

1. In nutrition education practice, the principle of "helping the community to understand that the right kind of food should be selected as per individual needs" is based on the concept of:
- A) Universal dietary recommendations applicable to all age groups
 - ☒ B) Individualized nutrition planning considering age, activity, and physiological state
 - C) Fixed meal patterns for entire communities
 - D) Exclusive reliance on supplements for nutritional needs

2. A community health nurse planning nutrition education sessions should link the teaching with other activities like:
- A) Only immunization programmes
 - ☒ B) Maternal and child care activities
 - C) Only school health services
 - D) Administrative meetings of health officials

3. Match the following nursing roles in nutrition education with their correct descriptions:

Column - A (Nursing Role)

i. Detecting early cases of malnutrition

ii. Identifying nutritional deficiencies

iii. Encouraging parents for regular checkups

iv. Referring severe cases

Column - B (Description)

a) Monitoring child growth and identifying cases of Vitamin A, iron, and iodine deficiencies

b) Guiding parents to bring children for regular health monitoring and growth assessment

c) Recognizing signs of undernutrition and referring severe cases immediately

d) Identifying severe malnutrition cases and ensuring timely referral to higher facilities

Choose the correct option:

- A) i-a, ii-c, iii-d, iv-b
- B) i-d, ii-c, iii-b, iv-a
- ☒ C) i-b, ii-d, iii-a, iv-c
- D) i-c, ii-a, iii-b, iv-d

4. A nutrition educator prepares a poster containing 12 different nutritional messages, six illustrations, several paragraphs of text, and multiple statistical figures. Despite being factually correct, the poster is poorly understood by the target population. The principal design problem is:

- A) Excessive use of visual reinforcement
- B) Failure to provide sufficient scientific information
- ☒ C) Information overload and inadequate message prioritization
- D) Excessive audience participation

5. A nutrition educator tells mothers, "You should give your children a balanced diet," but does not explain what foods should be combined or how meals can be prepared using locally available foods. The principal weakness of this communication is:

- A) Excessive use of reinforcement
- ☒ B) Lack of a specific and actionable message
- C) Excessive audience participation
- D) Inappropriate use of demonstration

6. Which objective is most appropriately written for a community nutrition-education session?

- A) Mothers will understand balanced nutrition
- B) Mothers will become aware of healthy food
- ☒ C) Mothers will identify three locally available sources of dietary protein
- D) Mothers will know the importance of nutrition

7. A flip chart on complementary feeding contains one illustration and message on each page. The educator reveals each page sequentially while discussing it with mothers. The major advantage of this material is:

- A) It permits sequential presentation of information
- B) It eliminates the need for verbal communication
- C) It provides unlimited information in a single display
- D) It is primarily designed for individual written assessment

8. A nurse first demonstrates preparation of an inexpensive nutritious meal and then asks each mother to prepare the same meal independently. Which method is being used?

- A) Lecture and seminar
- ☒ B) Demonstration and return demonstration
- C) Symposium and panel discussion
- D) Role play and debate

9. A community health nurse uses television to communicate a nutrition message but provides no opportunity for viewers to ask questions or clarify misconceptions. Which limitation of mass media is most evident?

- A) Limited immediate feedback
- B) Excessive individualization
- ☒ C) Excessive learner participation
- D) Inability to reach large populations

10. In a community health education programme, the assessment of participants' knowledge before the intervention (pre-test) is essential because:

- A) It determines the number of participants to be included
- ☒ B) It establishes the baseline knowledge level against which the effectiveness of teaching can be measured
- C) It replaces the need for post-test evaluation
- D) It identifies participants who should be excluded

11. A community health nurse should conduct health education programmes bilingually in local languages because:

- A) It is a legal requirement for all health programmes
- B) It ensures clear understanding and community engagement
- C) It reduces the preparation time for health education materials
- D) It replaces the need for visual aids

12. With reference to the health education methods that can be effectively utilized during community health programmes:

Statement-I: Health education can be effectively delivered through health talks using posters and charts.

Statement-II: Health education can be effectively delivered through audio-visual aids and video demonstrations.

Statement-III: Health education can be effectively delivered through distribution of pamphlets and home visits.

Statement-IV: Health education can be effectively delivered through prescribing medications without explanation.

Choose the correct option:

- A) Statements I and II are correct
- ☒ B) Statements I, II, and III are correct
- C) Statements II, III, and IV are correct
- D) Statements I, III, and IV are correct

13. A planned teaching programme on government health schemes for people living below the poverty line demonstrated that the improvement in knowledge mean score was:

- A) 2.5
- B) 5.0
- C) 9.87
- D) 15.0

14. A health education programme should be designed to equip individuals, families, and the community to:

- A) Rely completely on hospital-based curative services
- ☒ B) Deal more effectively with health problems confronting them
- C) Avoid all traditional health practices
- D) Seek health care only in emergencies

15. The "rotation of team duties" in self-managed healthcare organizations has been found to:

- A) Reduce flexibility and collaboration among nurses
- ☒ B) Increase job enrichment and expose nurses to new challenges and skills
- C) Create rigid hierarchical structures
- D) Decrease nursing satisfaction and increase burnout

16. A community health nurse is using the COMFORT model for communicating with a family. The "O" in COMFORT stands for:
- A) Options for treatment and decision-making
 - B) Observation of patient symptoms
 - C) Orientation of the healthcare team
 - D) Organization of medical records
17. The health communication cycle, according to the HHS framework, consists of four stages. The first stage involves:
- A) Implementing the message and tracking exposure
 - B) Assessing the effectiveness of the message
 - C) Deciding how to use communication, defining the target population, and determining objectives
 - D) Developing messages and collaborating with the audience for feedback
18. The systematic health communication planning and implementation method helps the program team focus on which principle?
- A) Reaching all populations using a single communication method
 - B) The right message on the right audience at the right time
 - C) Minimizing the use of resources for communication
 - D) Using only broadcast media for maximum reach
19. According to the competency-based approach in nursing education, the core communication competencies for nurses should be:
- A) Limited to verbal skills only
 - B) Scaffolded across chapters with observable communication skills/behaviors
 - C) Based only on practical experience without theoretical foundation
 - D) The same for all healthcare workers regardless of role
20. In the planning of healthcare facilities in India, the total floor area required per hospital bed, when considering all essential services including outpatient department, laboratory, imaging, and support services, is approximately:
- A) 2 m²
 - B) 6 m²
 - C) 8 m²
 - D) 70 m²
21. A nursing student is calculating the Expected Date of Delivery (EDD) for a primigravida. According to the midwifery skills curriculum, this calculation is part of which competency area?
- A) Postnatal assessment
 - B) Antenatal assessment and counseling
 - C) Newborn resuscitation
 - D) Family planning counseling

22. A nurse educating a pregnant woman about folic acid supplementation should emphasize that folic acid deficiency early in pregnancy can result in:
- A) Congenital cataracts due to impaired lens development
 - B) Cleft palate caused primarily by impaired calcium deposition
 - C) Gestational diabetes
 - ☒ D) Neural tube defects and premature separation of placenta
23. The recommended daily dose of folic acid during pregnancy, according to drug intervention guidelines, is:
- A) 100-200 mg
 - ☒ B) 400-800 mg
 - C) 1000-1200 mg
 - D) 2000-3000 mg
24. A nurse monitoring a woman in labor should use the partograph to:
- A) Document the woman's dietary intake
 - B) Assess the newborn's Apgar score
 - ☒ C) Plot and interpret progress during the first stage of labor
 - D) Record the woman's blood type
25. According to the clinical requirements for labor room posting, a nursing student should be able to perform pervaginal examination for a woman in labor:
- A) Only under direct supervision of a consultant
 - ☒ B) If indicated, as part of the assessment of the woman in labor
 - C) Only after obtaining written consent from the hospital administration
 - D) Only during the fourth stage of labor
26. A woman in labor is being monitored using alternative positions such as upright positions. This nursing intervention is categorized under:
- A) Pain management techniques
 - ☒ B) Assessment of the woman in labor
 - C) Preparation for delivery
 - D) Essential newborn care
27. The primary drug of first choice for treating hypertension in pregnancy, due to its safety profile for both mother and fetus, is:
- ☒ A) Labetalol
 - B) Nifedipine
 - C) Methyldopa
 - D) Propranolol

28. When assisting in an abnormal vaginal delivery, the nurse should be prepared to manage complications using specific procedures. Which of the following is a skill listed for managing postpartum hemorrhage?

- A) Visual inspection of cervix with acetic acid
- B) Bimanual compression of uterus and balloon tamponade
- C) Cervical biopsy
- D) Breast examination

29. In the obstetric nursing curriculum, the administration of magnesium sulphate is a specific clinical skill. The indication for this drug is primarily:

- A) Induction of labor
- B) Management of pre-eclampsia and eclampsia
- C) Prevention of postpartum hemorrhage
- D) Lactation suppression

30. A woman in preterm labour is prescribed a tocolytic agent. Which of the following is a well-documented contraindication for tocolytic therapy that the nurse must assess before administration?

- A) Placenta previa with active bleeding
- B) Gestational diabetes mellitus
- C) Fetal growth restriction
- D) Maternal anaemia

31. The Juxtaglomerular Apparatus (JGA) is strategically located at the point of contact between which two structures, playing a critical role in regulating glomerular filtration rate?

- A) Distal Convoluted Tubule and the afferent arteriole
- B) Proximal Convoluted Tubule and the efferent arteriole
- C) Loop of Henle and the vasa recta
- D) Collecting duct and the peritubular capillaries

32. In the counter current mechanism, what is the primary role of the vasa recta in the renal medulla?

- A) To deliver oxygen and nutrients to the nephron
- B) To actively transport NaCl into the medullary interstitium
- C) To maintain the osmotic gradient by acting as a counter current exchanger
- D) To carry the concentrated urine from the collecting duct to the renal pelvis

33. The presence of ketone bodies in urine is a clinical sign of:

- A) Gout
- B) Starvation or Diabetes mellitus
- C) Urinary tract infection
- D) Kidney stones

(Set - D)

34. What is the functional role of the 'podocytes' present in the kidney?
- A) They form the muscular wall of the urinary bladder
 - B) They secrete the hormone erythropoietin
 - C) They make up the visceral layer of Bowman's capsule, forming filtration slits
 - D) They are specialized cells of the JGA that release renin
35. Atrial Natriuretic Factor (ANF) is a hormone that opposes the Renin-Angiotensin mechanism. Its release is triggered by:
- A) A fall in blood pressure
 - B) An increase in blood flow to the atria of the heart
 - C) A decrease in glomerular filtration rate
 - D) Activation of osmoreceptors in the hypothalamus
36. Which of the following substances are correctly matched with the part of the nephron where they are primarily secreted?
- A) K^+ and H^+ ions : Proximal Convolute Tubule
 - B) Glucose and Amino acids : Loop of Henle
 - C) Urea and Uric acid : Glomerulus
 - D) Ammonia and drugs : Distal Convolute Tubule and Collecting Duct
37. During gametogenesis in human males, spermatogonia undergo a series of divisions. Which of the following correctly represents the sequence of cell types from the least to most differentiated?
- A) Spermatids $\rightarrow$ Spermatocytes $\rightarrow$ Spermatogonia $\rightarrow$ Spermatozoa
 - B) Spermatogonia $\rightarrow$ Spermatocytes $\rightarrow$ Spermatids $\rightarrow$ Spermatozoa
 - C) Spermatogonia $\rightarrow$ Spermatids $\rightarrow$ Spermatocytes $\rightarrow$ Spermatozoa
 - D) Spermatocytes $\rightarrow$ Spermatogonia $\rightarrow$ Spermatids $\rightarrow$ Spermatozoa
38. Human chorionic gonadotropin (hCG) is a key hormone secreted by the trophoblast cells of the blastocyst. What is the critical role of hCG in early pregnancy?
- A) To stimulate the growth of the placenta
 - B) To maintain the corpus luteum and its secretion of progesterone and estrogen
 - C) To suppress the maternal immune system
 - D) To initiate the process of parturition
39. The pineal gland, which secretes the hormone melatonin, is located in the brain. Its correct anatomical position is:
- A) Above the corpus callosum and between the cerebral hemispheres
 - B) Beneath the corpus callosum and between the cerebral hemispheres
 - C) Within the hypothalamus
 - D) Attached to the posterior pituitary

40. The cells of the thyroid gland are organized into spherical structures called follicles. The epithelial cells lining these follicles are primarily of which shape?
- A) Squamous
 - ☒ B) Ciliated columnar
 - C) Columnar
 - D) Cuboidal
41. A key event in the development of a human embryo is gastrulation. What is the primary outcome of this process?
- A) The formation of the blastocyst
 - ☒ B) The establishment of the three primary germ layers (ectoderm, mesoderm, endoderm)
 - C) The implantation of the blastocyst into the uterine wall
 - D) The development of the placenta
42. Which of the following correctly matches the adrenal cortex layer with its primary secretion?
- A) Zona glomerulosa - Glucocorticoids (e.g., cortisol)
 - ☒ B) Zona fasciculata - Mineralocorticoids (e.g., aldosterone)
 - C) Zona reticularis - Androgens
 - D) Zona glomerulosa - Androgens
43. In the male reproductive system, sperm complete their maturation and become motile in a highly coiled structure located on the posterior surface of the testis. This structure is the:
- ☒ A) Vas deferens
 - B) Epididymis
 - C) Seminiferous tubules
 - D) Prostate gland
44. In the zona fasciculata of the adrenal cortex, glucocorticoids like cortisol are produced. One of their major functions is to:
- A) Regulate electrolyte balance (Na^+ and K^+)
 - B) Influence metabolism and act as anti-inflammatory agents
 - ☒ C) Stimulate the development of male secondary sexual characteristics
 - D) Decrease blood glucose levels
45. Shortly after fertilization, the zygote undergoes cleavage to form a solid ball of cells. This stage is known as the:
- A) Blastocyst
 - B) Morula
 - ☒ C) Trophoblast
 - D) Embryoblast

46. Carbonic anhydrase plays a crucial role in CO_2 transport. In which of the following locations is this enzyme most actively involved in the conversion of CO_2 to bicarbonate?

- A) In the pulmonary capillaries within the plasma
- B) In the red blood cells, both in tissues and in the lungs
- C) In the alveolar epithelial cells
- D) In the cerebrospinal fluid only

47. The final step in the blood coagulation cascade is the conversion of fibrinogen to fibrin. This step is catalyzed by which enzyme?

- A) Prothrombinase
- B) Thromboplastin
- C) Thrombin
- D) Factor XIII (Fibrin-stabilizing factor)

48. The primary function of the $\text{HCO}_3^- / \text{Cl}^-$ exchanger (chloride shift) in red blood cells is to:

- A) Actively secrete H^+ ions to regulate blood pH
- B) Maintain electrical neutrality during CO_2 transport
- C) Actively transport chloride into the plasma
- D) Actively transport bicarbonate into the RBC

49. The Haldane effect describes the influence of oxygen on CO_2 transport. Which of the following statements best describes this effect?

- A) Deoxygenated hemoglobin has a higher affinity for CO_2 and facilitates CO_2 transport
- B) Oxygenated hemoglobin has a higher affinity for CO_2 and facilitates CO_2 transport
- C) An increase in CO_2 causes a rightward shift of the oxyhemoglobin dissociation curve
- D) An increase in temperature causes a leftward shift of the oxyhemoglobin dissociation curve

50. A patient is scheduled for a blood transfusion. The immediate spin phase of the major cross-match shows no agglutination, but after the addition of anti-human globulin (AHG) reagent, agglutination is observed. This indicates the presence of:

- A) IgM antibodies reacting at room temperature
- B) Rouleaux formation
- C) IgG antibodies that are clinically significant
- D) A bacterial contamination of the donor unit

51. After confirming that an adult victim is unresponsive, what is the immediate next step in the Basic Life Support (BLS) algorithm as per the Indian Nursing Council protocols?

- A) Open the airway
- B) Start chest compressions
- C) Call for help / activate the emergency response system
- D) Check for breathing and pulse simultaneously

52. During high-quality cardiopulmonary resuscitation (CPR) for an adult, after delivering 30 chest compressions, what is the correct next step?

- A) Check for a pulse
- B) Give 2 rescue breaths
- C) Defibrillate immediately
- D) Continue compressions without interruption

53. The primary survey in trauma management follows the ABCDE approach. What does the "D" stand for in this sequence?

- A) Defibrillation
- B) Disability (neurological status)
- C) Drugs (medication administration)
- D) Drainage

54. The START triage system is widely used in mass casualty incidents. Which of the following parameters is used to assess patients in this system?

- A) GCS Score
- B) Injury Severity Score
- C) RPM (Respiration, Perfusion, Mental status)
- D) Vital Signs (complete set)

55. The "Golden Hour" in trauma care refers to:

- A) The first hour after injury when prompt treatment can significantly reduce mortality
- B) The time taken for blood to cross-match
- C) The duration of the primary survey
- D) The time required for a patient to reach the operating room

56. A patient has been burned by splashing of a chemical. According to first aid protocols, what is the priority action?

- A) Take the victim to the hospital immediately
- B) Flush the burned area with large amounts of water before taking the victim to hospital
- C) Cover the burned area with ice
- D) Apply a topical ointment

57. For a "Sucking Chest Wound" (SCW), the correct first aid intervention is:

- A) Cover the wound with a sterile gauze pad only
- B) Cover the wound with an occlusive dressing that does not allow air to pass
- C) Apply ice to the wound
- D) Wash the wound thoroughly

58. The recommended duration for hand washing with soap and water in healthcare settings, as per WHO guidelines, is approximately:

- A) 10 seconds
- B) 20-30 seconds
- C) 40-60 seconds
- D) 2 minutes

(Set - D)

59. A patient is in shock following a severe injury. The type of shock caused by inadequate blood volume is known as:
- A) Neurogenic shock
 - ☒ B) Cardiogenic shock
 - C) Hypovolemic shock
 - D) Anaphylactic shock
60. During the administration of a cleansing enema, the patient complains of abdominal cramping and discomfort. What is the most appropriate nursing action?
- A) Increase the flow rate to complete the procedure faster
 - ☒ B) Clamp the tubing for a few minutes and instruct the patient to breathe deeply
 - C) Remove the tubing immediately and stop the procedure
 - D) Lower the enema bag to decrease the height and pressure
61. A patient is to be transferred from the bed to a stretcher. Which of the following techniques is most appropriate when moving a patient with a suspected spinal injury?
- A) Two-person carry
 - B) Log-rolling technique
 - C) Direct lift
 - D) Drawing sheet method
62. In the START triage system used during mass casualty incidents, a patient who is not breathing after opening the airway is categorized under which triage tag?
- ☒ A) Red (Immediate)
 - B) Yellow (Delayed)
 - C) Green (Minor)
 - D) Black (Deceased/Expectant)
63. The Indian Nursing Council (INC) syllabus specifies the correct size for biomedical waste bags. According to BMW Rules, what is the minimum thickness required for these bags?
- A) 30 microns
 - ☒ B) 40 microns
 - C) 50 microns
 - D) 60 microns
64. In the assessment of vital signs, a patient is found to have a respiratory rate of 28 breaths per minute. This finding is documented as:
- A) Eupnoea
 - B) Bradypnoea
 - ☒ C) Tachypnoea
 - D) Apnoea

65. According to the "cradle to grave" concept in biomedical waste management, the healthcare facility's responsibility extends to:

- A) Patient admission to discharge
- B) Waste tracking from generation to final disposal
- C) Healthcare from birth to death
- D) Waste handler training throughout career

66. A patient presents with a sucking chest wound. After applying an occlusive dressing, the nurse notices the patient's respiratory distress worsening with signs of tension pneumothorax. What is the priority nursing intervention?

- A) Remove the occlusive dressing completely
- B) "Burp" the dressing by lifting one corner to allow air to escape
- C) Apply a second occlusive dressing over the first
- D) Prepare for chest tube insertion

67. The direct lift method for moving a patient is appropriate for:

- A) Patients with suspected spinal injuries
- B) Patients who are fully conscious and can assist
- C) Patients who are unconscious and need to be moved from the floor to a stretcher
- D) Cardiac arrest patients only

68. The nursing intervention of applying a cold compress to a patient with a localized injury primarily aims to:

- A) Promote vasodilation and muscle relaxation
- B) Reduce local inflammation, pain, and edema
- C) Increase blood flow to the area
- D) Provide psychological comfort

69. A nurse is providing mouth care to an unconscious patient. What is the correct patient position for this procedure, and why is it used?

- A) Supine position, as it allows the best access to the oral cavity
- B) Semi-Fowler's position, to prevent aspiration of fluid into the lungs
- C) Side-lying (lateral) position, to allow drainage of secretions and prevent aspiration
- D) Trendelenburg position, to improve venous return to the heart

70. When performing eye care for a patient during a bath, the correct technique to clean each eye is:

- A) Wipe from the outer canthus to the inner canthus
- B) Wipe from the inner canthus to the outer canthus
- C) Wipe using a circular motion around the eye
- D) Wipe both eyes with the same portion of the cloth

71. A mother with Rh-negative blood group should be referred to hospital for:
- A) Routine antenatal check-up
 - ☒ B) Anti-D immunoglobulin administration
 - C) Caesarean section planning
 - D) Blood transfusion
72. In family health assessment, the first step in the community health nursing process is:
- A) Planning
 - B) Implementation
 - ☒ C) Assessment
 - D) Evaluation
73. Secondary prevention in community health primarily involves:
- A) Health promotion and specific protection
 - B) Early diagnosis and prompt treatment
 - ☒ C) Rehabilitation and disability limitation
 - D) Immunization programs
74. The Revised National Tuberculosis Control Programme in India is now known as:
- A) National Tuberculosis Eradication Programme
 - B) National Tuberculosis Elimination Programme (NTEP)
 - ☒ C) Directly Observed Treatment Strategy (DOTS) Programme
 - D) Tuberculosis Control and Prevention Programme
75. In the Indian healthcare delivery system, the Sub-centre is the:
- ☒ A) Primary referral unit
 - B) Most peripheral health institution
 - C) District-level hospital
 - D) Medical college hospital
76. A community health nurse notices that immunization rates in a rural village have dropped. The nurse organizes a health education session for mothers. This action best exemplifies:
- A) Secondary prevention
 - B) Tertiary prevention
 - ☒ C) Primary prevention
 - D) Rehabilitation
77. A primigravida at 36 weeks of gestation is admitted with preeclampsia. The nurse prioritizes which assessment first?
- A) Fetal heart rate
 - ☒ B) Blood pressure and urine protein
 - C) Fundal height measurement
 - D) Cervical dilation

78. The community health nurse is conducting a family health assessment. The first step in this nursing process is:

- A) Planning interventions
- B) Implementing care
- C) Data collection and assessment
- D) Evaluation of outcomes

79. A community health nurse uses the nursing process to develop a care plan for a family with a malnourished child. The "Planning" phase would include:

- A) Weighing the child and assessing dietary intake
- B) Identifying the problem as "Imbalanced Nutrition: Less Than Body Requirements"
- C) Evaluating the child's weight after one month
- D) Setting a goal for weight gain over one month

80. The primary focus of community health nursing, as distinguished from community-based nursing, is:

- A) Care of individuals in the hospital setting
- B) Health care of individuals, families, and groups within the community
- C) Acute care in community settings
- D) Rehabilitation services

81. A community health nurse is implementing secondary prevention. Which nursing activity exemplifies this level of prevention?

- A) Providing immunization to children
- B) Conducting a screening camp for diabetes
- C) Educating about healthy eating habits
- D) Providing rehabilitation services for stroke patients

82. The epidemiological triad in community health nursing comprises:

- A) Person, Place, and Time
- B) Agent, Host, and Environment
- C) Primary, Secondary, and Tertiary
- D) Exposure, Disease, and Outcome

83. A community health nurse uses the nursing process to plan care for a community. The "Implementation" phase would involve:

- A) Conducting a community health needs assessment
- B) Evaluating the effectiveness of the vaccination program
- C) Analyzing collected health data
- D) Administering a vaccination drive based on identified needs

84. The principle of "patient autonomy" in community-based nursing practice means the nurse should:

- A) Make decisions for the patient
- B) Prioritize cost-effectiveness over patient choice
- C) Follow all physician orders without question
- D) Respect the patient's right to make informed decisions

(Set - D)

85. The most reliable indicator used for detecting fecal contamination of water in community health practice is the presence of:

- A) ~~Salmonella typhi~~
- B) Vibrio cholerae
- C) Escherichia coli
- D) Staphylococcus aureus

86. The "One Health" approach, which is increasingly relevant in community health nursing, emphasizes the interconnection between:

- A) Physical, mental, and social health
- B) Human, animal, and environmental health
- C) Primary, secondary, and tertiary care
- D) Prevention, promotion, and treatment service

87. The primary purpose of the "post-visit connection" in family home visiting programs is to:

- A) ~~Conduct administrative supervision of the home visitor~~
- B) Assess program effectiveness in connecting families to community resources
- C) Collect demographic data for program reporting
- D) Replace the need for routine follow-up visits

88. The "School as a Gateway" concept in community health recognizes that:

- A) ~~Schools should have physical gates for security purposes~~
- B) Children act as change agents carrying health messages to families
- C) Schools are primarily for academic learning only
- D) School health programs are isolated from community involvement

89. A child with chickenpox should be excluded from school until:

- A) Fever subsides for 24 hours
- B) The child completes a full course of antiviral medication
- C) Blood tests show no viral particles
- D) All vesicles have crusted (approximately 5-7 days after rash onset)

90. With reference to domiciliary health services provided by community health nurses:

Statement-I: Domiciliary care aims to provide comprehensive health care in the patient's home environment.

Statement-II: It reduces the burden on hospital-based services and promotes early discharge.

Statement-III: Domiciliary services are limited to maternal and child health only.

Statement-IV: Family participation and education are integral to domiciliary care.

Choose the correct option:

- A) Statements I, II, and IV are correct
- B) Statements I, III, and IV are correct
- C) Statements II and III are correct
- D) Statements III and IV are correct

91. In domiciliary midwifery practice, the presence of a properly equipped delivery basket is crucial because it:

- A) Replaces the need for hospital transfer in all cases
- B) Contains all needed bowls, dressings, medicines, and sterile equipment for conducting home deliveries
- C) Serves as a medical record storage system for the midwife
- D) Is used primarily for transporting the newborn to hospital

92. Legal aspects of family planning in India include implementation of:

- A) The Medical Termination of Pregnancy Act only
- B) The Marriage Act only
- C) Only the population control policy
- D) The Pre-Conception and Pre-Natal Diagnostic Techniques (PC-PNDT) Act and the MTP Act

93. A well used for drinking water in a rural Indian village should be protected from contamination by locating it at a minimum distance of _____ from potential sources of contaminants such as latrines:

- A) 5 metres
- B) 10 metres
- C) 15 metres
- D) 25 metres

94. Groundwater sources such as wells and boreholes are preferred over surface water sources for community drinking water because:

- A) They generally provide water of good microbiological quality
- B) They are always free from all contaminants
- C) They require no treatment whatsoever
- D) They have unlimited yield without risk of depletion

95. With reference to family welfare services provided in the Indian healthcare delivery system:

Statement-I: Family planning services are provided at sub-centre, PHC, and CHC levels.

Statement-II: Safe abortion services are available at various levels of care.

Statement-III: Implementation of the Medical Termination of Pregnancy Act is a component of family welfare services.

Statement-IV: Surgical specialist services are available at the village level as part of family welfare services.

Choose the correct option:

- A) Statements II, III, and IV are correct
- B) Statements I, II, and IV are correct
- C) Statements I, II, and III are correct
- D) Statements III, and IV are correct

(Set - D)

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96.

With reference to the Integrated Vector Management (IVM) strategy for malaria control in India:

Statement-I: Indoor Residual Spraying (IRS) is a component of IVM.

Statement-II: Long Lasting Insecticidal Nets (LLINs) are included in IVM strategies.

Statement-III: Mass antibiotic administration is a key component of IVM.

Statement-IV: Antilarval measures including source reduction are essential components of IVM.

Choose the correct option:

- A) Statements I, II, and III are correct
- B) Statements I, II, and IV are correct
- C) Statements II, III, and IV are correct
- D) Statements II and IV are correct

97.

With reference to the prevention and control measures for dengue fever in India:

Statement-I: Disease and entomological surveillance are essential components of dengue control.

Statement-II: Environmental management for source reduction is included in dengue control measures.

Statement-III: Mass chemoprophylaxis with chloroquine is recommended for dengue prevention.

Statement-IV: Behavioural change communication and social mobilization are integral to dengue control.

Choose the correct option:

- A) Statements I, II, and III are correct
- B) Statements I, II, and IV are correct
- C) Statements II, III, and IV are correct
- D) Statements I and III are correct

98. According to the recommended framework for community water safety, the "multiple barrier approach" operates on the principle that:

- A) A single water treatment method is sufficient if applied rigorously
- B) Protection at multiple stages from source to consumption ensures contamination prevention
- C) Only household-level boiling is needed for safe drinking water
- D) Multiple types of filters should be used simultaneously at one treatment point

99.

For monitoring water quality in rural communities, which of the following is the correct combination of approved water facility levels and their characteristics?

- A) Level 1 - Point source (protected well/spring within 250m); Level 2 - Communal faucet/piped reservoir; Level 3 - Individual household waterworks with treatment
- B) Level 1 - Communal faucet; Level 2 - Waterworks system; Level 3 - Point source with protected spring
- C) Level 1 - Individual household connection; Level 2 - Communal faucet; Level 3 - Hand pump
- D) Level 1 - Borewell with hand pump; Level 2 - Piped water supply; Level 3 - Household treatment units

100. The concept of "herd immunity" as applied to vector control in community health practice refers to:

- A) Immunizing livestock to prevent zoonotic disease transmission
- B) Creating a barrier of protected individuals through vaccination
- C) Eliminating breeding sites to break disease transmission at the source
- D) Using chemical barriers to prevent vector entry into households

101. With reference to the manpower provided on a contractual basis under the District Mental Health Programme (DMHP) at the district level:

Statement-I: Psychiatrist and Clinical Psychologist are part of the DMHP contractual manpower.

Statement-II: Psychiatric Nurse and Psychiatric Social Worker are included in the DMHP contractual team.

Statement-III: Community Nurse and Monitoring & Evaluation Officer are provided under the DMHP on a contractual basis.

Statement-IV: Occupational Therapist and Vocational Trainer are part of the core DMHP contractual manpower at the district level.

Choose the correct option:

- A) Statements I, II, and III are correct
- B) Statements I, II, and IV are correct
- C) Statements II, III, and IV are correct
- D) Statements II, and IV are correct

102. The Rashtriya Bal Swasthya Karyakram (RBSK) under the National Health Mission provides for:

- A) Mental health services only for urban adolescents
- B) Periodic screening of children (0-18 years) through schools and Anganwadi centers for early detection and management of illnesses
- C) Establishment of child psychiatry wards in all district hospitals
- D) Training of all teachers as mental health professionals

103. According to the 'Intervention Model' for school mental health programmes, tertiary prevention (Level IV) targets:

- A) The entire school community for mental well-being
- B) All students and teachers for mental health knowledge and attitudes
- C) High-risk individuals to protect against onset of disorder
- D) People who have already developed the disorder for treatment and relapse prevention

104. According to the NMHP framework, the provisions for psychotropic drugs at the Primary Health Centre level were based on:

- A) Recommendations of the WHO essential medicines list
- B) Individual physician prescribing preferences
- C) State government formulary decisions only
- D) Recommendations of a task force to include appropriate psychotropic drugs in the essential drugs list of India

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105. The MMR vaccine is contraindicated in a child with:
- A) Egg allergy, including anaphylactic egg allergy
 - ☒ B) Current treatment with immunosuppressive therapy (chemotherapy/high-dose steroids)
 - C) Mild cough and low-grade fever less than 38°C
 - D) Family history of convulsions

106. A child presents with a documented history of high fever (39.5°C) and moderate diarrhoea. The appropriate nursing action regarding the scheduled vaccine visit is:
- ☒ A) Postpone all vaccines until the child is symptom-free for 48 hours
 - B) Administer injectable vaccines but postpone oral vaccines (OPV, Rotavirus)
 - C) Proceed with all scheduled vaccines as scheduled
 - D) Administer only the OPV and Rotavirus vaccines, postpone injectable vaccines

107. The pentavalent vaccine in India's Universal Immunization Programme includes protection against:
- ☒ A) Diphtheria, Tetanus, Pertussis, Hepatitis B, and Haemophilus influenzae type B
 - B) Diphtheria, Polio, Pertussis, Hepatitis A, and Rotavirus
 - C) Diphtheria, Tetanus, Mumps, Rubella, and Varicella
 - D) Diphtheria, Tetanus, Pertussis, Hepatitis B, and Typhoid

108. The classic measles rash in children typically appears:
- A) First on the trunk and then spreads to the face and limbs
 - ☒ B) Firstly behind the ear, then spreading over face, trunk, and limbs within a few hours
 - C) First on the extremities, then spreading to the trunk and face
 - D) Simultaneously all over the body as maculopapular lesions

109. A child in an institutional setting has been exposed to measles. The community health nurse should administer immunoglobulin for passive immunization:
- A) Immediately before exposure to ensure protection
 - B) At the onset of the rash to reduce symptom severity
 - ☒ C) Within five days after exposure to lessen the severity or prevent the disease
 - D) Only after confirmation of measles through laboratory testing

110. In the management of a patient exposed to a suspected rabid animal bite, the community health nurse's priority action, according to the Integrated Disease Surveillance Programme, is to:

- A) Refer the patient to the nearest hospital for rabies immunoglobulin administration only
- ☒ B) Document the case and report to the Integrated Disease Surveillance Programme (IDSP) for outbreak surveillance
- C) Provide wound cleaning and refer for post-exposure prophylaxis immediately
- D) Administer the first dose of rabies vaccine and observe the patient for 24 hours

111. A patient with suspected dengue fever presents with high fever, retro-orbital pain, and severe joint pain. Which of the following medications should the nurse advise the patient to AVOID due to increased bleeding risk?

- A) Paracetamol
- ☒ B) Aspirin and Ibuprofen
- C) Chloroquine
- D) Doxycycline

112. The National Drug Policy for treatment of malaria in India provides complete drug schedules for:

- A) Only Plasmodium falciparum cases
- B) Only Plasmodium vivax cases
- ☒ C) Treatment of different species of malarial parasite in different age groups
- D) Treatment of all vector-borne diseases

113. The characteristic pattern of fever in typhoid fever that the community health nurse should educate the community about is:

- A) Intermittent fever with chills and rigors
- B) Remittent fever with daily exacerbations
- ☒ C) Prolonged high fever that gets worse day by day
- D) Sudden high fever lasting for 3 days then subsiding

114. The WHO SAFE strategy for trachoma elimination, implemented in India, stands for:

- ☒ A) Surgery, Antibiotics, Facial hygiene, Environmental cleanliness
- B) Screening, Assessment, Follow-up, Education
- C) Surveillance, Awareness, Facilitation, Evaluation
- D) Sanitation, Antibiotics, Fly control, Education

115. According to the psychometric evaluation of the MERIT screening tool, the average time required for a community health worker to administer the tool is:

- A) 2 minutes
- B) 5 minutes
- C) 10 minutes
- D) 15 minutes

116. In the psychometric validation study of MERIT conducted with Accredited Social Health Activists (ASHAs), the concurrent validity between ASHA screening and mental health professional assessment demonstrated:

- A) Poor agreement ($k = 0.2$)
- B) Moderate agreement ($k = 0.5$)
- C) Substantial agreement ($k = 0.792$)
- D) Perfect agreement ($k = 1.0$)

(Set - D)

117. The sensitivity of the MERIT screening tool was found to be 62.5%, which indicates that:

- A) The tool correctly identifies all individuals without mental disorders
- ☒ B) The tool misses approximately 37.5% of individuals who actually have a mental disorder
- C) The tool has a high false positive rate
- D) The tool is not suitable for community screening purposes

118. The SMART Mental Health project integrated a mobile-based Electronic Decision Support System (EDSS) that enabled:

- A) ASHAs to prescribe psychiatric medications independently
- ☒ B) ASHAs to screen and refer high-risk individuals while physicians used the system for diagnosis and management
- C) Complete automation of mental health services without human intervention
- D) Online psychiatric consultations only, without community involvement

119. At the endline assessment (8th week) of the nurse-led intervention for dermatophytosis and scabies, the mean quality of life score in the intervention group (13.16 ± 7.30) compared to the control group (18.83 ± 7.30) indicated:

- A) Worse quality of life in the intervention group
- B) Better quality of life in the intervention group
- C) No significant difference between groups
- D) The control group had better quality of life

120. The Integrated Management of Neonatal and Childhood Illness (IMNCI) framework recommends which of the following as a strong evidence-based intervention for diarrhoea management?

- A) Antibiotics for all cases of diarrhoea
- ☒ B) ORS and zinc supplementation
- C) Exclusive intravenous fluid therapy
- D) Cessation of all oral feeding