AIIMS Bathinda Nsg. Officer 2019
Correct Option (c)

561. Second component (other than NST) in modified biophysical profile is:
(a) Amniotic fluid index
(b) Foetal tone
(c) Foetal movements
(d) Foetal breathing movements

AIIMS Jodhpur Senior Nsg. Officer 2023
Correct Option (a)

- Modified BPP involves a non-stress test (NST) and amniotic fluid index (AFI).
- It is considered abnormal (nonreassuring) when the NST is non-reactive and/ or the AFI is <5.

562. Among these which indicate abnormal conditions of the fetus during pregnancy?
(a) FHR more than 180 BPM
(b) Decrease fetal movement
(c) FHR less than 100 BPM
(d) All of the above

ESIC Bhiwari Staff Nurse 2010
Correct Option (d)

- Decrease fetal movement count (<10 counts in 12 hr) and abnormal FHR, whether above normal (>180 bpm) or below normal (<100 bpm) indicate abnormal condition of fetus during pregnancy.
- Normal baseline FHR is **110 to 160 bpm**.

563. A client membranes rupture while her labor is being augmented with an oxytocin infusion. A nurse observes variable decelerations in the fetal heart rate on the fetal monitor strip. What action should the nurse take next?
(a) Stop the client's oxytocin infusion
(b) Take the client's blood pressure
(c) Prepare the client for an immediate birth
(d) Change the client's position

BHU Nsg. Officer 2019
Correct Option (d)

- Variable decelerations means fall in the baseline fetal heart rate by 15 bpm or more at any point, during contractions.
- Variable decelerations indicate cord compression and may disappear with the change in position of the client.
- Early decelerations indicate fetal hypoxia whereas late decelerations indicate placental insufficiency.

564. A nurse is monitoring the fetal heart rate of a client who has ruptured membranes. The nurse notices severe variable decelerations on the monitor. What is the most likely cause of this finding?
(a) Fetal head compression
(b) Uteroplacental insufficiency
(c) Umbilical cord compression
(d) Maternal hypotension

AIIMS NORCET-7 (Prelims) Nsg. Officer 2024
Correct Option (c)

565. Foetal hypoxia is assessed by:
(a) Scalp blood sampling (b) Alpha fetoprotein
(c) Fetal heart monitoring (d) Both a & c

HPSSC Staff Nurse 2016
Correct Option (d)

- Spontaneous or induced uterine contractions are recorded and the fetal heart rate observed to detect pathological heart rate patterns such as late decelerations, bradycardia or tachycardia with absent variability. This may be an early warning sign of fetal hypoxia and utero-placental insufficiency.

566. The most appropriate action by the nurse when the periodic acceleration is fetal heart rate is observed:
(a) Notify doctor
(b) Continue monitoring fetal heart rate
(c) Reposition mother and monitor her vital signs
(d) Document findings and inform mother about baby's well-being

RUHS M.Sc. Nsg. Entrance 2016
Correct Option (d)

567. During a not-stress test (NST), the nurse would apply the fetal transducer to the maternal abdomen over the:
(a) Symphysis pubis (b) Fetal back
(c) Fetal head (d) Placenta

RAK M.Sc. Nsg. Entrance 2010
Correct Option (b)

568. Look at the picture and identify the procedure usually done in a labor room:

(a) History of bleeding per vaginum
(b) Uterine size less than period of amenorrhoea
(c) Closed cervical os
(d) History of passage of products of conception

PGIMER Rohtak Staff Nurse 2017
Correct Option (c)

- An abortion in which entire products of conception are not expelled but a part of it is left inside the uterus is called incomplete abortion.
- Its clinical features are history of passage of fleshy mass per vaginum followed by continuation of pain in lower abdomen, persistent vaginal bleeding, size of uterus is less than period of amenorrhea, **open cervical os** that can be admit a tip of finger.

606. An arrest of foetal development, with no cardiac activity and closed cervix on ultrasonogram with very slight or no vaginal bleeding indicates: FAQ

(a) Inevitable abortion (b) Threatened abortion
(c) Incomplete abortion (d) Missed abortion

RAK M.Sc. Nsg. Entrance 2024
Correct Option (d)

- Abortion in which the fetus has died before completion of the 20th week of gestation but the product of conception is retained in the uterus for 8 weeks or longer is called missed abortion (silent miscarriage).

607. A woman with 20 weeks of gestation seen in OPD with complaints of absence of feeling of life in the womb and painless dark brown vaginal discharge. Urine pregnancy test results are negative. Based on the clinical findings, which types of spontaneous abortions may be suspected to the woman?

(a) Threatened (b) Incomplete
(c) Imminent (d) Missed

AIIMS Jodhpur Nsg. Tutor 2021
Correct Option (d)

- Clinical features of missed abortion are dark brown vaginal discharge, retrogression of breast changes, cessation of uterine growth, absence of FHS and negative pregnancy test.

608. Match the List-I with List-II and select the correct answer using the code given below the lists:

List-I (Phenomenon)	List-II (Diagnostic feature of USG)
A. Threatened abortion	1. Foetus without cardiac activity
B. Missed abortion	2. Uterine cavity empty
C. Incomplete abortion	3. Foetus alive & retroplacental haemorrhage
D. Complete abortion	4. Product of conception partly retained

(a) A-3, B-1, C-4, D-2 (b) A-3, B-4, C-1, D-2
(c) A-2, B-1, C-4, D-3 (d) A-2, B-4, C-1, D-3

ESIC Nsg. Officer 2024
Correct Option (a)

Abortion	Clinical features	Internal os	USG
Threatened	Slight painless bleeding	Closed	Live fetus, subchorionic hemorrhage
Inevitable	Bleeding & colicky pain, shock	Open with products of conception felt	Dead fetus
Incomplete	Bleeding	Open	Retained products
Complete	Bleeding stopped	Closed	Empty uterus
Missed	Absent or minimal bleeding	Closed	Dead fetus

609. The active management of patient with missed abortion at 12 weeks of gestation includes:

a. Vaginal evacuation
b. Accelerate uterine contraction by oxytocin drip
c. Slow dilatation of the cervix by laminaria tents
d. Suction evacuation

(a) a, b, c (b) b, c, d (c) a, c, d (d) a, b, c, d

AIIMS Raipur Staff Nurse 2017
Correct Option (c)

610. The safest method of termination of pregnancy before 12 weeks is:

(a) Suction evacuation (b) Laminaria tent
(c) Dilatation & curettage (d) Prostaglandins

IGNOU B.Sc. (PB) Nsg. Entrance 2021
Correct Option (a)

- Comparison of vacuum aspiration and D & C:

Characteristics	Vacuum Aspiration	Dilatation & Curettage
Safety & efficacy	Very safe; 98%	Less safe; 99%
Pain	Less	More
Complications	Less	More

611. Manual Vacuum Aspiration (MVA) for termination of pregnancy can be performed at PHC:

(a) Up to 8 weeks of Pregnancy
(b) Up to 12 weeks of Pregnancy
(c) Up to 16 weeks of Pregnancy
(d) Up to 20 weeks of Pregnancy

RUHS B.Sc. (PB) Nsg. Entrance 2024
Correct Option (a)*

612. Which of the following is the method of termination of pregnancy in the 2nd trimester (13 to 20 wk)?

(a) Mifepristone (b) Vacuum aspiration
(c) Methotrexate (d) Oxytocin infusion

AIIMS Bhopal Nsg. Officer 2018

of molar pregnancy and theca lutein cysts >6 cm diameter.

654. Most common site for metastasis in choriocarcinoma is:
(a) Lungs (b) Brain (c) Liver (d) Spine
Correct Option (a)

655. Serial hCG test is used to diagnose the following condition?
(a) Ca cervix (b) Ca vagina
(c) Ca endometrium (d) Choriocarcinoma
RUHS M.Sc. Nsg. Entrance 2018
Correct Option (d)

656. After suction and evacuation of a complete hydatidiform mole, the 28-year-old multigravida client asks the nurse when she can become pregnant again. Nurse would advise to avoid pregnancy for at least:
(a) 6 months (b) 12 months
(c) 18 months (d) 24 months
IGNOU B.Sc. (PB) Nsg. Entrance 2016
Correct Option (b)

- Suction curettage is the preferred method of evacuation for complete molar pregnancy.
- Patient should not become pregnant during the period of follow-up (at least 12 months). She may become pregnant after a minimum 6 months of negative hCG titer.

Multiple Pregnancy

657. How many children are in quintuplets?
(a) 6 (b) 5 (c) 7 (d) 4
ESIC Staff Nurse 2016
Correct Option (b)

- The presence of two (twins, commonest), or more embryos, i.e., triplets (3), quadruplets (4), quintuplets (5), sextuplets (6) in the uterus are called multiple pregnancy.

658. The term dizygotic refers to twins who have?
(a) Developed from two separate ova & sperms
(b) Born several hours apart from each other
(c) Developed physically a different rates from each other
(d) Developed in one amnion & have one chorion
RUHS B.Sc. (PB) Nsg. Entrance 2015
Correct Option (a)

- There are **two** types of twins:
  - Dizygotic/binovular/fraternal/unlike twins **(80%)** results from the fertilization of two ova (two sperms fertilized with two ova separately).
  - Monozygotic/uniovular/identical/true twins **(20%)** results from the fertilization of a single ovum (one sperm fertilized with one ovum). Same sex of both twins.

659. Binovular twins form from:
(a) One Ovum and Two Spermatozoa
(b) Two Ova and Two Spermatozoa
(c) One Ovum and One Spermatozoon
(d) Two Ova and One Spermatozoon
BSF Staff Nurse 2014
Correct Option (b)

660. Which of the following are true with dizygotic twins?
a. Has two placenta (separate or fused)
b. Communicating vessels are present
c. Has 4 intervening membranes (2 amnions & 2 chorions)
d. Sex may differ
Choose the **correct** answer:
(a) a, c & d only (b) a, b & c only
(c) a, b, c & d (d) b, c & d only
MNS SCC Exam 2024
Correct Option (a)

- Difference between Monozygotic & Dizygotic twins:

Feature	Monozygotic	Dizygotic
Placenta	One	Two (mostly fused)
Communicating vessels	Present	Absent
Intervening membranes	2 (amnions)	4 (2 amnions 2 chorions)
Sex	Always identical	May differ
Genetic features	Same	Differ
Skin grafting	Acceptance	Rejection

661. The synonym for uniovular twins:
(a) Identical (b) Dizygotic
(c) Fraternal (d) Binovular
RAK M.Sc. Nsg. Entrance 2009
Correct Option (a)

662. In "monozygotic" babies are of:
(a) Same sex (b) Different sex
(c) Same blood group (d) Both a & c
RAK M.Sc. Nsg. Entrance 2013
Correct Option (d)

- Monozygotic (identical) twins have the same genetic makeup, because they developed from a single fertilized ovum, so have the same sex, possess the same blood groups and are similar to each other physically, physiologically and mentally.

663. In case of twin pregnancy, identical twins occur when?
(a) One sperm fertilize the ovum and zygote divides into two
(b) Two sperms fertilize one ovum and the zygote divides into two

AIIMS Raipur Nsg. Officer 2019
Correct Option (a)

906. A women delivered this morning, because this is her first child, which of the following goals is most appropriate:
(a) Early discharge for mother and baby
(b) Rapid adaptation to role of parents
(c) Effective education of both parents
(d) Minimal need for expression of negative feelings

LNJP Delhi Staff Nurse 2013
Correct Option (c)

907. Measures used to avoid a perineal tear in a primigravida in labour:
(a) Deliver the head in between contractions
(b) Perform a timely episiotomy
(c) Encourage delivery of the head by extension after nape of neck appears below pubic symphysis
(d) Avoid spontaneous forcible delivery of the head

RIMS & R., U.P. Staff Nurse 2013
Correct Option (b)

- Measures used to avoid a perineal tear especially in a primigravida by performing episiotomy (**selective**) when the perineum is fully stretched or become thinned out (when 4 to 5 cm scalp visible) or crowning of head occurs.
- Also regulate slow delivery of head in between the contractions by pushing the chin with a sterile towel (**Ritgen's maneuver**).
- Head is born by extension (not by expansion) after the nape of the neck appears below pubic symphysis.

908. A labour room nurse is conducting normal vaginal delivery of a second gravida mother. The mother has enough force to deliver the baby in expected time and the baby's head is delivered after minimal left Medio-lateral episiotomy, the immediate action of the nurse should be:
(a) Deliver the anterior shoulder first
(b) Check fetal heart rate and maternal vital signs
(c) Wipe the baby's face and suction mouth first
(d) Cut the umbilical cord immediately

AIIMS Jodhpur Nsg. Tutor 2021
Correct Option (c)

909. Identify the maneuver used for delivery of head is:

(a) Ritgen maneuver (b) Lovset maneuver
(c) Pinards maneuver (d) Gaskin maneuver

Correct Option (a)

910. All of the following must be monitored by nurse during 2nd stage of labour EXCEPT:
(a) Uterine contraction
(b) Descending of presenting part
(c) Maternal comfort
(d) Fetal condition

IGNOU B.Sc. (PB) Nsg. Entrance 2012
Correct Option (c)

- All of the above mentioned conditions must be monitored during the 2nd stage of labour including maternal discomfort not maternal comfort.

911. Signs of placental separation are: FAQ
a. Slight gush of vaginal bleeding
b. Permanent lengthening of the cord
c. Uterus becomes soft & non-ballotable
d. Slight bulging in the suprapubic region
Choose the **correct** answer:
(a) a, b & c only (b) a, c & d only
(c) a, b & d only (d) b, c & d only

MNS SCC Exam 2024
Correct Option (c)

- Signs of placental separation include the uterus becomes globular and more firm (**earliest sign**), sudden gush of vaginal bleeding, lengthening of the umbilical cord and slight rise in fundal height, suprapubic bulging.

912. At the time of delivery umbilical cord lengthening and spurt of blood from vagina is suggestive of:
(a) Uterine atony (b) Hematoma dislodgement
(c) Placenta previa (d) Placental separation

RUHS M.Sc. Nsg. Entrance 2016
Correct Option (d)

913. All the following are signs of placental separation and descent EXCEPT:
(a) Funds becoming rounder
(b) Shortening of cord
(c) Small fresh blood loss
(d) Lengthening of cord

AIIMS Bhubaneswar Staff Nurse 2018
Correct Option (b)

914. The earliest sign of placental separation is:
(a) Sudden gush of blood flow per vagina
(b) Change in shape of uterus
(c) Increased height of fundus
(d) Shock

IGNOU B.Sc. (PB) Nsg. Entrance 2017
Correct Option (a)

915. Schultze method and Matthew-Duncan method describe:
(a) Methods of detachment of placenta
(b) Delivery of the presenting part
(c) Ways to monitor fetal heart rate
(d) Ways of presentation of the foetus

ESIÇ Staff Nurse 2019
Correct Option (a)

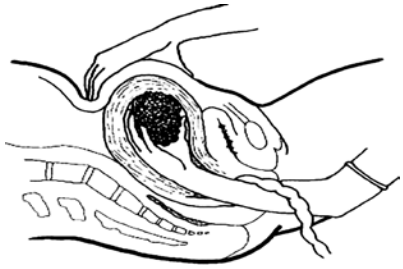
- Methods of placental separation:

Features	Schultze	Mathews-Duncan
Placental separation	From center	From periphery
Retroplacental clot	Present	Absent
Bleeding	After complete placental separation	As soon as placenta separates
Blood loss	Less	More
Part expelled first	Shiny fetal surface	Dull maternal surface
Incidence	80%	20%

916. When the shiny portion of the placenta comes out first, this is called the…….mechanism:
(a) Schultze (b) Duncan (c) Ritgen's (d) Marmet
AIIMS NORCET-6 (Mains) Nsg. Officer 2024
Correct Option (a)

917. Separation begins at the center of the placenta and side down the birth canal like a folded umbrella this method of placenta separation referred as:
(a) Schultze mechanism
(b) Brandt-Andrews mechanism
(c) Duncan mechanism
(d) Ritgen's mechanism
MPESB, Bhopal Staff Nurse 2021
Correct Option (a)

918. Identify the procedure shown below:



(a) Expulsion of foetus (b) Expulsion of placenta
(c) Expulsion of clots (d) None of the above
AIIMS Delhi Nsg. Officer 2017
Correct Option (b)

919. What is the other name of controlled cord traction?
(a) Mathew-Duncan method
(b) Schultz method
(c) Pinard's manoeuvre
(d) Brandt-Andrews manoeuvre
NHM, U.P. Staff Nurse 2023
Correct Option (d)

920. Which of the following is performed by a nurse during the 3rd stage of labour?
(a) Getting urine specimen for laboratory test
(b) Assessing uterine contraction
(c) Asking patient to push
(d) Monitoring placental separation
IGNOU B.Sc. (PB) Nsg. Entrance 2015
Correct Option (d)

Partograph

921. Who was discovered the partograph? FAQ
(a) Dr. R.H. Philpott (b) Dr. A. L Mudaliar
(c) Dr. William shaw (d) Dr. Shirodkar
HPSSC Staff Nurse 2021
Correct Option (a)

- Partograph was first invented by Freidman (1954) and later modified by R.H. Philpott and Castle (1972 in the form of cervicograph).

922. Partograph is first planned by:
(a) Robert (b) Jacobson
(c) Friedman (d) Chadwick
RAK M.Sc. Nsg. Entrance 2018
Correct Option (c)

923. The graphical record of maternal and foetal data against time during labour on a single sheet of paper is called: FAQ
(a) Ultrasonogram (b) Partograph
(c) Cardiotocogram (d) Tocogram
AIIMS Patna Nsg. Officer 2020
Correct Option (b)

- Partograph is a composite graphical recording of key data (maternal & fetal) along with cervical dilatation & descent of head against duration of labour in hours.
- It is a vital tool to represent the progress of labour and to identify complications at an early stage.

924. Which one of the following is used to record the labor events?
(a) Partograph (b) Fetoscope
(c) Silverman assessment (d) APGAR
RRB Staff Nurse 2019
Correct Option (a)

925. Partogram includes all salient features of labour EXCEPT: FAQ
(a) Pulse (b) Fetal presentation
(c) Fetal heart rate (d) Frequency of contraction
AIIMS Bhubaneswar Staff Nurse 2018
Correct Option (b)

- Components of partograph (cervicograph) are patient's identification data, time, FHR, state of membranes and colour of liquor, cervical dilation and descent of the head, uterine contractions, drugs and fluids used and recording of BP, pulse, temperature and urine analysis.

926. Latent phase, alert line and action line are terms used in the context of:
(a) Partograph (b) Biophysical profile
(c) Amniocentesis (d) Non stress test
AIIMS Bhopal Nsg. Officer 2018
Correct Option (a)

- Modified WHO partograph **(Labor care guide)**:
  - No alert and action line.
  - First (active phase) and second phase of labor represented.
  - Active phase begins at 5 cm cervix dilation.
  - Divided into 7 sections, i.e., patient and labor details; supportive care; care of baby; care of woman; labor progress; medication; plan of action).

927. The purpose of partograph includes all the following EXCEPT:
(a) To monitor the progress of labour
(b) To assess the foetal well-being
(c) To predict post-partum haemorrhage (PPH)
(d) To identify stages of labour
ISRO Sriharikota Staff Nurse 2024
Correct Option (c)

928. Bishop's score includes all, EXCEPT: FAQ
(a) Cervical dilation (b) Station of fetal head
(c) Fetal Heart Rate (d) Consistency of cervix
CHO, Haryana 2022
Correct Option (c)

- Bishop score is a system used to evaluate the maternal readiness for successful elective induction of labor.
- Five factors are assessed, which include cervical dilatation (cm), cervical position, effacement (%), head station and cervical consistency.
- Each factor assigned a score of 0, 1, 2 and 3.
- Total score is 13, favorable score is 6 to 13 and unfavorable score is 0 to 5.

929. The most important factor for successful induction of labour includes:
(a) Elderly primigravidae (b) Bishop score >6
(c) Maternal BMI >25 (d) Small foetus
UPUMS, Saifai Staff Nurse 2023
Correct Option (b)

930. The Bishop score is used to predict:
(a) The state of the fetus at the time of delivery
(b) The success rate of the induction of labour
(c) The fetal condition in the uterus
(d) The maternal wellbeing in labour
RUHS B.Sc. (PB) Nsg. Entrance 2018
Correct Option (b)

931. According to the Bishop Score the cervical effacement that is an indication for successful labor is:
(a) 50% (b) 40% (c) 80% (d) 30%
AIIMS Rishikesh ANS 2023
Correct Option (c)

932. Ripeness of cervix is assessed by:
(a) Bishop score (b) Apgar score
(c) Downe score (d) New Ballard scale
ESIC Staff Nurse 2016
Correct Option (a)

933. Bishop's classification is used for assessing:
(a) Fetal well being
(b) Progress of labour
(c) Gestational age of fetus
(d) Requirement of induction for labour
RUHS M.Sc. Nsg. Entrance 2017
Correct Option (d)

934. For induction of labor, Bishop score should be:
(a) 5-6 (b) 3-4 (c) 4-5 (d) Above 6
AIIMS Raipur Nsg. Officer 2019
Correct Option (d)

935. All the following parameters are used to assess progress of labour EXCEPT:
(a) Fetal heart rate (b) Descent of fetus
(c) Uterine contractions (d) Cervical dilation
ESIC Staff Nurse 2016
Correct Option (a)

936. The position a client should be taught to avoid when she experiences back pain during labour is the:
(a) Knee-chest position (b) Sitting position
(c) Side-lying position (d) Supine position
RAK M.Sc. Nsg. Entrance 2009
Correct Option (d)

- Supine position will cause aortocaval compression, so it should be avoided during labour.
- Provide positions that promote comfort and facilitate pushing-efforts like lithotomy, side-lying, kneeling, squatting or partial sitting (45°).

937. A client is in the late active phase of labor. Suddenly she tells the nurse she feels weak and dizzy. The nurse notes drop in maternal B.P. and late decelerations of fetal heart rate. The initial action the nurse should be to:
(a) Increase the I.V. drip rate and notify provider
(b) Turn the client on side and administer oxygen
(c) Assess for cord prolapse or vaginal bleeding
(d) Prepare for immediate delivery
GMCH Chandigarh Staff Nurse 2019
Correct Option (b)

- It may be due to supine hypotensive syndrome, so turn the client on her side (left lateral position).

938. When a client experience the urge to push at 9 cm dilation, the breathing pattern that the nurse should instruct the client to use is that:
(a) Expulsion pattern
(b) Slow-chest pattern
(c) Panting or blowing pattern
(d) Accelerated-decelerated pattern
RAK M.Sc. Nsg. Entrance 2009
Correct Option (c)

- Breathing techniques used during the first-stage of labor are paced breathing (it may be slow, modified

that preterm prelabour rupture of membrane (PPROM) can lead to the following:
(a) Cord compression
(b) Cord prolapse
(c) Maternal wound infection
(d) All of the above

HPSSC Staff Nurse 2016
Correct Option (b)

- Dangers of PPROM are onset of preterm labor, chorioamnionitis (liquor infection), cord prolapse, dry labor (decrease amniotic fluid), placental abruption, APH and maternal and neonatal sepsis.

Precipitate Labour

961. If the labour ends within 3 hours with 2 to 3 painful contractions, it is called:
(a) Difficult labour (b) Precipitate labour
(c) Prolonged labour (d) Normal labour

AIIMS Bathinda Nsg. Officer 2019
Correct Option (b)

- Precipitate labour marked by sudden onset, rapid cervical effacement and dilation (≥ 5 cm/hr for nulliparas and 10 cm/hour for multiparas) and delivery within **3 hours** of labour onset.

962. Labour is termed as precipitate if it occurs in:
(a) 1 hr (b) 2 hr (c) 3 hr (d) 4 hr

MNS SCC Exam 2024
Correct Option (c)

963. In which type of labour, the combined duration of the first and second stage is less than 2 hours:
(a) Normal labour (b) Precipitate labour
(c) Trial labour (d) Prolonged labour

DSSSB Nsg. Officer 2019
Correct Option (b)

964. A multigravida client is in active labour with twins at 38 weeks' gestation. The nurse would monitor the client closely for symptoms of which of the following?
(a) Pregnancy-induced hypertension
(b) Urinary tract infection
(c) Chorioamnionitis
(d) Precipitous delivery

RAK M.Sc. Nsg. Entrance 2010
Correct Option (d)

- Precipitous delivery (combined duration of 1st and 2nd stage of labor is <3 hr) is more common in multipara.

965. Bandl's ring in uterus usually occurs during:
(a) Obstructed labour (b) Placenta previa
(c) Uterine inversion (d) Normal delivery

NVS (Navodaya) Staff Nurse 2018
Correct Option (a)

- Difference between Bandl's and Schroeder's ring:

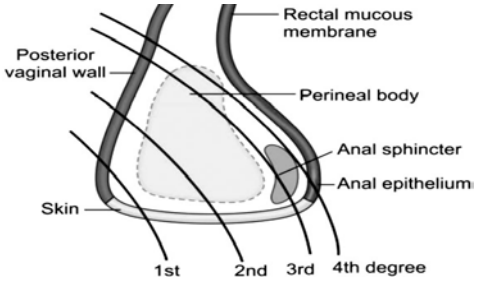
Features	Bandl's (retraction) ring	Schroeder's (constriction) ring
Cause	Obstructed labour	Spasm of a segment of uterus due to injudicious use of oxytocin
Site	Between upper & lower uterine segments	Any site
Stage of labour	Second	First or second
Palpable	Per abdomen	Per vaginal
Visible	On per abdomen	Not visible
End result	Maternal & fetal distress	Normal or late features
Relieved by	Cesarean delivery	Stop oxytocin; use uterine relaxants

Perineal Tear

966. Which degree of perineal tear affects the perineal muscles?
(a) Second (b) First (c) Third (d) Fourth

AIIMS Rishikesh ANS 2023
Correct Option (a)

- Lacerations are caused by overstretching of the cervix, vagina, or perineum during delivery is called perineal tears.
- It is classified into **four degrees**:
  - First-degree: Involves superficial tissue of perineum and vaginal mucosa but not the underlying fascia and muscle.
  - Second-degree: Involves those tissues included in 1st degree tear and the muscles of the perineum but not the anal sphincter (e.g., episiotomy).
  - Third-degree: Involves all of the tissues of the 2nd degree tear and the anal sphincter.
  - Fourth-degree: Extends completely through the perineal skin, vaginal mucosa, perineal body, anal sphincter and rectal mucosa.



967. Which type of vaginal tear during childbirth is the most common and requires stitches for repair?
(a) 1st-degree tear (b) 2nd-degree tear
(c) 3rd-degree tear (d) 4th-degree tear

AIIMS M.Sc. Nsg. Entrance 2022
Correct Option (c)

1123. Identify the following given instrument?

(a) Wrigley forceps (b) Outlet forceps
(c) Kielland's forceps (d) Piper forceps

AIIMS NORCET-7 (Prelims) Nsg. Officer 2024
Correct Option (c)

1124. For delivery of the after coming head in breech presentation, specially designed forceps used is?
(a) Das's forceps (b) Piper forceps
(c) Kielland's forceps (d) Wrigley's forceps

RUHS M.Sc. Nsg. Entrance 2019
Correct Option (b)

1125. Failure to deliver the head even after correct and judicious application of forceps raises the suspicion of:
(a) Cervical dystocia
(b) Spastic lower segment
(c) Constricting ring
(d) Incoordinate uterine action

AIIMS Raipur Staff Nurse 2017
Correct Option (c)

- The causes of failure to deliver with traction are constriction ring (Schroeder's ring), undiagnosed occipito-posterior position, faulty cephalic application, wrong direction of traction and mild pelvic contraction.

1126. Traction force required for forceps delivery in primigravida is:
(a) 10 kg (b) 18 kg (c) 13 kg (d) 25 kg

Correct Option (b)

- Traction force is required in forceps delivery in primigravida 16-18 kg and in multigravida 12-13 kg.

1127. One of the remote complications of forceps delivery is:
(a) Cervical tear (b) Postpartum haemorrhage
(c) Low backache (d) All of the above

RAK M.Sc. Nsg. Entrance 2013
Correct Option (c)

- Complications of forceps delivery:
  - Immediate: Cervical tear, nerve injury, PPH and puerperal sepsis.
  - Remote: Low backache, painful perineal scars, dyspareunia, genital prolapse, stress urinary incontinence and anal sphincter dysfunction.

1128. Compared to use of the vacuum extractor, forceps delivery is associated with increased risk of?
(a) Minor facial injuries
(b) Cephalhematoma
(c) Retinal haemorrhage
(d) Intracranial haemorrhage

BHU Staff Nurse 2015
Correct Option (a)

- Complications of ventouse or vacuum extractor delivery are cephalohematoma, superficial scalp abrasion, subgaleal & intracranial haemorrhage, retinal haemorrhage and neonatal jaundice.
- Complications of forceps delivery are minor facial injuries, asphyxia, facial nerve injury (facial palsy), skull fractures, cervical spine injury and maternal complete perineal tear.

1129. The most preferable type of delivery considered safest in cardiac cases is:
(a) Vaginal delivery (b) Forceps delivery
(c) Caesarean section (d) Ventouse delivery

Correct Option (d)

- Ventouse or vacuum delivery is a vacuum-assisted birth.
- Initial pressure of 0.2 kg/cm^2 is generated in 2 min, then pressure is gradually raised 0.1 kg/cm^2 per minute until the effective vacuum of 0.8 kg/cm^2 (600 mm Hg) is achieved in about 10 minutes time.

1130. The amount of pressure created at the beginning of the ventouse application:
(a) 0.4 kg/cm^2 (b) 0.2 kg/cm^2
(c) 0.6 kg/cm^2 (d) 0.8 kg/cm^2

RUHS M.Sc. Nsg. Entrance 2022
Correct Option (b)

1131. Artificial caput raised by vacuum extractor is:
(a) Caput succedaneum (b) Chignon
(c) Cephalohematoma (d) Suction caput

IGNOU B.Sc. (PB) Nsg. Entrance 2019
Correct Option (b)

1132. The ideal time to perform external cephalic version (ECV) for a breech presentation is: FAQ
(a) 36 wks of gestation (b) 32 wks of gestation
(c) 34 wks of gestation (d) 30 wks of gestation

UPUMS, Saifai Staff Nurse 2023
Correct Option (a)

1133. External cephalic version is contraindicated in:
(a) Primigravida (b) PIH
(c) Flexed breech (d) Anemia

RUHS M.Sc. Nsg. Entrance 2017
Correct Option (b)

- Contraindications for ECV are APH, PIH, multiple pregnancy, contracted pelvis, ruptured membranes, severe pre-eclampsia, oligohydramnios, previous LSCS, IUGR, large fetus (>3.5 kg), dead fetus, short cord, etc.

1134. Vulsellum forceps is used for gripping the:
(a) Cervix (b) Fetal head

(c) Apply warm moist packs on the leg
(d) Elevate the legs

RUHS B.Sc. (PB) Nsg. Entrance 2024
Correct Option (a)

1145. Retractor shown below is used in:

(a) Thoracotomy (b) Thyroidectomy
(c) Mastectomy (d) C-section

AIIMS (NORCET) Nsg. Officer 2020
Correct Option (d)

1146. Green-Armytage forceps is used to arrest bleeding in:

(a) Hysterectomy (b) Ovariotomy
(c) Cesarean section (d) Myomectomy

BCCL Staff Nurse 2015
Correct Option (c)

- Green-Armytage haemostatic forceps are used to hold the incised uterine edges at caesarean section.

1147. Predictors for successful vaginal birth after previous caesarean delivery all are EXCEPT:

(a) Spontaneous onset
(b) Normal fetal weight
(c) Fetal distress
(d) Cervical dilatation more than 4 cm

RAK M.Sc. Nsg. Entrance 2015
Correct Option (c)

- If fetal distress is noted with history of previous caesarean delivery, it is not an indicator for successful vaginal delivery.
- All other options are predictors for successful vaginal birth after previous caesarean (VBAC) delivery.
- Complications associated with previous history of caesarean delivery are abortion, preterm labor, operative interference, placenta previa, adherent placenta (placenta accreta). PPH and peripartum hysterectomy.

1148. To know the length of uterine cavity and its position the instrument used is:

(a) Vaginal speculum (b) Vulsellum
(c) Tenaculum (d) Uterine sound

UPPSC, U.P. Staff Nurse 2017
Correct Option (d)

1149. Match Procedure with Complications:

Procedure	Complications
a. D & E	I. PPH
b. Atonic uterus	II. Wound dehiscence
c. Oxytocin administration	III. Uterine perforation
d. Episiotomy	IV. Water intoxication

Choose the **correct** answer:

(a) a-III, b-I, c-IV, d-II (b) a-I, b-III, c-II, d-IV
(c) a-I, b-II, c-IV, d-III (d) a-III, b-IV, c-I, d-II

MNS SCC Exam 2024
Correct Option (a)

1150. MoHFW has launched labour room quality improvement initiative named as: FAQ

(a) LaQshya
(b) LIFE
(c) Quality to urban health
(d) Both LIFE and quality to urban health

CHO, Tripura 2022
Correct Option (a)

1151. Who is known as the Father of Obstetrics?

(a) Antonius Musa (b) Asclepiades of Bithynia
(c) Soranus of Ephesus (d) Aulus Cornelius Celsus

CHO, Uttar Pradesh 2021
Correct Option (c)

Notes

5

COMMUNITY HEALTH NURSING

"A good physician treats the disease; the great physician treats the patient who has the disease."

– William Osler

Community Health Nursing

Introduction to Community Health Nursing

1. Community health postulates a unified and balanced integration of curative,…….& promotive health service:

(a) Communicative (b) Preventive
(c) Protective (d) Emotive

CHO, Uttar Pradesh 2021
Correct Option (b)

2. Changing concepts in public health include all the following phases EXCEPT:

(a) Family and community medicine phase
(b) Social engineering phase
(c) Disease control phase
(d) Health promotional phase

RAK M.Sc. Nsg. Entrance 2010
Correct Option (a)

- In the history of public health changing concepts toward health include **4 phases:**
  - ♦ Disease control phase (1880-1920).
  - ♦ Health promotional phase (1920-1960).
  - ♦ Social engineering phase (1960-1980).
  - ♦ "Health for all phase" (1981-2000 A.D).

3. Complementary health care refers to:

(a) Healthcare given free of cost
(b) Alternate systems of medicine
(c) Doctor-patient relationship
(d) Healthcare delivered at home

AIIMS Bhopal Nsg. Officer 2018
Correct Option (b)

- Complementary/alternative system of medicine (CAM) refers to a diverse group of practices that are adjuncts or alternatives to Western medical approaches.
- It includes Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy (AYUSH), etc.

4. Which of the following systems of medicine is of Indian origin?

(a) Homoeopathy (b) Siddha
(c) Unani-tibbi (d) Acupuncture

PGIMER Chandigarh Staff Nurse 2016
Correct Option (b)

- India is known for its traditional medicinal systems, i.e., Ayurveda, Siddha, Unani and Yoga.

5. Who among the following is popularly known as the Father of Yoga?

(a) Charaka (b) Atreya
(c) Maharishi Patanjali (d) Sushruta

UPUMS, Saifai Staff Nurse 2023
Correct Option (c)

6. The Arabic system of medicine practiced in India is known as:

(a) Homeopathy system (b) Siddha system
(c) Ayurveda system (d) Unani system

CHO, Uttar Pradesh 2021
Correct Option (d)

7. Which of the following is NOT an Indian system of Medicine? FAQ

(a) Homeopathy (b) Ayurveda
(c) Feng Shui (d) Unani

PhD (Nursing) IGNOU Entrance 2020
Correct Option (c)

- Feng Shui (wind-water), yin and yang (yin represents shade, cold, and inhibition; whereas yang represents fire, light and excitement) are the traditional Chinese medicine (TCM) system.

Concept of Health

8. The state of complete physical, mental and social well-being and not merely absence of any disease is called: FAQ

(a) Care (b) Morbidity (c) Wellness (d) Health

AIIMS Bhubaneswar Staff Nurse 2018
Correct Option (d)

- Health is defined by WHO (1948) as "a state of complete physical, mental and social well-being and not merely an absence of disease or infirmity".
- In (1978) it has been added as to lead a "socially and economically productive life".

9. "Health is a state of complete physical, mental, and social well-being and not merely the absence of disease and infirmity". This was stated by:

(a) United Nations
(b) National Institute of Health
(c) National League for Nursing (NLN)
(d) World Health Organization

AIIMS Bathinda Nsg. Officer 2019
Correct Option (d)

10. The WHO has defined 'Health' as:

(a) Mental and physical well-being only
(b) Social well-being only
(c) Physical, mental and social well-being

(a) Community (b) Experimental group
(c) Control group (d) Self-help group

AIIMS Raipur Staff Nurse 2019
Correct Option (a)

- A group of people with diverse characteristics who are linked by social ties, share common perspectives, and engage in joint action in geographical locations or settings is called community.

215. The three features of a community:
(a) Location, population and social system
(b) Physical -Mental-Social
(c) Primary, secondary and tertiary
(d) Agent Host environment

ESIC Staff Nurse 2019
Correct Option (a)

216. According to Sanders, community is all of these EXCEPT:
(a) A place with geographical boundary
(b) A Social system
(c) Collection of people
(d) Multi-cultural heritage

IGNOU B.Sc. (PB) Nsg. Entrance 2016
Correct Option (d)

217. What is NOT a characteristic of a community?
(a) Definitive geographical area
(b) Common culture and common life
(c) Completeness of life
(d) Isolated feeling

AIIMS Jodhpur PHN 2023
Correct Option (d)

218. Lifestyle is one of the factors which determine an individual's health. Life style is composite of behaviour which:
(a) Is inherited
(b) Is learnt through social interaction at home, neighborhood and school
(c) Requires special training
(d) a + b + c

RAK M.Sc. Nsg. Entrance 2010
Correct Option (b)

219. Kuppuswamy classification is based on all of the following EXCEPT:
(a) Occupation (b) Income
(c) Type of house (d) Education

UPUMS, Saifai Staff Nurse 2023
Correct Option (c)

- Modified Kuppuswamy's SES scale (devised by Kuppuswamy in 1976) is a composite scale to measure socio-economic status (high, middle and low) in urban and rural areas (total score 0 to 29).
- Its scores are based on education, occupation of the family head and monthly income of the family.
- Socioeconomic classes are upper (26-29), upper middle (16-25), lower middle (11-15), upper lower (5-10) and lower (below 5).

220. If by using modified Kuppuswamy scale (if a family is called upper middle class) determining the socio-economic status of a family, score should be in range of: FAQ
(a) 16-25 (b) 30-32 (c) 26-29 (d) 11-15

DSSSB Nsg. Officer 2019
Correct Option (a)

221. Skilled personnel who provide follow up visits, post discharge, to a patient's home for the delivery of nursing services are called:
(a) Scrub nurse
(b) Community nurse
(c) Clinical health care nurse
(d) Home health care nurse

AIIMS Bhopal Nsg. Officer 2018
Correct Option (d)

COLD CHAIN & IMMUNIZATION

Cold Chain

222. The……is a system of storage and transport of vaccines at low temperature from the manufacturer to the actual vaccination site: FAQ
(a) Hot chain (b) Ice packs
(c) Vaccine carriers (d) Cold chain

HSSC Haryana Staff Nurse 2023
Correct Option (d)

- Cold chain equipments in India:
  - State/Regional level: Walk-in-cold room (WIC) store at + 2° C to + 8° C & Walk-in-freezers (WIF) at – 20° C to – 40° C for 3 month.
  - District level: Large ILRs (Ice-lined refrigerator) store at + 2° C to + 8° C & large DFs (Deep freezers) at – 20° C to – 40° C for 1 month.
  - PHC level: Small ILRs (to store UIP vaccine) store at + 2° C to + 8° C & Small DFs (to prepare ice packs) – 20° C to – 40° C for 1 month.
  - Sub-centre level: Vaccine carriers store at + 2° C to + 8° C for 48-72 hrs.
  - Session level: Fully frozen ice pack store at + 2° C to + 8° C for 1-3 hr.

223. This……system digitizes the entire vaccine stock management, their logistics and temperature tracking at all levels of vaccine storage: FAQ
(a) Electronic vaccine intelligence network (eVIN)
(b) Electrical vaccine intelligence network
(c) Electronic vaccine vial network
(d) Electronic vaccine internal network

CHO, Madhya Pradesh 2022
Correct Option (a)

- IT initiative adopted under mission Indradhanush: eVIN, ANMOL, SAFE-VAC.

Zagreb), mumps (Jeryl Lynn), rubella (RA27/3), typhoid vaccine (Ty21a), yellow fever (17D), etc.

272. Vaccines which prevent the effects of future infection are?

(a) Therapeutic vaccine (b) Killed vaccine
(c) Prophylactic vaccine (d) Toxoid

IGNOU B.Sc. (PB) Nsg. Entrance 2015
Correct Option (c)

- Vaccines can be prophylactic (to prevent or ameliorate the effects of a future infection by a natural or wild pathogen) and therapeutic (to fight a disease that has already occurred, e.g., cancer vaccine).

273. Most appropriate age for primary immunization against tuberculosis, diphtheria, tetanus, whooping cough, measles and polio is:

(a) 0 to 6 month (b) 0 to 9 month
(c) 0 to 12 month (d) 0 to 18 month

PGIMER Chandigarh Staff Nurse 2016
Correct Option (b)

- Most appropriate age for primary immunization against tuberculosis (BCG, at birth), diphtheria, whooping cough, tetanus, and polio (DPT 1, 2, 3 + OPV 1, 2, 3 at 6, 10 & 14 weeks) and measles (at 9 month) to be completed between 0 to 9 month.

274. A child is said to be fully immunized if child receives all due vaccine as per national immunization schedule within…….. year age of child:

(a) 1 (b) 2 (c) 3 (d) 5

CHO, Madhya Pradesh 2022
Correct Option (a)

Criteria	Fully Immunized	Completely Immunized
Completed all due vaccines	Till 1 year of age	Till 2 years of age
Vaccines included	Birth doses & primary doses	Birth, primary & booster doses
Evaluate at	12-23 months of age	5 years of age

275. Which of these vaccines are recommended at birth according to the National Immunization Schedule?

(a) BCG. Hepatitis B, OPV
(b) BCG, Hepatitis B, DPT
(c) BCG, DTP, OPV
(d) DPT, OPV, Hepatitis B

SSB DD & DNH Nsg. Officer 2018
Correct Option (a)

276. Which vaccine is NOT administered to an HIV-positive child?

(a) OPV (b) DPT (c) Hepatitis B (d) MMR

DSSSB Nsg. Officer 2019
Correct Option (a)

- All live viral vaccines (e.g., OPV, Measles, Rota virus, Yellow fever, Influenza) are contraindicated to a child with symptomatic HIV infection due to immuno-suppression.

277. Which of the following vaccines is contra-indicated in symptomatic HIV infection whose CD4 count is less than 400 cells/min3?

(a) BCG (b) Yellow fever
(c) DPT (d) Tetanus toxoid

DSSSB Nsg. Officer 2019
Correct Option (b)

278. Which vaccine can be given to an AIDS positive child?

(a) BCG (b) OPV
(c) Measles (d) All the vaccines

RUHS M.Sc. Nsg. Entrance 2017
Correct Option (a)

- WHO recommended that BCG vaccine to asymptomatic HIV positive infants in high endemic areas can be given and asymptomatic HIV positive infants in low endemic areas should not be given.
- The current recommendation is that routine **BCG** vaccination **is no longer recommended** for infants known to be HIV-infected with or without symptoms of HIV infection.

279. Interval between two doses of DPT, OPV and Hepatitis B should not be less than:

(a) 1 week (b) 2 week (c) 3 week (d) 4 week

IGNOU B.Sc. (PB) Nsg. Entrance 2014
Correct Option (d)

- Interval between two doses of DPT, OPV, Hepatitis B and Pentavalent should not be less than one month (four weeks).

BCG Vaccine

280. What is a Bacille Calmette-Guerin (BCG)? FAQ

(a) Live-attenuated vaccine (b) Killed vaccine
(c) Immunoglobulin (d) Toxoid

RRB Staff Nurse 2019
Correct Option (a)

- BCG (Bacille Calmette-Guerin) vaccine is a live-attenuated vaccine consists of living bacteria derived from a strain of 'mycobacterium bovis'.
- '**Danish 1331**' strain is used for BCG production.
- BCG vaccine given directly till 1 year without performing a tuberculin test is called **direct BCG** and given after 1 year only after performing a tuberculin test is called **indirect BCG.**

281. B.C.G vaccine is given to protect the child against:

(a) Diphtheria (b) Tetanus
(c) Typhoid (d) Tuberculosis

NPCIL Staff Nurse 2019
Correct Option (d)

282. What immunization is given at birth?

(c) Strengthen sub-centre
(d) All of the above

RPSC (Raj.) Staff Nurse 2010
Correct Option (d)

352. Creation of a cadre of ASHA (Accredited Social Health Activist) was done under this mission:
(a) National Urban Health Mission
(b) National Rural Health Mission
(c) Mission Indradhanush
(d) Reproductive Child Health Mission

MNS SCC Exam 2024
Correct Option (b)

353. From the following, the defined form of CSSM is:
(a) Child Survival & Sickness Control Measures
(b) Child Sanitation and Safety Measures
(c) Child Security and Safety Measures
(d) Child Survival and Safe Motherhood

AIIMS Bhopal Nsg. Officer 2018
Correct Option (d)

- Child survival and safe motherhood (CSSM) programme was launched in 1992, with assistance from World Bank and UNICEF.

354. The child survival and safe motherhood programme was launched in the year:
(a) 1992 (b) 1994 (c) 1996 (d) 1998

AIIMS Raipur SNO 2023
Correct Option (a)

RCH

355. In which year reproductive child health concept begins in India:
(a) 1997 (b) 1995 (c) 1994 (d) 1999

RPSC (Raj.) Nsg. Tutor 2012
Correct Option (a)

- RCH-I was launched on 15th October, 1997 and second phase, i.e., RCH-II was launched on 1st April, 2005 with major strategies on essential obstetric care (institutional delivery, skilled attendance at delivery); emergency obstetric care (fully functional FRU and 24×7 delivery services at PHCs and CHCs) and strengthening referral system.
- RMNCH +A launched in 2013 (inclusion of adolescents), Indian newborn action plan (2014) and RMNCAH +N (2022).

356. "Janani Suraksha Yojana" was launched on: FAQ
(a) 1st April 2004 (b) 12th April 2004
(c) 12th April 2005 (d) 5th April 2005

IGNOU B.Sc. (PB) Nsg. Entrance 2014
Correct Option (c)

- The national maternity benefit scheme was modified into "Janani Suraksha Yojana" (JSY) and it was launched on 12th April, 2005, under RCH (100% centrally sponsored scheme, under NRHM) and ASHA would work as link workers.
- Objectives of JSY are reducing maternal mortality and infant mortality through institutional deliveries and care especially for poor women.

357. Janani Suraksha Yojana has been started as under:
(a) CSSM (b) NRHM (c) MCH (d) ICDS

BHU Nsg. Officer 2018
Correct Option (b)

358. Which of the following is FALSE about JSY?
(a) It was launched in 2005
(b) It aims to revive Dai training
(c) It involves cash incentives to ASHA workers
(d) It also aims to reduce neonatal mortality

CHO, Haryana 2022
Correct Option (b)

359. Under Janani Suraksha Yojna assistance given to mother, in low-performance states (LPS), in urban area is:
(a) ₹ 2000 (b) ₹ 1050 (c) ₹ 1000 (d) ₹ 1400

CHO, Rajasthan 2024
Correct Option (c)

- Cash assistance for institutional delivery (in Rs):

Category	Rural Area		Urban Area	
	Mother's	ASHA's	Mother's	ASHA's
LPS	1400	600	1000	400
HPS	700	600	600	400

360. What is the proposed timeline for registration of mothers according to the micro-birth plan of JSY?
(a) At least 14-18 weeks before the EDD
(b) At least 20-24 weeks before the EDD
(c) At least 12- 16 weeks before the EDD
(d) At least 8 to 12 weeks before the EDD

CHO, Madhya Pradesh 2021
Correct Option (b)

361. A voluntary scheme wherein any obstetric and gynae specialist/maternity home/nursing home staffs volunteer themselves for providing safe motherhood services: FAQ
(a) IMNCI (b) Vandemataram scheme
(c) RMNCH+A (d) JSY

MNS SCC Exam 2024
Correct Option (b)

362. Pradhan Mantri Surakshit Matritva Abhiyan (PMSMA) was launched to provide fixed-day assured, comprehensive & quality antenatal care universally to all pregnant women in:
(a) 2nd trimester (b) 2nd & 3rd trimester
(c) 1st trimester (d) 1st & 2nd trimester

CHO, Madhya Pradesh 2021
Correct Option (b)

- PMSMA was launched in 2016 to provide a minimum package of antenatal care services to all pregnant

373. Under integrated management of neonatal and childhood illness care is rendered to:
(a) Only newborn
(b) Under-five children
(c) 2 months to 5-year-old children
(d) Age up to 2 months and 2 months to 5-year-old children

PGIMER Chandigarh Staff Nurse 2016
Correct Option (d)

- IMNCI case management guidelines focus on children up to 5 years of age and broadly described under **two age categories**, i.e., young infant's age up to 2 months and children age 2 months up to 5 years.

374. According to IMNCI, the danger signs for a sick child from two months to five years include:
(a) Lethargy/unconsciousness, inability to drink/breastfeed, ear problems and malnutrition
(b) Convulsions, lethargy/unconsciousness, inability to drink/breastfeed and ear problems
(c) Convulsions, lethargy/unconsciousness, inability to drink/breastfeed and vomiting
(d) Convulsions, lethargy, fever and diarrhoea

UPUMS, Saifai Staff Nurse 2023
Correct Option (c)

375. Consider the following IMNCI case management process events and arrange them into chronological order:
I. Assess the young infant/child
II. Identify treatment
III. Treat young infant/child
IV. Classify the illness
Select the **correct** answer:
(a) I, IV, II, III (b) IV, I, III, II
(c) II, III, IV, I (d) III, II, I, IV

UPPSC, U.P. Staff Nurse 2022
Correct Option (a)

376. The colour coding in IMNCI case management which includes the initiation of specific treatment at outpatient health facility is: FAQ
(a) Pink (b) Yellow (c) Blue (d) Green

AIIMS Raipur SNO 2023
Correct Option (b)

- The colour-coded triage system is used in IMNCI guidelines to classify a child's illness according to their severity.
  - **Pink** for urgent pre-referral treatment and referral or admission.
  - **Yellow** for treatment at an outpatient facility.
  - **Green** for simple advice on home-based management.

377. Classifications coded in pink colour in IMNCI: What action is needed?
(a) There is no point in intervening in these cases
(b) Require hospital referral or admission
(c) Indicate initiation of specific treatment
(d) Calls for home management

UPPSC, U.P. Staff Nurse 2017
Correct Option (b)

RMNCH + A

378. The National Adolescent Health Programme was launched in the year of:
(a) 2014 (b) 2008 (c) 2012 (d) 2010

CHO, Madhya Pradesh 2021
Correct Option (a)

- RKSK programme (launched in 2014) is for adolescent (boys and girls) 10-19 years.
- **7Cs** of RKSK: **c**linics, **c**ounseling, **c**ommunication, **c**ontent, **c**onvergence, **c**are and **c**ommunity.
- Approach: **"Saathiya"**-friend to friend approach.

379. Rashtriya Kishore Swasthya Karyakram (RKSK) has following six priority areas EXCEPT:
(a) Improve nutrition
(b) Enable sexual and reproductive health
(c) Address conditions for communicable diseases
(d) Prevent injuries and violence

CHO, Madhya Pradesh 2021
Correct Option (c)

380. The components of adolescent health programme are all EXCEPT:
(a) Weekly iron and folic acid supplementation
(b) Adolescent reproductive sexual health programme
(c) Menstrual hygiene scheme
(d) Vitamin A supplementation programme

CHO, Madhya Pradesh 2021
Correct Option (d)

381. The key activities under menstrual hygiene scheme are:
(a) Safe disposal of sanitary napkin
(b) Sourcing and procurement of sanitary napkins
(c) Storage and distribution of sanitary napkins
(d) All of these

CHO, Madhya Pradesh 2021
Correct Option (d)

382. Facility-based counselling centres provide health education to adolescents on all of the following areas EXCEPT:
(a) Nutrition (b) Prevention of STD
(c) Puberty (d) Early marriage & child bearing

CHO, Madhya Pradesh 2021
Correct Option (d)

383. Weekly Iron and Folic Acid Supplementation (WIFS) Programme is meant for:
(a) Adolescent girls and lactating mothers
(b) Adolescent boys, pregnant mother & lactating mothers

(c) Pregnant women
(d) Adolescent boys and girls

CHO, Madhya Pradesh 2021
Correct Option (d)

- WIFS programme launched in 2012 to prevent the high prevalence and incidence of anemia among adolescent girls and boys in 6th to 12th class (10 to 19 years age).
- 100 mg elemental iron and 500 µg folic acid is administered on a fixed day approach.
- Biannual deworming (Albendazole 400 mg), six months apart, for control of helminths infestation.

384. The adolescent health programme provides iron and folic acid supplementation on:
(a) All days (b) Fixed days every week
(c) Once a month (d) Once every 2 months

CHO, Madhya Pradesh 2021
Correct Option (b)

385. To maintain the health of adolescent and for control of helminths infection Tab Albendazole is administered:
(a) Once a year (b) Three times a year
(c) Twice a year (d) Once every three months

CHO, Madhya Pradesh 2021
Correct Option (c)

386. The objective of National Deworming Day is to deworm all children between the ages of:
(a) 3-5 yrs (b) 1-19 yrs (c) 6-18 yrs (d) 6-12 yrs

RAK M.Sc. Nsg. Entrance 2024
Correct Option (b)

387. Which of the following national health programme providing preventive and curative mechanism through a 6×6×6 strategy:
(a) JSK (b) AMB (c) NACP (d) NPPCD

CHO, Madhya Pradesh 2022
Correct Option (b)

- The 6×6×6 strategy under Anemia Mukt Bharat (AMB) implies 6 beneficiaries, 6 interventions, and 6 institutional mechanisms.

388. The weekly one iron and folic acid blue color tablet containing 60 mg element iron and 500 mg folic acid under Anemia Mukt Bharat is given to:
(a) Pregnant and lactating mothers
(b) Children 5-9 years of age
(c) Schools going adolescent girls and boys
(d) Women of reproductive age group (non-pregnant & non-lactating) 20-49 years

RAK M.Sc. Nsg. Entrance 2024
Correct Option (c)

- Prophylactic IFA supplementation: (AMB)

Age group	Dose & regime
Pre-school children (6-59 months)	• Biweekly, 1 mL IFA syrup • Each mL IFA syrup: 20 mg elemental iron + 100 µg folic acid
Children (5-10 years)	• Weekly, 1 IFA: 45 mg elemental iron + 400 µg folic acid (**pink** color)
Adolescent girls & boys (10-19 years)	• Weekly, 1 IFA: 60 mg elemental iron + 500 µg folic acid (**blue** color)
Woman of reproductive age (non-pregnant, non-lactating) 20-49 years	• Weekly, 1 IFA: 60 mg elemental iron + 500 µg folic acid (**red** color) • Women in reproductive age group in pre-conception period & up to 1st trimester: 400 µg folic acid, daily
Pregnant & lactating women (0-6 months)	• Daily, 1 IFA tablet starting from 4th month of pregnancy, continued • Throughout pregnancy (180 days) • Postpartum period (180 days) • Each tablet: 60 mg elemental iron + 500 µg folic acid (**red** color)

389. Menstrual Hygiene Scheme (MHS) was implemented for adolescent girls in the age group of:
(a) 10- 22 years (b) 10- 19 years
(c) 16- 19 years (d) 15-19 years

CHO, Madhya Pradesh 2021
Correct Option (b)

390. Meaning of ARSH under RMNCH+A program is:
(a) Adolescent Reproductive and Sexual Health
(b) Adolescent Reproductive and Social Health
(c) Adolescent Regulation and Sexual Health
(d) Adolescent Reward and Sexual Health

CHO, Madhya Pradesh 2020
Correct Option (a)

391. Acts related to child welfare EXCEPT:
(a) Juvenile justice act, 1986
(b) The child labour (prohibition and regulation) act, 1986
(c) The child marriage restraint act, 1929 (Sharda act)
(d) ESI act, 1969

Correct Option (d)

Miscellaneous

392. National Programme for Family Planning was launched in India in:
(a) 1948 (b) 1952 (c) 1965 (d) 1950

CHO, Rajasthan 2023
Correct Option (b)

- India was the first country in the world to start a national family welfare programme in 1952.
- In 1977 it was renamed as the national family welfare programme (by Janta Party govt.).

393. Government of India re-designated family planning programme as family welfare programme in the year:
(a) 1977 (b) 1953 (c) 1975 (d) 1969

RAK M.Sc. Nsg. Entrance 2014

CHO, Rajasthan 2024
Correct Option (a)

523. Yuzpe and Lancee method is used for:
(a) Sterilization with 'No-scalpel technique'
(b) Emergency contraception with OCPs
(c) Emergency contraception with IUDs
(d) Evaluation of newer contraceptives
Correct Option (b)

524. All of the following are progestogen-only injectables EXCEPT: FAQ
(a) DMPA-SC (b) DMPA
(c) Ethinyl estradiol (d) NET-EN
CHO, Madhya Pradesh 2022
Correct Option (c)

- Progestogen-based injectable contraceptives:
  - DMPA (**Antara** in the national family planning program) is a progestogen-only injectable given 150 mg IM, every 3 months.
  - NET-EN (Norethisterone enanthate): 200 mg IM, every 2 months and should be given during the first 5 days of the menstrual period.
  - DMPA-SC: New lower-dose of DMPA contains 104 mg and given at 3-months intervals.

525. Depot-medroxyprogesterone acetate (DMPA) should be replaced in which time interval?
(a) 6 month (b) 1 month (c) 3 month (d) 5 month
AIIMS (NORCET) Nsg. Officer 2021
Correct Option (c)

526. An injectable contraceptive containing Medroxyprogesterone Acetate available in Govt. health facilities in India is: FAQ
(a) Antara (b) Chhaya (c) Nischay (d) Mala-N
NHM, U.P. Staff Nurse 2021
Correct Option (a)

527. Dose of DMPA is:
(a) 200 mg after every two months
(b) 200 mg monthly
(c) 150 mg after every three months
(d) 100 mg for two weeks
RUHS M.Sc. Nsg. Entrance 2019
Correct Option (c)

528. Norplant is an example of a:
(a) Subdermal implant (b) 1st generation IUD
(c) Vaginal ring (d) 2nd generation IUD
JIPMER Staff Nurse 2017
Correct Option (a)

- Norplant is a subdermal implant used for long-term contraception; up to 5 years.
- It consists of 6 silastic (silicone rubber) capsules/ rods containing 35 mg (each) of **levonorgestrel** and inserted under the skin of women's forearm/upper arm.

529. Post-pill amenorrhea is treated by:
(a) Estrogens (b) Progesterone
(c) Clonidine (d) Clomiphene
Correct Option (d)

- Post-pill amenorrhea means failure to resume menstruation within six months after discontinuation of oral contraceptives.
- Clomiphene citrate is a non-steroidal, ovulatory stimulant (egg production) that acts as a selective estrogen receptor modulator.
- It may increase the incidence of multiple births.

530. An example of Post-Conception method is:
(a) Menstrual induction
(b) Sub-dermal implants
(c) Vaginal rings
(d) Injectable contraceptives
JIPMER Staff Nurse 2017
Correct Option (a)

- Except option **'a'** all other options are pre-conceptional methods of contraception which will prevent conception.
- Menstrual induction means early uterine evacuation with use of prostaglandin F2 under sedation before confirmation of pregnancy.

531. A family planning procedure where aspiration of uterine contents is done within 6-14 days of missed period is called:
(a) Menstrual induction (b) Induced abortion
(c) Menstrual extraction (d) Menstrual regulation
UPUMS, Saifai Staff Nurse 2023
Correct Option (d)

532. Match contraceptives with action:

Contraceptives	Action
a. Mini pill	I. Inhibits ovulation
b. IUCD	II. Prevents semen release into vagina
c. Combined oral contraceptive pills	III. Makes cervical mucus thick & viscous & prevents sperm penetration
d. Condom	IV. Causes biochemical & histological changes in the endometrium

Choose the **correct** answer:
(a) a-I, b-II, c-III, d-IV (b) a-III, b-IV, c-I, d-II
(c) a-I, b-II, c-IV, d-III (d) a-III, b-II, c-I, d-IV
MNS SCC Exam 2024
Correct Option (b)

533. Match List-I with List-II:

List-I	List-II
a. NISHCHAY	I. Non-Steroidal OCP
b. CHHAYA	II. Steroidal OCP
c. Antara	III. UPT kit
d. Mala	IV. Inj. contraceptive

Terminal Methods (Sterilization)

543. Which of these is a permanent method of contraception? FAQ
(a) Tubal ligation (b) Vasectomy
(c) MTP (d) Both A & B
CHO, Tripura 2021
Correct Option (d)

- Permanent or terminal methods of family planning are male sterilization **(vasectomy)** and female sterilization **(tubectomy or tubal ligation)**.

544. Which of the following is NOT a surgical method used in birth control?
(a) Vasectomy (b) IUCD
(c) Tubectomy (d) Tubal ligation
JSSHS Delhi Nsg. Officer 2019
Correct Option (b)

545. Male sterilization is accomplished with a surgical procedure known as:
(a) Vasectomy (b) Sterilization
(c) Abortion (d) Tubal ligation
DSSSB Nsg. Officer 2019
Correct Option (a)

- Removal of 'minimum 1 cm of **vas deferens'** is called vasectomy and ends are ligated and folded back to themselves.
- Following vasectomy, sperm produced are destroyed intraluminally by phagocytosis.
- Person is not sterile until after 30 ejaculations (**3 months**) post-vasectomy.

546. Which of the following advise should not be given after male sterilization:
(a) Avoid taking bath for 24 hours
(b) Wear T-bandage for 15 days
(c) Avoid cycling for 15 days
(d) No need to use contraceptive after 7 days
RUHS B.Sc. (PB) Nsg. Entrance 2024
Correct Option (d)

547. NSV is one of the methods of birth control where NSV stands for:
(a) Non-steroidal vasectomy
(b) Non-surgical vasectomy
(c) No-scalpel vasectomy
(d) None of these
BSF Staff Nurse 2015
Correct Option (c)

- No-scalpel vasectomy (NSV, also known as 'keyhole vasectomy'), vas is brought out through a tiny puncture which does not require any stitches.
- Surgical hook (not scalpel) is used to enter the scrotum.

548. The procedure of removal and ligation of fallopian tube is referred as:
(a) Mastectomy (b) Vasectomy
(c) Tubectomy (d) Laparotomy
RAK M.Sc. Nsg. Entrance 2017
Correct Option (c)

549. Which of the following is the terminal method of contraception?
(a) IUCD (b) Subdermal implants
(c) Tubectomy (d) Foam tablets
AIIMS Jodhpur Senior Nsg. Officer 2018
Correct Option (c)

550. A technique of female sterilization through abdominal approach is referred as:
(a) Major lap operation (b) Laparotomy
(c) Mini lap operation (d) Laparoscopy
IGNOU B.Sc. (PB) Nsg. Entrance 2014
Correct Option (d)

- Female sterilization can be performed by the abdominal, vaginal and uterine approach.
- Two surgical procedures that are mainly used in female sterilization (tubectomy) are laparoscopy and minilap tubectomy (**Falope ring** is used for tubal ligation).
- Laparoscopy is performed through an abdominal approach with a specialized instrument called laparoscope and gases CO_2, NO or air is used to inflate the abdomen to visualize the fallopian tube. Intra-abdominal pressure should not exceed 15 mm of mercury.
- Minilap tubectomy/mini lap operation is modification of abdominal tubectomy, which involves a smaller abdominal incision of 2.5 to 3 cm under local anesthesia.

551. A technique of tubectomy in which the medial cut end of the fallopian tube is buried in the myometrium posteriorly and the distal cut end is buried in the mesosalpinx is called:
(a) Pomeroy's method (b) Irving's method
(c) Madlener method (d) Kroener method
AIIMS Raipur SNO 2023
Correct Option (b)

- Techniques for tubal sterilization:
  - ♦ Irving procedure: The medial cut end of the oviduct is buried in the myometrium posteriorly, and the distal cut end is buried in the mesosalpinx.
  - ♦ Pomeroy procedure: A loop of oviduct is ligated, and the knuckle of the tube above the ligature is excised.
  - ♦ Parkland procedure: A midsegment of tube is separated from the mesosalpinx at an avascular site, and the separated tubal segment is ligated proximally and distally and then excised.
  - ♦ Madlener procedure: A knuckle of oviduct is crushed and then ligated without resection.
  - ♦ Kroener procedure: The tube is ligated across the ampulla, and the distal portion of the ampulla, including all of the fimbria, is resected.

Correct Option (c)

- The emblem of under-five clinic includes its 5 components preventive care (immunization, supplementary food, vitamin A prophylaxis & IFA), care in illness (fever, diarrhoea, ARI, skin infections and helminthiasis), growth monitoring (weight, height check-up), family planning (during early puerperium and lactation), health education (child care, breastfeeding, immunization, family planning, personal hygiene, female literacy, etc.).
- Mother is the most effective worker in under-five clinics.

572. Emblem for under-five clinic contains the following objectives, EXCEPT:
(a) Immunization
(b) Adequate nutrition
(c) Protect the childhood disorders
(d) Care of illness

RAK M.Sc. Nsg. Entrance 2009
Correct Option (c)

573. What does the inner triangle in the symbol of under-five clinics denote?
(a) Family planning (b) Health education
(c) Preventive care (d) Growth monitoring

AIIMS Raipur Nsg. Officer 2019
Correct Option (a)

574. All of the following information are sought in the well-baby clinic EXCEPT:
(a) Schooling (b) Breastfeeding
(c) Sleep pattern (d) Growth & development

BHU Staff Nurse 2015
Correct Option (a)

575. Growth chart or 'Road to Health' is a visible display of: FAQ
(a) Height-for-age (b) Weight-for-height
(c) Height-for-weight (d) Weight-for-age

CHO, Haryana 2022
Correct Option (d)

- "Road-to-health"/growth chart (weight-for-age) is a visible display of a child's physical growth and development.
- It was first designed by **David Morley** (later modified by WHO) & used for growth monitoring (longitudinal follow-up) of a child.

576. "Road to health" indicates:
(a) Balanced diet (b) Child physical growth
(c) Health of family (d) Education of child

UPPSC, U.P. Staff Nurse 2017
Correct Option (b)

577. Type of growth chart used by Anganwadi workers for growth monitoring?
(a) NCHS (b) IAP (c) CDC (d) MGRS

Correct Option (d)

- ICDS growth chart (adopted from WHO chart) is used by Anganwadi workers which is based on multicentre growth reference study (MGRS).
- It has 3 curves and 4 zones.
- It shows the normal zone of weight-for-age, undernutrition (below–2SD) and severely underweight zone (below–3SD).
- For girls pink color and boys blue color chart is used.

578. The Road to Health Card is used to:
(a) Provide nutrition (b) Provide preventive care
(c) Monitor growth (d) Care illness

RRB Staff Nurse 2019
Correct Option (c)

579. On April 25, 2019 WHO released new guidelines on:
(a) Diagnosis of sepsis based on SOFA score
(b) Investigations after suspected CVA in elderly
(c) Treatment protocols for hypertension with renal diseases
(d) Physical activity, sedentary and sleep for children under 5 years

BHU Nsg. Officer 2019
Correct Option (d)

Indicators of MCH Care

580. Maternal mortality ratio or rate is expressed in terms of: FAQ
(a) 100000 live births (b) 1000 live births
(c) 10000 live births (d) 100 live births

CHO, Madhya Pradesh 2021
Correct Option (a)

- Maternal mortality rate (MMR) is the number of maternal deaths due to causes associated with pregnancy, childbirth and puerperium within 42 days of delivery or its management but not from accidental causes.
- Late maternal deaths means beyond 6 weeks postpartum period.
- MMR is expressed as deaths per 100,000 live births.
- MMR is a ratio (maternal mortality rate is a misnomer; MMR is not a rate).

581. The denominator in the maternal mortality ratio is:
(a) Total population in that year and area

Correct Option (c)

- Maximum recommended 40 students per classroom (per capita space >10 sq. ft), 1 urinal for 60 students and 1 latrine for 100 students.

613. Role of community nurse in school health program, EXCEPT:

(a) Assist in screening physical, mental and other special examination of children in school
(b) Assist in communicable disease control
(c) To provide immunization to the children
(d) Assist in school medical examination and follow-up

ESIC Staff Nurse 2019
Correct Option (c)

- School health services include periodic medical examination (once in 4 years, starting at admission), prevention of communicable disease through immunization, first-aid, screening procedure (mental health, dental health, defects of vision and hearing), referral and follow-up, etc.
- Current recommendation for school health checkup is once **every 6 months**.

614. The school health committee of India recommended periodical medical examination of school children:

(a) At the time of admission, thereafter every 4 years
(b) At the time of admission, thereafter every year
(c) As and when required
(d) After initial examination every 5 years' interval

WBUHS M.Sc. Nsg. Entrance 2022
Correct Option (a)

615. Which is an example of the school nurse's health care provider function?

(a) Requesting for BCG from the RHU for school entrance immunization
(b) Conducting random classroom inspection during measles epidemic
(c) Taking remedial action on an accident hazard in the school playground
(d) Observing places in the school where pupils spend their free times

RUHS B.Sc. (PB) Nsg. Entrance 2015
Correct Option (b)

Gerontology

616. Gerontology is the study of:

(a) Animals (b) Human beings
(c) Earths (d) Age and aging process

RUHS M.Sc. Nsg. Entrance 2016
Correct Option (d)

- Gerontology is the scientific study of physical, mental and social aspects of old age, the process of aging while **geriatrics** deals with the problems and diseases associated with old age and aging people (India 60 years and above).
- The word "geriatrics" was coined by Ignatz L Nascher in 1909.

617. Gerontology nursing deals with:

(a) Care of patients with terminal illness
(b) Care of patient with genetic problems
(c) Care of older adults
(d) Care of patients in community settings

HSSC Haryana Staff Nurse 2017
Correct Option (c)

618. A comprehensive health assessment of an older person includes:

(a) Functional assessment
(b) Clinical assessment
(c) Psychosocial assessment
(d) All of the above

LNJP Delhi Staff Nurse 2013
Correct Option (d)

- Comprehensive geriatric assessment (CGA) is a multidisciplinary process focused on medical/clinical, functional, psychological, social/environmental strengths and limitations in older people.
- Periodic CGA is carried out once at age 45 to 50 years and once in 5 years till 65 years age, thereafter every or at least once in 2 years.
- **Beers** criteria is used for potentially inappropriate medication use in elderly patients.
- **GRACE** (Geriatric resources for assessment and care of elders) is a team-based care model for vulnerable older adults.

619. Health maintenance program for older people in the community are as follows EXCEPT:

(a) Dietary guidance and food services
(b) Health education
(c) Home health service
(d) Palliative care

ESIC Staff Nurse 2019
Correct Option (d)

620. Vulnerable populations of clients are those who are more likely to develop health problems as a result of:

(a) Chronic diseases, homelessness and poverty
(b) Lack of transportation, dependent on other for care and homelessness
(c) Poverty and limits in access to health care services and dependency on others for care
(d) Excess risks, limits in access to health care services and dependency on others for care

Correct Option (d)

- The vulnerable populations include chronically ill and disabled, low-income and/or homeless individuals, certain geographical communities, LGBTQ + population (lesbian, gay, bisexual, transgender, and queer) and very young and very old, etc.

as 'ripening of the filter'.

- It removes organic matter and holds back bacteria and oxidizes nitrogen to nitrates and helps in yielding bacteria-free water.

632. The final step in the purification of water on a large scale is:

(a) Boiling (b) Filtration
(c) Disinfection (d) Storage

SSB DD & DNH Nsg. Officer 2018
Correct Option (c)

633. The most effective method of purification of water at community is:

(a) Boiling (b) Straining
(c) Filtering (d) Chlorination

IGNOU B.Sc. (PB) Nsg. Entrance 2013
Correct Option (c)*

634. How much water can be disinfected with a tablet of 0.5 gm chlorine? FAQ

(a) 5 L (b) 10 L (c) 15 L (d) 20 L

IGNOU B.Sc. (PB) Nsg. Entrance 2017
Correct Option (d)

- NEERI, Nagpur develops a double action chlorine tablet which removes turbidity and disinfects the water.
- Each tablet of **0.5 gm** is required to disinfect **20 litres** of water.
- These tablets consist of alum, bleaching powder, sodium bi-carbonate and talc mixed in appropriate proportions.

635. Bleaching powder needed to disinfect 1000 liters of water is:

(a) 2.0 gm (b) 5 gm (c) 2.5 gm (d) 3.5 gm

CHO, Haryana 2022
Correct Option (c)

636. In the process of water purification, the chlorine acts as:

(a) Anti-microbial (b) Anti-fungal
(c) Antibiotic (d) Germicidal

IGNOU B.Sc. (PB) Nsg. Entrance 2014
Correct Option (d)

- Chlorine (greenish-yellow colored, highly toxic gas) is an effective disinfectant (destroys almost all pathogen present in water, but has no effect on the bacterial spores, ova, cysts and certain viruses like poliovirus, hepatitis A virus), deodorant (destroys algae and fungi) and an oxidizing agent.
- Germicidal action of chlorine is mainly due to hypochlorous acid (HOCl) and to a small extent due to hypochlorite ions.

637. Formula of bleaching powder:

(a) $CaCl_2$ (b) $CaOCl_2$ (c) $KMNO_4$ (d) $MgSO_4$

ESIC Bhiwari Staff Nurse 2010
Correct Option (b)

- Bleaching powder or chlorinated lime ($CaOCl_2$) is a white amorphous powder, which contains 33.3 % of "available chlorine" if freshly prepared.
- It is used for household purification of water.

638. During chlorination of water, the point at which the chlorine demand is met is called:

(a) Break point chlorination
(b) Super chlorination
(c) Contact period
(d) Chlorine demand

UPPSC, U.P. Staff Nurse 2017
Correct Option (a)

- The point at which the chlorine demand is met, is called the break-point chlorination.
- If chlorine is added beyond the break-point, it remains in the free-state as 'free chlorine' (or free residual chlorine; FRC).

639. Residual chlorine after chlorination of water should be:

(a) 1 mg/L after 1 hr (b) 1 mg/L after ½ hr
(c) 0.5 mg/L after 1 hr (d) 0.5 mg/L after ½ hr

Safdarjung Delhi Nsg. Officer 2018
Correct Option (c)

- The principle in chlorination is to ensure free residual chlorine of 0.5 mg/litre for one hour contact period to kill bacteria and viruses.

640. The free chlorine which is expected to be available after one hour of chlorination is:

(a) 1. 5 gm/L (b) 1 gm/L (c) 0.5 mg/L (d) 1 mg/L

DSSSB Nsg. Officer 2019
Correct Option (c)

- Level of free residual chlorine recommended:

Water type	Recommended	
	Residual chlorine level	Contact period
Drinking water	> 0.5 mg/L (ppm)	1 hr
Water bodies, post-disaster	> 0.7 mg/L (ppm)	1 hr
Swimming pool sanitation	> 1.0 mg/L (ppm)	1 hr

641. What is the minimum contact time required for the chlorination of water to take place?

(a) 90 min (b) 10 min (c) 30 min (d) 60 min

AIIMS Patna Nsg. Officer 2020
Correct Option (d)

- Contact period is time required for the chlorine to disinfect the water.
- For optimum disinfection, the presence of free chlorine for a contact period of **1 hour** is essential to kill bacteria and viruses.

642. Which test is done to find out the presence of free

Correct Option (d)

- Sulabh International is a non-profit NGO, founded by Dr Bindeshwar Pathak in 1970.
- Sulabh built the first toilet (Sulabh Shauchalaya) in 1973 in Arrah (Patna), Bihar.

687. Which of the following is a cheap method of sewage treatment:

(a) Sea outfall (b) Oxidation pond
(c) River outfall (d) Land treatment

CHO, Tripura 2022
Correct Option (b)

- Oxidation pond (sewage lagoon, waste stabilization pond) is the cheapest method of sewage treatment, which includes an open, shallow pool about 1.5 meter deep pond, filled with sewage.
- The organic matter present in the sewage is oxidized or decomposed by aerobic bacteria, algae and sunlight.
- Modern sewage treatment is divided into **2 stages**, i.e., primary or anaerobic digestion (screening, grit chamber, primary sedimentation) and secondary or aerobic oxidation (trickling filter method, activated sludge process).

Bio-Medical Waste

688. Revised biomedical waste rules were implemented in:

(a) 2016 (b) 1998 (c) 2022 (d) 2000

RAK M.Sc. Nsg. Entrance 2024
Correct Option (a)

689. Average hospital waste produced per bed per day in Govt. hospital:

(a) ½ to 1 kg/bed (b) ½ to 2 kg/bed
(c) ½ to 3 kg/bed (d) ½ to 4 kg/bed

Correct Option (d)

- Quantity of BMW generated in nursing homes ½ to 1 kg, private hospitals ½ to 2 kg and Govt. hospitals between ½ to 4 kg/bed/day.
- CHC and sub-district hospitals (30 to 100 beds) produce 15 to 50 kg of wastes/day.
- District and teaching hospitals including private hospitals produce 200 to 1000 kg of wastes/day.

690. When disposing of plastic bags, tubing, syringes and gloves used to administer antineoplastic drugs, the nurse should implement which nursing intervention?

(a) Avoiding contact with the equipment by allowing housekeeping to remove it
(b) Discarding all used equipment in a container marked "Isolation"
(c) Dispose all equipment in a container marked "Bio health Hazard"
(d) Disposing all used equipment in the regular trash receptacles

RUHS M.Sc. Nsg. Entrance 2014
Correct Option (c)

- Recyclable wastes like plastic bags, IV tubing, syringes and gloves used to administer antineoplastic drugs, etc. in a designated container/bag (red) marked as "Bio health Hazard".
- Anything that is actually or potentially harmful to humans and another species or the environment is called bio health hazard.

691. Human and animal wastes, microbial & biological wastes and soiled waste are disposed in: FAQ

(a) Blue bag (b) Red bag
(c) Yellow bag (d) Black bag

AIIMS Raipur Nsg. Officer 2019
Correct Option (c)

- Yellow non-chlorinated plastic bag used for:
  - Human and animal anatomical waste: Tissues, organs, body parts, fetus, placenta, extracted tooth, etc.
  - Soiled waste: Dressing, plaster casts, cotton swabs, residual/discarded blood bags.
  - Expired or discarded medicines: Antibiotics, cytotoxic drugs along with glass or plastic ampoules, vials, etc.
  - Chemical waste: Discarded reagents, disinfectants.
  - Chemical liquid waste: Used or discarded disinfectants, silver X-ray film developing liquid, discarded formalin, infected secretions, aspirated body fluids, liquid from laboratories and floor washings, cleaning, etc.
  - Discarded linen, mattresses, beddings soiled with blood or body fluid.
  - Pre-treated microbiology, biotechnology and clinical lab waste: blood bags, cultures, residual toxins dishes and devices, microorganism's specimen.

692. Which of the following biomedical wastes should be discarded in a yellow colour waste bin? 1. Human anatomical waste, 2. Urobag, 3. Needles, 4. Soiled plaster casts, 5. Glass slides. Select the correct answer using the codes given below:

(a) 1 and 2 (b) 1 and 4 (c) 2 and 3 (d) 3 and 5

ESIC Nsg. Officer 2024
Correct Option (b)

693. Human anatomical waste such as placenta are disposed in which of the following bag? FAQ

(a) Yellow (b) Red (c) White (d) Blue

NHM, M.P. Staff Nurse 2022
Correct Option (a)

694. Which colour bags are used for handling/ disposal of microbiological, non-sharp solid waste?

(a) Red (b) Yellow (c) Blue (d) Black

List-I	List-II
A. Inadequate light	1. Lack of concentration and irritability
B. Excessive sound	2. Raynaud's disease
C. Excessive vibration	3. Miners' nystagmus
D. High pressure under water	4. Caisson's disease

(a) A-3, B-1, C-4, D-2 (b) A-3, B-1, C-2, D-4
(c) A-4, B-3, C-1, D-2 (d) A-3, B-2, C-1, D-4

UPPSC, U.P. Staff Nurse 2021
Correct Option (b)

742. Respirable dust, responsible for pneumoconiosis, has a size limit of:
(a) <1 μm (b) <5 μm (c) <10 μm (d) <100 μm

Correct Option (b)

- Pneumoconiosis (dust disease) occurs due to occupational exposure to dust.
- Dust particles between 0.5 to 3 microns (most dangerous) enter alveoli and cause tissue reaction (fibrosis).

743. Workers of the coal, lead, gold and mica industries can suffer from: FAQ
(a) Cataract (b) Anemia (c) Silicosis (d) Eczema

CHO, Rajasthan 2023
Correct Option (c)

- Silicosis (grinder) disease is caused by inhalation of silica or silicon dioxide (SiO_2) dust, which is more common in occupational workers.
- It is the commonest, major and the most serious of all the pneumoconiosis.
- An X-ray of the chest shows "**snow-storm**" appearance in the lung fields.

744. Occupational disease caused by coal dust is: FAQ
(a) Anthracosis (b) Silicosis
(c) Asbestosis (d) Bagassosis

RAK M.Sc. Nsg. Entrance 2014
Correct Option (a)

- Anthracosis (coal workers pneumoconiosis or miners black lung) is due to the inhalation of coal dust.
- Asbestosis is caused due to exposure of asbestos (not usually appear until after 5 to 10 years of exposure) characterized by dyspnoea, sputum shows 'asbestos bodies' and X-ray shows a ground-glass appearance.
- Exposure to asbestos may lead to lung cancer.

745. A condition caused by the exposure to airborne dusts of cotton, flax and soft hemp is called:
(a) Silicosis (b) Siderosis
(c) Byssinosis (d) Bagassosis

AIIMS Raipur Nsg. Tutor 2023
Correct Option (c)

- Byssinosis is due to inhalation of **cotton-dust** in textile industries.
- Acute symptoms are tightness in the chest and altered respiratory function, within hours after beginning the exposure, especially on Monday or after holidays are called **Monday fever/mill fever** (brown lung disease).

746. Monday fever is the other name for:
(a) Byssinosis (b) Asbestosis
(c) Anthracosis (d) Silicosis

AIIMS Bhopal Nsg. Officer 2018
Correct Option (a)

747. Which of the following is a bronchopulmonary disease caused by the inhalation of fibrous residue of sugarcane? FAQ
(a) Bagassosis (b) Byssinosis
(c) Asbestosis (d) Silicosis

AIIMS Bhubaneswar SNO 2019
Correct Option (a)

- Bagassosis occurs due to inhalation of sugar-cane dust (bagasse).
- It is caused by a thermophilic actinomycetes for which the name thermoactinomyces sacchari.
- It can be prevented by spraying the bagasse with 2% propionic acid (fungicide) and keeping moisture content above 20%.

748. Occupational disease "Farmer's lung" is caused by:
(a) Coal dust (b) Silica
(c) Hay or grain dust (d) Asbestos

RAK M.Sc. Nsg. Entrance 2009
Correct Option (c)

- Farmer's lung is caused by inhalation of mouldy hay or grain dust and the main cause is Micropolyspora faeni (Saccharopolyspora rectivirgula).

749. Match List-I with List-II:

List-I (Cause)	List-II (Occupational Disease)
a. Coal dust	I. Lung cancer
b. Asbestos	II. Siderosis
c. Iron	III. Anthracosis
d. Aromatic amines	IV. Bladder cancer

Choose the **correct** answer:
(a) a-I, b-III, c-II, d-IV (b) a-III, b-I, c-II, d-IV
(c) a-IV, b-III, c-I, d-II (d) a-II, b-IV, c-III, d-I

CHO, Rajasthan 2024
Correct Option (b)

750. Lead is widely used in variety of industries because of its properties: EXCEPT:
(a) Low boiling point
(b) Anti-corrosive
(c) Non-Oxidizing
(d) Mixes with other metals easily

AIIMS Raipur Staff Nurse 2017
Correct Option (c)

- Lead (Pb) is widely used in a variety of industries because of its properties like soft and malleable, low boiling point, anti-corrosive, easily oxidized and

(b) Number of visits
(c) Reduction in IMR
(d) Number of training hour attended

RAK M.Sc. Nsg. Entrance 2017
Correct Option (c)

- ASHA workers performance indicators are reduction in IMR, child malnutrition rates and number of cases of TB/leprosy cases detected.

887. All are true about Anganwadi workers EXCEPT:
(a) Part time worker
(b) Covers population of 5000
(c) Supply nutrition and educate about vaccination
(d) Under controls ICDS

Safdarjung Delhi Nsg. Officer 2018
Correct Option (b)

- Under ICDS scheme, one Anganwadi center with one Anganwadi worker for 1000 population in rural & urban projects and one Anganwadi center for 300 to 800 populations in tribal/hilly projects.
- The work of 20-25 Anganwadis is supervised by mukhyasevikas and 4 mukhyasevikas are headed by a child development project officer (CDPO).

888. Anganwadi worker caters to what size of population?
(a) One thousand (b) One lath
(c) One hundred (d) One million

AIIMS Bhopal Staff Nurse 2016
Correct Option (a)

889. Which of the following is NOT the purpose of conducting Mahila Swasthya Sangh meetings every week by Anganwadi workers in a village?
(a) Discuss anemia
(b) Enhance interpersonal communication
(c) Discuss breastfeeding
(d) Discuss general household problems

CHO, Rajasthan 2024
Correct Option (d)

890. Which of the following person is present in sub-centre?
(a) Multipurpose health worker
(b) Laboratory technician
(c) Health educator
(d) Medical officer

RUHS M.Sc. Nsg. Entrance 2014
Correct Option (a)

891. Keeping the record of birth and death certificate is the responsibility of:
(a) DOTS worker (b) ANM
(c) MHW (d) Anganwadi worker

ESIC Delhi Staff Nurse 2009
Correct Option (b)

892. Job responsibilities of an ANM are all EXCEPT:
(a) Distribute iron and folic acid to women
(b) Home visits
(c) Conducting MTP independently
(d) Training Dai

IGNOU B.Sc. (PB) Nsg. Entrance 2017
Correct Option (c)

893. Female health worker (MPW) does not do:
(a) Distribution of condom
(b) Birth and death registration
(c) Malaria surveillance
(d) Supervision of health volunteers

RAK M.Sc. Nsg. Entrance 2018
Correct Option (c)

894. Registration of pregnancy within 12 weeks of pregnancy is the primary responsibility of:
(a) Doctor (b) Nurse (c) ANM (d) Social worker

CHO, Tripura 2022
Correct Option (c)

895. The following are the functions of Male health workers as a Health Team member "EXCEPT":
(a) Conduct survey of the Sub-centre and maintain record of all families
(b) Provide nutrition advice and Immunization to mothers and children
(c) Maintain information of all vital events
(d) Promote health education activities

AIIMS Raipur Staff Nurse 2017
Correct Option (b)

- Option **'b'** is the work of a female health worker.
- Vital events including death and birth occurring in the area are reported by health worker female (ANM), health worker male (MPHW) and ASHA.

896. The peripheral outpost of the existing health delivery system in rural areas is: FAQ
(a) Village health centre (b) PHC
(c) Sub-centre (d) CHC

CHO, Tripura 2022
Correct Option (c)

897. Population covered by one sub-center in general is:
(a) 1000 (b) 5000 (c) 10000 (d) 25000

JIPMER Staff Nurse 2017
Correct Option (b)

- Population norm for HWC-PHC (IPHS, 2022):

Type of HWC facility	Plain areas (population)	Hilly/Tribal areas (population)
HWC-SHC	5000	3000
UHWC	15,000-20,000	–

898. Population covered by a sub-centre in hilly area:
(a) 5000 (b) 3000 (c) 10000 (d) 30000

RAK M.Sc. Nsg. Entrance 2018
Correct Option (b)

899. The sub-centre is renamed as: FAQ
(a) Health and sciences centre
(b) Health centre

(c) Health and wellness centre (HWC)
(d) Health sciences treatment & palliative centre

CHO, Madhya Pradesh 2020
Correct Option (c)

- HWC-SHC (rural) is established for every 5000 population in plain areas and 3000 population in hilly/tribal/desert areas (with the principle being "time to care"- to be no more than 30 minutes).
- Manpower recommended at HWC-SHC (IPHS, 2022):

Manpower required	Required Numbers*
Community Health Officer	1
Multipurpose Health Worker	1 Male + 1 Female

(*ASHA: 1 per 1000 population or 1 per habitation in tribal/hilly/desert areas)

900. Which of the following health care institutions have been upgraded to health & wellness centres? 1. Sub-health centres, 2. Primary health centres, 3. Sub-district hospitals, 4. District hospital. Choose the correct answer:
(a) 3 and 4 only (b) 1 and 2 only
(c) 1 and 3 only (d) 2 and 3 only

NHM, Rajasthan Staff Nurse 2024
Correct Option (b)

901. Which of the following are the team members of Health & Wellness Center (HWC) at sub-centre level? 1. CHO (MLHP), 2. ANM, 3. ASHA, 4. Anganwadi worker. Select the correct answer using the codes given below:
(a) 1, 2, 3 and 4 (b) 2 and 3 only
(c) 1 and 4 only (d) 1, 2 and 3 only

ESIC Nsg. Officer 2024
Correct Option (d)

902. The multi-purpose worker in general serves a rural population of:
(a) < 500 (b) 1000 (c) 3000 (d) 5000

DSSSB PHN 2015
Correct Option (d)

- Under the multipurpose worker scheme (MPWS), one health worker (male and female) is posted at each sub-centre.
- A health worker female (ANM) may cover 350 to 500 families.

903. Which one of the following is NOT a function of the sub-center?
(a) Maternal and Child Health (b) Referral
(c) National Health programs (d) Training

RUHS B.Sc. (PB) Nsg. Entrance 2016
Correct Option (d)

904. Kit supplied at sub-centre is: FAQ
(a) Kit-E (b) Kit-M (c) Kit-K (d) Kit-B

AIIMS Jodhpur/Rishikesh Staff Nurse 2017
Correct Option (d)

- Drug Kit-A and Kit-B are supplied at Sub-centre under IPHS guidelines.
- Equipment kits supplied under CSSM/RCH programme:
  - Kit-E: Standard surgical set-I (instruments) FRU
  - Kit-F: CHC standard surgical set-II
  - Kit-G: IUD insertion kit
  - Kit-H: CHC standard surgical set-III
  - Kit-I: Normal delivery kit
  - Kit-J: Standard surgical set-IV
  - Kit-K: Standard surgical set-V
  - Kit-L: Standard surgical set-VI
  - Kit-M: Equipment for anaesthesia
  - Kit-N: Equipment for neonatal resuscitation
  - Kit-O: Equipment for lab tests and blood transfusion
  - Kit-P: Materials kit for blood transfusion

905. Which of the following is NOT a content of drug kit-A provided at sub-centre? FAQ
(a) Vitamin A solution (b) Oral rehydration salt
(c) Tab Paracetamol (d) Tab Cotrimoxazole

AIIMS Bhopal Nsg. Officer 2018
Correct Option (c)

Drug Kit-A	Drug Kit-B
Oral rehydration salt	Tab Paracetamol
Tab IFA (large/small)	Tab Dicyclomine HCl
Syrup IFA	Tab Albendazole
Tab Folic acid	Tab Methylergometrine
Tab Cotrimoxazole	Inj. Methylergometrine
Tab Zinc	Chloramphenicol eye ointment
Vitamin A solution	Povidone-iodine ointment
Gentian violet	Cotton bandage & cotton

906. Testing kit, for early detection of pregnancy, available at sub-centers is called:
(a) MCP card (b) Nischay (c) Nikshay (d) M.P. Card

CHO, Rajasthan 2024
Correct Option (b)

907. How much population coverage was proposed by the National Health Plan 1983 in the rural plain areas for a primary health centre? FAQ
(a) 100000 (b) 30000 (c) 10,000 (d) 40000

CHO, Uttar Pradesh 2022
Correct Option (b)

- Population norm for HWC-PHC (IPHS, 2022):

Type of PHC facility	Plain areas (population)	Hilly/Tribal areas (population)
Rural PHC	30,000	20,000
Urban PHC	50,000	–
Polyclinic	2.5-3 lakh	–

908. Population covered by Primary Health Centre in hilly region is:
(a) 20,000 (b) 25,000 (c) 30,000 (d) 40,000

UPPSC, U.P. Staff Nurse 2017

Correct Option (b)

- International Women's Day (IWD) is celebrated on the 8th March every year.
- The earliest women's day was observed on 28 February, 1909 in New York City.
- Theme for IWD in 2023 was "DigitALL: innovation and technology for gender equality" and for 2024 it was "Invest in women: Accelerate progress".

969. International Yoga Day is celebrated on:
(a) May 21 (b) June 11 (c) June 21 (d) July 11
CHO, Madhya Pradesh 2021
Correct Option (c)

970. National nutrition week is celebrated from:
(a) 7th to 13th March (b) 3rd to 9th April
(c) 1st to 7th August (d) 1st to 7th September
AIIMS Mangalagiri Nsg. Lecturer 2022
Correct Option (d)

971. "World Homeopathy Day" is celebrated every year on:
(a) 10th April (b) 11th April (c) 5th April (d) 8th April
CHO, Rajasthan 2024
Correct Option (a)

972. What was theme of World Health Day 2019?
(a) Universal health coverage: everyone, everywhere
(b) Food safety
(c) Halt the rise: beat diabetes
(d) Healthy heart beat: healthy blood pressure
AIIMS Patna Nsg. Officer 2020
Correct Option (a)

Year	World Health Day Themes
2024	My health, my right
2023	Health For All
2022	Our planet, our health
2021	Building a Fairer and Healthier World for Everyone, everywhere
2020	Support Nurses and Midwives
2019	Universal Health Coverage: everyone, everywhere
2018	Universal Health Coverage: everyone, everywhere
2017	Depression: Let's talk
2016	Halt the rise: beat diabetes

973. 'Universal Health Coverage: Leaving no-one behind' is the theme of:
(a) 72nd session of WHO
(b) Janani Suraksha Yojana
(c) Ayushman Bharat
(d) Rashtriya Bal Suraksha Karyakram
BHU Nsg. Officer 2019
Correct Option (a)

974. WHO theme for the year 2017 is:
(a) International health security
(b) Small bites big treat
(c) Make hospital safe in emergencies
(d) Depression- let's talk
DSSSB Clinical Instructor 2017
Correct Option (d)

975. What is the theme for 2016 world health day?
(a) Halt the rise: beat diabetes
(b) Food safety
(c) Vector-borne disease: small bite, big threat
(d) Healthy heart beat Healthy blood pressure
AIIMS Raipur Staff Nurse 2017
Correct Option (a)

976. The WHO India country cooperation strategy 2019-2023 is titled as:
(a) A time of transition (b) A time on transition
(c) A time for transition (d) Transition time
DMER, Mumbai Staff Nurse 2023
Correct Option (a)

Notes

Communicable Diseases

Smallpox

1. Which of the following viruses causes smallpox?
(a) Parvovirus (b) Reovirus
(c) Togavirus (d) Variola virus
CHO, Madhya Pradesh 2024
Correct Option (d)

2. Smallpox vaccine contains:
(a) Living virus
(b) Living mycobacterium
(c) Attenuated virus
(d) Attenuated mycobacterium
RUHS B.Sc. (PB) Nsg. Entrance 2013
Correct Option (a)

- Smallpox vaccine contains live vaccinia virus, which is a poxvirus similar to smallpox but less harmful.
- WHO had officially discontinued the use of smallpox vaccine by 1982 and all variola virus stocks were either destroyed or consolidated into 1 of 2 WHO sanctioned laboratories.

3. The last case of smallpox was reported in the world in:
(a) 1977 (b) 1978 (c) 1979 (d) 1982
RUHS M.Sc. Nsg. Entrance 2013
Correct Option (a)

- The last case of smallpox was reported in the world on 26th October 1977 in Somalia, Africa and in India on 24th May 1975 in Bihar.
- India was declared smallpox-free on 5th July 1975 and confirmed by international commission in April 1977.
- WHO declared global eradication of smallpox on 8th May 1980.

4. In which year was India declared a smallpox-free country by an International Commission for Assessment of Smallpox Eradication?
(a) 1975 (b) 1977 (c) 1976 (d) 1974
NVS (Navodaya) Staff Nurse 2019
Correct Option (b)

5. One of the following diseases has been eradicated globally as declared by WHO:
(a) Poliomyelitis (b) Pox virus
(c) Human monkeypox (d) Smallpox
RPSC (Raj.) Nsg. Tutor 2009
Correct Option (d)

6. Communicable disease eradicated from India:
(a) Chickenpox (b) Rubella
(c) Smallpox (d) Rabies
RAK M.Sc. Nsg. Entrance 2017
Correct Option (c)

7. WHO declared global eradication of smallpox on:
(a) 26th October 1977 (b) 5th July 1975
(c) 17th May 1975 (d) 8th May 1980
Safdarjung Delhi Nsg. Officer 2018
Correct Option (d)

Chickenpox

8. Chicken pox is caused by: FAQ
(a) Varicella-Zoster (b) Cytomegalovirus
(c) Herpes Zoster (d) Herpes Simplex
AIIMS Rishikesh ANS 2023
Correct Option (a)

- Chickenpox (varicella/waterpox) is an acute infectious disease caused by varicella-zoster virus also called human (alpha) herpes virus-3, primarily among young children below 10 years of age (peak age 5 to 10 years).

9. Under certain circumstances the virus that causes chickenpox can also cause:
(a) Athlete's foot (b) Herpes zoster
(c) German measles (d) Infectious hepatitis
RAK M.Sc. Nsg. Entrance 2017
Correct Option (b)

- Recovery from chickenpox is followed by the establish-ment of lifelong latent infection in cranial nerve, sensory ganglia and spinal dorsal root ganglia for decades.
- Under certain conditions (suppression of cell-mediated immunity), viruses may reactivate and can cause herpes zoster (shingles).

10. Incubation period of chickenpox is:
(a) 12 - 14 days (b) 10 - 14 days
(c) 14 - 16 days (d) 14 - 18 days
IGNOU B.Sc. (PB) Nsg. Entrance 2011
Correct Option (c)

11. The mode of transmission of chickenpox is:
(a) Droplet nuclei (b) Infected blood
(c) Mosquito (d) Rodents
CHO, Madhya Pradesh 2021
Correct Option (a)

12. Which is the first sign of chickenpox in children?
(a) Fever (b) Rashes (c) Shivering (d) Malaise
RIMS & R., U.P. Staff Nurse 2013
Correct Option (b)

- Influenza A virus has 2 surface antigens, i.e., haemagglutinin (H) which initiate infection and neuraminidase (N) release virus from the infected cell.
- Antigenic "shift" means sudden or major change due to genetic recombination (causes epidemics/ pandemics) and antigenic "drift" is gradual and it is due to point mutation (sporadic cases).
- Influenza is spread mainly from person to person by droplet infection or droplet nuclei.

56. When there is a sudden complete or major change in the antigenic variation, it is called as: FAQ

(a) Drift (b) Shift (c) Change (d) Evolution

CHO, Tripura 2022
Correct Option (b)

57. The health worker should educate the community that H1N1 influenza virus is present in the nasopharynx:

(a) 3 to 4 days before onset of symptoms
(b) 1 to 2 weeks before onset of symptoms
(c) 1 to 2 days after onset of symptoms
(d) 3 to 4 days after onset of symptoms

RUHS M.Sc. Nsg. Entrance 2017
Correct Option (c)

- H1N1 influenza virus is present in the nasopharynx from 1 to 2 days before and 1 to 2 days after onset of symptoms of the disease.

58. All of the following diseases are preventable through immunization EXCEPT:

(a) Mumps (b) Measles
(c) Diphtheria (d) Influenza

RUHS B.Sc. (PB) Nsg. Entrance 2016
Correct Option (d)

- Influenza (flu) virus frequently changes to sudden antigenic shift (genetic recombination) and gradual antigenic drift (point mutation), which is most common in type A virus epidemics (every 2 to 3 years), so that new strains should be included in vaccines every year (WHO).
- That is why influenza cannot be preventable through immunization.

59. The vaccine administered as nose drops is:

(a) Rubella (b) Poliomyelitis
(c) Measles (d) Influenza

WCL Staff Nurse 2019
Correct Option (d)

- Live attenuated vaccines (trivalent) are administered as single dose intranasal spray.

60. A patient with seasonal influenza is to be transported from the ward to the radiology department for a CT scan. The following statement is correct:

(a) The patient does not need to wear a mask during transport
(b) The patient must wear a N95 mask during transport
(c) The patient must wear a surgical mask during transport
(d) The patient must not be transported out of the ward

GMCH Chandigarh Staff Nurse 2015
Correct Option (c)

- According to the CDC, use of face masks (surgical) is recommended for persons ill with confirmed, probable or suspected seasonal influenza.
- Medical and nursing staff involved in critical care in ICU should use N-95 Mask/ Respirator which filters out 95% of small aerosolized particles (0.3 micron).

61. A nurse is caring for a patient with 'Swine Flu' and she has to give the drug of choice for 'Swine Flu' and it is:

(a) Acyclovir (b) Adefovir
(c) Cidofovir (d) Oseltamivir

NCL Singrauli Staff Nurse 2019
Correct Option (d)

- Antiviral drugs (neuraminidase inhibitors), e.g., oseltamivir (tamiflu) and zanamivir are given for prophylaxis and therapy.
- Oseltamivir is the drug of choice for chemoprophylaxis to health care personnel (HCP) and close contacts of suspected, probable or confirmed cases of pandemic influenza/swine flu (should be given till 10 days after last exposure).

62. Drug of choice in human infection with Avian influenza A virus (Bird flu) is:

(a) Acyclovir (b) Adefovir
(c) Oseltamivir (d) Cidofovir

BHU Staff Nurse 2016
Correct Option (c)

- Avian influenza (bird flu) caused by H5N1 strain.

COVID-19

63. The COVID-19 was a/an: FAQ

(a) Sporadic (b) Endemic
(c) Epidemic (d) Pandemic

AIIMS Rishikesh ANS 2023
Correct Option (d)

- The outbreak of novel coronavirus disease (COVID-19) was initially noticed in a seafood market, in Wuhan, Hubei, China in mid-December, 2019.
- It is caused by the SARS-CoV-2 virus (single-stranded RNA virus).
- It was declared a public health emergency of international concern (PHEIC) by WHO on 30 January 2020.
- WHO declared COVID-19 a global pandemic on 11th March, 2020.

- The first COVID-19 positive case reported in Kerala on 30th January, 2020.

64. The first COVID positive case in India was reported in?
(a) Tamil Nadu (b) Kerala
(c) Maharashtra (d) Gujarat
KSSSCI, Lucknow Nsg. Officer 2024
Correct Option (b)

65. The outbreak of COVID-19 was declared a "Public Health Emergency of International Concern" by WHO on:
(a) 11 March, 2020 (b) 31 December, 2019
(c) 19 March, 2020 (d) 30 January, 2020
AIIMS NORCET-6 (Prelims) Nsg. Officer 2024
Correct Option (d)

66. In COVID surveillance for non-co-morbid conditions any temperature of ……..or greater is considered as fever:
(a) 97° F (b) 98.7° F (c) 98° F (d) 100.4° F
CHO, Maharashtra 2020
Correct Option (d)

67. What is supposed the incubation period of COVID-19?
(a) 1-7 days (b) 1-21 days (c) 1-14 days (d) 1-27 days
CHO, Haryana 2023
Correct Option (c)

68. Suppose you were a nurse who was posted in the Covid-19 screening area where RT-PCR testing was conducted. Which transport media was used in the transport tube of Covid-19 swabs?
(a) VVM (b) VTM (c) RAT (d) PCR
AIIMS Jodhpur Senior Nsg. Officer 2023
Correct Option (b)

69. Which of the following is mRNA vaccine?
(a) Covishield (b) Covaxin
(c) Pfizer (d) Novavax
UPPSC, U.P. Staff Nurse 2022
Correct Option (c)

- Pfizer-BioNTech and Moderna COVID-19 vaccines are mRNA vaccines.
- GEMCOVAC-19 is the very first mRNA vaccine developed in India.

70. When should the Covid-19 vaccine be given to pregnant women?
(a) Covid-19 vaccine should not be given to pregnant women
(b) During pregnancy, Covid-19 vaccination can be started any time
(c) She should be vaccinated soon after delivery
(d) None of above
ISRO Sriharikota Staff Nurse 2024
Correct Option (b)

71. Which of the following is the International Clinical Trials launched by the WHO and its partners to learn an effective treatment for COVID-19?
(a) Dissidence (b) Solidarity
(c) Dissension (d) Separation
CHO, Uttar Pradesh 2021
Correct Option (b)

72. WHO's……assesses the quality, safety and efficacy of Covid-19 vaccines and is a prerequisite for COVAX Facility vaccine supply:
(a) Life Saving Drugs
(b) Listing of Highly Efficient Vaccine
(c) Emergent Utility List
(d) Emergency Use Listing
CHO, Uttar Pradesh 2021
Correct Option (d)

Diphtheria

73. An acute infectious disease with yellowish membrane over the tonsils is referred as:
(a) Diphtheria (b) Measles
(c) Chicken-pox (d) Pertussis
IGNOU B.Sc. (PB) Nsg. Entrance 2014
Correct Option (a)

- Diphtheria caused by the Corynebacterium diphtheriae (Klebs-Loeffler bacillus).

74. Chinese letter arrangement of bacilli is a characteristic feature of:
(a) M. Leprae (b) C. Diphtheria
(c) C. Perfringens (d) B. Anthracis
AIIMS Raipur Nsg. Tutor 2023
Correct Option (b)

75. All of the following are different forms of diphtheria EXCEPT: FAQ
(a) Nasal diphtheria
(b) Laryngo tracheal diphtheria
(c) Cutaneous diphtheria
(d) Systemic diphtheria
CHO, Madhya Pradesh 2021
Correct Option (d)

- Types of diphtheria and clinical features:
  - Pharyngo-tonsillar (Faucial- **commonest type): Sore-throat (early symptom)**, low-grade fever and malaise, dysphagia, thick adherent false membrane (greyish or yellowish) on tonsil and posterior pharynx, edema along with lymphadenopathy gives rise to a '**bull-neck**' appearance.
  - Laryngo-tracheal: Hoarseness, loss of voice, croupy cough, obstruction to breathing and regression of chest wall, respiratory failure and death **(most severe form).**
  - Anterior nasal: Blood stained nasal discharge.
  - Other forms: Conjunctival and cutaneous diphtheria.

76. Cervical lymphadenitis in a child with diphtheria will cause the appearance of:

AIIMS Patna Nsg. Officer 2020
Correct Option (a)

191. The Widal test is positive if the antigen titer more than:
(a) 1:160 in an active infection
(b) 1:80 in an active infection
(c) 1:70 in an active infection
(d) 1:90 in an active infection

GMCH Mewat Haryana 2014
Correct Option (a)

- The main principle of Widal test is agglutination (clumping).
- If titre of "O" antigen more than or equal to 1:160 indicates recent active infection or if titre of "H" antigen more than 1:160 indicates past infection or immunized person.
- If titre value is less than or equal to 1:20, 1:40, 1:80 and less than 1:160 indicates Widal test negative.
- H agglutination is more reliable than O agglutinin.

192. Which of the following is a diagnostic test for typhoid?
(a) ELISA (b) Schick test
(c) Widal test (d) Mantoux test

AIIMS Jodhpur Senior Nsg. Officer 2018
Correct Option (c)

193. Widal test belongs to which of the following types?
(a) Agglutination test (b) Neutralisation
(c) Bacteriolysin (d) Precipitation test

AIIMS Bhubaneswar Staff Nurse 2018
Correct Option (a)

194. The antigen that forms loose and cotton-woolly clumps during agglutination is:
(a) H Antigen (b) O Antigen
(c) F Antigen (d) D Antigen

RRB Staff Nurse 2019
Correct Option (a)

195. The anti-typhoid vaccine Vi polysaccharide is administered at:
(a) At birth (b) 9 month (c) 1½ year (d) 2 year

NHM, M.P. Staff Nurse 2021
Correct Option (d)

Worm Infestations

196. Hookworm refers to the helminths: FAQ
(a) Ancylostoma duodenale (b) Enterobius
(c) Ascaris lumbricoides (d) Filaria

NVS (Navodaya) Staff Nurse 2018
Correct Option (a)

- Helminths are so called because they possess a "helmia" or body cavity.
- Hookworm (ancylostomiasis/ uncinariasis), caused by Ankylostoma duodenale or Necator americanus in among children and adults, transmitted percutaneously (usually barefoot) through the fecal contaminated soil (sandy soil more favorable).

197. Hookworms penetrates into the body by penetrating the skin of:
(a) Hand (b) Foot (c) Ear (d) Head

DSSSB PHN 2015
Correct Option (b)

198. Hookworm enters the body through:
(a) Feco-oral route (b) Through skin
(c) Respiratory tract (d) Reproductive tract

RAK M.Sc. Nsg. Entrance 2017
Correct Option (b)

199. Hookworm infestations is more common into farmer or workers due to:
(a) Due to malnutrition
(b) Due to crowded houses
(c) Due to bare-foot work
(d) Due to low socio-economic status

ESIC Delhi Staff Nurse 2009
Correct Option (c)

200. Which parasitic infestation produces anaemic condition?
(a) Ascaris (b) Hookworm
(c) Pinworm (d) None of above

ESI Jaipur Staff Nurse 2009
Correct Option (b)

- Hookworm eggs passed in faeces are deposited on soil and mature into rhabditiform, capable of penetrating the skin mainly through feet (between toes).
- The larvae enters to lymphatic, blood circulation and then to the GIT via lungs.
- In GIT larvae attached to mucous membrane of **jejunum** (most common), duodenum (less) and ileum (rare) and start feeding on host blood, at rate of 0.2 mL/worm/day by A. duodenale and 0.03 mL/worm/day by N. americanus.
- Eventually, the host develops progressive iron-deficiency anaemia.

201. Drug used for hookworm infection:
(a) Albendazole (b) Metronidazole
(c) Mebendazole (d) Both a & c

JMC Jhalawar (Raj.) Staff Nurse 2010
Correct Option (d)

- Anthelmintics drugs, e.g., albendazole (200 mg for <2 years and 400 mg for >2 years, taken with a fatty meal), mebendazole (100 mg BD for 3 days or 500 mg single dose).

202. Chandlers Index is used in epidemiological studies of: FAQ
(a) Roundworms (b) Hookworms
(c) Guinea worms (d) Sand fly

Correct Option (b)

- Chandler's index (CI) is an indicator used to assess the severity of the public health problem of hookworm

- Dengue viruses are arboviruses (genus flavivirus), transmitted by infected female mosquito Aedes aegypti.

214. Causative organism of dengue fever is: FAQ
(a) Enteric virus (b) Variola virus
(c) Arbovirus (d) Influenza virus
RAK M.Sc. Nsg. Entrance 2014
Correct Option (c)

215. Which of the following acts as the vector for transmission of dengue virus? FAQ
(a) Aedes aegypti mosquito (b) Culex mosquito
(c) Anopheles mosquito (d) Tick
PGIMS Rohtak Staff Nurse 2022
Correct Option (a)

216. Dengue fever is transmitted by:
(a) Aedes (b) Culex (c) Anopheles (d) Mansonia
NCL Singrauli Staff Nurse 2019
Correct Option (a)

217. The tiger mosquito is:
(a) Anopheles (b) Culex (c) Aedes (d) Mansonia
NCL Singrauli Staff Nurse 2019
Correct Option (c)

- Aedes mosquito is also known as "**tiger mosquito**" because of its black-and-white striped appearance.

218. Which serotype of dengue virus is more dangerous?
(a) Type I (b) Type II (c) Type III (d) Type IV
RPSC (Raj.) Staff Nurse 2007
Correct Option (b)

- Dengue viruses have 4 serotypes (Den 1, 2, 3, 4).
- Type 2 serotype is more dangerous because it causes a severe form of dengue haemorrhagic fever/dengue shock syndrome (DHF/DSS) which results in high mortality rate.

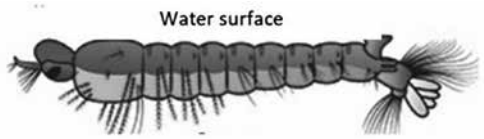
219. Infective period of Aedes mosquito in dengue:
(a) 1-2 days (b) 8-10 days
(c) Till next bite (d) Till death
RUHS B.Sc. (PB) Nsg. Entrance 2018
Correct Option (d)

- Aedes mosquito becomes infective by feeding on a patient from the day before onset to the 5th day (viraemia stage) of illness.
- After an extrinsic incubation period of 8 to 10 days, it becomes infective and remains infective lifelong (till death).
- Trans-ovarian transmission of the dengue virus in mosquitoes maintains the virus in nature.

220. The mosquito that breeds mostly in artificial collection of water:
(a) Anopheles (b) Culex
(c) Aedes (d) Mansonoides
UPPSC, U.P. Staff Nurse 2017
Correct Option (c)

Features	Anopheles	Aedes	Culex
Breeding zone	Clean, stagnant water	Artificially collected water	Dirty, polluted water
Adult	Spotted wings	Hunchback with white stripes	Hunchback, no white stripes
Eggs	Single, boat shaped, lateral floats	Single, cigar shaped	Cluster
Larva	Parallel to water surface, no siphon tubes	Siphon tubes present at an angle to water surface	Siphon tubes present at an angle to water surface
Bite	Less painful	Painful	Stingy/ burning
Biting time	Morning & evening (dawn & dusk)	Day time (2 hr after sunrise & 2 hr before sunset)	Nocturnal (midnight)
Flight range	2-3 km	100-200 meters	11-13 km
Habitat	Exophilic (outside houses)	Endophilic (inside houses)	Exophilic (at daytime), endophilic (at nighttime

221. Identify the larva of the mosquito shown in the given picture:



(a) Mansonia (b) Aedes (c) Anopheles (d) Culex
AIIMS Jodhpur Senior Nsg. Officer 2023
Correct Option (c)

222. Which of the following is also called Break-Bone fever?
(a) Malaria (b) Filaria
(c) Chikungunya (d) Dengue
CHO, Haryana 2023
Correct Option (d)

- Classical dengue fever is characterized by high fever (biphasic/saddle-back form) with severe symptoms like headache and musculoskeletal pain is also called **'break-bone fever'** (dandy fever).
- Dengue hemorrhagic fever (DHF) is severe form of dengue fever with thrombocytopenia (platelet count, <1 lac/mm^3), elevated hematocrit value (>20% of baseline), low albumin and positive tourniquet test (>10 petechiae per sq. inch).
- Dengue shock syndrome (DSS) includes DHF + shock [rapid and weak pulse, narrow pulse pressure

Correct Option (a)

404. TORCH infection includes all-EXCEPT:

(a) Rubella (b) Cytomegalovirus
(c) Toxoplasmosis (d) Tetanus

ESIC Staff Nurse 2016
Correct Option (d)

- TORCH is an acronym for a set of perinatal infections, (**T**)oxoplasmosis, (**O**)ther Agents (e.g., syphilis, hepatitis B, HIV, parvovirus B 19, varicella zoster), (**R**)ubella (also known as German Measles), (**C**)ytomegalovirus, and (**H**)erpes simplex virus-2.
- The TORCH infections can attack the growing embryo or fetus and lead abortion, IUGR, severe congenital malformation, mental retardation, fetal or neonatal death.

405. When assessing a client with a history of genital herpes, which of the following symptoms would indicate that an outbreak of lesions is imminent?

(a) Headache and fever
(b) Vaginal and urethral discharge
(c) Dysuria and lymphadenopathy
(d) Genital pruritus and paresthesia

ESIC Kolkata/Bangalore Staff Nurse 2012
Correct Option (d)

- Genital herpes is a recurrent STD caused by herpes simplex virus, i.e., HSV-1 (mostly above the belt, i.e., oral lesion) and HSV-2 (typically below the belt, i.e., genital lesions).
- It causes red, painful blisters to appear on the genitals area and first episodes are severe compared to the recurrent disease.
- Almost two-third patients often experience local pain, pruritus or tingling, burning, dysuria or other uncomfortable sensations like paresthesia in the area prior to lesion formation.
- Tissue culture is the gold standard for diagnosing HSV.

406. Which of the following should be informed to the pregnant client with genital herpes to protect the foetus?

(a) Total abstinence is necessary during pregnancy
(b) Caesarean section will be needed in the case of vaginal lesions
(c) Daily intake of acyclovir
(d) Four hourly Sitz bath

AIIMS Jodhpur Senior Nsg. Officer 2018
Correct Option (b)

- Women without signs and symptoms of genital herpes can deliver vaginally and caesarean section is recommended in the presence of active infection at the onset of labour, to avoid neonatal infection.

407. A pregnant woman has a positive history of genital herpes but has no lesions during the present pregnancy. The nurse should plan to provide which of the following information to the client?

(a) You will be isolated from your newborn infant following delivery
(b) You will be evaluated at the time of delivery for herpetic genital tract lesions, and if lesions are present a cesarean delivery will be needed
(c) There is little risk to your newborn infant during this pregnancy, birth and following delivery
(d) Vaginal deliveries can reduce neonatal infection risks even if you have an active lesion at birth

Safdarjung Delhi Nsg. Officer 2018
Correct Option (b)

408. Strawberry spot vagina is seen in: FAQ

(a) Candida (b) Trichomonas
(c) CMV (d) Herpes simplex

PGIMER Chandigarh Staff Nurse 2016
Correct Option (b)

- Strawberry vagina or angry-looking vagina is seen in case of Trichomonas infection.
- Pregnant women with trichomonas vaginitis are at increased risk for premature rupture of membranes and preterm delivery.

409. Which of the following RTI/STI colour coded kits is NOT correctly matched? FAQ

(a) Kit 1-Grey (b) Kit 2-Green
(c) Kit 3-White (d) Kit 4-Red

CHO, Uttar Pradesh 2022
Correct Option (d)

- Pre-packed STI/RTI Kits:

Kit	Colour	Syndrome
1	Grey	Urethral/Anorectal/ Cervical discharge/ scrotal swelling
2	Green	Vaginitis
3	White	Genital ulcer (Non-herpetic)
4	Blue	Genital ulcer (Non-herpetic)*
5	Red	Genital ulcer (Herpetic)
6	Yellow	Lower abdominal pain
7	Black	Inguinal bubo

(*For patients allergic to penicillin)

410. Which of the following pre-packed STI/RTI kit is for the treatment of vaginitis?

(a) Grey colour (b) White colour
(c) Green colour (d) Yellow colour

RUHS M.Sc. Nsg. Entrance 2015
Correct Option (c)

411. Match the following for STI/RTI Kits:

List-I	List-II
a. Kit-1	I. White for Genital ulcer
b. Kit-2	II. Yellow for lower abdominal pain
c. Kit-3	III. Green for vaginitis
d. Kit-6	IV. Gray for urethral discharge

(c) Chikungunya fever, Leptospirosis, Japanese Encephalitis, Human salmonellosis
(d) Japanese Encephalitis, Leptospirosis, Plague, Rabies

MNS SCC Exam 2024
Correct Option (a)

455. Brucella abortus infects primarily:
(a) Goat (b) Sheep (c) Cattle (d) Pig

JIPMER Staff Nurse 2017
Correct Option (c)

- The 4 species of bacteria brucella infect man**:**
  - ♦ B. abortus is less virulent and primarily infects cattle.
  - ♦ B. melitensis is most virulent and mainly infects goats.
  - ♦ B. suis mainly infect pigs.
  - ♦ B. canis is a parasite of dogs.
- **Rose Bengal test** is widely used in brucellosis.

456. Causative organism of mononucleosis is:
(a) Toxoplasma (b) Cytomegalovirus
(c) Epstein-Barr virus (d) Varicella zoster virus

AIIMS Nagpur Nsg. Officer 2020
Correct Option (c)

- Mononucleosis (kissing disease) is a contagious disease, caused by Epstein-Barr virus, characterized by **classical triad**, i.e., fever, pharyngitis, and lymphadenopathy among teenagers and young adults.
- Monospot (heterophile antibody) test is a diagnostic test of choice.

457. Slapped cheek appearance is a classical feature of:
(a) Toxoplasmosis (b) Erythema infectiosum
(c) Roseola infantum (d) Varicella

AIIMS Raipur SNO 2023
Correct Option (b)

- Erythema infectiosum (fifth disease) is caused by Parvovirus-B19 and commonly occurs in school age children (5-15 years).

458. Zinc phosphide is an efficient:
(a) Rodenticide (b) Insecticide
(c) Bactericide (d) Disinfectant

NCL Singrauli Staff Nurse 2019
Correct Option (a)

459. Factors responsible for emergence and re-emergence of infectious disease are, all EXCEPT:
(a) Nutritional problems
(b) Unplanned urbanization
(c) Resistance to antibiotic
(d) High population density

RAK M.Sc. Nsg. Entrance 2011
Correct Option (a)

- Factors responsible for emergence and re-emergence of infectious disease are unplanned urbanization, overcrowding and rapid population growth, poor sanitation, inadequate public health infrastructure, ecological changes, resistance to antibiotic, agriculture development, migration or war, increase exposure to disease vector, international travel and commerce, technology and industry.

460. Which of the following is a re-emerging infection?
(a) Haemorrhagic fever (b) Lyme disease
(c) Hansen's disease (d) Tuberculosis

CHO, Uttar Pradesh 2022
Correct Option (d)

461. Reason of urbanization is:
(a) Growth of agriculture
(b) Movement of population
(c) Development of means of communication
(d) Industrialization

MNS SCC Exam 2024
Correct Option (d)

462. Which of the diseases are eradicated from India?
(a) Leprosy, Tuberculosis, Smallpox
(b) Measles, Polio, Smallpox
(c) Smallpox, Guinea Worm, Polio and Yaws
(d) SARS, Polio, Smallpox

CHO, Madhya Pradesh 2020
Correct Option (c)

463. Match List-I with List-II:

List-I (Disease)	List-II (Causatives)
A. Guineaworm disease	I. Ancylostoma Duodenale
B. Hookworm infection	II. Echino coccus
C. 'Q'-fever	III. Coxiella burnetii
D. Hydatid disease	IV. Dracanculus Medinesis

Choose the **correct** answer:
(a) A-II, B-III, C-I, D-IV (b) A-III, B-IV, C-II, D-I
(c) A-I, B-II, C-IV, D-III (d) A-IV, B-I, C-III, D-II

BHU Nsg. Officer 2024
Correct Option (d)

464. Which of the following plays a key role in preventing Neglected Tropical Diseases (NTDs)?
(a) Water, sanitation and hygiene (WASH)
(b) Water, waste disposal and hygiene
(c) Water, sanitation and health
(d) Water, health and hygiene

NHM, U.P. Staff Nurse 2023
Correct Option (a)

- NTDs are a diverse group of 20 conditions caused by viruses, bacteria, protozoa, and parasitic worms (helminths).

465. The disease which is transmitted by Aedes mosquito is:
(a) Japanese encephalitis (b) Filariasis
(c) Zika virus disease (d) West Nile fever

AIIMS Raipur Nsg. Tutor 2023
Correct Option (c)

6

BIOCHEMISTRY & NUTRITION

"To maintain good health requires good nutrition and a healthy dose of exercise."

– DeBarra Mayo

Biochemistry & Nutrition

Classification of Foods

1. The process of providing or obtaining the food necessary for growth and health is:
(a) Nutrition (b) Nourishment
(c) Nutrients (d) Natural science
RRB Staff Nurse 2019
Correct Option (a)

2. The most abundant nutrient present in the body is:
(a) Carbohydrate (b) Protein
(c) Lipid (d) Water
PGIMS Rohtak Staff Nurse 2017
Correct Option (d)

- Seven major classes of nutrients are carbohydrates, fats, fiber, minerals, proteins, vitamins and water (60% of body weight).

3. Food can be classified based on four criteria. Which of the following is NOT one of them?
(a) Physiological functions (b) Chemical composition
(c) Source of origin of food (d) Nutritive value
CHO, Uttar Pradesh 2021
Correct Option (a)

4. Which food group of the following is the basic food group?
(a) Fruits & vegetables (b) Egg & meat
(c) Wheat & whole grains (d) Fat & oil
BSF Staff Nurse 2014
Correct Option (c)

- Wheat, rice, barley, oats and whole grains (also known as cereals) are the basic food group because they form the main bulk of our diet.
- Cereals contain about 70 to 80% carbohydrate by weight, 8 to 15% proteins and 3 to 6% fats.

5. Which of the following nutrients are also known as 'energy-giving foods'?
(a) Vitamins (b) Proteins
(c) Carbohydrates & fats (d) Minerals
CHO, Uttar Pradesh 2021
Correct Option (c)

6. Which one of the following is NOT a body-building food?
(a) Meat (b) Pulses & legumes
(c) Fruits (d) Egg
UPPSC, U.P. Staff Nurse 2017
Correct Option (c)

- Meat, pulses, legumes, milk and milk products, poultry, fish, eggs, groundnuts are rich sources of proteins which are also called **body-building foods**.

7. Which kind of food is called as body building foods?
(a) Vitamins and Minerals (b) Proteins
(c) Carbohydrates (d) Fats
AIIMS Rishikesh ANS 2023
Correct Option (b)

8. Proximate principles include all, EXCEPT:
(a) Proteins (b) Fats
(c) Carbohydrates (d) Vitamins
JIPMER Staff Nurse 2017
Correct Option (d)

- Carbohydrates, fats and proteins are needed in **large** quantities and yield energy is called "macronutrients" or "proximate principles".
- Vitamins and minerals are needed in **small** quantities and do not yield energy but are very essential to keep healthy are called "micronutrients" or "magic wands".

9. Which among the following nutrients is called micronutrient?
(a) Vitamins and Minerals
(b) Fat and Carbohydrates
(c) Protein and Carbohydrates
(d) Protein and Fat
AIIMS Rishikesh ANS 2023
Correct Option (a)

10. One of the following that does not have protective function:
(a) Milk (b) Fish
(c) Fruits (d) Green leafy vegetables
RUHS M.Sc. Nsg. Entrance 2019
Correct Option (b)

- Vitamins and minerals are called protective foods, which are mainly found in vegetables, fruits and milk.

Carbohydrates

11. The macronutrient that contributes to the major portion of the total energy intake is:
(a) Carbohydrate (b) Fat
(c) Minerals (d) Protein
AIIMS Rishikesh ANS 2023
Correct Option (a)

- Recommended intake in balance diet for proteins 10-15 % (first & foremost), fats 15-30 %, carbohydrates 50-80% of total daily energy intake.

12. One gram of carbohydrate gives: FAQ

RGUHS M.Sc. Nsg. Entrance 2005
Correct Option (a)

- Energy required for basal metabolism is about 1 Kcal/hour for every kg of body weight for an adult & it decreases 2% for each decade (10 yr) for adults.
- Now it is based on energy expenditure rather than in terms of energy intake.
- FAO/WHO suggested that after 40 years it should be reduced 5% per decade until the 60 year age and by 10% for each decade thereafter.

260. The energy value of foods has long been expressed in terms of:
(a) Kilocalorie (b) Joules (c) Ampere (d) Newton
UPUMS, Saifai Staff Nurse 2023
Correct Option (a)

261. How many kilojoules are in a kilocalorie?
(a) 4.184 KJ (b) 3.184 KJ
(c) 4.146 KJ (d) 3.146 KJ
CHO, Uttar Pradesh 2022
Correct Option (a)

262. Reference weight of Indian man and woman is:
(a) 60 and 55 kg (b) 55 and 50 kg
(c) 65 and 55 kg (d) 45 and 50 kg
Correct Option (c)

- Reference Indian adult man and woman:

Criteria	Reference man	Reference woman
Age	19-39 years	19-39 years
Weight	65 kg	55 kg
Height	177 cm (1.77 m)	162 cm (1.60 m)
BMI	20.75	20.95
Others	Free from disease, fit for active work; engaged in 8 hr of occupation (usually moderate activity), 8 hr in bed, 4-6 hr in sitting and moving about 2 hr in walking and in active recreation or household duties.	
Calculation	Average of values of age category 18-19 years, 20-24 years and 25-29 years.	

263. The additional protein requirement in 2nd trimester of pregnancy as per ICMR-NIN, 2020 is:
(a) 9.5 g/day (b) 10.5 g/day
(c) 11.5 g/day (d) 11.0 g/day
CHO, Rajasthan 2023
Correct Option (a)

- Recommended daily energy and protein intake:

Group	Category	ICMR-NIN, 2020	
		Energy (kcal/d)	Protein (g/d)
Adult Men	Sedentary work	2110	
	Moderate work	2710	54.0
	Heavy work	3470	
Adult Women	Sedentary work	1660	
	Moderate work	2130	46.0
	Heavy work	2720	
	Pregnant	+350	+22*
	Lactating (0-6 m)	+600	+17
	Lactating (7-12 m)	+520	+13
Infants	0-6 months	90/kg	8.0
	6-12 months	80/kg	10.5

*(+9.5 in 2nd and +22 g/day in 3rd trimesters)

264. Calorie intake of 1 year old child:
(a) 1000 Kcal/day (b) 800 Kcal/day
(c) 1200 Kcal/day (d) 1500 Kcal/day
AIIMS Nagpur Nsg. Officer 2020
Correct Option (a)

- Energy requirement: (ICMR, 2020; updated 2024)

Group	Age	Requirement	
		kcal/day	kcal/kg/day
Infants	0-6 months	530	90
	6-12 months	660	80
Children	1-3 years	1110	83
	4-6 years	1360	74
	7-9 years	1700	67
Boys	10-12 years	2220	64
Girls	10-12 years	2060	57
Boys	13-15 years	2860	57
Girls	13-15 years	2400	49
Boys	16-18 years	3320	52
Girls	16-18 years	2500	45

265. What is the daily calorie requirement for an adolescent female?
(a) 1500-2000 calories /day
(b) Approx 2500 calories /day
(c) 2500-3000 calories /day
(d) 4500-5000 calories /day
CHO, Madhya Pradesh 2024
Correct Option (b)

266. Which of the following would the nurse reinforce after a teaching session as the most important lifestyle modification for the patient who is age 59, 5'11", weighs 280 pounds and is hypertensive?
(a) Reduce weight (b) Increase potassium intake
(c) Restrict salt intake (d) Decrease alcohol intake
RAK M.Sc. Nsg. Entrance 2018
Correct Option (a)

- In the given question patient weight is 280 pound (lbs) means 127 kg weight and height 5'11" means 180 cm, so BMI is 39.2 kg/m^2 (obese class II).
- Reinforce to reduce weight and risk factors such as high LDL or high BP.

267. Treatment of some nutritional disease with…….. can be done without medicines:
(a) Balanced Diet (b) High protein Diet
(c) Uremic Diet (d) Therapeutic Diet
RRB Staff Nurse 2015
Correct Option (a)

- A balanced diet contains 55-60% calories from carbohydrates (rich in natural fibre), 10-15% proteins and 15-30% fat.

268. Match List-I with List-II:

List-I	List-II
a. Food	I. Constituents in food that must be supplied to body in suitable amounts
b. Balanced diet	II. Science of foods, nutrients & other substances they contain
c. Nutrition	III. Anything solid or liquid which when swallowed, digested & assimilated provides body with essential substances to the body
d. Nutrients	IV. Variety of foods in adequate amount & correct proportion

Choose the **correct** answer:
(a) a-IV, b-I, c-II, d-III (b) a-III, b-II, c-IV, d-I
(c) a-II, b-IV, c-I, d-III (d) a-III, b-IV, c-II, d-I
NHM, Rajasthan Staff Nurse 2024
Correct Option (d)

269. Which statement/s is/are correct for Prudent Diet as per WHO?
1. Dietary fat limited to 15-30% of total daily intake
2. Salt intake should be reduced, to an average of not more than 5g per day
3. Protein should account for approximately 10-15% of daily intake

Choose the **correct** answer:
(a) 2 only (b) 1, 2 and 3
(c) 1 and 2 only (d) 2 and 3 only
CHO, Rajasthan 2024
Correct Option (b)

270. For an adult man with sedentary work style, match Col.-X (nutrient) and Col.-Y (required nutrients):

Col. –X	Col.– Y
P. Cereals	**1.** 80
Q. Fruits	**2.** 100
R. Green/leafy vegetables	**3.** 400

(a) P-1, Q-2, R-3 (b) P-3, Q-2, R-1
(c) P-3, Q-1, R-2 (d) P-2, Q-1 R-3
RRB Staff Nurse 2015
Correct Option (c)

271. Chief source of energy in environment is:
(a) Fire (b) Moon (c) Sun (d) Stars
RRB Staff Nurse 2015
Correct Option (c)

272. The best way of increasing the nutritive value of pulses is:
(a) Germination (b) Mixing pulses
(c) Parboiling (d) Fortification
AIIMS Bhubaneswar Staff Nurse 2018
Correct Option (a)

- Germination of pulses increases concentration of vitamins such as vitamin C and B-complex and fermentation also increases riboflavin, thiamine and niacin.

273. The process of soaking raw vegetables in water before cooking in order to remove the excess of potassium is known as:
(a) Blanching (b) Toasting (c) Leaching (d) Poaching
CHO, Uttar Pradesh 2022
Correct Option (c)

274. Barbequing, a cooking method is a form of:
(a) Roasting (b) Grilling (c) Sautéing (d) Baking
CCRAS (AYUSH) Staff Nurse 2019
Correct Option (b)

275. Which of the following is NOT the moist-heat method of cooking?
(a) Simmering (b) Frying
(c) Poaching (d) Blanching
NHM, U.P. Staff Nurse 2023
Correct Option (b)

- Common moist-heat cooking methods include: poaching, simmering, boiling, braising, stewing, pot roasting, steaming and en-papillote.

Pasteurization of milk

276. Which is the safest method of sterilizing milk?
(a) Pasteurizing (b) Boiling
(c) Freezing (d) Simmering
ESIC Staff Nurse 2016
Correct Option (a)

277. The pasteurization method of heating milk to 63° C for 30 minutes followed by sudden cooling is:
(a) Holding (b) High temperature short time
(c) Radiation (d) Ultra heat treatment
CCRAS (AYUSH) Staff Nurse 2019
Correct Option (a)

Method	Temp (°C)	Time	Remarks
Holder/ Vat	63-66	>30 min.	For small and rural communities
HTST	72	>15 sec.	Most widely used; for large quantities; 'flash pasteurization'
HHST	68	30 min.	'Batch pasteurization'
UHT	125	Few sec.	Heating in 2 stages; 2nd stage under pressure

(a) Cleaning of the food
(b) Improvement of sanitation
(c) Maintain food clean chain
(d) None of the above

RPSC (Raj.) Nsg. Tutor 2012
Correct Option (c)

- Food hygiene means maintaining hygiene in the production, handling, distribution and serving of all types of food and prevents food poisoning and food-borne illnesses (maintaining clean food chain).

292. The four steps of food safety are:
(a) Store, cook, clean, eat
(b) Clean, cook, store, use
(c) Clean, separate, cook, chill
(d) Buy, clean, cook, eat

NHM, U.P. Staff Nurse 2023
Correct Option (c)

293. …….is an example of a common preservative that contains acetic acid:
(a) Sodium benzoate (b) Sorbic acid
(c) Calcium propionate (d) Vinegar

CHO, Uttar Pradesh 2022
Correct Option (d)

294. Benzoates, Sorbates and Propionates are used as:
(a) Food preservatives (b) Antioxidants
(c) Nutritional supplements (d) Flavouring agents

CHO, Uttar Pradesh 2022
Correct Option (a)

295. Which method is used to separate butter from cream?
(a) Filtration (b) Centrifugation
(c) Amalgamation (d) Titration

RRB Staff Nurse 2019
Correct Option (b)

296. What is tele food?
(a) Packed food online
(b) Harness the power of media to fight hunger
(c) Right to adequate food
(d) Improve food standards

MNS SCC Exam 2024
Correct Option (b)

Nutrition Programmes in India

297. All of the following are community nutrition programmes for children EXCEPT:
(a) Iron and folic acid supplementation
(b) Vitamin A prophylaxis
(c) Balwadi nutrition
(d) Mid-day meal

IGNOU B.Sc. (PB) Nsg. Entrance 2011
Correct Option (a)

- Community nutrition programmes in India:
  - ♦ Vitamin A prophylaxis programme: Massive dose of vitamin A (1st dose of 1 Lac IU at 9 months and subsequent doses of 2 Lac IU each, every 6 months up to age 5 years.
  - ♦ Prophylaxis against nutritional anaemia:
    - ➢ Children 6-60 months: 20 mg elemental iron (60 mg of ferrous sulphate) + 0.1 mg folic acid (100 days).
    - ➢ Children 6-10 years: 30 mg elemental iron (90 mg of ferrous sulphate) + 2.5 mg folic acid (100 days).
    - ➢ Adolescents & pregnant/lactating women: 100 mg elemental iron + 5 mg folic acid (100 days).
  - ♦ Iodine deficiency disorders control programme (IDD): Iodization of salt at production level should be 30 ppm and at consumer level 15 ppm to prevent IDD.
  - ♦ Special nutrition programme: Supplementary food supplies about 300 kcal & 10-12 gm of protein/child/day.
  - ♦ ICDS programme:
    - ➢ Children 6-72 months: 500 calories & 12-15 gm of protein/child/day.
    - ➢ Severely malnourished child: 6-72 months: 800 calories and 20-25 gm of protein/child/day.
    - ➢ Pregnant & lactating mothers: 600 calories and 18-20 gm of protein/beneficiary/day.
  - ♦ Mid-day meal programme: School lunch provided 1/3 of the total energy requirement and 1/2 of the total protein requirement of children.
  - ♦ Mid-day meal scheme: Cooked lunch with minimum 300 Calories & 8-12 gm of proteins/day to all the children in class I to V.
  - ♦ **POSHAN** (**P**M's **O**verarching **S**cheme for **H**olistic **N**utrition) Abhiyan (launched in February 2018) focuses on health and nutrition in the first 1000 days of life.

298. Which of the following is NOT a major nutritional programme in India?
(a) ICDS
(b) Mid-day Meal Scheme
(c) National Nutritional program
(d) Water supply and sanitation program

RUHS B.Sc. (PB) Nsg. Entrance 2016
Correct Option (d)

299. Which program will address child rights related to survival, protection, participation & development?
(a) Integrated child development scheme (ICDS)
(b) Acute respiratory infection program
(c) National nutrition program
(d) Universal immunization program

AIIMS Rishikesh ANS 2023

7

PSYCHOLOGY

"Psychology has a long past, but only a short history."

– Hermann Ebbinghaus

Psychology

Introduction to Psychology

1. Psychology is defined as the science of?
(a) Sensation and perception
(b) Experience and mental illness
(c) Culture and group dynamics
(d) Behaviour and mental process

CHO, Haryana 2023
Correct Option (d)

- Psychology is the scientific study of mind and behaviour.
- It has an important relationship with both biological and social sciences so it may be considered as a link between these two sciences.

2. Which of the following statements is correct about modern psychology?
(a) Psychology is the science of behavior
(b) Psychology is the science of soul
(c) Psychology is the science of mind
(d) Psychology is the science of consciousness

UPUMS, Saifai Nsg. Officer 2024
Correct Option (a)

3. Psychology as a 'Science of Mind', defined by:
(a) Behaviourists (b) Psychoanalysts
(c) Functionalist (d) Ancient Greek philosopher

Safdarjung Delhi Nsg. Officer 2018
Correct Option (c)

- William James (1842-1910) defined psychology as the 'science of mind' or 'science of mental (cognitive) processes'.
- He focused on how the mind allows people to function and how people work, play, and adapt to their surroundings called functionalism.

4. 'Psychology' as the scientific study of activities of organism in relation to its environment is defined by:
(a) J.B Watson (b) Sigmund Freud
(c) Woodworth (d) William James

Safdarjung Delhi Nsg. Officer 2018
Correct Option (d)

5. E.B. Titchener (1867-1927) defined 'Psychology' as the science of:
(a) Conscious experience (b) Science of mind
(c) Science of experience (d) Science of Soul

Safdarjung Delhi Nsg. Officer 2018
Correct Option (b)

- E.B. Titchener, student of Wilhelm Wundt and he describes the structure of the mind (structuralism) or how the mind works.
- He believes that the mind is made up of units or elements.

6. Structuralism is propagated by:
(a) John B. Watson (b) William James
(c) Sigmund Freud (d) Wilhelm Wundt

HSSC Haryana Staff Nurse 2023
Correct Option (d)

7. The first task in psychology is to carefully observe and objectively describe:
(a) Behaviour (b) Social Institution
(c) Personality (d) Motivation

IGNOU B.Sc. (PB) Nsg. Entrance 2016
Correct Option (a)

- Psychology is the science of human behaviour, so the first primary task in psychology is to carefully observe and objectively describe behaviour.

8. Behaviorism, "the science of behaviour" was proposed by:
(a) Sigmund Freud (b) Erik Erickson
(c) JB Watson (d) Ivan Pavlov

CHO, Uttarakhand 2021
Correct Option (c)

9. The branch of psychology that deals with the group behaviour and inter-relationships of people is:
(a) Geopsychology (b) Social psychology
(c) General Psychology (d) Parapsychology

PGIMS Rohtak Staff Nurse 2017
Correct Option (b)

- Psychology may be broadly classified into pure psychology and applied psychology.
- Social psychology branch deals with group behaviour and inter-relationship of people with other people with other people.
- It studies various types of group phenomena such as public opinion, attitudes, beliefs and crowd behaviour.

10. Social psychology deals with:
(a) Human Behavior (b) Different culture
(c) Religious values (d) Negative feelings

IGNOU B.Sc. (PB) Nsg. Entrance 2017
Correct Option (a)

11. Abnormal psychology is mainly the study of:
(a) Normality of mind
(b) Unconscious level of mind

(d) Mental age is not related to chronological age

RUHS B.Sc. (PB) Nsg. Entrance 2016
Correct Option (c)

- The mental age is equivalent to chronological age then the IQ will be 100.
- IQ range 90 to 109 called normal (average) child.

159. The normal IQ level of human beings is:
(a) 80 to 100 (b) 120 & above
(c) 110 to 120 (d) 90 to 110

RRB Staff Nurse 2019
Correct Option (d)

- Classification of IQ based on Wechsler scale:

IQ range	Classification (description)
130 & above	Very superior gifted
120-129	Superior
110-119	High average
90-109	Average (normal)
80-89	Low average
70-79	Borderline
Below 70	Mentally challenged/retarded

160. An IQ score of 90 is classified as:
(a) Borderline (b) Average
(c) Superior (d) Bright normal

ESIC Nsg. Officer 2024
Correct Option (b)

161. Chronological order refers to the:
(a) Determination of age by body function
(b) Person's ability to contribute to society and benefits others and himself
(c) Number of years a person has lived
(d) All of the above

LNJP Delhi Staff Nurse 2013
Correct Option (c)

162. The arrangement of events and dates in the order of their occurrence is:
(a) Fragmented order (b) Chronological order
(c) Descending order (d) Statistics

AIIMS Patna Staff Nurse 2015
Correct Option (b)

163. In one of the types of mental retardation children are trainable:
(a) Moderate (b) Severe (c) Profound (d) Mild

IGNOU B.Sc. (PB) Nsg. Entrance 2013
Correct Option (a)

- Degree of mental retardation (MR):

MR level (%)	IQ score	Description
Mild (85%)	50-70	**Educable** up to 6th class
Moderate (10%)	35-49	**Trainable** (self-care) and educable up to 2nd class
Severe (3-4%)	20-34	**Dependent** and may be trained in hygiene skills
Profound (1-2%)	< 20	**Custodial** and need life-long support and care

164. A mild grade of mental deficiency is confirmed when the child has an IQ that varies between:
(a) 30 and 40 and the mental age is 8-11 years
(b) 40 and 50 and the mental age is 8-11 years
(c) 20 and 30 and the mental age is 8-11 years
(d) 50 and 70 and the mental age is 8-11 years

DSSSB Nsg. Officer 2019
Correct Option (d)

165. A 16-years-old male on IQ testing has a mental age of 9 years. He has:
(a) Moderate mental retardation
(b) Mild mental retardation
(c) Profound mental retardation
(d) Severe mental retardation

BHU Nsg. Officer 2019
Correct Option (b)

- In this question MA 9 years and CA 16 years.
- IQ = MA/CA × 100
- 9/16 ×100 = 56 (mild mental retardation).

166. The IQ level of a child with moderate mental retardation is:
(a) 50-70 (b) 35-55 (c) 20-30 (d) <20

IGNOU B.Sc. (PB) Nsg. Entrance 2017
Correct Option (b)

167. A child with severe mental retardation has IQ level:
(a) >70 (b) 35-70 (c) 20-35 (d) <20

RUHS M.Sc. Nsg. Entrance 2019
Correct Option (c)

168. "Profound mentally retarded"-when the IQ score is:
(a) 35- 49 (b) 50-70 (c) 20-34 (d) Below 20

RUHS M.Sc. Nsg. Entrance 2018
Correct Option (d)

169. Which of the following is the genetic cause of Intellectual Disability (formerly termed as Mental Retardation)?
(a) Poor Housing (b) Birth Asphyxia
(c) Phenylketonuria (d) Maternal Rubella

RUHS B.Sc. (PB) Nsg Entrance 2019
Correct Option (c)

170. Cytogenetic tests are advised for which of the following conditions?
(a) Autism (b) Schizophrenia
(c) Mania (d) Mental retardation

DSSSB Nsg. Officer 2019
Correct Option (d)

171. National institute for mentally retardation is situated at:
(a) Mumbai (b) Delhi (c) Pune (d) Hyderabad

JMC Jhalawar (Raj.) Staff Nurse2010
Correct Option (d)

- NIEPID (formerly national institute for mentally handicapped) was established in the year 1984 in Hyderabad (Secunderabad) is an autonomous body under the administrative control of ministry of social

(b) Protection of self-esteem
(c) Reduced anxiety
(d) Resolution of a mental conflict

RAK M.Sc. Nsg. Entrance 2010
Correct Option (a)

- The purpose of using defence mechanisms are to reduce anxiety and fear, to resolve mental conflict, to protect one's self-esteem and to protect one's sense of security.

276. The defence mechanism which underlies delusional disorder is:
(a) Projection (b) Regression
(c) Suppression (d) Sublimation

RAK M.Sc. Nsg. Entrance 2009
Correct Option (a)

- Excessive and continuous use of projection can lead to develop persecutory delusions (mainly persecuted) and hallucinations.

277. A person who deliberately pretends an illness is usually thought to be:
(a) Neurotic (b) Using conversion defenses
(c) Malingering (d) Out of concept with reality

RUHS M.Sc. Nsg. Entrance 2019
Correct Option (c)

- Malingering is falsification or profound exaggeration of illness (physical or mental) to gain external (secondary) benefits such as avoiding work or responsibility, etc.

278. All of the following are the characteristics for perception EXCEPT:
(a) Perception is an active process
(b) Perception is highly selective
(c) Perception is unaffected by motivation
(d) Perception is automatic that we are not aware of it

IGNOU B.Sc. (PB) Nsg. Entrance 2016
Correct Option (c)

- Perception is the process by which individuals organise and interpret their sensory impressions in order to give meaning to their environment.
- It can be modified or affected by interests, motives, self-concept and perceptual set.
- Other options are correct about perception.

279. A condition that gives rise to a response leading to action is:
(a) Event (b) Covert (c) Stimulus (d) Ridiculous

IGNOU B.Sc. (PB) Nsg. Entrance 2021
Correct Option (c)

280. Repetition of similar actions in similar circumstances is the definition of:
(a) Habit (b) Attitude (c) Emotion (d) Motivation

AIIMS Bhopal Nsg. Officer 2018
Correct Option (a)

281. An individual's ability to test assumptions about the world by empirical thoughts is called:
(a) Reality perception (b) Autonomy
(c) Positive attitude (d) Integration

AIIMS Bhopal Nsg. Officer 2018
Correct Option (a)

282. A person busy writing an assignment hears a loud sound and immediately attends to it, this is an example of:
(a) Partial voluntary attention
(b) Habitual attention
(c) Voluntary attention
(d) Involuntary attention

AIIMS Rishikesh ANS 2023
Correct Option (d)

Notes

8

PSYCHIATRIC NURSING

"No man is a hero to his wife's psychiatrist."

– Eric Berne

Psychiatric Nursing

Introduction to Mental Health

1. Who coined the term 'Psychiatry'?
(a) Johann Christian Reil (b) Erik Erikson
(c) Sigmund Freud (d) Carl Jung
Correct Option (a)

2. First American psychiatric nurse is identified as:
(a) Hildegard Peplau (b) Dorothea Dicks
(c) Linda Richards (d) June Mellow
RAK M.Sc. Nsg. Entrance 2024
Correct Option (c)

3. A state of successful mental functioning, resulting in productive activities, fulfilling relationships and the ability to adapt to change and cope with adversity is called:
(a) Community mental health care system
(b) Community mental health
(c) Mental health
(d) Mental health care system
DSSSB Nsg. Officer 2019
Correct Option (c)

4. Which organisation gave the following definition of mental health? "A state of wellbeing, in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community"?
(a) Mental Health Foundation
(b) World Federation for Mental Health
(c) World Health Organisations
(d) American Psychological Association
UPUMS, Saifai Staff Nurse 2023
Correct Option (c)

5. According to Marie Jahoda:
(a) The absence of mental illness is not a sufficient indicator of mental health
(b) Hospitalisation is required for the treatment of mental illness
(c) The support of the community to mental health patients is a sufficient indicator of mental health
(d) The absence of mental illness is a sufficient indicator of mental health
CHO, Uttar Pradesh 2021
Correct Option (a)

6. Which of the following is NOT a characteristic of a mentally healthy person?
(a) Ability to perform activities independently
(b) Ability to make adjustments
(c) Feeling insecure
(d) Ability to cope with daily pressures of life
IGNOU B.Sc. (PB) Nsg. Entrance 2021
Correct Option (c)

7. A psychiatric illness may be manifested by all of the following, EXCEPT:
(a) Impairment in pre-existing functioning
(b) Impoverishment of feelings
(c) Disturbance in behavior
(d) Unpopular beliefs
JIPMER Staff Nurse 2017
Correct Option (d)

- Unpopular beliefs or opinions by an individual is not considered a psychiatric illness.

8. A psychiatric illness is manifested by:
(a) Disturbed behaviour, impaired functions and poor feeling
(b) Unpopular belief
(c) Good concentration
(d) Mood swings
IGNOU B.Sc. (PB) Nsg. Entrance 2015
Correct Option (a)

9. Warning signals of poor mental health are, all EXCEPT:
(a) Continually dislike to be in company of people
(b) Always worrying
(c) Afraid without real cause
(d) Chronic pain in abdomen
CHO, Rajasthan 2024
Correct Option (d)

10. Which of the following is the warning sign of mental illness?
(a) Marked changes in eating or sleeping patterns
(b) Thinking or talking about suicide or harming oneself
(c) Extreme mood swings (high or low)
(d) All of the given options
KSSSCI, Lucknow Nsg. Officer 2024
Correct Option (d)

11. Which of the following is NOT a sign of poor mental health?
(a) Unresolved conflict
(b) Lack of self-confidence
(c) Emotional instability
(d) Positive attitude

substance related psychosis, head trauma schizophrenia, mood disorders (depression, mania, bipolar) and schizoaffective disorder.

- Examples of **neurotic** disorders are exogenous depression, anxiety disorders, phobia, obsessive-compulsive disorder (OCD), dissociative (conversion) disorders and somatoform disorders.
- Difference between psychotic and neurotic illness:

Parameters	Psychotic illness	Neurotic illness
Judgement	Impaired	Preserved
Insight	Reduced/absent	Preserved
Personality	Deteriorated/changed	Intact
Reality contact	Lost	Intact

219. The disorder in which the symptoms of schizophrenia and mood disorders are prominently present within the same episode is known as:
(a) Induced delusional disorders
(b) Persistent delusional disorders
(c) Acute and transient psychotic disorders
(d) Schizoaffective disorder

UPUMS, Saifai Staff Nurse 2023
Correct Option (d)

220. Hallucinations, delusions, disorganised thinking, depressed mood and manic behaviour are the characteristics of:
(a) Persistent delusional disorders
(b) Acute and transient psychotic disorders
(c) Induced delusional disorders
(d) Schizoaffective disorder

UPUMS, Saifai Staff Nurse 2023
Correct Option (d)

221. The chief distinguishing feature of psychotic disorder is:
(a) Overwhelming anxiety
(b) Antisocial conduct
(c) Obsessive behavior
(d) Confusion between fantasy and reality

AIIMS Jodhpur Senior Nsg. Officer 2018
Correct Option (d)

- The chief distinguishing feature of psychotic disorder is **loss of insight**.
- Insight means the patient's comprehension that he is mentally ill and awareness of the character of the illness.

222. In which condition, the patient will have loss of touch with reality?
(a) Psychosis (b) Depression
(c) Mania (d) Behavior

AIIMS Rishikesh ANS 2023
Correct Option (a)

223. The following are psychotic disorders EXCEPT:
(a) Schizophrenia (b) Mania
(c) Psychotic depression (d) Hysteria

KSSSCI, Lucknow Nsg. Officer 2024
Correct Option (d)

224. All of the following are neurotic disorders EXCEPT:
(a) Schizophrenia (b) Anxiety
(c) Exogenous depression (d) OCD

IGNOU B.Sc. (PB) Nsg. Entrance 2012
Correct Option (a)

PSYCHIATRIC DISORDERS

Schizophrenia

225. Schizophrenia comes under.….....….form of psychological disorders:
(a) Psychotic disorder (b) Cyclothymic disorder
(c) Dysthymic disorder (d) Depressive disorder

ESIC Staff Nurse 2016
Correct Option (a)

- Except option **'a'** all other options are the subtypes of mood disorders.
- Schizophrenia is a group of psychotic disorders.
- The term "schizophrenia" is derived from the Greek words "schizo" (split) and "phren" (mind).

226. A disorder manifested by disturbance in thinking, mood and behaviour is referred as:
(a) MDP-Mania (b) Schizophrenia
(c) MDP-depression (d) Psychosis

IGNOU B.Sc. (PB) Nsg. Entrance 2014
Correct Option (b)

- Schizophrenia (coined by Eugen Bleuler) is a group of mental disorders manifested by disturbances of thought or thinking **(hallmark features**), perception, mood (affect) and behaviour.
- In MDP (manic-depressive psychosis) mania and MDP-depression, only mood is disturbed not thinking and behaviour.
- Psychosis (major mental disorder) is a constellation of symptoms used for all disorders in which a person loses contact with reality.

227. Who coined the term 'schizophrenia'?
(a) Wernicke-korsakoff (b) Kanner
(c) Eugen Bleuler (d) Clifford Beers

AIIMS Rishikesh ANS 2023
Correct Option (c)

228. In schizophrenia, gradual subtle behavioural changes occurs in:
(a) Premorbid phase (b) Prodromal phase
(c) Onset phase (d) Progressive phase

AIIMS Bhubaneswar SNO 2019
Correct Option (b)

- Development of schizophrenia occurs in four phases: premorbid phase, prodromal phase, active psychotic phase (schizophrenia) and residual phase.

229. The factor which is responsible to cause schizophrenia:

AIIMS Nagpur Nsg. Officer 2020
Correct Option (c)

277. Undersupply of the neurotransmitter serotonin is linked to:
(a) Schizophrenia (b) Alzheimer's disease
(c) Parkinsonism (d) Depression

JSSHS Delhi Nsg. Officer 2019
Correct Option (d)

278. In which of the following diseases, noradrenaline levels are altered?
(a) Depression (b) Schizophrenia
(c) Parkinsonism (d) Epilepsy

RUHS B.Sc. (PB) Nsg. Entrance 2013
Correct Option (a)

279. Increased suicidal tendency is associated with:
(a) Low levels of dopamine
(b) High level of dopamine
(c) Low level of serotonin
(d) High level of serotonin

RUHS B.Sc. (PB) Nsg. Entrance 2018
Correct Option (c)

280. Dexamethasone suppression test is used to diagnose depression based on the concept that:
(a) Depressed patients exhibit hyposecretion of cortisol
(b) Dexamethasone has antidepressant properties
(c) Depressed patients exhibit hypersecretion of cortisol
(d) Dexamethasone is a steroid

UPUMS, Saifai Staff Nurse 2023
Correct Option (c)

281. The most accurate definition of 'depression', as used in psychiatry, is:
(a) A disturbance in mood as a reaction to the loss of a love object
(b) A total loss of control over emotional impulses
(c) An inability to make decisions or function
(d) A disturbance in mood as a result of frustration of instinctual strivings

RUHS M.Sc. Nsg. Entrance 2014
Correct Option (d)

- Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest or pleasure due to frustration of instinctual strivings.

282. The first form of depression on the continuum from normal to pathogenic depression is:
(a) Grief (b) Mourning
(c) Sadness (d) Melancholia

IGNOU B.Sc. (PB) Nsg. Entrance 2012
Correct Option (c)

- A continuum or range of depression starts from transient depression (life's everyday disappointments or sadness) to mild depression (normal grief response), moderate depression (dysthymia) and severe depression (melancholia).
- Grief is a person's emotional response to loss.
- Mourning is an outward expression of grief after a death, especially of a loved one.
- Bereavement is a period of grief and mourning after a loss.
- Mourning is not synonymous with depression or melancholia.

283. Cyclothymia is a type of:
(a) Bipolar mood disorder
(b) Major depression
(c) Dysthymia
(d) Persistent mood disorder

Correct Option (a)*

- Persistent mood disorder (cyclothymia, dysthymia, chronic major depression), characterised by persistent mood symptoms which last for more than 2 years (1 year in children and adolescents).
- If symptoms consist of persistent instability of mood between mild depression and mild elation is called cyclothymia (**bipolar**).
- If the symptoms consist of persistent (at least 2 years) mild depression is called dysthymia (neurotic/reactive depression).
- If the symptoms consist of dysthymia with major depression is called double depression.

284. Which of the following is NOT a characteristic of endogenous depression?
(a) A better felling when in solitude
(b) Feeling of more sadness during morning
(c) Feeling of more sadness during evening
(d) Having suicidal tendency

AIIMS Bhopal Nsg. Officer 2018
Correct Option (c)

- Endogenous vs. exogenous depression:

Endogenous (major/melancholia)	**Exogenous** (reactive)
Caused by biological factors	Caused by stressful events
Premorbid personality: cyclothymic or dysthymic	Premorbid personality: anxious or obsessive
Early morning awakening (late insomnia)	Difficulty in falling asleep (early insomnia)
Feels more sad in morning	Feels more sad in evening
Feels better when alone	Feels better when in a group
Insight is absent	Insight is present
Higher suicidal risk	Lower suicidal risk

285. Which of the following is the symptom of depression?
(a) Retarded thinking
(b) Retarded psychomotor activity

(a) Valproic acid (b) Alprazolam
(c) Lithium (d) Risperidone

AIIMS Mangalagiri Nsg. Lecturer 2022
Correct Option (c)

767. The drug used for the treatment of bipolar affective disorders is:
(a) Diazepam (b) Penicillin
(c) Lithium (d) Metronidazole

NVS (Navodaya) Staff Nurse 2018
Correct Option (c)

768. Bipolar disorders are treated with the following medications, EXCEPT:
(a) Amphetamine (b) Lithium
(c) Carbamazepine (d) Valproic acid

ESIC Staff Nurse 2019
Correct Option (a)

769. Usual range of Lithium dose in the treatment of mania is:
(a) 600-900 mg/day (b) 600-1600 mg/day
(c) 900-1200 mg/day (d) 900-2000 mg/day

DMER, Mumbai Staff Nurse 2023
Correct Option (c)

770. Therapeutic blood lithium level: FAQ
(a) 2.5-3.0 mEq/L (b) 0.8-1.2 mEq/L
(c) 1.0-1.8 mEq/L (d) 0.3-0.8 mEq/L

MNS SCC Exam 2024
Correct Option (b)

- Blood Lithium levels:
  - Therapeutic levels = 0.8 to 1.2 mEq/L (for treatment of acute mania).
  - Prophylactic levels = 0.6 to 1.2 mEq/L (for relapse prevention in bipolar disorder).
  - Toxic lithium levels >2.0 mEq/L.
  - Dialysis: lithium levels >4 mEq/L.

771. For long-term use of which of the following drug is frequent serum drug level monitoring is required?
(a) Amitriptyline (b) Haloperidol
(c) Lithium (d) Lorazepam

PGIMS Rohtak, Staff Nurse 2022
Correct Option (c)

- Serum lithium levels should be monitored every 1-2 weeks after initial treatment until the dosage and then monthly (usually 3 monthly) during maintenance therapy.

772. A client is receiving lithium carbonate. While this medication is being administered, it is important that the nurse:
(a) Restrict the client's daily sodium intake
(b) Test client's urine specific gravity weekly
(c) Monitor clients drug blood level regularly
(d) Withhold client's other medications for 1 week

RAK M.Sc. Nsg. Entrance 2018
Correct Option (c)

773. The therapeutic effective serum lithium concentration level is monitored:
(a) 12-24 hrs. (b) 24-28 hrs.
(c) 3-5 days (d) 10-14 days

RUHS M.Sc. Nsg. Entrance 2019
Correct Option (a)

- Because the margin between the therapeutic and toxic levels of lithium carbonate is very narrow, so lithium blood levels are measured in the **morning** about 10 to 12 hours after the last dose.

774. Which of the following clinical features alert the nurse to lithium toxicity?
(a) Increasingly agitated behaviour
(b) Marked increased food intake
(c) Sudden increase in blood pressure
(d) Anorexia with nausea and vomiting

NPCIL Staff Nurse 2019
Correct Option (d)

- Lithium (Li) toxicity levels:

Level	S. (Li) mEq/L	Clinical manifestations
Mild	1.5-2.5	Nausea, vomiting, anorexia, lethargy, **tremor** (commonest) and fatigue.
Moderate	2.5-3.5	Confusion, agitation, delirium, tachycardia and hypertonia.
Severe	>3.5	Coma, seizures, hyperthermia and hypotension.

775. A client receiving Lithium carbonate complains of loose, watery stools and difficulty in walking. The serum lithium level of the client is expected to be:
(a) 0.5 mEq/L (b) 1.0 mEq/L
(c) 1.3 mEq/L (d) 1.9 mEq/L

RAK M.Sc. Nsg. Entrance 2009
Correct Option (d)

776. Most common side effect of Lithium is: FAQ
(a) Fine tremors (b) Weight gain
(c) Polydipsia (d) Polyuria

RUHS M.Sc. Nsg. Entrance 2017
Correct Option (a)

777. First lithium toxicity symptom noted by nurse into a patient getting lithium therapy:
(a) Violent behaviour (b) Tremors in hand
(c) More depressed mood (d) Anorexia

ESIC Bhiwari Staff Nurse 2010
Correct Option (d)

778. The function of gland which is affected in lithium toxicity is:
(a) Parathyroid (b) Pituitary
(c) Adrenal (d) Thyroid

DSSSB PHN 2015
Correct Option (d)

787. A woman treated with lithium during pregnancy, the foetus should be tested for:
(a) Cardiac malformations (b) Neural tube defect
(c) Urogenital abnormalities (d) Scalp defects
HPSSC Staff Nurse 2021
Correct Option (a)

- Lithium in the first trimester is associated with an increased risk of heart defects such as Ebstein's anomaly.

Anti-Anxiety Drugs

788. Which of the following drugs is given to the patient to relieve from anxiety before operation?
(a) Caffeine (b) Albendazole
(c) Nicotine (d) Benzodiazepines
NHM, Rajasthan Staff Nurse 2024
Correct Option (d)

- Anti-anxiety drugs (minor tranquilizers) like benzodiazepines increase the effect of gamma-aminobutyric acid (GABA, an inhibitory neurotransmitter) levels in the brain and cause a calming effect on the CNS, thus reducing anxiety.

789. Benzodiazepines reduce anxiety by acting on which neurotransmitter:
(a) GABA (b) Serotonin
(c) Nor-adrenaline (d) Dopamine
BHU Staff Nurse 2015
Correct Option (a)

790. Librium is a:
(a) Antimanic drug (b) Antidepressant drug
(c) Tranquilizer drug (d) Anti-Parkinson drug
RUHS B.Sc. (PB) Nsg. Entrance 2014
Correct Option (c)

- Librium is a brand or trade name of chlordiazepoxide (a benzodiazepine), which is an anti-anxiety/ hypno-sedative/ minor tranquilizer group of drug; used to treat anxiety disorders.

791. What is the drug of choice for alcohol withdrawal symptoms? FAQ
(a) Chlordiazepoxide (b) Labetolol
(c) Metoclopramide (d) Digoxin
HPSSC Staff Nurse 2021
Correct Option (a)

- Benzodiazepines, e.g., chlordiazepoxide (librium) or diazepam (valium) is most commonly prescribed medication for acute alcohol withdrawal symptoms.

792. Which is the example of an anti-anxiety drug?
(a) Promazine (b) Diazepam
(c) Lithium Carbonate (d) Perinorm
RPSC (Raj.) Nsg. Tutor 2012
Correct Option (b)

- Diazepam is an extensively used anti-anxiety and sedatives drug.
- It is also used to treat alcohol withdrawal symptoms, status epilepticus and acute cocaine poisoning.

793. Match the List-I with List-II and select the correct answer using the code given below the lists:

List-I (Generic drug name)	List-II (Classification)
A. Flurazepam	1. Antihistamine
B. Zolpidem	2. Melatonergic hypnotic
C. Ramelteon	3. Nonbenzodiazepine hypnotic
D. Hydroxyzine	4. Benzodiazepine hypnotic

(a) A-4, B-3, C-2, D-1 (b) A-4, B-2, C-3, D-1
(c) A-1, B-3, C-2, D-4 (d) A-1, B-2, C-3, D-4
ESIC Nsg. Officer 2024
Correct Option (a)

Miscellaneous Drugs

794. Amphetamines are having all of the following actions EXCEPT:
(a) Mood elevation (b) Feeling of well-being
(c) Sedation (d) Increased alertness
IGNOU B.Sc. (PB) Nsg. Entrance 2014
Correct Option (c)

- Amphetamine is a powerful CNS stimulant; used as drugs of choice in attention-deficit hyperactivity disorder (ADHD), narcolepsy and obesity (rarely).
- It is also used as substance abuse.
- Commonly used CNS stimulants are amphetamine, atomoxetine, dextro-amphetamine, methyl-phenidate, methamphetamine (ice or crystal meth), etc.
- It enhances mood, alertness, focus, feeling of well-being and decreases fatigue and drowsiness.

795. The drug of choice in child with attention-deficit disorder and epilepsy is:
(a) Amphetamine (b) Imipramine
(c) Haloperidol (d) Lithium
Kidwai Hospital Staff Nurse 2018
Correct Option (a)

796. Which group of drugs is the choice for Attention-Deficit Hyperactivity Disorder?
(a) Benzodiazepine (b) CNS stimulant
(c) Anti-psychotics (d) Anticonvulsant
AIIMS Raipur Staff Nurse 2017
Correct Option (b)

797. A 5-years-old child is presented to the Child and Adolescent Psychiatry Unit by her mother. The history shows that the child has hyperactivity, impulsive behaviour, poor attention, fidgeting and impaired concentration. What medication would you expect to be prescribed for the child?
(a) Chlorpromazine (b) Chlordiazepoxide
(c) Lamotrigine (d) Atomoxetine
RUHS B.Sc. (PB) Nsg. Entrance 2019
Correct Option (d)

- Atomoxetine (brand name strattera) is a selective norepinephrine (noradrenalin) reuptake inhibitor, which is also used to treat ADHD.
- It helps to increase the ability to pay attention, concentrate and stop fidgeting.

798. Treatment of ADHD involves the following drugs EXCEPT:

(a) Amphetamine (b) Antidepressants
(c) Barbiturates (d) Lithium carbonate

RAK M.Sc. Nsg. Entrance 2016
Correct Option (c)

- CNS stimulants, e.g., amphetamine and **methylphenidate** (drug of choice) are used as first-line drugs in the treatment of ADHD.
- If stimulant medication is not available or effective than other drugs like clonidine, imipramine (TCA), chlorpromazine, bupropion, lithium carbonate can be used.
- Barbiturates are contraindicated in ADHD because it may increase hyperactivity.

799. The disulfiram therapy is indicated in:

(a) Acute intoxication
(b) Cannabis dependence
(c) Chronic alcoholism
(d) Anxiety disorder

AIIMS Patna Nsg. Officer 2020
Correct Option (c)

- Disulfiram (tetraethyl thiuram disulfide) is a deterrent agent (alcohol sensitizing drugs) used orally for treatment of alcoholism.
- It is an aldehyde dehydrogenase inhibitor that interferes with the metabolism of alcohol and produces a marked increase in blood acetaldehyde levels.
- Drinking alcohol after taking this drug causes disulfiram-ethanol reaction characterised by flushing, headache, palpitations, nausea and vomiting, tachycardia, hypotension, tachypnea, sweating, confusion, etc.

800. A practitioner prescribes disulfiram (Antabuse) for a client who abuses alcohol. The nurse remembers that disulfiram will:

(a) Affect short-term memory
(b) Permit a healthier lifestyle
(c) Allow him to tolerate small amounts of alcohol
(d) Cause a severe adverse reaction if alcohol is consumed

AIIMS NORCET-7 (Prelims) Nsg. Officer 2024
Correct Option (d)

801. Which of the following drugs is a deterrent agent in the treatment of alcohol dependence syndrome?

(a) Acamprosate (b) Naltrexone
(c) Disulfiram (d) Bupropion

IGNOU B.Sc. (PB) Nsg. Entrance 2021
Correct Option (c)

802. The alcohol sensitizing drug that is used for the treatment of alcoholism is:

(a) Haloperidol (b) Disulfiram
(c) Carbamazepine (d) Phenobarbitone

BHU Nsg. Officer 2019
Correct Option (b)

803. The drug which is used to create aversion in alcohol dependence:

(a) Apomorphine (b) Propranolol
(c) Diazepam (d) Disulfiram

OSSSC, Odisha Nsg. Officer 2023
Correct Option (d)

804. Which of the following drug is used as anticraving agent? FAQ

(a) Acamprosate (b) Lithium
(c) Haloperodol (d) Lorazepam

MNS SCC Exam 2024
Correct Option (a)

- An agent which inhibits uncontrollable desire to be exposed to something, especially to an addictive agent is called anti-craving drugs, e.g., **acamprosate** and naltrexone (first-line agents), disulfiram (**not effective**), fluoxetine (SSRIs), topiramate, etc.

805. Anti-abuse therapy is used in:

(a) Opioid dependence (b) Alcohol abuse
(c) Cannabis dependence (d) Tobacco abuse

RAK M.Sc. Nsg. Entrance 2009
Correct Option (b)

Notes

9

SOCIOLOGY

"Sociology is the spectacle that helps us to understand society."

– Deepak Maurya

Sociology

Introduction to Sociology

1. The study of human interactions & interrelations, their conditions and consequences are known as:
(a) Psychology (b) Anthropology
(c) Sociology (d) Paleontology
AIIMS Mangalagiri Nsg. Tutor 2022
Correct Option (c)

2. Which of the following statements is correct?
(a) Sociology is a natural science
(b) Sociology is a social science
(c) Sociology is an applied science
(d) Sociology is a biological science
DSSSB Nsg. Officer 2019
Correct Option (b)

3. Society emerges out of:
(a) Community's existence (b) Men's existence
(c) Problem's existence (d) Relationship
RUHS M.Sc. Nsg. Entrance 2019
Correct Option (b)

4. The term 'Sociology' was coined by a French philosopher named: FAQ
(a) Aristotle (b) Simmel
(c) Auguste Comte (d) Von Wiese
DSSSB Nsg. Officer 2019
Correct Option (c)

5. Who is considered as the father of sociology?
(a) Auguste Comte (b) Maclver
(c) Emile Durkheim (d) Kingsley Davis
AIIMS Patna Nsg. Officer 2020
Correct Option (a)

6. Which theory was proposed by Karl Marx?
(a) Fascism (b) Behaviorism
(c) Communism (d) Socialism
WBUHS M.Sc. Nsg. Entrance 2022
Correct Option (c)

7. Who said that man is a social animal?
(a) Maclver (b) Auguste Comte
(c) Aristotle (d) Ginsberg
AIIMS Patna Nsg. Officer 2020
Correct Option (c)

8. Which of the following is a suitable area of study in the scope of sociology?
(a) Business (b) Education
(c) Community (d) Trade
DSSSB Nsg. Officer 2019
Correct Option (c)

9. In medical sociology discipline incidence of illness is to a large extent……by social and cultural factors?
(a) Modified (b) Determined
(c) Reject (d) None
UPUMS, Saifai Nsg. Officer 2024
Correct Option (b)

10. Sociology helps nurses to know about:
(a) Social life (b) Politics
(c) Community (d) Personal life
RRB Staff Nurse 2019
Correct Option (a)

Family

11. The basic unit in all societies is: FAQ
(a) Family (b) Caste (c) Religion (d) Income
UPUMS, Saifai Staff Nurse 2023
Correct Option (a)

12. Group of biologically related individuals living together and eating from common kitchen is known as:
(a) Family (b) Group
(c) Society (d) Household
IGNOU B.Sc. (PB) Nsg. Entrance 2014
Correct Option (a)

13. The primary level of child socialization is:
(a) Family (b) School
(c) Playground (d) Community
IGNOU B.Sc. (PB) Nsg. Entrance 2017
Correct Option (a)

14. Which of following statement is NOT true?
(a) Family is a biological unit
(b) Family is a group of person who are related to each other by religion
(c) Family is a system of relationship between parents and children
(d) Family is a group defined by social relationship
AIIMS Bhopal Staff Nurse 2016
Correct Option (b)

15. All of the following are the characteristics of family EXCEPT:
(a) Number of individuals assembled together
(b) Organized group based on blood relationship
(c) Marriage of person with opposite sex
(d) Members are related through the process of procreation

10

MICROBIOLOGY

"Without laboratories men of science are soldiers without arms."

– Louis Pasteur

Microbiology

History of Microbiology

1. Who is known as the Father of modern Microbiology? FAQ

(a) Louis Pasteur (b) Robert Koch
(c) Alexander Fleming (d) Joseph Lister

AIIMS Mangalagiri Nsg. Tutor 2022
Correct Option (a)

- Louis Pasteur, who first coined the term "microbiology" known as the father of medical microbiology for his "germ theory of disease".

2. Germ cell theory was proposed by:

(a) Robert Koch (b) Ronald Ross
(c) Louis Pasteur (d) Minerals

RUHS M.Sc. Nsg. Entrance 2016
Correct Option (c)

3. One of the following scientist demonstrated transmission of malarial parasites by bite of Anopheles mosquito is:

(a) E. von Behring (b) Ziehl-Neelsen
(c) Sir. Ronald Ross (d) Elberth

IGNOU B.Sc. (PB) Nsg. Entrance 2019
Correct Option (c)

4. Who discovered vibrio cholera?

(a) Robert Koch (b) Ronald Ross
(c) A Nicolaier (d) Alexander Fleming

RIMS & R., U.P. Staff Nurse 2013
Correct Option (a)

- Robert Koch devised staining techniques for growth of bacteria in culture media, known as the father of bacteriology.
- He discovered the causative agents of tuberculosis, cholera and anthrax.

5. Mycobacterium Tuberculosis was identified by:

(a) Von Helmholtz (b) Robert Koch
(c) Louis Pasteur (d) Van Leuwenhoek

IGNOU B.Sc. (PB) Nsg. Entrance 2015
Correct Option (b)

6. Who found the link between cholera and contaminated water?

(a) Louis Pasteur (b) Ronald Ross
(c) Edward Jenner (d) John Snow

AIIMS Raipur Staff Nurse 2017
Correct Option (d)

- John Snow, English physician, first time in 1854 found a link between cholera and the contaminated drinking water, for this his studies considered as one of the father of modern epidemiology.

7. Which of the following pioneers of microbiology is credited with the discovery of microorganisms using high quality magnifying lenses (early microscopes)?

(a) Antony van Leeuwenhoek (b) Louis Pasteur
(c) Robert Hooke (d) Robert Koch

Safdarjung Delhi Nsg. Officer 2018
Correct Option (a)

8. All are parts of the light microscope EXCEPT:

(a) Condenser (b) Eye-piece
(c) Slide with cover slip (d) Objective lens

BHU Staff Nurse 2015
Correct Option (c)

- Main parts of light microscope are eye-piece or ocular lenses (magnification power 10x), objective lenses (low power 10x; high power 40x; and oil immersion 100x), condenser (contains lens system that condenses light before it passes through the specimen) and iris diaphragm (control the amount of light entering the condenser).

9. Resolution power of compound microscope is:

(a) 0.2 micron (b) 0.2 millimetre
(c) 0.2 Angstrom units (d) 0.2 centimetre

CHO, Himachal Pradesh 2022
Correct Option (a)

10. The type of microscope in which there are differences in refractive indices between the bacterial cell & the surrounding medium is a/an…….microscope:

(a) Dark ground (b) Fluorescence
(c) Electron (d) Phase contrast

UPUMS, Saifai Staff Nurse 2023
Correct Option (d)

11. Which of the following is the unit of measurement in bacteriology?

(a) Newton (b) Joule (c) Micron (d) Pascal

AIIMS Bhopal Nsg. Officer 2018
Correct Option (c)

12. The images obtained in a compound microscope is which of the following?

(a) Real (b) Real inverted
(c) Virtual (d) Virtual inverted

IGNOU B.Sc. (PB) Nsg. Entrance 2016
Correct Option (d)

13. Father of genetics is:

(a) Mendel (b) Darwin (c) Muller (d) Bateson

Correct Option (d)

132. Which solution is recommended to disinfect material contaminated with blood & body fluids?
(a) Sodium hypochlorite 1% (b) Alcohol 70%
(c) Bleaching powder (d) All of above

RUHS B.Sc. (PB) Nsg. Entrance 2024
Correct Option (a)

133. To make an instrument free HIV virus, it is kept in:
(a) Spirit for 24 hours
(b) 2% glutaraldehyde solution
(c) Savlon solution (1:100 strength)
(d) Hydrogen peroxide

RRB Staff Nurse 2015
Correct Option (b)

134. Which solution should be used to mop up the spilled blood on the floor of operation theatre?
(a) Cidex (b) Sodium hypochlorite
(c) Savlon (d) Formalin

UPPSC, U.P. Staff Nurse 2021
Correct Option (b)

- Depending upon the spill: If it's < 10 mL: 1% sodium hypochlorite solution and if it's > 10 mL: 10% sodium hypochlorite solution is used.
- 1% sodium hypochlorite solution is used as disinfectant for COVID-19.
- Contact period of at least 30 min (preferably 1 hr).

135. With respect to spillages of blood or body fluids, identify the incorrect statement:
(a) Mop the floor using hot soapy water and a designated mop
(b) Absorb liquid using paper towels and dispose into a yellow clinical waste bag at the site
(c) Remove disposable gloves and apron and clean the spillages with bare hands
(d) Place a wet-floor warning sign over the affected area

DSSSB Nsg. Officer 2019
Correct Option (c)

136. Which one of the following is classified as a halogen disinfectant?
(a) Alcohol (b) Biguanide P (c) Bleach (d) Phenol

JSSHS Delhi Nsg. Officer 2019
Correct Option (c)

- Sodium hypochlorite when dissolved into water is commonly known as bleach, which is frequently used as disinfectant or a bleaching agent for households.

137. Which of the following tests is used for testing the capacity of a disinfectant?
(a) Rideal-Walker test (b) Chick Martin test
(c) Kelsey-Sykes test (d) Kelsey-Maurer test

Correct Option (c)

138. Which item is NOT sterilized by an antiseptic solution? FAQ
(a) Suction Catheter (b) Enema tube
(c) Surgical scissor (d) Nasogastric tube

RUHS B.Sc. (PB) Nsg. Entrance 2018
Correct Option (c)

139. Which method is NOT used in sterilization of syringes and needles?
(a) Antiseptic solutions (b) Autoclaving
(c) Steam sterilization (d) Boiling

GMCH Mewat Haryana 2014
Correct Option (a)

140. Match List-I with List-II:

List-I	List-II
a. Ethylene oxide	I. Laparoscopic instruments
b. Plasma sterilization	II. Operation theatre
c. Glutaraldehyde	III. Environmental surfaces
d. Phenol	IV. Metal implants

Choose the **correct** answer:
(a) a-IV, b-III, c-I, d-II (b) a-II, b-IV, c-I, d-III
(c) a-III, b-IV, c-I, d-II (d) a-IV, b-II, c-I, d-III

NHM, Rajasthan Staff Nurse 2024
Correct Option (b)

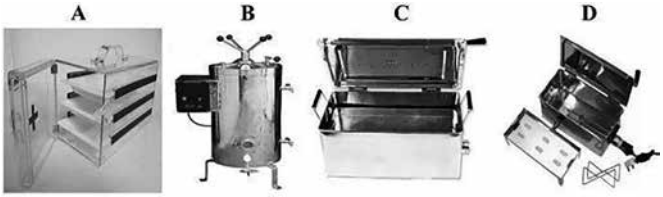
- Plasma sterilization (sterrad) is based on hydrogen peroxide gas plasma technology for disinfection/ sterilization of medical devices (e.g., metal implants).

141. Cross infection can occur through following EXCEPT:
(a) Autoclaving (b) Fomites
(c) Contained food & drinks (d) Insects

RRB Staff Nurse 2015
Correct Option (a)

- Cross infection means the transfer of infectious organisms or disease from one patient to another in the hospital.
- It may be transmitted through fomites, contaminated food and drinks, insects (flies), droplet infection and droplet nuclei.
- Autoclaving is a method of reducing the chance of cross infection.

142. The given below diagram represents various methods used for sterilizing nursing instruments. Label each method accordingly:



(a) A. Autoclave B. Dental boiler C. Electric instrument sterilizer D. Formalin chamber
(b) A. Formalin chamber B. Autoclave C. Electric instrument sterilizer D. Dental boiler
(c) A. Formalin chamber B. Autoclave C. Dental boiler D. Electric instrument sterilizer

(b) They are released from the bacterial surface by natural lysis
(c) They are heat-labile proteins
(d) Their toxicity depends in the lipid component

AIIMS Raipur Staff Nurse 2017
Correct Option (c)

Feature	Endotoxins	Exotoxins
Nature	Lipopolysaccharide	Protein (polypeptide)
Source	Gram -ve bacterial cell wall	Gram +ve bacteria & Gram -ve bacteria
Location of genes	Chromosome	Plasmid or bacteriophage
Nature of secretion	Not secreted by the bacterial cell	Actively secreted by the bacteria
Release of toxin	Cell lysis	Filtration of bacterial cultures
Heat stability	Stable (withstand at 100 °C for an hr)	Labile (destroyed mostly at 60 °C)
Mode of action	Mediated by IL-1 & tumor necrosis factor	Mostly enzyme-like action
Effect	Nonspecific (fever, shock, etc.)	Specific pharma-cological effect
Tissue affinity	No	Specific tissue affinities
Fatal dose	Large doses are fatal	Small doses are fatal
Antigenicity	Poor	High
Diseases	Gram -ve bacterial sepsis, meningococcemia	Botulism, diphtheria & staphylococcal toxic shock syndrome
Vaccine	Not effective	Specific toxoids are available

224. Signs of a local infection include:
(a) Redness, pain, swelling and decreased temperature
(b) Increase and decreased blood pressure
(c) Redness, pain and swelling of the area
(d) Increased temperature, pain, redness and decreased urine output

RUHS B.Sc. (PB) Nsg. Entrance 2015
Correct Option (c)

- Cardinal signs and symptoms of local acute inflammation are redness or erythema; swelling; local pain; heat and loss of function.

225. Which of the following is NOT true concerning Staphylococcus aureus?
(a) S. aureus is related to inflammation
(b) S. aureus can cause pneumonia
(c) S. aureus can lead to acute bacterial endocarditis
(d) S. aureus does not make coagulase

RUHS M.Sc. Nsg. Entrance 2013
Correct Option (d)

- Staphylococcus aureus is a species of staphylococcus that produces coagulase positive.
- Coagulase is an enzyme that converts fibrinogen (soluble) in plasma to fibrin (insoluble).
- It causes suppurative (invasive) diseases such as skin infections (impetigo, folliculitis, furuncle, carbuncle, paronychia, wound infection), systemic infections (bacteremia, osteomyelitis, septic arthritis, endocarditis, pneumonia, meningitis, deep-seated abscess) and nonsuppurative (toxinoses/ toxin-mediated infections): food poisoning, toxic shock syndrome (TSS), staphylococcal scalded skin syndrome (SSSS), etc.

226. Toxic shock syndrome is caused by:
(a) Staphylococcus (b) Enterococcus
(c) Pneumococcus (d) Meningococcus

AIIMS Raipur Nsg. Tutor 2023
Correct Option (a)

227. Which of the following strategies the nurse will adopt for patient with MRSA infection?
(a) Contact isolation (b) Hand washing
(c) Droplet isolation (d) Respiratory isolation

BHU Nsg. Officer 2024
Correct Option (a)

- **MRSA** stands for Methicillin-resistant Staphylococcus aureus, a type of bacteria that is resistant to penicillin, other β-lactam antibiotics (methicillin, oxacillin, dicloxacillin), cephalosporins and carbapenems.
- Vancomycin is the drug of choice in life-threatening staphylococcal infections (infused slowly over 60 min).
- Proper hand-washing and use of topical agents (mupirocin and chlorhexidine) on skin and nose to prevent and control nosocomial infections caused by MRSA.

228. The term MRSA in bacteriology stands for:
(a) Methicillin Resistant Staphylococcus aureus
(b) Methicillin Reactive Staphylococcus aureus
(c) Multidrug Resistant Staphylococcus aureus
(d) Methicillin resistant Streptococcus anginosus

ESIC Staff Nurse 2019
Correct Option (a)

229. The drug of choice for methicillin resistant staphylococcus aureus (MRSA) is:
(a) Clindamycin (b) Erythromycin
(c) Gentamycin (d) Vancomycin

BHU Nsg. Officer 2018
Correct Option (d)

230. "Klebs Löffler bacillus" is the name of:
(a) Streptococci (b) Salmonella typhi
(c) C. diphtheria (d) Meningococci

RUHS M.Sc. Nsg. Entrance 2018
Correct Option (c)

- Diphtheria is caused by causative organism Corynebacterium diphtheriae, also known as Klebs

(a) Optimum temperature for toxin production is 37° C
(b) Intra-dietetic toxin are responsible for intestinal symptoms
(c) Toxin can be destroyed by boiling for 30 min.
(d) Incubation period is 1 to 6 hours

Correct Option (c)

252. A child after consuming food in a party complains of diarrhea within 1-5 hours. The diagnosis is:
(a) Clostridium perfringens (b) S. aureus
(c) Clostridium botulinum (d) Streptococcus

Correct Option (b)

253. A food item commonly associated with Bacillus cereus food poisoning is: FAQ
(a) Green beans (b) Honey
(c) Fried rice (d) Baked potato

AIIMS Bhubaneswar SNO 2019
Correct Option (c)

- B. cereus food poisoning, caused by heat-stable enterotoxin.
- Food poisoning with short incubation period 1 to 6 hours (**emetic type**) is associated with the consumption of rice dishes and long incubation period 1 to 24 hours (**diarrheal type**) is the result from the consumption of meat dishes.
- Incubation period of food poisoning:

Food poisoning	Incubation period
Salmonella	12-24 hours
Staphylococcal	1-6 hours
Botulism	12-36 hours
Cl. Perfringens	6-24 hours
B. cereus (emetic form)	1-6 hours
B. cereus (diarrhoeal form)	12-24 hours

254. Canned food poisoning is commonly linked to which of the following microorganism?
(a) Taenia solium (b) Clostridium botulinum
(c) Vibrio cholera (d) Staphylococcus aureus

CHO, Rajasthan 2023
Correct Option (b)

- Botulism poisoning occurs on ingestion of preformed toxins in food contaminated with C. botulinum and the most common reason is improper canning of food (homemade food, canned meat, fish, honey).

255. Common source of infection for botulism:
(a) Infected egg
(b) Contact with infectious animal
(c) Contaminated water
(d) Bottle packed vegetables

DSSSB Nsg. Officer 2019
Correct Option (d)

256. The client presents to the emergency department with acute poisoning suspected to be botulism poisoning after eating at a fast food restaurant. Which nursing problem is the highest priority for their client? FAQ
(a) Fluid volume loss
(b) Risk for respiratory paralysis
(c) Abdominal pain
(d) Anxiety

RAK M.Sc. Nsg. Entrance 2014 & 2010
Correct Option (b)

- The botulinum toxins act as neurotoxin specifically on cholinergic nerves by blocking the release of a neurotransmitter, acetylcholine, at the synapses and at the neuromuscular junctions.
- It results in flaccid paralysis of the respiratory muscles, which causes death (10% to 25% mortality).

257. ……toxin is associated with paralytic shellfish poisoning:
(a) Aflatoxin (b) Saxitoxin
(c) Botulinum toxin (d) Ricin

CHO, Madhya Pradesh 2024
Correct Option (b)

258. There are various techniques that are used to preserve foods and prevent foods from spoiling. Which of the following is the most common and best method?
(a) Fermentation (b) Freezing
(c) Freeze-drying (d) Heating

AIIMS Jodhpur Senior Nsg. Officer 2023
Correct Option (d)

Notes

11

PHARMACOLOGY

"Wherever the art of medicine is loved,
there is also a love of humanity."

– Hippocrates

Pharmacology

Introduction to Pharmacology

1. Who is called the "Father of Medicine"?

(a) Louis Pasteur (b) Lord Lister
(c) Hippocrates (d) Darwin

ESIC Delhi Staff Nurse 2009
Correct Option (c)

- Hippocrates was a Greek physician and considered as the father of medicine because he was the first healer to attempt to record medical experiences for future reference.
- A moral code of ethics conduct and practice in medicine, established by Hippocrates is called the Hippocratic Oath.
- Susruta wrote 'Sushruta Samhita' and is known as Indian Hippocrates (father of Indian surgery).

2. Who said, 'Let food be thy medicine and medicine be thy food'?

(a) Leonardo Da Vinci (b) Hippocrates
(c) Antoine Lavoisier (d) Dr James Lind

CHO, Uttar Pradesh 2021
Correct Option (b)

3. What is a sociological definition of the word drug?

(a) A substance that changes mood, behaviour or consciousness
(b) A dysfunction
(c) A chemical
(d) Ecology

RUHS (Raj.) Nurse Grade II 2013
Correct Option (a)

4. Essential drug list include all, EXCEPT:

(a) Medicines used for emerging & re-emerging infections
(b) Medicines that satisfy priority health needs of a population
(c) Medicines used in national health programmes
(d) Medicines for rare diseases

CHO, Rajasthan 2024
Correct Option (d)

5. Most drugs have a molecular weight between:

(a) 1-10 (b) 10-100
(c) 100-500 (d) Greater than 500

RRB Staff Nurse 2015
Correct Option (c)

- Normally drugs have molecular weights under 450 Daltons (atomic mass unit).
- Smaller the molecular weight is better because of easy diffusion.

6. Pharmacodynamics involves the study of following EXCEPT:

(a) Biological and therapeutic effects of drugs
(b) Absorption and distribution of drugs
(c) Mechanisms of drug action
(d) Drug interactions

RRB Staff Nurse 2015
Correct Option (b)

- Pharmacodynamics means 'what the drug does to the body' or 'study of drug effects on the body'.
- It includes the mechanism of action, pharmacological actions and adverse effects of the drugs.
- Pharmacokinetics means 'what the body does to the drug' and it includes absorption, distribution, metabolism (biotransformation) and excretion of drug.
- It is also called ADME study.

7. Match the oral drug administration term with its corresponding description:

1. Absorption	A. The percentage of a drug that reaches the systemic circulation after oral administration
2. First-pass metabolism	B. The process by which a drug moves from the site of administration to the bloodstream
3. Bio-availability	C. The metabolism of a drug that occurs in the liver before it reaches systemic circulation
4. Entero-hepatic circulation	D. The recycling of drugs between the liver & the small intestine, influencing drug concentration

(a) 1-B, 2-C, 3-A, 4-D (b) 1-A, 2-B, 3-C, 4-D
(c) 1-B, 2-A, 3-C, 4-D (d) 1-A, 2-C, 3-D, 4-B

CHO, Madhya Pradesh 2024
Correct Option (a)

8. The rate of drug absorption is greatest in the:

(a) Large intestine (b) Stomach
(c) Gallbladder (d) Small intestine

RRB Staff Nurse 2015
Correct Option (d)

- The rate of drug absorption depends on surface area and it is much larger in the small intestine due to presence of villi and microvilli, so the absorption is faster/greatest in the small intestine.

9. If gut motility is increased then:

(a) Drug absorption is decreased

- Penicillin (beta-lactam antibiotics) was the first antibiotic developed and used clinically in 1941 by Alexander Fleming.
- It was first obtained from the fungus Penicillium notatum.
- Penicillin is a bactericidal drug, inhibiting the growth of susceptible bacteria by inhibiting cell-wall synthesis.

72. The primary activity of selective antibiotic penicillin is:
(a) Inhibit nucleic acid synthesis
(b) Inhibit cell wall synthesis
(c) Metabolic antagonism
(d) Inhibit protein synthesis

ESIC Staff Nurse 2016
Correct Option (b)

73. Penicillin-an antibiotic can treat all of the following infections EXCEPT:
(a) Pneumonia (b) Respiratory tract infections
(c) Scarlet fever (d) Chlamydia

IGNOU B.Sc. (PB) Nsg. Entrance 2021
Correct Option (d)

74. The general side effect of penicillin is:
(a) Rashes with itching (b) Fever
(c) GIT disturbance (d) Renal Calculi

RRB Staff Nurse 2015
Correct Option (a)

- Hypersensitivity reactions are a major problem in the use of penicillins and 1 to 10% incidence is reported.
- Common manifestations of penicillin allergy are skin rash, itching, urticaria, fever, wheezing, dermatitis, angioedema and serum sickness.
- Anaphylaxis is rare (1 to 4 per 10,000 patients), but it is fatal.

75. A patient with no known allergies is to receive penicillin every 6 hours. When administering the medication, the nurse observes a fine rash on the patient's skin. The most appropriate nursing action would be to:
(a) Administer medication and notify physician
(b) Withhold medication and notify physician
(c) Apply corn-starch soaks to the rash
(d) Administer medication with an antihistamine

JSSHS Delhi Nsg. Officer 2019
Correct Option (b)

76. Anaphylactic reaction after administering penicillin indicates:
(a) An acquired atopic sensitization
(b) Passive immunity to penicillin allergen
(c) Antibodies to penicillin developed after earlier use of the drug
(d) Developed potent bivalent antibodies when the IV administration was started

RUHS M.Sc. Nsg. Entrance 2013
Correct Option (c)

- Anaphylaxis reaction (anaphylactic hypersensitivity) occur in a person previously sensitized to an antigen/allergen (e.g., penicillin and local anesthetics) because the initial exposure causes production of antibodies or immunoglobulin E (**IgE**), which binds on the surface of mast cells.
- Mast cells react suddenly on re-exposure to allergen by releasing mediators like histamine.

77. Arrange the following cephalosporins as per their order of generation:
a. Cefepime b. Cefuroxime
c. Cephalexin d. Ceftriaxone
Choose the **correct** answer:
(a) a, b, d, c (b) b, a, d, c
(c) c, b, a, d (d) c, b, d, a

MNS SCC Exam 2024
Correct Option (d)

- Cephalosporins classified into 5 generations:

Generation	Examples
1st	Cefazolin, cephalothin, cephapirin, cephradine, cefadroxil, cephalexin
2nd	Cefuroxime, cefprozil
3rd	Cefotaxime, ceftazidime, cefdinir, cefixime, ceftriaxone, cefpodoxime, cefoperazone
4th	Cefepime, cefpirome
5th	Ceftaroline, ceftobiprole

78. What is the mechanism of action of antibiotics cephalosporin?
(a) Inhibiting DNA function
(b) Acting on cytoplasmic membrane
(c) Inhibiting protein synthesis
(d) Interfering with the cell wall synthesis

AIIMS Bhopal Senior Nsg. Officer 2018
Correct Option (d)

79. Which test result should a nurse review to determine if the antibiotic prescribed for the patient will be effective?
(a) Serologic test (b) Sensitivity test
(c) Serum osmolality (d) Sedimentation rate

NCL Singrauli Staff Nurse 2019
Correct Option (b)

80. What is the precautionary step to be taken before administering an antiserum/antitoxin?
(a) CSF test (b) Blood test
(c) Urine test (d) Sensitivity test

RRB Staff Nurse 2019
Correct Option (d)

81. What is the major nursing responsibility when administering sulfonamide preparation?
(a) Monitor child's temperature

anticholinesterase or cholinesterase inhibitors like agricultural and household insecticide (accidental, suicidal and homicidal poisoning is common) or organophosphate poisoning.

126. Which is the most important drug in the treatment of organo-phosphate poisoning? FAQ

(a) N-acetylcysteine (b) Adrenaline
(c) Atropine sulfate (d) Diazepam

RRB Staff Nurse 2019
Correct Option (c)

127. Following are clinical features of organophosphorus poisoning, EXCEPT: FAQ

(a) Salivation (b) Bronchospasm
(c) Pinpoint pupil (d) Hyperventilation

AIIMS Bhopal Senior Nsg. Officer 2018
Correct Option (d)

- Sign/symptoms of organophosphorus compounds (parathion, malathion, dichlorvos, diazinon, etc.) or anticholinesterase poisoning are **miosis** (abnormal constricted pupils), lacrimation, salivation, sweating, bradycardia, hypotension and vascular collapse, involuntary urination and defecation, respiratory paralysis, weakness, tremors, convulsion, coma and death are usually due to respiratory failure.
- This poisoning increases the level of acetylcholine (agonist) at different nerves and receptors in the body, because acetyl-cholinesterase (an enzyme that stops the action of acetylcholine is blocked.
- Antidotes used in organophosphorus/ anticholinesterase poisoning are injection atropine 2 mg I.V. stat and it should be repeated every 5-10 minutes till dryness of mouth or fully atropinized (fully dilated, non-reactive pupils, tachycardia).

128. The antidote for atropine poisoning is:

(a) Pilocarpine (b) Bethanechol
(c) Physostigmine (d) Neostigmine

AIIMS Bhopal Senior Nsg. Officer 2018
Correct Option (c)

129. Antidote for heparin is: FAQ

(a) Vitamin K (b) Protamine sulphate
(c) Aminocaproic acid (d) Amiodarone

BHU Nsg. Officer 2019
Correct Option (b)

- In case of heparin overdose, the antidote protamine sulphate (obtained from fish sperm) is a specific heparin antagonist, and should be used to decrease the serious and fatal haemorrhage (**hematuria-earliest sign**).
- It is given slow I.V. to neutralise heparin weight by weight, i.e., 1 mg of protamine sulphate is needed for every 100 U heparin (chemical antagonism).

130. A patient has undergone mitral valve replacement having persistent bleeding from surgical incision in the early postoperative period, which drug will be administered:

(a) Protamine sulfate (b) Vitamin C
(c) Quinidine sulphate (d) Warfarin sodium

ESIC Delhi Staff Nurse 2012
Correct Option (a)

- After major vascular surgery heparin is used as an anticoagulant to prevent clot formation so patients may have persistent bleeding due to overdose of heparin.
- Abnormal bleeding is the most common and serious complication of heparin therapy, so protamine sulfate (heparin antagonist) is used for heparin overdose.

131. When intravenous heparin therapy is advised for a patient, the nurse must ensure the availability of…… in the nursing unit while administering the therapy:

(a) Vitamin K (b) Aminocaproic Acid
(c) Potassium Chloride (d) Protamine Sulphate

JSSHS Delhi Nsg. Officer 2019
Correct Option (d)

132. The antidote for warfarin is: FAQ

(a) Protamine sulfate (b) Vitamin K
(c) Acetylcysteine (d) Heparin

AIIMS Patna Nsg. Officer 2020
Correct Option (b)

- Warfarin sodium (Coumadin) is a natural plant oral anticoagulant known as **coumarin**, act only in-vivo and inhibits vitamin K-independent clotting factors II, VII, IX and X and foods rich in vitamin K (green leafy vegetables) may reduce warfarin action.
- Warfarin can cause skin necrosis and **"purple toes"** syndrome.
- In warfarin toxicity or overdose, give **vitamin K1** (phytonadione) as an antidote, but it takes 6-24 hours for the clotting factors to resynthesize, so discontinue the warfarin as a **first step**.

133. Warfarin interferes with:

(a) Calcium metabolism (b) Fibrin formation
(c) Collagen formation (d) Vitamin K cycle

RAK M.Sc. Nsg. Entrance 2024
Correct Option (d)

134. Which among the following is an excitatory amino acid receptor antagonist?

(a) Phencyclidine (b) Quisqualate
(c) Homocysteine (d) Kainate

AIIMS Raipur Staff Nurse 2017
Correct Option (a)

- An excitatory amino acid receptor antagonist, or glutamate receptor antagonist, is a chemical substance which antagonizes one or more of the glutamate receptors, e.g., phencyclidine, barbiturates, ketamine, nitrous oxide, dextromethorphan, etc.

135. Immediate treatment of ingestion of poisonous substance is:

(a) Forced dieresis (b) Induced vomiting

12

FORENSIC NURSING & TOXICOLOGY

"Forensic science is the key to solving crimes and bringing justice to victims and their families"

– Tom Holland

Forensic Nursing & Toxicology

Introduction to Forensic Science

1. The meaning of the Latin word forensic is:
(a) Public (b) In open court
(c) Of or before the forum (d) All of the above
Correct Option (d)

2. Which of the following is NOT a component of forensic medicine?
(a) Observation of facts
(b) Reconstruction of the events based on medical examination
(c) Punishment to the perpetrator
(d) Collection of evidence
Correct Option (c)

3. Who is considered the father of fingerprint identification?
(a) Francis Galton (b) Antistius
(c) Fortunato Fidelis (d) Hans Gross
Correct Option (a)

- Study of fingerprints is known as dactylography.
- Fingerprint pattern: loop (ulnar/radial 60-70%), whorl (30-35%), arch (5-10%) & composite (2-3%).
- Its pattern may be permanently lost in leprosy, electric burn and radiation.

4. Alec Jeffery's name is associated with:
(a) DND sequencing (b) Site-directed mutagenesis
(c) RNF finger printing (d) DNA finger printing
CHO, Uttar Pradesh 2021
Correct Option (d)

5. Northern blotting is used for the analysis of:
(a) Vitamins (b) DNA (c) Proteins (d) RNA
UPRVUNL, U.P. Staff Nurse 2021
Correct Option (d)

6. Western blot is used for:
(a) RNA (b) DNA (c) Proteins (d) Maternal DNA
Correct Option (c)

7. For DNA test, liquid blood is preserved in:
(a) Sodium citrate (b) Potassium oxalate
(c) EDTA (d) Sodium fluoride
Correct Option (c)

8. Best forensic sample for DNA analysis is:
(a) Blood in EDTA (b) Hair
(c) Vitreous humor (d) Femur bone
Correct Option (a)

9. True about 'dying declaration' is:
(a) More important than dying deposition
(b) Can be taken in presence of Magistrate only
(c) Taken in presence of two witnesses
(d) Has to be taken under oath
BHU Nsg. Officer 2018
Correct Option (c)

- Dying declaration is the statement (oral or written) by a dying person about cause or circumstance leading to death in presence of the magistrate (ideally)/ doctor/police/ common public (pre-requisite: 2 witnesses).
- Dying declaration comes under section 26(1) BSA, 2023 (Sec. 32 CrPC).
- Dying deposition (bedside court) is recorded by magistrate/judge and oath is compulsory and considered superior to the dying declaration.

10. Death due to medical negligence is punishable under which section of BNS (2023)?
(a) 102 (b) 106 (c) 104 (d) 105
Correct Option (b)

11. Dowry Prohibition act was given in which year?
(a) 1961 (b) 1947 (c) 1952 (d) 1968
UPPSC, U.P Staff Nurse 2017
Correct Option (a)

12. Dowry death is defined under section:
(a) 304A IPC (b) 304B IPC
(c) 376A IPC (d) 376D IPC
CHO, Haryana 2022
Correct Option (b)

- Bharatiya Nyaya Sanhita (BNS), 2023 (w.e.f 1st July 2024) has replaced the Indian Penal Code (IPC), 1860.
- Important sections of IPC/BNS: IPC 304B/BNS 80 (dowry death), IPC 304A/BNS 106 (causing death by negligence by RMP), IPC 302/BNS 103 (murder), IPC 315/BNS 91 (infanticide), IPC 339/BNS 126 (wrongful restraint), IPC 340/BNS 127 (wrongful confinement), IPC 349/BNS 128 (force), IPC 350/ BNS 129 (criminal force), IPC 351/BNS 130 (assault), IPC 354C/BNS 77 (voyeurism), IPC 354D/BNS 78 (stalking), IPC 359/BNS 137 (kidnapping), IPC 362/ BNS 138 (abduction), IPC 375/BNS 63 (rape), etc.

13. Section 375 IPC deals with:
(a) Rash & Negligent Act (b) Murder
(c) Kidnapping (d) Rape
CHO, Haryana 2023
Correct Option (d)

(c) Emphysema aquosum
(d) Water in esophagus

Correct Option (b)

32. Emphysema aquosum is found in:
(a) Dry drowning (b) Immersion syndrome
(c) Wet drowning (d) Secondary drowning

Correct Option (c)

33. Death occurs faster in:
(a) Fresh water drowning (b) Salt water drowning
(c) Warm water drowning (d) Near drowning

Correct Option (a)

- Differentiation between fresh & seawater drowning:

Feature	Fresh water	Sea water
Size & weight	Ballooned, but light	Ballooned and heavy
Color	Pinkish	Purplish or bluish
Consistency	Emphysematous	Soft, jelly-like
Shape after removal from body	Retained, do not collapse	Not retained, tend to flatten out
On cut section	Crepitus is heard, little froth and no fluid	No crepitus, copious fluid and froth

34. NOT true about fresh water drowning:
(a) Hyperkalemia (b) Hypovolemia
(c) Ventricular fbrillation (d) Hemolysis

Correct Option (b)

35. In case of drowning in sea water:
(a) Hemoglobin increases (b) No change
(c) Hemoglobin decreases (d) Either may occur

Correct Option (a)

36. NOT seen in salt water drowning:
(a) Hyperkalemia
(b) Progressive hypovolemia
(c) Circulatory collapse
(d) Acute pulmonary edema

Correct Option (a)

37. In dry drowning:
(a) Death occurs in few days of submersion episode
(b) Death occurs due to sudden immersion in cold water
(c) Water does not enter lungs because of laryngeal spasm
(d) Seen in alcoholics due to drowning in shallow pool

Correct Option (c)

38. Cause of death for drowning in cold water:
(a) Ventricular fbrillation (b) Asphyxia
(c) Loss of consciousness (d) Vagal inhibition

Correct Option (d)

39. ……..is the process of introducing a disinfectant solution to the internal environment of the body when someone passes away:
(a) Revaccination (b) Eubacterium
(c) Rinsing (d) Embalming

AIIMS Patna Nsg. Officer 2020
Correct Option (d)

- Embalming (thanatopraxia) is preserving the dead body with special chemicals within 48 hr of death (e.g., formaldehyde, methanol), to protect from decay.

40. The suction of the internal fluids, of the corpse and the injection of embalming chemicals into body cavities, using an aspirator and trocar is the method of:
(a) Surface embalming (b) Cavity embalming
(c) Arterial embalming (d) Hypodermic embalming

AIIMS Raipur Staff Nurse 2017
Correct Option (b)

Sexual Offences

41. In which year "POCSO" Act was passed in India?
(a) 2005 (b) 2012 (c) 2010 (d) 2009

UPPSC, U.P. Staff Nurse 2021
Correct Option (b)

42. Rape is defined under section of BNS, 2023:
(a) 63 (b) 71 (c) 75 (d) 77

Correct Option (a)

43. Following is used to document tear of hymen in a victim of rape:
(a) Vaginal speculum (b) Glaister-keen rod
(c) Cylinder rod (d) Hegar's rod

Correct Option (b)

44. Position of rupture of hymen in a virgin after rape:
(a) 3 o' clock (b) 5 o' clock
(c) 11 o' clock (d) 12 o'clock

Correct Option (b)

45. Motile spermatozoa found in wet mount of vaginal secretions are indicative of intercourse within the past:
(a) 6 h (b) 12 h (c) 24 h (d) 48 h

Correct Option (b)

46. Test for vaginal cells collected for investigation for rape:
(a) Lugol's iodine test (b) Acro-reaction test
(c) Precipitin test (d) Berberio's test

Correct Option (a)

47. On examination to identify dried and old seminal fluid on an undergarment. Which test is best to be used?
(a) Fluorescence test (b) Reine's test
(c) Barberio's test (d) Paraffin test

Correct Option (c)

Toxicology

48. Founder of modern toxicology is:
(a) Paracelsus (b) Galen (c) Galton (d) Orfila

Correct Option (d)

49. Cherry-red colour in post-mortem staining is seen in?

(a) Carbon monoxide (b) Nitrate
(c) Phosphorous (d) Cyanide

Correct Option (a)

- Colour of post-mortem staining:

Colour	Poisoning
Cherry-red	Carbon monoxide
Deep blue	Carbon dioxide
Pink	Cyanide
Coffee brown	Aniline, nitrites, nitrobenzene
Black	Opiates
Bluish-green	Hydrogen sulphide
Deep blue	Potassium cyanide
Bronze	Clostridium perfringens
Purple	Methanol
Bright pink	Hypothermia

50. Smell of bitter almonds is seen in:

(a) Phosphorus (b) Hydrocyanic acid
(c) Nitric acid (d) Oxalic acid

Correct Option (b)

Special smell	Toxins
Fruity/sweet	Ethanol, chloroform
Rotten eggs	Hydrogen sulphide (H2S)
Rotten fish	Aniline
Kerosene-like	Organophosphate
Fishy or musty	Aluminum phosphide, zinc phosphide
Bitter almonds	Cyanide
Burnt rope	Cannabis
Shoe polish	Nitrobenzene
Garlic-like	Arsenic, phosphorous malathion, parathion, thallium, tellurium

51. 'Golden hair' seen with poisoning of:

(a) Mercury (b) Copper
(c) Lead (d) Arsenic

Correct Option (d)

52. Green colored urine is seen after ingestion of:

(a) Copper sulphate (b) Phenol
(c) Organophosphorus (d) Cyanide

Correct Option (b)

53. Hemodialysis is used in all the poisonings, EXCEPT:

(a) Kerosene oil (b) Barbiturates
(c) Alcohol (d) Cocaine

Correct Option (a)

54. Highly toxic nerve gas that can cause death within seconds following exposure is:

(a) Sarin (b) Furin
(c) Diaoxine (d) Metformin

RUHS M.Sc. Nsg. Entrance 2016

Correct Option (a)

- Sarin (isopropyl methyl fluorophosphonate) is an extremely toxic nerve gas.

55. Which of the following snakes are poisonous?

(a) Krait (b) Russell's viper (c) Cobra (d) All

Correct Option (d)

- Study of snake poisoning is called ophiology.

56. True of poisonous snakes are all, EXCEPT:

(a) Fangs present (b) Belly scales are small
(c) Small head scales (d) Grooved teeth

Correct Option (b)

- Poisonous vs. non-poisonous snakes:

Feature	Poisonous	Non-poisonous
Head scales	Small	Large
Belly scales	Large	Small
Tail	Compressed	Not compressed
Fangs (teeth)	Hypodermic needle	Multiple teeth
Bite mark	2 bite marks	Multiple bite marks
Habit	Nocturnal	Diurnal

57. The most useful bedside diagnostic test to suggest snake bite envenomation is:

(a) Platelet count
(b) Bleeding time
(c) International normalized ratio
(d) 20 min. whole blood clotting test

Correct Option (d)

58. First aid, in case of snake bite includes all, EXCEPT:

(a) Transport the patient to medical facility
(b) Reassure patient- as 70% of all snake bites are from non-venomous species
(c) Search of local popular snake charmer
(d) Immobilize the limb

CHO, Rajasthan 2024

Correct Option (c)

- Follow the **RIGHT** strategy, i.e., **R**eassure, **I**mmobilize, **G**o to **H**ospital, **T**ell the appropriate history.

13

NURSING EDUCATION

"Education is the most powerful weapon which you can use to change the world."

– Nelson Mandela

Nursing Education

Introduction to Nursing Education

1. The word education means:
(a) To bring changes
(b) To bring positive changes
(c) To bring negative changes
(d) To bring some changes

RPSC (Raj.) Nsg. Tutor 2012
Correct Option (b)

- The word education is derived from the Latin word 'educare' which means to 'lead out'.
- Education brings positive changes in human behaviour or it modifies human behaviour.

2. Education is a process and chief goal of which is to bring about change in:
(a) Societal needs (b) Institutional goals
(c) Human behaviour (d) Evaluation system

RAK M.Sc. Nsg. Entrance 2013
Correct Option (c)

3. "Education is an all-round drawing out of the best in child and man, body and spirit" was said by:
(a) Mahatma Gandhi (b) Kofi Annan
(c) John Dewey (d) Pestalozzi

DSSSB Nsg. Officer 2019
Correct Option (a)

4. Who stated "education is not a preparation for life; education is life itself"?
(a) Mahatma Gandhi (b) Bertrand Russell
(c) Helen Keller (d) John Dewey

RUHS M.Sc. Nsg. Entrance 2013
Correct Option (d)

5. Education is the creation of a sound mind in a sound body. This is stated by whom?
(a) Pestalozzi (b) Mahatma Gandhi
(c) Aristotle (d) Rigveda

AIIMS Raipur Nsg. Officer 2019
Correct Option (c)

6. Aim of nursing education is:
(a) Physical development
(b) Mental development
(c) Vocation aim
(d) All of the above

RUHS M.Sc. Nsg. Entrance 2018
Correct Option (d)

- Aims of nursing education are harmonious development (physical, intellectual, emotional, social, spiritual, etc.), knowledge and skill aim, vocation and social aim, character building, self-realization, leadership development, personality development, professional development, nursing research, democratic citizenship, etc.

7. The actual meaning of trend is:
(a) New change
(b) Changes in specific direction
(c) New development
(d) Negative changes

RPSC (Raj.) Nsg. Tutor 2012
Correct Option (b)

8. Modern trends in nursing education emphasize on:
(a) Learning by practical
(b) Learning by doing
(c) Learning by exposure
(d) Learning by theoretical

RPSC (Raj.) Nsg. Tutor 2012
Correct Option (b)

- Current trends in nursing education include curriculum changes, innovations in teaching and learning (like learning by doing), quality assurance, reliance on technology, emphasis on high-tech-high-touch approach, uniformity and standardization, emergence of new specialities, etc.

9. It is a power of knowing or knowledge obtained without resource to inference or reasoning, is called:
(a) Tradition (b) Institution
(c) Experience (d) Available facts

RPSC (Raj.) Nsg. Tutor 2012
Correct Option (c)

10. Philosophy is: FAQ
(a) Science of knowledge (b) Mother of all arts
(c) Science of all sciences (d) None of these

PhD (Nursing) IGNOU Entrance 2022
Correct Option (a)

- The word "philosophy" derived from two Greek words "philos" means loving and "Sophia" means wisdom, so philosophy means love of knowledge and wisdom.
- Its main branches are metaphysics (study of existence), epistemology (study of knowledge), ethics (study of action), logic (study of ideal method of thought & reasoning) & aesthetics (study of art).

11. Which of the following branch of philosophies of education deals with the origin and sources of knowledge?

14

NURSING RESEARCH & STATISTICS

"Research is creating new knowledge."

– Neil Armstrong

Nursing Research & Statistics

Introduction to Nursing Research

1. A systematic inquiry that uses disciplined methods to answer questions or solve problems is called:

(a) Education (b) Experiment
(c) Knowledge (d) Research

DSSSB Nsg. Officer 2019
Correct Option (d)

- Research is defined as a systematic and scientific process to answer questions about facts and relationship between facts.
- Nursing research is a systematic inquiry designed to develop trustworthy evidence for the nursing practice, education, administration & informatics.

2. The most sophisticated method of acquiring knowledge is by:

(a) Logical reasoning (b) Intuition
(c) Scientific research (d) Trial & Error

MNS SCC Exam 2024
Correct Option (c)

3. Using precise methods to investigate problems and arrive at solutions is called:

(a) Critical thinking
(b) Scientific problem-solving
(c) Planning and execution
(d) Trial and error

AIIMS Nagpur Nsg. Officer 2020
Correct Option (b)

- Scientific problem-solving is a structured method of solving problems or acquiring knowledge by scientific methods, e.g., through research findings.

4. A nurse midwife has to develop ……based knowledge and practice of midwifery and take part in research activities:

(a) Social evidence (b) Scientific evidence
(c) Political evidence (d) Economical evidence

CHO, Uttar Pradesh 2021
Correct Option (b)

5. Ultimate purpose of all nursing research is to:

(a) Stimulate more research in nursing
(b) Improve care of patients
(c) Broaden one's knowledge base
(d) Discover explanations to theories

RAK M.Sc. Nsg. Entrance 2010
Correct Option (b)

- The ultimate goal of all nursing research is to provide high-quality nursing care, i.e., to improve care of patients based on evidence-based practice.

6. Importance of research in nursing is to:

(a) Build a body of nursing knowledge
(b) Promote confidence in nursing practice
(c) Build infrastructure for nursing education
(d) Help in smooth functioning of nursing unit

IGNOU B.Sc. (PB) Nsg. Entrance 2013
Correct Option (a)

7. The use of research in nursing is: FAQ

(a) To develop scientific knowledge
(b) To improve quality of nursing care
(c) To improve decision making
(d) All of the above

RPSC (Raj.) Nsg. Tutor 2012
Correct Option (d)

8. Which one of the following is the scope of nursing research?

(a) To develop the answers
(b) To develop the assessment
(c) To develop the concept
(d) To develop the knowledge

RRB Staff Nurse 2019
Correct Option (d)

9. All of the following are purposes of nursing research EXCEPT:

(a) To increase the knowledge
(b) To provide evidence-based care
(c) Repeat all the previous work done
(d) To find out new facts

IGNOU B.Sc. (PB) Nsg. Entrance 2011
Correct Option (c)

10. The importance of research in nursing is to provide:

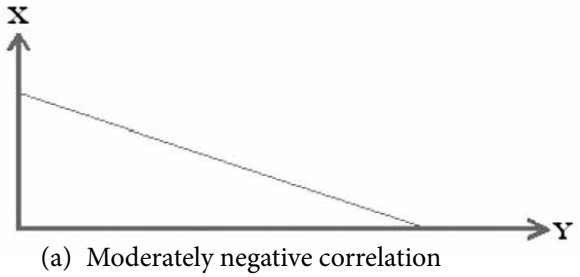
(a) Quality nursing care
(b) Comprehensive nursing care
(c) Evidence-based nursing care
(d) Individualized nursing care

RPSC (Raj.) Nsg. Tutor 2009
Correct Option (c)

- Integration of best research evidence with clinical practice or patient care is called evidence-based (research-based) practice (EBP).
- Evidence-based nursing (EBN) involves identifying solid research findings and implementing them in nursing practices to improve the quality of patient care.

Correct Option (c)

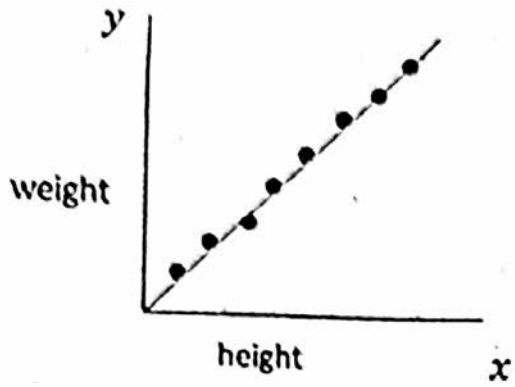
379. What does the below figure depicts?



(a) Moderately negative correlation
(b) Perfectly positive correlation
(c) Absolutely no correlation
(d) Perfectly negative correlation

AIIMS Jodhpur Nsg. Tutor 2021
Correct Option (d)

380. The following diagram is indicative of: FAQ



(a) Weak negative correlation
(b) Strong negative correlation
(c) Perfect positive correlation
(d) Moderate positive correlation

ESIC Nsg. Officer 2024
Correct Option (c)

381. Correlation in which the study hours increase with the increase in students' score is an example of:
(a) Positive correlation (b) Perfect correlation
(c) Negative correlation (d) No correlation

PhD (Nursing) IGNOU Entrance 2020
Correct Option (a)

382. Which…….percent confidence interval will be the widest for a particular data set that includes exactly 500 cases?
(a) 99% (b) 95% (c) 90% (d) None

Correct Option (a)

383. What will happen to 95% confidence intervals when sample size goes up?
(a) They become less precise
(b) They become more narrow
(c) They become wider
(d) Constant

Correct Option (b)

384. It is the set of procedures used to explain or predict the values of a dependent variable based on the values of one or more independent variables:
(a) Regression analysis (b) Regression coefficient
(c) Regression equation (d) Regression line

Correct Option (a)

385. PDSA stands for:
(a) Plan-Direct-Set goals-Apply
(b) Plan-Divide-Study-Act
(c) Plan-Do-Study-Act
(d) Plan-Devise-Set goals-Apply

AIIMS (NORCET) Nsg. Officer 2021
Correct Option (c)

Notes

15

NURSING MANAGEMENT & ADMINISTRATION

"Management is, above all, a practice where art, science, and craft meet."

– Henry Mintzberg

Nursing Management & Administration

Introduction to Management & Administration

1. The act of getting things done through and with nursing staff is: FAQ

(a) Supervision (b) Leadership ability
(c) Management (d) Professional norm

PhD (Nursing) IGNOU Entrance 2020
Correct Option (c)

- According to Harold Koontz, "management is the art of getting things done through and with people in a formally organized group".

2. The famous quote "Administration is a determinative function while management is an executive function that is primarily concerned with carrying out the broad policies laid down by administration" was given by:

(a) Harold D. Koontz (b) William Spriegel
(c) Florence & Tend (d) S. Vance

RGUHS M.Sc. Nsg. Entrance 2005
Correct Option (b)

3. Management related to:

(a) Getting the work done from the staff
(b) Forming policies and plan
(c) Executing the work delegated by superior
(d) Line authority

IGNOU B.Sc. (PB) Nsg. Entrance 2015
Correct Option (a)

4. When the efforts of people are coordinated to achieve the desired goal is known as:

(a) Management (b) Organization
(c) Administration (d) Supervision

IGNOU B.Sc. (PB) Nsg. Entrance 2013
Correct Option (a)

5. Which among the following statements is TRUE about Administration?

(a) Determination of major policies
(b) Concerned with direction of human efforts at the operational level
(c) Applicable at lower levels of management
(d) Main focus on getting the work done

AIIMS Raipur Nsg. Officer 2019
Correct Option (a)

- Except option **'a'** all other options are related to management.
- Determination of major policies & decision-making is the function of administration and implementation (execution) of the policies or decisions is the function of management.

6. Accomplishment of defined objectives and getting the work done is known as: FAQ

(a) Administration (b) Organization
(c) Management (d) Control

RPSC (Raj.) Nsg. Tutor 2009
Correct Option (a)

- According to Luther Gullick "administration has to do with getting things done; with the accomplishment of defined objectives.

7. In following which is the correct definition of administration?

(a) It is organization and direction of human and material sources to achieve desired goal
(b) It is the direction coordination & control of many person to achieve some object
(c) It is the activity of group corporation to accomplish common goal
(d) All are correct

UPUMS, Saifai Nsg. Officer 2024
Correct Option (d)

8. Which one of the following key points is NOT philosophies of administration?

(a) Cost-effectiveness
(b) Rewards and challenges
(c) Effective communication
(d) Delegation of responsibility

RRB Staff Nurse 2019
Correct Option (b)

9. The famous 14 principles of management were first defined by: FAQ

(a) Elton Mayo (b) Adam Smith
(c) Henri Fayol (d) James Watt

AIIMS Nagpur Nsg. Officer 2020
Correct Option (c)

- Henry Fayol developed **14 principles** of management are division of work, authority and responsibility, discipline, unity of command, unity of direction, subordination of individual interest to general interest, remuneration, centralization, scalar chain or hierarchy, order, equity, stability of tenure, initiative and esprit de corps (union is strength).

10. Who has given the 14 principles of management?

(a) Daniel Fraud (b) Mary Follett

- There are three levels of nursing management in hospitals are **top level manager** (assistant directors, chief nursing officer, nursing superintendent, matron, etc.), **middle level manager** (ANS, DNS, or head of nursing units like senior nursing officer) and **operative/supervisory level manager** (nursing officer).

132. Which level of management deals with planning the activities of workers?
(a) Supervisory level (b) Top level
(c) Middle level (d) None of these
AIIMS Raipur Nsg. Officer 2019
Correct Option (a)

133. Job responsibilities of Nursing Superintendent in the hospital are all EXCEPT:
(a) Planning and implementation of policies
(b) Preparation of organization chart
(c) Nursing rounds
(d) Maintain admission register of new patients
RPSC (Raj.) Staff Nurse 2010
Correct Option (d)

134. Which is NOT the responsibility of a Head Nurse Ward in-charge?
(a) Patient care (b) Nurses assignment
(c) Delegation (d) Preparing patients bill
AIIMS Bhopal Staff Nurse 2016
Correct Option (d)

135. All of the following are factors influencing effective ward management EXCEPT:
(a) Number of patients
(b) Category of nursing personnel
(c) Equipment and supplies
(d) Vertical communication
IGNOU B.Sc. (PB) Nsg. Entrance 2013
Correct Option (b)

136. Some of the recommendations for reducing turnover are as:
(a) Taking disciplinary action
(b) Allowing voluntary transfer, holding regular and brief meetings and promotion
(c) Developing norms and standards for the hospital
(d) Thorough negotiations with management
RAK M.Sc. Nsg. Entrance 2010
Correct Option (b)

- Nursing turnover is the process whereby nursing staff leave or transfer within a hospital environment.
- Review institutional policies, reduce stress, improve staffing process, working environment, fair rotation policy, etc. are the ways for reducing turnover.

137. As per Indian Nursing council, the nurse patient ratio in an ICU should be: FAQ
(a) 1:1 (b) 1:3 (c) 1:6 (d) 1: 10
RUHS M.Sc. Nsg. Entrance 2017
Correct Option (a)

- As per **INC** norms, the nurse-patient ratio for ICU 1:1 (or 1:3 for each shift) and general ward 1:3 in teaching hospital; 1:5 in non-teaching hospital + 30% leave reserve.
- As per staff inspection unit (**SIU**) norms, general ward 1:6; special wards (Paediatrics, Burns, Cardio, Neuro) 1:4, ICU 1:1; nursery unit 1:2; major OT 2 staff nurses per table; minor OT 1 staff nurse per table, labor room 1 staff nurse per bed or table, casualty (up to 100 patient/day) 3 staff nurses for 24 hours, 1:1 per shift + 1: 35 (for every additional 35 patients) + 30% leave reserve.
- Outpatient department (OPDs): 1-3 staff nurses, injection room- 1 (100 patients), 2 (120-220 patients), 3 (221-320 patients), 4 (321- 420 patients per day).

138. A sick baby on a ventilator requires multisystem support. What is the ideal nurse-baby ratio to provide optimum care for the baby?
(a) 1 : 2 (b) 1 : 3 (c) 1 : 1 (d) 1 : 5
CHO, Uttar Pradesh 2022
Correct Option (c)

139. What is the nurse-patient ratio for a normal ward based on the Staff Inspection Unit?
(a) 1:8 (b) 1:4 (c) 1:2 (d) 1:6
NHM, U.P. Staff Nurse 2023
Correct Option (d)

140. What is the nurse-patient ratio of a paediatric ward based on the Staff Inspection Unit?
(a) 1:1 (b) 1:6 (c) 1:2 (d) 1:4
NHM, U.P. Staff Nurse 2023
Correct Option (d)

141. What is the nurse-patient ratio for teaching hospitals?
(a) 1:5 (b) 1: 3 (c) 1: 1 (d) 1: 2
RRB Staff Nurse 2019
Correct Option (b)

142. The recommended nurse patient ratio of outpatient departments in India is:
(a) 1 : 60 (b) 1 : 100 (c) 1 : 75 (d) 1 : 50
CHO, Uttar Pradesh 2022
Correct Option (b)

143. According to the recommendation of staff inspection unit, the number of staff nurses required for a labor room is:
(a) 2 staff nurses for four labor tables
(b) 2 staff nurses for every labor tables
(c) 1 staff nurses for every labor table
(d) 3 staff nurses for five labor tables
CHO, Uttar Pradesh 2022
Correct Option (c)

144. For how many beds should one chief nursing officer be appointed, as per SIU norms?

(b) Retrospective Evaluation
(c) Concurrent Evaluation
(d) Quality Assurance

RRB Staff Nurse 2019
Correct Option (b)

- Retrospective audit is looking back at what has happened in the past, this type of audit carried out by use of records maintained by nurses after the discharge of the patients.
- Concurrent or prospective audit is performed during caregiving (directly observed).

231. Advantages of nursing audits are all EXCEPT:
(a) Results are easily communicated for improvement
(b) Can be used in all areas of nursing service
(c) It is time consuming
(d) Nurses can be involved in conducting audits

IGNOU B.Sc. (PB) Nsg. Entrance 2017
Correct Option (c)

Material Management (Inventory)

232. Detailed list of all materials, their specification and quantity is known as:
(a) Stock list (b) Inventory
(c) Stocking (d) Demand estimation

IGNOU B.Sc. (PB) Nsg. Entrance 2012
Correct Option (b)

233. Checking the equipment and supplies periodically is known as:
(a) Item analysis (b) Investigation
(c) Inventory (d) Indent

PhD (Nursing) IGNOU Entrance 2022
Correct Option (c)

234. Clinical information, such as order sets and patient education material, should be reviewed at least:
(a) Monthly (b) Annually
(c) Biennially (d) Biannually

AIIMS Nagpur Nsg. Officer 2020
Correct Option (c)

235. In material management, the period in days that elapses between placing an order and receiving in the stores is termed as:
(a) Economic order quantity (b) Lead time
(c) Quantity survey (d) Reorder time

PhD (Nursing) IGNOU Entrance 2020
Correct Option (b)

236. ABC analysis for inventory control is based on:
(a) Storing criteria (b) Item criteria
(c) Cost criteria (d) Issuing criteria

IGNOU B.Sc. (PB) Nsg. Entrance 2011
Correct Option (c)

- **ABC** (**A**lways, **B**etter, **C**ontrol) analysis for inventory control is based on cost factor and their annual consumption value.
  - '**A**' items are small in number (10%), but high in cost (70%).
  - '**B**' items are medium in number (20%) and moderate in cost (20%).
  - '**C**' items are large in number (70%), but less in cost (10%).

237. Which is the basis of ABC analysis in inventory control? FAQ
(a) Criticality of items
(b) Annual consumption value
(c) Procurement difficulty of items
(d) Unit cost of items

RRB Staff Nurse 2019
Correct Option (b)

238. An item which can be included in 'A' item in ABC analysis in inventory control:
(a) Gauze bundle (b) Syringe & needles
(c) MRI Machine (d) Bed linen

AIIMS Mangalagiri Staff Nurse 2018
Correct Option (c)

239. ABC analysis of store items B stands for:
(a) Low cost centre
(b) Intermediate cost centre which is need reasonably
(c) High cost centre
(d) None of the above

RAK M.Sc. Nsg. Entrance 2013
Correct Option (b)

240. In ABC analysis, which of the items are frequently used and purchased in large quantities?
(a) Vital items (b) B items
(c) C items (d) A items

AIIMS Raipur Nsg. Officer 2019
Correct Option (c)

241. What is the main purpose of ABC analysis in material management?
(a) To control purchasing
(b) To control inventories
(c) To control obsolescence
(d) To determine stocking

AIIMS Raipur Nsg. Officer 2019
Correct Option (b)

242. An inventory control technique which is focusing on the degree of criticality of the items is called:
(a) ABC analysis (b) VED analysis
(c) FSN analysis (d) SDE analysis

AIIMS Raipur Nsg. Tutor 2023
Correct Option (b)

243. Which of the following inventory control method is based on the criteria of rate of consumption of the items?
(a) ABC Analysis (Always, Better, Control)

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About the Author

M. L. CHOUDHARY, D. Pharm, M.Sc. Nsg. (Pediatrics), AIIMS (Ex- Principal, Bansal School of Nursing, Hanumangarh), is an award-winning author with over 20 years teaching experience in various capacities and currently working at the All India Institute of Medical Sciences, New Delhi. He is a Postgraduate in Pediatric Nursing from AIIMS, New Delhi. He is a trained IAP-BLS provider and has completed FBNC (WHO-SEARO). He has published numerous research papers in national and international journals of repute.

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