

MIZORAM PUBLIC SERVICE COMMISSION

COMPETITIVE EXAMINATIONS FOR RECRUITMENT TO THE POST OF TUTOR UNDER HEALTH & FAMILY WELFARE DEPARTMENT (MCON), GOVERNMENT OF MIZORAM, SEPTEMBER, 2019

NURSING SCIENCES PAPER - II

Time Allowed : 2 hours

Full Marks : 150

All questions carry equal marks of 2 each.

Attempt all questions.

1. The nurse caring for a 4-year-old female in the ER is about to start a peripheral IV. The nurse's best method for explaining the procedure to the child is to:
 - (a) Show the child a pamphlet with pictures showing the IV placement procedure
 - (b) Have the 5-year-old patient next door tell the 4-year-old about her experience with her IV placement
 - (c) Show the child the IV placement equipment, and demonstrate the procedure on a doll
 - (d) Tell the child that if she remains still, the procedure will be over quickly
2. When elevating the head of an infant in a spica cast, the nurse should:
 - (a) Place two pillows under the shoulders
 - (b) Limit the position to 1 hour at a time
 - (c) Pad the edge of the cast with folded diapers
 - (d) Raise the entire mattress at the head of the crib
3. During adolescence, psychosocial development focuses on:
 - (a) Becoming industrious
 - (b) Establishing an identity
 - (c) Achieving intimacy
 - (d) Developing initiative
4. The nurse is caring for a 12-month-old girl. The child's mother asks if the unit has any toys that her daughter can play with. The nurse goes to the toy area in search of a toy for the child. Which toy is the best choice for this child?
 - (a) A doll
 - (b) A musical rattle
 - (c) A board book
 - (d) Colorful beads
5. The nurse notes that a newborn, who is 5 minutes old, exhibits the following characteristics: heart rate 108 bpm, respiratory rate 29 rpm with lusty cry, pink body with bluish hands and feet, some flexion. What does the nurse determine the baby's Apgar score is?
 - (a) 6
 - (b) 7
 - (c) 8
 - (d) 9
6. A neonate has an elevated bilirubin and is slightly jaundiced on day 3 of life. What is the probable reason for these changes?
 - (a) Hemolysis of neonatal red blood cells by the maternal antibodies
 - (b) Physiological destruction of fetal red blood cells during the extrauterine period
 - (c) Pathological liver function resulting from hypoxemia during the birthing process
 - (d) Delayed meconium excretion resulting in the production of direct bilirubin

7. Immediate complication of low birth weight babies is:
 - (a) Intrauterine fetal death
 - (b) Perinatal asphyxia
 - (c) Pulmonary haemorrhage
 - (d) Sensorineural injury
8. A pediatric client is admitted to the hospital with left-sided pneumonia. The client is complaining of pain and wants to be repositioned in the bed. The nurse knows the patient may be most comfortable in which position?
 - (a) Lying in the Trendelenburg position
 - (b) Lying on the left side
 - (c) Lying on the right side
 - (d) Lying in the supine position
9. A nurse is doing discharge education with a parent who has a child with beta-thalassemia (Cooley anemia). The nurse informs the parent that the child is at risk for which of the following conditions?
 - (a) Hypertrophy of the thyroid
 - (b) Polycythemia vera
 - (c) Thrombocytopenia
 - (d) Chronic hypoxia and iron overload
10. A child has third-degree burns on the hands, face and chest. Which nursing diagnosis takes priority?
 - (a) Ineffective airway clearance related to edema
 - (b) Disturbed body image related to physical appearance
 - (c) Impaired urinary elimination related to fluid loss
 - (d) Risk for infection related to epidermal disruption
11. On reviewing information about glomerulonephritis, the nurse knows that which of the following children is at risk for developing the disease?
 - (a) A 10-year-old recovering from viral pneumonia
 - (b) A 6-year-old with new-onset type 1 diabetes
 - (c) A 3-year-old who had impetigo 1 week ago
 - (d) A 5-year-old with a history of five UTIs in the previous year
12. The nurse is teaching the family about caring for their 7-year-old, who has been diagnosed with type I DM. What information should the nurse provide about type I DM?
 - (a) Best managed through diet, exercise, and oral medication
 - (b) Can be prevented by proper nutrition and activity
 - (c) Characterized mainly by insulin resistance
 - (d) Characterized mainly by insulin deficiency
13. Which of the following would be appropriate anticipatory guidance for a well-care visit of a 17-year-old?
 - (a) Discuss alcohol use and potential for alcohol poisoning
 - (b) Discuss secondary sex characteristics that will develop
 - (c) Teach about anger management and safe sex
 - (d) Teach about peer pressure and desire for independence
14. Universal children's day is observed on:
 - (a) November 14th
 - (b) November 20th
 - (c) July 14th
 - (d) July 20th
15. The commonest cause of neonatal death in India is:
 - (a) Prematurity
 - (b) Birth injury
 - (c) Metabolic disease
 - (d) Diarrhoea

16. Which sign and symptoms would you expect to find in an infant with pyloric stenosis:
- (a) Vomitting of bile (b) Diarrhea
(c) Lethargy (d) Projectile vomiting
17. All milk teeth are erupted at what age?
- (a) 1.5 years (b) 2 years
(c) 3 years (d) 3.5 years
18. Pink color in classification system of IMNCI suggest:
- (a) Treatment in health facility (b) Management at home
(c) Referral (d) Hospitalization
19. Enuresis is inability to control bladder function beyond the age of:
- (a) 4 years (b) 5 years
(c) 6 years (d) 7 years
20. Another name of exstrophy of bladder is:
- (a) Wilm's tumour (b) Nephrotic syndrome
(c) Ectopia Vesicae (d) Vesico ureteric reflux
21. Hypospadias is :
- (a) Ventral curvature of penis
(b) Urethral opening along the dorsal surface of the penis
(c) Urethral opening along the ventral surface of the penis
(d) Stenosis of the urethral opening
22. The milk secreted towards the end of regular breastfeed which contains more fat and energy is called:
- (a) Transitional milk (b) Mature milk
(c) Preterm milk (d) Hind milk
23. The United nations adopted the 'Declaration of the Rights of the child' on
- (a) 20th November 1959 (b) 14th November 1959
(c) 20th November 1947 (d) 14th November 1947
24. What is the most serious complication of meningitis in young children:
- (a) Epilepsy (b) Blindness
(c) Peripheral circulatory collapse (d) Communication hydrocephalus
25. The true contra indications of breastfeeding is:
- (a) Galactosemia (b) Diabetes mellitus
(c) Cystic fibrosis (d) Turner's syndrome
26. Which is an example of the therapeutic communication technique of "focusing"?
- (a) "Can we talk more about how you feel about your father?"
(b) "I'm not sure what you mean when you use the word 'fragile.'"
(c) "I notice that you seem angry today."
(d) "How does your mood today compare with yesterday?"
27. A behavioural therapy of sudden, direct and maximum exposure to the fear-producing stimulus:
- (a) Biofeedback (b) Flooding
(c) Desensitization (d) Response prevention

28. A nursing teacher is teaching about the cause of mood disorders. Which statement by a nursing student best indicates an understanding of the etiology of mood disorders?
- (a) "When clients experience loss, they learn that it is inevitable and become hopeless and helpless."
 - (b) "There are alterations in the neurochemicals, such as serotonin, which cause the client's symptoms."
 - (c) "Evidence continues to support multiple causations related to an individual's susceptibility to mood symptoms."
 - (d) "There is a genetic component affecting the development of mood disorders."
29. Patient diagnosed with major depression disorders spends majority of the day lying in bed with the sheet pulled over his head. Which of the following approaches by the nurse would be the most therapeutic?
- (a) Question the client until he responds
 - (b) Initiate contact with the client frequently
 - (c) Sit outside the client's room
 - (d) Wait for the client to begin the conversation
30. A client with OCD has an elaborate handwashing and touching ritual that interferes with her activities of daily living. She misses meals and therapy sessions. What effective therapy could the nurse initiate to limit her ritual?
- (a) Teach thought stopping techniques
 - (b) Prevent the ritualistic behavior
 - (c) Use adjunctive therapies for distraction
 - (d) Facilitate insight regarding the need for the ritual
31. A newly admitted client is diagnosed with posttraumatic stress disorder. Which behavioral symptom would the nurse expect to assess?
- (a) Recurrent, distressing flashbacks
 - (b) Intense fear, helplessness, and horror
 - (c) Diminished participation in significant activities
 - (d) Detachment or estrangement from others
32. A man's family brought him into the hospital because of his many somatic complaints. He has been seen by many specialists in the past without discovery of organic pathology. The nurse assesses that the client is experiencing which of the following problems?
- (a) Conversion disorder
 - (b) Body dysmorphic disorder
 - (c) Malingering
 - (d) Hypochondriasis
33. Thiamine has been prescribed for an alcoholic patient. The rationale for administration of this medication is for the prevention of:
- (a) Alcoholic dementia
 - (b) Huntington's disease
 - (c) Wernicke-korsakoff syndrome
 - (d) Alcohol withdrawal syndrome
34. Which of the behaviours listed below would assist the nurse in establishing the diagnosis of borderline personality disorder?
- (a) Impulsivity
 - (b) Hallucinations
 - (c) Self-mutilation
 - (d) Narcissism

35. A client diagnosed with an eating disorder has a nursing diagnosis of low self-esteem. Which nursing intervention would address this client's problem?
- (a) Offer independent decision-making opportunities
 - (b) Review previously successful coping strategies
 - (c) Provide a quiet environment with decreased stimulation
 - (d) Allow the client to remain in a dependent role throughout treatment
36. In disorders of sexuality and sexual functioning, the term 'paraphilias' refers to:
- (a) Problems with the normal sexual response cycle
 - (b) Sexual urges or fantasies involving unusual sources of gratification problems
 - (c) An individual is dissatisfied his/her their own biological sex and has a strong desire to be a member of the opposite sex
 - (d) Problems with sexual fantasies
37. What nursing care would be included for a 4 year old boy with severe autistic disorder?
- (a) Psychotropic medications
 - (b) Social skills training
 - (c) Play therapy
 - (d) Group therapy
38. A child diagnosed with severe mental retardation becomes aggressive with staff members when faced with the inability to complete simple tasks. Which nursing diagnosis would reflect this client's problem?
- (a) Ineffective coping R/T inability to deal with frustration
 - (b) Anxiety R/T feelings of powerlessness and threat to self-esteem
 - (c) Social isolation R/T unconventional social behavior
 - (d) Risk for injury R/T altered physical mobility
39. A client with severe Alzheimer's disease has violent outbursts, wanders and is incontinent. He can no longer identify familiar people or objects. In developing the nursing care plan, the nurse would give highest priority to which nursing diagnosis?
- (a) High risk for injury
 - (b) Impaired verbal communication
 - (c) Self care deficits
 - (d) Altered pattern of urinary elimination:incontinence
40. A young woman was returning home from work late and was sexually assaulted. She was brought to the emergency room upset and crying. What is the nurse's main goal?
- (a) Assist her in crisis
 - (b) Notify the police of the alleged assault
 - (c) Understand she will have a long recovery period
 - (d) Provide support and comfort
41. Temporary discharge of the patient from the psychiatric hospital is referred to as:
- (a) Parole
 - (b) Abscond
 - (c) Termination
 - (d) Escape
42. Which of these nursing actions belong to the secondary level of preventive intervention?
- (a) Providing mental health consultation to health care providers
 - (b) Providing emergency psychiatric services
 - (c) Being politically active in relation to mental health issues
 - (d) Providing mental health education to members of the community

43. A woman is treated with lithium during pregnancy. The fetus should be tested for:
- (a) Neural tube defects
 - (b) Cardiac malformations
 - (c) Urogenital abnormalities
 - (d) Scalp defects
44. Elevated mood with increasing psychomotor activity is a characteristic feature of:
- (a) Mania
 - (b) Euphoria
 - (c) Bipolar disorder
 - (d) Dysthymia
45. The recording of conversation between the nurse and the patient in a psychiatric set up is termed as:
- (a) Therapeutic communication
 - (b) Interview technique
 - (c) Process recording
 - (d) Case study
46. An inability to experience pleasure from activities that usually produce pleasurable feeling is:
- (a) Ambitendency
 - (b) Anhedonia
 - (c) Affect
 - (d) Avolition
47. During slow wave sleep (STAGES 3 AND 4 NREM sleep):
- (a) Dreams occur
 - (b) The secretion of adrenal steroids is at its highest
 - (c) Somnambulism and nightmare occur
 - (d) The secretion of somatotropin is at its lowest.
48. Which of the following procedures involves injecting radioactive molecules into the bloodstream?
- (a) Positron emission tomography(PET)
 - (b) Functional magnetic resonance imaging(FMRI)
 - (c) Magnetic resonance imaging
 - (d) Computerized axial tomography
49. What is a symptom for chronic use of antipsychotic medication:
- (a) Hypotension
 - (b) Hypertension
 - (c) Oral dyskinesia
 - (d) Myopia
50. Complication associated with intractable anorexia nervosa would be:
- (a) Cardiac dysrhythmias resulting to cardiac arrest
 - (b) Glucose intolerance resulting in protracted hypoglycemia
 - (c) Endocrine imbalance causing cold amenorrhea
 - (d) Decreased metabolism causing cold intolerance.
51. Which of the following exercises should be taught to a pregnant woman who complains of backaches?
- (a) Kegeling
 - (b) Pelvic tilting
 - (c) Leg lifting
 - (d) Crunching
52. Mrs. Sangi has contractions growing stronger which lasts for 30-60 seconds and occur approximately every 3-5 minutes. On performing vaginal examination, the nurse expects that the client's cervical dilatation will be:
- (a) 0 – 3 cm
 - (b) 4 – 7 cm
 - (c) 8 – 10 cm
 - (d) 11 – 13 cm

53. A client is in the third stage of labor. Which of the following assessments should the nurse make/observe for?
- (a) Fetal heart assessment after each contraction
 - (b) Uterus rising in the abdomen and feeling globular
 - (c) Rapid cervical dilation to ten centimeters
 - (d) Maternal complaints of intense rectal pressure
54. The nurse monitors his or her postpartum clients carefully because which of the following physiological changes occurs during the early postpartum period?
- (a) Decreased urinary output
 - (b) Increased blood pressure
 - (c) Increased estrogen level
 - (d) Decreased blood volume
55. Which of the following full-term babies requires immediate intervention?
- (a) Baby with seesaw breathing
 - (b) Baby with irregular breathing with 10-second apnea spells
 - (c) Baby with coordinated thoracic and abdominal breathing
 - (d) Baby with respiratory rate of 52
56. A client is admitted to the hospital with severe preeclampsia. The nurse is assessing for clonus. Which of the following actions should the nurse perform?
- (a) Strike the woman's patellar tendon
 - (b) Palpate the woman's ankle
 - (c) Dorsiflex the woman's foot
 - (d) Position the woman's feet flat on the floor
57. Which of the following signs/symptoms would the nurse expect to see in a woman with abruptio placentae?
- (a) Increasing fundal height measurements
 - (b) Pain-free vaginal bleeding
 - (c) Fetal heart accelerations
 - (d) Hyperthermia with leukocytosis
58. Which of the following is the most important concept associated with all high-risk newborn?
- (a) Support the high-risk newborn cardiopulmonary adaptation by maintaining adequate airway
 - (b) Identify complications with early intervention in the high-risk newborn to reduce morbidity and mortality
 - (c) Assess the high-risk newborn for any physical complications that will assist the parent with bonding
 - (d) Support mother and significant others in their request toward adaptation to the high-risk newborn
59. The uterine tubes are paired structures, measuring about:
- (a) 8 cm
 - (b) 10 cm
 - (c) 12 cm
 - (d) 14 cm
60. What is the most common site for an ectopic pregnancy?
- (a) Fallopian tube
 - (b) Tubo ovarian ligament
 - (c) Ovary
 - (d) Cervical os
61. Most common cause of first trimester abortion is:
- (a) chromosomal abnormalities
 - (b) syphilis
 - (c) rhesus isoimmunisation
 - (d) cervical incompetence

62. Which of the following levels of bilirubin would suggest hyperbilirubinemia in a term neonate?
- (a) 5.2 mg/100 ml (b) 7.3 mg/100 ml
(c) 10.4 mg/100 ml (d) 12.8 mg/100 ml
63. In the phases of physiological basis of lactation, synthesis and secretion from the breast alveoli is called:
- (a) mamogenesis (b) lactogenesis
(c) galactokinesis (d) galactopoiesis
64. Which of the following signs and symptoms require immediate attention and may indicate most serious complications during pregnancy?
- (a) Severe abdominal pain or fluid discharge from the vagina.
(b) Excessive saliva, "bumps around the areola, and increased vaginal mucus.
(c) Fatigue, nausea, and urinary frequency at any time during pregnancy.
(d) Ankle oedema, enlarging varicosities, and heartburn
65. With which of the following placental anomalies is the placenta deeply attached to the uterus?
- (a) Battledore placenta (b) Placenta succenturiata
(c) Placenta accreta (d) Placenta circumvallata

Direction (Questions No. 66 & 67): What number comes next in the series?

66. 10, 17, 26, 37, ?, 65
- (a) 40 (b) 47
(c) 50 (d) 57
67. 1.5, 4.5, 13.5, 40.5, ?
- (a) 75.5 (b) 121.5
(c) 125.5 (d) 175.5

Direction (Questions No. 68 - 70): Read the following passage carefully and choose the best answer to each of the questions out of the four alternatives:

Brian Jenkins famously observed that 'Terrorists want a lot of people watching and a lot of people listening, not a lot of people dead'. While 9/11 challenges the generality of the latter part of the sentence, the first element is unquestionably still true. Almost every terrorist group of the past century has been intensely concerned with the impact it has on the media. Most of them recognize that there is a vital media dimension to the conflict and, as has already been pointed out, terrorists usually recognize this earlier and more intensely than their government opponents. The opening quote from al-Qaeda's second in-command, illustrates that al-Qaeda –the world's most consequential terrorist group – is just as aware of this media 'battle' as many of its predecessors. Indeed, bin Laden also noted the magnitude of the impact of the media when he wrote to Mullah Omar 'it is obvious that the media war in this century is one of the strongest methods (of winning the propaganda struggle); in fact, its ratio may reach 90 per cent of the total preparation for the battles.'

68. Which of the following states the main idea of the passage?
- (a) Role of the media in terrorism
(b) Bin Laden is the most dangerous terrorist
(c) Al-Qaeda is the most notorious terrorist group
(d) 90 per cent of wars are won by the media

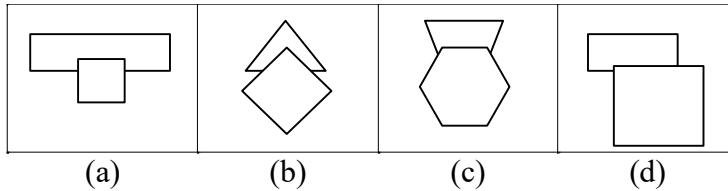
69. 'Propaganda' has the same meaning as.....?
(a) idea (b) socialistic
(c) misinformation (d) political
70. The antonym for 'intensely' as implied in the passage is:
(a) strongly (b) mildly
(c) majority (d) deeply

Direction (Question 71 & 72) : Identify the odd one out:

71.

T	V	K	I
(a)	(b)	(c)	(d)

72.



Direction (Question 73 - 75): In the questions below two statements are followed by two conclusions marked I and II. You have to take the two given statements to be true even if they seem to be at variance from commonly known facts. Decide which of the following conclusions logically follows from the given two statements.

73. Statements I. All judges are women
II. Some women are lawyers
Conclusion I. Some women are judges
II. All lawyers are judges
(a) If only conclusion I follows (b) If only conclusion II follows
(c) If neither I nor II follows (d) If both I and II follows
74. Statements I. All birds are black
II. Some black are pink
Conclusion I. Some birds are pink
II. Some pink are black
(a) If only conclusion I follows (b) If only conclusion II follows
(c) If neither I nor II follows (d) If both I and II follows
75. Statements I. Some scooters are trucks
II. All trucks are cars
Conclusion I. Some scooters are cars
II. No truck is a scooter
(a) If only conclusion I follows (b) If only conclusion II follows
(c) If neither I nor II follows (d) If both I and II follows