

MIZORAM PUBLIC SERVICE COMMISSION

COMPETITIVE EXAMINATIONS FOR RECRUITMENT TO THE POST OF STAFF NURSE UNDER HEALTH & FAMILY WELFARE DEPARTMENT, GOVERNMENT OF MIZORAM. MAY -2019

NURSING SCIENCE PAPER - I

Time Allowed : 2 hours

Full Marks : 150

All questions carry equal marks of 2 each.

Attempt all questions.

1. Myology is the study of:-
 - (a) Bones
 - (b) Cartilage
 - (c) Muscles
 - (d) All of these
2. Sebaceous glands are present in the skin of:-
 - (a) Face
 - (b) Soles of feet
 - (c) Axillae
 - (d) Groins
3. Anterior and posterior chambers of the eye are divided by:-
 - (a) Ciliary body
 - (b) Lens
 - (c) Iris
 - (d) Retina
4. Normal respiration of a healthy person is:-
 - (a) 5 – 10/min
 - (b) 10 – 14/min
 - (c) 15 – 20/min
 - (d) 20 – 30/min
5. During heavy exercise skeletal muscle blood flow increases by
 - (a) 25 ml/100 gm/minute
 - (b) 50 ml/100 gm/minute
 - (c) 75 ml/100 gm/minute
 - (d) 100 ml/100 gm/minute
6. Excess sugar on the body is stored in muscle and liver as
 - (a) Glucose
 - (b) Glycogen
 - (c) Glucagon
 - (d) Galactogen
7. Insensible water loss by perspiration is
 - (a) 400 – 600 ml
 - (b) 600 – 800 ml
 - (c) 800 – 900 ml
 - (d) 1,000 – 1,200 ml
8. Silent area of the brain refers to
 - (a) Frontal lobe
 - (b) Temporal lobe
 - (c) Cerebellum
 - (d) Occipital lobe
9. Which of the following joints normally has 360 degree circumflexion?
 - (a) The knee
 - (b) The shoulder
 - (c) The elbow
 - (d) The fingertips

10. If the lungs lose the elastic property
- (a) Chest expands and becomes barrel shaped
 - (b) Lungs collapse
 - (c) Vital capacity increases
 - (d) Functional Residual Capacity (FRC) decreases
11. In hospital waste human body parts should be discarded in:-
- (a) Yellow bag
 - (b) Red bag
 - (c) Blue bag
 - (d) Black bag
12. Scrub Typhus/ Bush Typhus is caused by:-
- (a) Orientia tsutsugamushi
 - (b) Aedes aegypti
 - (c) Salmonella Typhi
 - (d) Streptococcus
13. The sample that should be incubated at 37 C during storage prior to processing is
- (a) Urine sample
 - (b) Blood sample
 - (c) Stool sample
 - (d) Sputum sample
14. The IQ of an 8 year old with a mental age of 10 is
- (a) 70
 - (b) 80
 - (c) 100
 - (d) 180
15. Examples of defence mechanism are all EXCEPT
- (a) Rationalization
 - (b) Frustration
 - (c) Projection
 - (d) Regression
16. A relatively permanent change in behaviour as a result of experience is known as
- (a) Attitude
 - (b) Intelligence
 - (c) Learning
 - (d) Observation
17. Forms of positive emotions are all except:-
- (a) Love
 - (b) Joy
 - (c) Laughter
 - (d) Surprise
18. Hallucination is a disorder of:-
- (a) Thought
 - (b) Perception
 - (c) Affect
 - (d) Cognition
19. The demerit of a joint family is:-
- (a) Prevents property from being divided
 - (b) Provide little time to women for leisure
 - (c) Denies privacy to newly wedded couples
 - (d) None of these
20. Population grows at
- (a) Geometric rate
 - (b) Arithmetic rate
 - (c) Morbidity rate
 - (d) Illiteracy rate
21. Normal ratio of pulse and respiration is
- (a) 1:2
 - (b) 1:4
 - (c) 3:1
 - (d) 4:1
22. The odour of normal urine is
- (a) Sweet
 - (b) Acidic
 - (c) Alkaline
 - (d) Aromatic

23. Before rigor mortis occurs, the nurse is responsible for
- (a) Providing a complete bath and change dressing
 - (b) Placing one pillow under the body's head and shoulders
 - (c) Removing the body's clothing and wrapping the body in a shroud
 - (d) Allowing the body to relax normally
24. WHO recommends that average patient room noise levels remain around
- (a) 20 decibels
 - (b) 30 decibels
 - (c) 40 decibels
 - (d) 50 decibels
25. To give nursing care to a client, the nurse must first
- (a) Understand the client's emotional conflict
 - (b) Talk with the client's family or significant other
 - (c) Recognize personal feelings towards this client
 - (d) Point out the reality of the situation to the client
26. In advanced triage system, "Walking wounded" who will need medical care at some point after more critical injuries have been treated are reserved as
- (a) Yellow tag
 - (b) Green tag
 - (c) White tag
 - (d) Blue tag
27. The client is to receive 1,000 ml of fluid every 12 hours. If the equipment delivers 15 drop/minute, the flow should be regulated at approximately
- (a) 15 drops/minute
 - (b) 21 drops/minute
 - (c) 31 drops/minute
 - (d) 60 drops/minute
28. The patient is being discharged, the nurse should
- (a) Tell the patient everything will turn out fine
 - (b) Encourage patient not to worry
 - (c) Wish the patient well
 - (d) Introduce patient to office staffs
29. The best way to decrease the risk of transferring pathogens to a patient when removing contaminated gloves is to
- (a) Wash the gloves before removing them
 - (b) Gently pull on the fingers of the gloves when removing them
 - (c) Gently pull just below the cuff and invert the gloves when removing them
 - (d) Remove the gloves and then turn them inside out
30. The pulse that the nurse should palpate during rapid assessment of an unconscious male adult is
- (a) Radial pulse
 - (b) Brachial pulse
 - (c) Femoral pulse
 - (d) Carotid pulse
31. When transferring a patient from a bed to a chair, the muscles the nurse could use to avoid back injury is
- (a) Abdominal muscles
 - (b) Back muscles
 - (c) Leg muscles
 - (d) Upper arm muscles
32. The process of adding written information to a health care record are all EXCEPT
- (a) Recording
 - (b) Charting
 - (c) Data entry
 - (d) Documenting

33. The relationship between fluid intake and output is
- (a) Fluid intake should be double the urine output
 - (b) Fluid intake should be approximately equal to the urine output
 - (c) Fluid intake should be half the urine output
 - (d) Fluid intake should be inversely proportional to the urine output
34. A female patient is receiving frusemide (Lasix) 40 mg per oral BID. In the plan of care, the nurse should emphasize teaching the patient about the importance of consuming
- (a) Fresh, green vegetables
 - (b) Bananas and oranges
 - (c) Lean red meat
 - (d) Creamed corn
35. The best therapeutic environment for a client who just had a myocardial infarction is
- (a) Short family visits
 - (b) Telephone communication
 - (c) Television for short periods
 - (d) Taking a nap
36. The fluid that should be given to a congestive heart failure patient having bilateral +2 pitting edema on the lower extremities is
- (a) Hypotonic
 - (b) Hypertonic
 - (c) Isotonic
 - (d) Hypomeric
37. Which one of the following is a DNA virus?
- (a) Hepatitis A
 - (b) Hepatitis B
 - (c) Hepatitis C
 - (d) Hepatitis D
38. Bleeding time is prolonged in all the following EXCEPT
- (a) Viper bite
 - (b) Idiopathic thrombocytopenic purpura (ITP)
 - (c) Hemophilia A
 - (d) Von – Willibrand disease
39. One of the most common complications of chronic asthma is
- (a) Atelectasis
 - (b) Emphysema
 - (c) Pneumothorax
 - (d) Pleural effusion
40. According to the “Rule of Nine”, if both legs ($18\% \times 2 = 36\%$), the groin (1 %) and the front chest and abdomen were burned, this would involve
- (a) 35 % of the body
 - (b) 45 % of the body
 - (c) 55 % of the body
 - (d) 65 % of the body
41. All of the following are known to be strong risk factors for gastric cancer EXCEPT
- (a) Helicobacter pyloric infection
 - (b) Smoking
 - (c) Alcohol abuse
 - (d) Previous gastric surgery
42. Metabolic rate is decreased in
- (a) Cancer
 - (b) Hypothyroidism
 - (c) Chronic obstructive pulmonary disease (COPD)
 - (d) Cardiac failure
43. The primary problem of cataract is
- (a) Blurring of vision
 - (b) Loss of peripheral vision
 - (c) Presence of floaters
 - (d) Halos around light
44. The reason why hearing loss can occur during an ear infection is
- (a) Itching in the ear dulls the ability to hear well
 - (b) The ear tubes are off balance
 - (c) An ear tube has been lost
 - (d) Pus build up dampens ear drum vibrations

45. Post surgery, the client should be observed for the depletion of electrolyte
- (a) Sodium
 - (b) Calcium
 - (c) Chloride
 - (d) Potassium
46. Gout tends to start at
- (a) Elbow
 - (b) Big toe
 - (c) Thumb or index finger
 - (d) Knees
47. Clinical signs of death are:-
- (a) Dilate pupil
 - (b) Breathing cessation
 - (c) Both (a) & (b)
 - (d) None of these
48. The normal pH of blood is:-
- (a) 7 – 8
 - (b) 7.35 – 7.50
 - (c) 7.10 – 7.50
 - (d) 7.3 – 7.4
49. Ringers lactate is a:-
- (a) Hypotonic solution
 - (b) Hypertonic solution
 - (c) Isotonic solution
 - (d) None of these
50. Pruritus means:-
- (a) Pain
 - (b) Swelling
 - (c) Itching
 - (d) Fever
51. The characteristic of nursing process is:-
- (a) Stagnant
 - (b) Inflexible
 - (c) Asystematic
 - (d) Goal-oriented
52. High oxygen delivery device is:-
- (a) Nasal cannula
 - (b) Non-rebreather mask
 - (c) Simple face mask
 - (d) Venturi mask
53. A device that helps prevent footdrop is:-
- (a) Foot board
 - (b) Foot roll
 - (c) Trochanter roll
 - (d) Ankle and foot splint
54. Which of the following is an objective data:-
- (a) Dizziness
 - (b) Chest pain
 - (c) Anxiety
 - (d) Blue nails
55. Normal fasting blood sugar level is:-
- (a) 30 – 60 mg/dl
 - (b) 70 – 110 mg/dl
 - (c) 160 – 180 mg/dl
 - (d) 180 – 210 mg/dl
56. Drugs are mainly metabolized in the:-
- (a) Kidney
 - (b) Colon
 - (c) Liver
 - (d) Stomach
57. Pressure caused by water volume in the vessels is called:-
- (a) Hydrostatic pressure
 - (b) Oncotic pressure
 - (c) Osmotic pressure
 - (d) None of these

58. Position to be used while giving enema is:-
(a) Prone position (b) Dorsal position
(c) Supine position (d) Left lateral position
59. The most common problem in Tube feeding is:-
(a) Diarrhea (b) Infection
(c) Hyperglycemia (d) Vomiting
60. The functions of pericardial fluid is to:-
(a) Lubricate the heart valves
(b) Reduce friction between the pericardial membranes
(c) Replace any blood that is lost
(d) Provide O₂ and nutrients to the endocardium
61. About 90% of nose bleed site are:-
(a) Anterior (b) Posterior
(c) Lateral (d) None of these
62. Causes of coma include:-
(a) Brain tumor (b) Cerebral Hemorrhage
(c) Head Injury (d) All of these
63. Cardiac Troponin Level helps in the diagnosis of:-
(a) Myocardial Infarction (b) Congestive heart failure
(c) Ventricular tachycardia (d) Atrial fibrillation
64. Psoriasis is a:-
(a) Eye disease (b) Cardiac disease
(c) Respiratory disease (d) Skin disease
65. Paralysis of both arm and leg is called:-
(a) Paraplegia (b) Tetraplegia
(c) Quadriplegia (d) Both (b) & (c)
66. The commonest cause of peptic ulcer is:-
(a) Bacteria (b) Virus
(c) Yeast (d) Protozoa
67. A joint that becomes twists and turns on itself is called:-
(a) Sprain (b) Dislocation
(c) Subluxation (d) Strain
68. The best skin graft for open wound is:-
(a) Allograft (b) Homograft
(c) Autograft (d) Isograft
69. Frostbite is treated by:-
(a) Rapid rewarming (b) Slow rewarming
(c) Amputation (d) IV pentoxifylline
70. Osler's nodes are seen in:-
(a) Rheumatic fever (b) Tuberculosis
(c) Leprosy (d) Bacterial endocarditis

71. Sublingual medication should be administered
- (a) by Endotracheal tube
 - (b) Under the patient's skin
 - (c) Into the patient's muscle
 - (d) Under the patient's tongue
72. Which of the following drug is nephrotoxic:-
- (a) Diuretic
 - (b) ACE inhibitors
 - (c) NSAIDS
 - (d) Sodium/Potassium bicarbonate
73. Calcium deficiency occurs in the absence of deficiency:-
- (a) D
 - (b) A
 - (c) C
 - (d) B
74. Shock is best described as:-
- (a) Loss of consciousness
 - (b) Heart failure
 - (c) Inadequate tissue perfusion
 - (d) Aerobic metabolism
75. Parkinson's disease is caused by the destruction of:-
- (a) Protanine cells
 - (b) Dopamine cells
 - (c) Histanine cells
 - (d) Mast cells

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