

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 - I

Time Allowed : 2 hours

Full Marks : 150

All questions carry equal marks of 2 each.

Attempt all questions.

1. LAMA stands for
 - (a) Left Against Medical Advice
 - (b) Leave Application for Medical Advice
 - (c) Limited Access to Medical Advice
 - (d) None of these
2. 1 tablespoon is equals to
 - (a) 10 drops
 - (b) 15 drops
 - (c) 20 drops
 - (d) 60 drops
3. Bone exposed due to pressure sore is staged as: -
 - (a) Stage I
 - (b) Stage II
 - (c) Stage III
 - (d) Stage IV
4. When performing external cardiac compression on an adult during CPR, the rescuer should depress the sternum.
 - (a) 0.5 to 1 inch.
 - (b) 1 to 1.5 inch.
 - (c) 1.5 to 2 inch.
 - (d) 2 to 2.5 inch.
5. The temperature of water for a complete bed bath is
 - (a) 98° F
 - (b) 105° F
 - (c) 120° F
 - (d) 180° F
6. During Intravenous cannulation, tourniquet should be applied
 - (a) 2.5cm above the site
 - (b) 5cm above the site
 - (c) 8cm above the site
 - (d) 10cm above the site
7. To avoid bacterial proliferation, blood transfusion set should be changed after
 - (a) 2 units
 - (b) 4 units
 - (c) 6 units
 - (d) 8 units
8. The parameters assessed in ABC analysis are
 - (a) Sodium Bicarbonate, pH.
 - (b) Sodium Bicarbonate, carbon dioxide, pH.
 - (c) Sodium Bicarbonate, carbon dioxide, oxygen, pH.
 - (d) Carbon dioxide, oxygen, pH.
9. An elevation in the partial pressure of the CO₂ in arterial blood (PaCO₂) indicates that the patient has
 - (a) Hypercapnia
 - (b) Hyponatremia
 - (c) Hypoxaemia
 - (d) Hypocalcaemia

10. Using Abraham Maslow's hierarchy of human needs, a nurse assigns highest priority to client's
 - (a) Security needs
 - (b) Elimination needs
 - (c) Safety needs
 - (d) Belonging needs
11. The greatest source of infectious disease transmissions is through
 - (a) The nose
 - (b) The hands
 - (c) The mouth
 - (d) The ears
12. Drugs are mainly metabolized in the
 - (a) Kidney
 - (b) Colon
 - (c) Liver
 - (d) Stomach
13. In case of shock, the most appropriate position is
 - (a) Supine
 - (b) Trendelenburg
 - (c) Prone
 - (d) Fowlers
14. Appropriate technique for back massage is
 - (a) Effleurage
 - (b) Buckling
 - (c) Tanning
 - (d) Priding
15. Health Belief model was formulated in the year 1975 by
 - (a) Becker
 - (b) Smith
 - (c) Dunn
 - (d) Leavell and Clark
16. The nurse decides to take an apical pulse instead of a radial pulse. Which of the following client conditions influences the nurse's decision?
 - (a) A client with an arrhythmia
 - (b) An 18 hour postoperative client
 - (c) A client in shock
 - (d) A client's response to orthostatic changes
17. Lactated Ringer's solution is contraindicated in
 - (a) Hypovolemia
 - (b) Burns
 - (c) Lactic acidosis
 - (d) Fluid lost as bile or diarrhea
18. The gradual decrease of the body's temperature after death is called
 - (a) Livor mortis
 - (b) Rigor mortis
 - (c) Algor mortis
 - (d) Non of these
19. Comprehensive, individualized care provided by the same nurse throughout the period of care refers to
 - (a) Primary nursing
 - (b) Team nursing
 - (c) Home health nursing
 - (d) Critical care nursing
20. When providing a continuous enteral feeding, which of the following action is essential for the nurse to do?
 - (a) Place the patient on the left side of the bed
 - (b) Attach the feeding bag to the current tubing
 - (c) Elevate the head of the bed
 - (d) Cold the formula before administering
21. The stool discharge from ostomy is called
 - (a) Effluent
 - (b) Cathartics
 - (c) Colonic fluid
 - (d) Mucosa
22. A principle of good body mechanics includes
 - (a) Keeping the knees in locked position
 - (b) Maintaining a wide base of support and bending at the knees
 - (c) Bending at the waist to maintain a center of gravity
 - (d) Holding objects away from the body for improved leverage

23. The wound at last regeneration phase of tissue repair may be protected by applying a
- (a) Transparent film
 - (b) Hydrogel dressing
 - (c) Collogenase dressing
 - (d) Wet to dry dressing
24. Maintaining a Foley catheter drainage bag in the dependent position prevents:
- (a) Urinary reflux
 - (b) Urinary retention
 - (c) Reflex incontinence
 - (d) Urinary incontinence
25. What recommendation should a nurse give to a 55 years old patient with 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 month
 - (d) Recheck your BP after 1 year
26. When a nurse make home visit to evaluate 79 yrs old client, which symptom suggested that the client is having Transient Ischemic Attack (TIA)?
- (a) A client report having brief period of unilateral weakness
 - (b) A client report having brief period of mental depression
 - (c) A client report having brief period of photosensitivity
 - (d) A client report having brief period of stabbing head pain
27. The three cardinal features the nurse would expect to find in a patient with Parkinson's disease are
- (a) Amnesia, echolalia, apraxia
 - (b) Paresthesia, drowsiness, incontinence
 - (c) Tremor, rigidity, bradykinesia
 - (d) Diplopia, dysphagia, dysarthria
28. The nurse is explaining cryotherapy to a client who has a detached retina. What would be a major purpose for the procedure?
- (a) Create a scar that promote healing
 - (b) Disintegrate debris in the eye
 - (c) Freeze small blood vessels
 - (d) Halt secretion of the lacrimal duct
29. An adult has experienced cardiac arrest and the nurse is performing CPR. What is the correct hand position on the client's chest?
- (a) Two finger width above the xiphoid process
 - (b) Over the upper half of the sternum
 - (c) Two finger width below the sternal notch
 - (d) Over the xiphoid process
30. In assessing clients for pernicious anemia, the nurse should be alert for which of the following risk factors?
- (a) Positive family history
 - (b) Acute or chronic blood loss
 - (c) Infectious agents or toxins
 - (d) Inadequate dietary intake
31. A client is admitted for splenectomy . What problem is the nurse aware that could develop?
- (a) Infection
 - (b) Congestive heart failure
 - (c) Urinary retention
 - (d) Viral hepatitis
32. When auscultating the lung fields , a sound described as a rustling, like a wing in the tree is heard. What is the correct term for this occurrence?
- (a) Crackles
 - (b) Rhonchi
 - (c) Wheezes
 - (d) Vesicular
33. A client has a hemorrhoidectomy. Which activity by the client will demonstrate the client has good understanding of post operative discharge instruction?
- (a) Reduce her fluid intake for several weeks after her surgery
 - (b) Vigorously clean her perianal area with soap and water after every bowel movement
 - (c) Limit her activities to bed rest for at least 6 hours a day
 - (d) Include more fresh fruits and vegetables in her diet

34. The nurse is caring for a client who is on hemodialysis and has an arteriovenous fistula, which finding is expected when assessing the fistula?
- (a) Ecchymotic area (b) Enlarged veins
(c) Pulselessness (d) Redness
35. The nurse is teaching an adult client who has Type I diabetes mellitus about ketoacidosis. What is the primary cause for the development of ketoacidosis?
- (a) GI disturbance (b) An insulin over dosage
(c) Omitted meals (d) Not taking insulin regularly
36. A client is seen in the outpatient clinic for treatment of psoriasis. The nurse should anticipate which of the following findings in this man?
- (a) Intense pain (b) Discolored nails
(c) Abdominal lesions (d) Hyperpigmented skin
37. An adult was burned in a house fire 16 hours ago. She suffered second and third degree burn over 65% of her body. She is receiving lactated Ringer at 200 ml/h. Which intervention is a priority at this time?
- (a) Monitoring hourly urine output (b) Assessing for signs and symptoms of infection
(c) Performing range of motion 1-2 hour (d) Meeting the high caloric needs of the client
38. Maximum time limit for tracheobronchial suctioning is
- (a) 1 to 2 seconds (b) 3 to 5 seconds
(c) 10 to 15 seconds (d) 1 to 2 minutes
39. At birth, eye is usually
- (a) Hypermetropic (b) Myopic
(c) Emmetropic (d) Aniseikonic
40. Urinary stone is formed by all the following except
- (a) Magnesium (b) Calcium oxalate
(c) Uric acid (d) Calcium phosphate
41. Recommended surgical procedure for otosclerosis is
- (a) Mastoidectomy (b) Stapedectomy
(c) Myringotomy (d) None of these
42. In hypoparathyroidism serum calcium level will be
- (a) Increased (b) Decreased
(c) Remain normal (d) No effect
43. The final stage of healing following a fracture is
- (a) Formation of granulation tissue (b) Osteoblast deposition
(c) Osteoblast remoulding (d) Formation of callus
44. 90% of nosebleeds are from
- (a) Anterior part of nose (b) Posterior part of nose
(c) Lateral part of nose (d) None of these
45. The three pain-related symptoms referred to as the "Terrible Triad" are
- (a) Depression, disease and disability (b) Suffering, sleeplessness and sadness
(c) Trauma, illness and depression (d) Headache, arthritis and fibromyalgia

46. Huntington's disease is characterized by
- (a) Chorea (b) Loss of vision
(c) Galt stone (d) Abnormal sensation
47. Early indicator of hypoxia in an unconscious patient is
- (a) Cyanosis (b) Increased respiration
(c) Hypertension (d) Restlessness
48. The term Tylectomy refers to
- (a) Excision of skin (b) Excision of breast
(c) Excision of lump (d) Excision of lymph nodes
49. Muscle that does not flex the thigh is
- (a) Rectus femoris (b) Gracilis
(c) Sartoris (d) Tensor fascia lata
50. The gas commonly used in cryosurgery is
- (a) O_2 (b) N_2
(c) CO_2 (d) H_2
51. The concept of social medicine is introduced by
- (a) Jules Guerin (b) Newman
(c) Leeuwenhoek (d) Hippocrates
52. Cold chain temperature range is
- (a) $+1^\circ$ to $+8^\circ C$ (b) $+2^\circ$ to $+8^\circ C$
(c) $+3^\circ$ to $+8^\circ C$ (d) $+4^\circ$ to $+8^\circ C$
53. Norplant contraceptive is an example of
- (a) Subdermal implant (b) IUD's
(c) Injectable hormone (d) Oral pills
54. The first case of AIDS in India was reported in the year
- (a) 1981 (b) 1983
(c) 1985 (d) 1987
55. The immunoglobulin transported across the placenta is
- (a) 1gM (b) 1gD
(c) 1gA (d) 1gG
56. Area of "SILENCE ZONE" around a hospital, institution or court is a radius of
- (a) 100 meters (b) 150 meters
(c) 200 meters (d) 250 meters
57. The prevention of Food Adulteration ACT was enacted in the year
- (a) 1865 (b) 1954
(c) 1965 (d) 1975
58. The first five-year plan in India was started in the year
- (a) 1950 (b) 1951
(c) 1961 (d) 1965

59. Sentinel surveillance is designed to
- (a) Detect total no. of cases
 - (b) Detect new cases
 - (c) Detect hidden/missing cases
 - (d) Planning intervention for detected cases
60. Clients under DOT's programme are grouped under
- (a) 1st category
 - (b) 2nd category
 - (c) 3rd category
 - (d) 4th category
61. End product of protein is
- (a) Glucose
 - (b) Fatty acid
 - (c) Amino acid
 - (d) Carbohydrates
62. In GOBI of UNICEF 'O' is used for
- (a) Observation
 - (b) Oral rehydration
 - (c) Oral Polio
 - (d) Oral hygiene
63. Disposal of expired and cytotoxic drugs is by
- (a) Separate landfill disposal
 - (b) Municipal waste
 - (c) Autoclaving
 - (d) Chemical treatment
64. Which of the following is not spread by Aedes mosquito?
- (a) Dengue fever
 - (b) Chikungunya
 - (c) Japanese encephalitis
 - (d) Yellow fever
65. A 6 month pregnant women came to the sub center for consultation. Which of the following substance is contraindicated?
- (a) Tetanus toxoid
 - (b) Potassium iodate capsule 200 mg
 - (c) Ferrous sulfate 200 mg
 - (d) Retinol 2 lakh IU
66. Elements of primary health care are the following except
- (a) Health education
 - (b) Intersectoral coordination
 - (c) Cost effectiveness
 - (d) Provision of essential drugs
67. SAFE strategy is recommended for the control of
- (a) Trachoma
 - (b) Glaucoma
 - (c) Diabetic retinopathy
 - (d) Cataract
68. The most common complication of mumps in children is
- (a) Parotiditis
 - (b) Aseptic meningitis
 - (c) Orchiditis
 - (d) Pancreatitis
69. Which of the following is recommended along with the intravenous administration of Quinine Sulfate for treatment of Malaria?
- (a) Hydrocortisone
 - (b) Multivitamin
 - (c) Glucose
 - (d) Calcium gluconate
70. A women in a child bearing age receives a rubella vaccination. Nurse would give her which of the following instruction?
- (a) Refrain from eating eggs or egg products for 24 hours
 - (b) Avoid having sexual intercourse
 - (c) Don't get pregnant at least for 3 month
 - (d) Avoid exposure to sun

71. In case of a dog bite, the biting animal should be observed for at least
- (a) 5 days (b) 10 days
(c) 15 days (d) 3 weeks
72. Decrease in the incidence of a disease to a level where it ceases to be a public health problem is
- (a) Control (b) Elimination
(c) Eradication (d) Surveillance
73. One tablet of chlorine is efficient to chlorinate how many liters of water?
- (a) 10 liters (b) 20 liters
(c) 30 liters (d) 40 liter
74. As per the latest guidelines, which of the following dehydration status requires ORS prescription?
- (a) Mild dehydration (b) Moderate dehydration
(c) Some dehydration (d) Any dehydration
75. Earliest feature of vitamin A deficiency is
- (a) Dryness of conjunctiva (b) Nyctalopia
(c) Keratomalacia (d) Hyphema

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