

MIZORAM PUBLIC SERVICE COMMISSION

TECHNICAL COMPETITIVE EXAMINATIONS FOR RECRUITMENT TO THE POST OF STAFF NURSE UNDER HEALTH & FAMILY WELFARE DEPARTMENT, GOVERNMENT OF MIZORAM. AUGUST, 2014.

NURSING SCIENCES PAPER – I

Time Allowed : 2 hours

Full Marks : 150

*All questions carry equal marks of 2 each.
Attempt all questions.*

1. Spinal cord passes into the cranial cavity through:
(a) Foramen septum (b) Foramen magnum
(c) Atlas (d) Foramen fossa
2. The largest muscle among the following is:
(a) Sartorius (b) Deltoid
(c) Triceps (d) Soleus
3. Which of the following organs is supplied by circle of Willis?
(a) Kidney (b) Liver
(c) Brain (d) Uterus
4. Exchange of gases in internal respiration takes place:
(a) Between heart and lungs (b) Between lungs and environment
(c) Between blood vessels and tissues (d) All of these
5. The absorption of the fats and glycerol takes place in the:
(a) Ileum (b) Stomach
(c) Large intestine (d) Lacteals
6. Excretory unit of a kidney is:
(a) Bowman's capsule (b) Glomerulus
(c) Nephron (d) Henle's loop
7. Which of the following is called the "Seat of intelligence" ?
(a) Cerebellum (b) Cerebrum
(c) Medulla oblongata (d) Diencephalon
8. Renin is a hormone secreted by the:
(a) Pancreas (b) Kidney
(c) Liver (d) Ovary
9. Loss of sense of smell is known as:
(a) Hyposmia (b) Anosmia
(c) Insomnia (d) Aphasia

10. The function of fallopian tube is:
 - (a) Secretion of estrogen and progesterone
 - (b) Passageway for foetus
 - (c) Occurrence of fertilization
 - (d) Developing foetus
11. The following factors influence microbial growth except:
 - (a) Temperature
 - (b) Moisture
 - (c) Darkness
 - (d) Disinfection
12. A disease transmitted by direct contact is:
 - (a) Chronic infection
 - (b) Cross infection
 - (c) Contagious infection
 - (d) Acute infection
13. Infection acquired during the stay of patient in the hospital is called:
 - (a) Secondary infection
 - (b) Reinfection
 - (c) Localized infection
 - (d) Nosocomial infection
14. When an individual is faced with problems, difficulties or failures, he employs certain ways or devices to achieve health, happiness or success, these are called:
 - (a) Personality traits
 - (b) Frustration
 - (c) Adjustment
 - (d) Defence mechanism
15. Activities consisting of cognitive, conative and affective activities are:
 - (a) Attitudes
 - (b) Frustration
 - (c) Behaviour
 - (d) Memory
16. Blocking of behaviour directed towards a goal is termed as:
 - (a) Frustration
 - (b) Conflict
 - (c) Emotion
 - (d) Attitudes
17. A child is exposed to certain things about the world. He is reinforced for expressing some cognitions or attitudes or for actually acting on the basis of them, thus he learns them, this is called:
 - (a) Cognitive dissonance
 - (b) Association and reinforcement
 - (c) Rational analysis
 - (d) Classical conditioning
18. Emotional learning such as learning of habits, interest, attitudes, appreciation etc. deals with:
 - (a) Verbal learning
 - (b) Affective learning
 - (c) Skill learning
 - (d) Cognitive learning
19. The permanent or temporary loss of ability to recall or recognize something learned earlier is called:
 - (a) Memory
 - (b) Learning
 - (c) Forgetting
 - (d) None of these
20. A family formed where one woman marries two or more men:
 - (a) Monogamous family
 - (b) Polygamous family
 - (c) Polyandrous family
 - (d) Conjugal family
21. A group of persons having a common definite territory, common name, religion and culture are called:
 - (a) Agrarian society
 - (b) Tribal society
 - (c) Industrial society
 - (d) None of these
22. Natural resources that can last forever regardless of human activity are called:
 - (a) Non-exhaustable resources
 - (b) Renewable resources
 - (c) Nonrenewable resources
 - (d) Exhaustible resources

23. Which of the following nursing interventions is considered the most effective form of universal precaution?
- (a) Cap all used needles before removing them from their syringes
 - (b) Discard all used uncapped needles and syringes in an impenetrable protective container
 - (c) Wear gloves when administering IM injections
 - (d) Follow enteric precautions
24. In which step of the nursing process would the nurse ask a patient if the medication she administered relieved his pain?
- (a) Assessment
 - (b) Analysis
 - (c) Planning
 - (d) Evaluation
25. An agent that will inhibit the growth and development of micro-organisms without necessarily killing them is known as:
- (a) Antiseptic
 - (b) Disinfectant
 - (c) Bacteriostat
 - (d) Bacteriocide
26. Lack of oxygen in the blood stream is termed as:
- (a) Anoxia
 - (b) Anoxaemia
 - (c) Asphyxia
 - (d) Cyanosis
27. The temperature remains above normal throughout the day and fluctuates more than 2°C but does not reach normal is known as:
- (a) Intermittent fever
 - (b) Remittent fever
 - (c) Inverted fever
 - (d) Lysis fever
28. Pressure caused by water volume in the vessels is called:
- (a) Hydrostatic pressure
 - (b) Oncotic pressure
 - (c) Osmotic pressure
 - (d) None of these
29. An action taken by health care practitioner intended to result in a patient's death is called:
- (a) Euthanasia
 - (b) Elder abuse
 - (c) Neglect
 - (d) Autonomy
30. When teaching a 48 year old patient about the risk factors for hypertension, the nurse would identify a modifiable risk factor as:
- (a) Weight
 - (b) Gender
 - (c) Age
 - (d) Family history
31. The best site for intramuscular injection is:
- (a) Deltoid
 - (b) Upper outer segment of buttocks
 - (c) Upper inner segment of buttocks
 - (d) Antero-lateral part of thigh
32. The single most important procedure that prevents cross-infection and contamination is:
- (a) Cleaning
 - (b) Disinfecting
 - (c) Sterilization
 - (d) Hand washing
33. The difference between the systolic and diastolic pressure is termed as:
- (a) Apical rate
 - (b) Cardiac rate
 - (c) Pulse deficit
 - (d) Pulse pressure

34. The term gavage indicates:
- (a) Administration of a liquid feeding into the stomach
 - (b) Visual examination of the stomach
 - (c) Irrigation of the stomach with a solution
 - (d) A surgical opening through the abdomen to the stomach
35. Heat and cold application is based on which of the following therapeutic principles?
- (a) Decrease the growth of organism
 - (b) Influence blood circulation to the area
 - (c) Alter patient's temperature sensation
 - (d) Reset thermostatic controls for temperature in the brain
36. Which of the following need is given a higher priority among others?
- (a) The client has attempted suicide and safety precaution is needed
 - (b) The client has disturbance in his body image because of the recent operation
 - (c) The client is depressed because her boyfriend left her all alone
 - (d) The client is thirsty and dehydrated
37. _____ refers to conditions that increases vulnerability of individual or group to illness or accident:
- (a) Predisposing factor
 - (b) Etiology
 - (c) Risk factor
 - (d) Modifiable risks
38. _____ is considered as the first line of defense of the body against infection:
- (a) Skin
 - (b) WBC
 - (c) Leukocytes
 - (d) Immunization
39. Among the following statements, which should be given the highest priority?
- (a) Client is in extreme pain
 - (b) Client is cyanotic
 - (c) Client's temperature is 40°C
 - (d) Client's blood pressure is 60/40
40. _____ refers to the degree of resistance the potential host has against a certain pathogen:
- (a) Susceptibility
 - (b) Immunity
 - (c) Virulence
 - (d) Etiology
41. A patient states that he has difficulty sleeping in the hospital because of noise. Which of the following would be an appropriate nursing action?
- (a) Administer a sedative at bedtime, as ordered by the physician
 - (b) Ambulate the patient for 5 minutes before he retires
 - (c) Close the patient's door from 9PM to 7AM
 - (d) Give the patient a glass of warm milk before bedtime
42. Which of the following qualities are relevant in documenting patient care?
- (a) Thoroughness and correntness
 - (b) Accuracy and conciseness
 - (c) Organization
 - (d) All of these
43. To promote correct anatomic alignment in a supine patient, the nurse should:
- (a) Place the patient's feet in dorsiflexion
 - (b) Place a pillow under the patient's knees
 - (c) Hyperextend the patient's neck
 - (d) Adduct the patient's shoulder

44. A client is at risk of fluid excess. Which nursing intervention would ensure the most accurate monitoring of the client's fluid status?
- (a) Measuring and recording fluid intake and output
 - (b) Weighing the client daily at the same time each day
 - (c) Assessing vital signs every 4 hour
 - (d) Checking the lungs for crackles every shift
45. A 43 year old man with liver failure has developed ascites. The nurse understands that ascites is due to:
- (a) Dehydration
 - (b) Protein deficiency
 - (c) Bleeding disorders
 - (d) Vitamin deficiency
46. Method of applying medication to the skin is known as:
- (a) Injection
 - (b) Ingestion
 - (c) Inhalation
 - (d) Inunction
47. To facilitate maximum air exchange, a client should be placed in the:
- (a) Supine position
 - (b) Orthopneic position
 - (c) High fowler's position
 - (d) Semi fowler's position
48. To monitor for the complication of subcutaneous emphysema after the insertion of chest tubes, the nurse should:
- (a) Assess for the presence of a barrel shaped chest
 - (b) Auscultate the breath sounds for crackles and rhonchi
 - (c) Palpate around the chest tube insertion sites for crepitus
 - (d) Compare the length of inspiration with the length of expiration
49. When suctioning a client with a tracheostomy the nurse must remember to:
- (a) Use a new sterile catheter with each insertion
 - (b) Initiate suction as the catheter is being withdrawn
 - (c) Insert the catheter until the cough reflex is stimulated
 - (d) Remove the inner cannula before inserting the suction catheter
50. The end products of protein digestion, amino acids are absorbed from the small intestine by:
- (a) Simple diffusion because of their small size
 - (b) Filtration according to the osmotic pressure direction
 - (c) Active transport with the aid of vitamin B₆ (pyridoxine)
 - (d) Osmosis caused by their greater concentration in the intestinal lumen
51. One of the main functions of bile is to:
- (a) Split protein
 - (b) Emulsify fats
 - (c) Help synthesize vitamins
 - (d) Produce an acid condition
52. An 18 year old is admitted with an acute onset of right lower quadrant pain. Appendicitis is suspected. To determine the etiology of the pain, the client should be assessed for:
- (a) Urinary retention
 - (b) Gastric hyperacidity
 - (c) Rebound tenderness
 - (d) Increased lower bowel motility
53. Following a head injury a client develops a deficiency of antidiuretic hormone (ADH). Normally secretion of ADH causes:
- (a) Serum osmolarity to increase
 - (b) Urine concentration to decrease
 - (c) Glomerular filtration to decrease
 - (d) Tubular reabsorption of water to increase

54. Acromegaly is produced by over secretion of:
- (a) Testosterone
 - (b) Growth hormone
 - (c) Thyroid hormone
 - (d) Adrenocorticotropin
55. Diabetic coma results from an excess accumulation in the blood of:
- (a) Sodium bicarbonate, causing alkalosis
 - (b) Ketones from rapid fat breakdown, causing acidosis
 - (c) Nitrogen from protein catabolism, causing ammonia intoxication
 - (d) Glucose from rapid carbohydrate metabolism, causing drowsiness
56. As a result of low levels of T_3 and T_4 the nurse should expect a client to exhibit:
- (a) Irritability
 - (b) Tachycardia
 - (c) Cold intolerance
 - (d) Profuse diaphoresis
57. A client with diabetes mellitus states, "I cannot eat big meals and I prefer to snack throughout the day," the nurse should carefully explain that:
- (a) Regulate food intake is basic to control
 - (b) Salt and sugar restriction is the main concern
 - (c) Small, frequent meals are better for digestion
 - (d) Large meal can contribute to a weight problem
58. The best blood test for the nurse to use to evaluate fluid loss resulting from burns is the:
- (a) BUN
 - (b) Blood pH
 - (c) Hematocrit
 - (d) Sedimentation rate
59. Coordination of skeletal muscles and equilibrium are controlled by the;
- (a) Thalamus
 - (b) Cerebellum
 - (c) Hypothalamus
 - (d) Medulla Oblongata
60. A client's mouth is drawn over to the left. This suggests injury to the:
- (a) Left facial nerve
 - (b) Right facial nerve
 - (c) Left abducent nerve
 - (d) Right trigeminal nerve
61. A client with cerebral vascular accident has dysarthria. Initial nursing care requires provision for:
- (a) Liquid formula diet
 - (b) Routine hygienic needs
 - (c) Prevention of aspiration
 - (d) Effective communication
62. The synovial fluid of the joints minimizes:
- (a) Efficiency
 - (b) Work output
 - (c) Friction in the joints
 - (d) Velocity of movements
63. The nurse should encourage a client with osteoporosis to increase the intake of:
- (a) Red meat
 - (b) Soft drinks
 - (c) Turnip greens
 - (d) Enriched grains
64. The nurse should explain to a client with a fractured hip that the chief reason for applying traction before surgery is to:
- (a) Relieve muscle spasm and pain
 - (b) Prevent contractures from developing
 - (c) Keep the client from turning and moving in bed
 - (d) Maintain the limb in a position of external rotation

65. Acute salpingitis is most commonly the result of:
- (a) Syphilis
 - (b) Abortion
 - (c) Gonorrhoea
 - (d) Hydatidiform mole
66. A lithotripsy to break up renal calculi is unsuccessful and nephron-lithotomy is performed. A post-operative observation that the nurse should report to the physician would be:
- (a) Passage of pink-tinged urine
 - (b) Intake of 1750 ml in 24 hours
 - (c) Pink drainage on the dressing
 - (d) Urine output of 20 to 30 ml per hour
67. The purpose of peritoneal dialysis is to:
- (a) Reestablish kidney function
 - (b) Clean the peritoneal membrane
 - (c) Provide fluid for intracellular space
 - (d) Remove toxins and metabolic wastes
68. The main indication for hemodialysis for a client who has chronic renal failure is:
- (a) Ascites
 - (b) Acidosis
 - (c) Hypertension
 - (d) Hyperkalemia
69. A client with a terminal illness reaches the stage of acceptance. The nurse can best help during this stage by:
- (a) Allowing the client to cry
 - (b) Allowing unrestricted visiting
 - (c) Explaining all that is being done
 - (d) Being around though not necessarily speaking
70. When creating a therapeutic environment for a client who has just had a myocardial infarction, the nurse should provide for:
- (a) Short family visit
 - (b) Telephone communication
 - (c) Television for short periods
 - (d) Daily papers in the morning
71. Elderly people have a high incidence of hip fractures because of:
- (a) Carelessness
 - (b) Fragility of bone
 - (c) Sedentary existence
 - (d) Rheumatoid diseases
72. Evaluation of the effectiveness of nitroglycerine SL is based on:
- (a) Relief of anginal pain
 - (b) Improved cardiac output
 - (c) A decrease in blood pressure
 - (d) Dilation of superficial blood vessels
73. Ceftriaxone (rocephin) 2.5g IVPB every 8 hours is ordered for a client with a severe infection. The pharmacy sends a vial labeled 5g per 10ml., when preparing the IVPB the nurse should use:
- (a) 1ml
 - (b) 2.5ml
 - (c) 4.5ml
 - (d) 5ml
74. The most important electrolyte of intracellular fluid is:
- (a) Sodium
 - (b) Calcium
 - (c) Chloride
 - (d) Potassium
75. While a client is receiving albumin, the planned therapeutic effect will be greater if the infusion is regulated to run:
- (a) Rapidly, and fluids are encouraged
 - (b) Slowly, and fluid intake is restricted
 - (c) Rapidly, and fluid intake is withheld
 - (d) Slowly, and fluids are encouraged liberally