

MIZORAM PUBLIC SERVICE COMMISSION
TECHNICAL COMPETITIVE EXAMINATIONS FOR
STAFF NURSE UNDER HEALTH & FAMILY WELFARE DEPARTMENT,
GOVERNMENT OF MIZORAM, AUGUST-2024

TECHNICAL PAPER-III

Time Allowed : 3 hours

FM : 200

SECTION - A (Multiple Choice Questions) (100 Marks)

All questions carry equal mark of 2 each. Attempt all questions.

*This Section should be answered only on the **OMR Response Sheet** provided.*

1. Lithium toxicity occurs when the lithium level in blood goes above.
(a) 0.6 – 0.8 meq/L
(b) 0.8 – 1.0 meq/L
(c) > 2.0 meq/L
(d) None of the above
2. Which of the following statement shows empathy in a conversation?
(a) Interrupting to share own experiences
(b) Changing the topic to something lighter
(c) Nodding and maintaining eye contact while the other person speaks
(d) Giving unsolicited advice
3. Haloperidol induced extra pyramidal side effect are treated by -
(a) Benzodiazepines
(b) Barbiturates
(c) Anticholinergic
(d) SSRIs
4. Delusion is -
(a) Perceptual disorder
(b) A false fixed belief
(c) Can be removed by reasoning
(d) Recognized as silly by the patient
5. Patient with somatization disorder typically -
(a) Show improvement with reassurance about their symptoms
(b) Seek care from multiple healthcare providers
(c) Display symptoms only in stressful situations
(d) Avoid medical attention
6. Neuroleptics are the drug of choice to relieve symptoms of -
(a) Psychosis
(b) Depression
(c) Hyperkinesia
(d) Narcotic withdrawal
7. Acquired global impairment of intellect and personality without impairment of consciousness is -
(a) Delirium
(b) Organic Amnestic Syndrome
(c) Dementia
(d) Organic Fugue
8. The Narcotic Drug and Psychotropic Substances ACT was passed in -
(a) 1856
(b) 1985
(c) 1912
(d) 1987

9. ECT is useful for treatment of -
(a) Mania (b) Acute depression
(c) Chronic schizophrenia (d) Panic disorder
10. Alloghobia means -
(a) Exaggerated fear of height (b) Exaggerated fear of pain
(c) Exaggerated fear of open space (d) Exaggerated fear of animals
11. Spread of communicable disease across a large region, country to country is referred to as -
(a) Endemic (b) Episodic
(c) Epidemic (d) Pandemic
12. National Family Health Survey in India is done every -
(a) 1 Year (b) 3 Years
(c) 5 Years (d) 10 Years
13. Which age group is typically considered the reproductive age group for an eligible couple?
(a) 15 – 45 Years (b) 18 – 35 Years
(c) 20 – 40 Years (d) 15 – 49 Years
14. Sex ratio is used to describe member of -
(a) Males per 1000 females (b) Females per 1000 males
(c) Males per 1000 births (d) Female per 1000 births
15. Which of the following is the primary source of vital statistics in most countries?
(a) Civil registration system (b) Hospital Records
(c) Census (d) Sample Surveys
16. Which of the following method of health education can be used to reach the mass population?
(a) Home visit (b) Panel Discussion
(c) Role Play (d) Television
17. Measles vaccines are stored in _____ part of refrigerator.
(a) Chilled tray (b) Deep freezer
(c) Tray below freezer (d) Shelves in the door
18. When should a nurse recommended a first follow up visit for a patient who has started using an IUD?
(a) Within 7 days (b) Within 4 – 6 weeks after insertion
(c) Only if there are complications (d) Within 6 Months
19. The most common cause of Post Partum Hemorrhage is -
(a) Uterine Atonicity (b) Cervical Tear
(c) Vaginal Lacerations (d) Coagulation disorder
20. Preterm birth is defined as the one when birth occurs before completion of -
(a) 37 weeks of gestation (b) 38 weeks of gestation
(c) 39 weeks of gestation (d) 40 weeks of gestation
21. The recommended angle for a medio-lateral episiotomy incision is -
(a) 15 – 20 degrees (b) 25 – 30 degrees
(c) 40 – 45 degrees (d) 50 – 60 degrees
22. Which of the following clinical presentation would a nurse expect while assessing a patient with abruptio placenta?
(a) Rigid, board – like abdomen (b) Edema in legs
(c) Excessive vaginal bleeding (d) Premature rupture of membrane

23. Breast feeding should be initiated within how many hours of birth of the baby -
(a) Within 2 Hours (b) Within 4 Hours
(c) Within half an hours (d) Within the first day
24. The average blood volume loss after normal delivery is approximately -
(a) 300 ml (b) 500 ml
(c) 700 ml (d) 1000 ml
25. A new born with a heart rate over 1000 beats per minute receives what score for the heart rate component of the Apgar score?
(a) 0 (b) 1
(c) 2 (d) 3
26. For prevention of neural tube defects in the baby, it is essential for pregnant woman to increase the intake of which nutrient -
(a) Zinc (b) Vitamin B₁₂
(c) Folic Acid (d) Calcium
27. Which of the following is a common neonatal complication associated with gestational diabetes?
(a) Hyperglycemia (b) Hyperthermia
(c) Hypoglycemia (d) Polycythemia
28. Early postpartum period is defined as -
(a) First 7 days following delivery of the baby
(b) First 2 weeks following delivery of the baby
(c) First 4 weeks following delivery of the baby
(d) First 6 weeks following delivering of the baby
29. Retention of dead fetus for variable period is -
(a) Threatened abortion (b) Complete abortion
(c) Missed abortion (d) Septic abortion
30. When a pregnant women is admitted in the labour room with a blood pressure of 130/90mm of hg, 2+ protinuria, and edema of the face and hands, the nurse should ask the client about the presence of -
(a) Constipation
(b) Leakage of fluid, bleeding, edema, pain in the abdomen
(c) Visual disturbances, headache, constipation, bleeding
(d) Headache, visual disturbances, edema, pain in the abdomen
31. Manifestations of cancer of the cervix that should have brought the client to gyneacologist is -
(a) Abdominal heaviness (b) Foul smelling discharge
(c) Pressure on the bladder (d) Blood spotting after intercourse
32. The passage biparietal diameter through the pelvic inlet is referred to as -
(a) Descent (b) Flexion
(c) Engagement (d) Extension
33. Which of the chromosomal abnormalities accurrence chance is more in the foetus when the mother is an elderly client?
(a) Trisomy (b) Down's Syndrome
(c) Turner Syndrome (d) Klinfelter Syndrome
34. All the following milestones are present in a five months old child except -
(a) Social smile (b) Cooing
(c) Sitting up straight (d) Head support

35. The sign of severe dehydration in an infant is -
(a) Sunken fontanelle (b) Warm skin
(c) Moist tongue (d) Decrease tears
36. Maximum infectivity of mumps is during -
(a) Prodromal (b) Incubation
(c) After appearing of the swelling (d) After disappearing of the swelling
37. A three year old pre-schooler has been hospitalized with nephrotic syndrome. The best way to detect fluid retention would be to -
(a) Have the child urinate in a bed-pan
(b) Measure the child's abdominal girth daily
(c) Weigh the child at the same time everyday
(d) Test the child's urine for hematuria and proteinuria
38. The main treatment for severe Thalassemia is -
(a) Antibiotics (b) Bone marrow transplant
(c) Blood transfusion (d) Chemotherapy
39. Following tonsillectomy nurse need to suspect hemorrhage if the patient have -
(a) Hemoptysis (b) Swallow frequently
(c) Hematemesis (d) Cool and clammy skin
40. Kernig's sign is associated with the symptoms of which disease?
(a) Encephalitis (b) Meningitis
(c) Appendicitis (d) Vertebral prolapse
41. Juvenile Justice Act, 1986 is applicable for children who have not attained the age of -
(a) 18 Years (b) 17 Years
(c) 16 Years (d) 15 Years
42. Enuresis the repetitive involuntary passage of urine at in appropriate place during night time beyond the age of -
(a) 7 Years (b) 3 years
(c) 6 – 7 Years (d) 4 – 5 Years
43. What role does Zinc supplementation play in the management of diarrhoe as per IMNCI?
(a) It acts as an antibiotic
(b) It shortens the duration and reduces the severity of the episode
(c) It serves as an antiemetic
(d) It reduces the risk of dehydration
44. The act of damaging a person's reputation by means of spreading or propagating through written form or pictures or through prints is refer to as -
(a) Felony (b) Slander
(c) Tort (d) Libel
45. The primary purpose of Nursing Code of ethics is -
(a) To provide a legal guidelines for nursing practice
(b) To establish a professional standard of behavior and care
(c) To outline the educational requirement for nurses
(d) To dictate hospital policies
46. The Authority that flows from top to bottom is referred as -
(a) Line organization (b) Lateral organization
(c) Scalar chain (d) Span of control

47. Planned education experiences provide within job setting is known as -
(a) Additional education (b) Continuing education
(c) Inservice education (d) Development education
48. The collection of information from record and through other evidence about patient care is called -
(a) Inspection (b) Nursing audit
(c) Medical audit (d) Accreditation
49. The purpose of nurse – to – patient ratios in hospital is -
(a) To minimize workload for nurse (b) To ensure patient safety and quality of care
(c) To increase hospital profit (d) To reduce staff turnover
50. The skill required for managing and institution is -
(a) Directing (b) Controlling
(c) Supervising (d) Dictating

SECTION - B (Conventional type question) (100 Marks)

Marks for each question is indicated against it. Attempt all questions.

*This Section should be answered only on the **Answer Sheet** provided.*

1. Enumerate Blueler's 4 'A' of schizophrenia. (5)
2. Name atleast five major psychiatric emergencies. (5)
3. Write very briefly aspects of school health services. (4)
4. Mention the causes of infertility. (5)
5. Write very briefly management of aneamia during pregnancy. (5)
6. Write the importance of Breast feeding. (5)
7. Write briefly how will you prevent home accidents. (5)
8. Write down the functions of State Nursing Council. (3)
9. Write the qualities of a good Nurse. (3)
10. Write briefly the Principle of Management. (4)
11. Write different leadership style. (3)
12. Write Job description of a staff Nurse. (3)
13. Define depression. List down its signs and symptoms. Write briefly the Nursing Management of depressive patient. (2+3+5=10)
14. Explain in short the services provided in Health Sub- Centres. (10)
15. Write the components of active management of third stage of labour. (10)
16. Discuss the physiological changes in the cardiovascular system due to pregnancy. (10)
17. Discuss in brief the causes of under 5 morality in India. (10)