

Question & Discussion 2

प्रदेश लोक सेवा आयोग

कोशी प्रदेश

प्रवेश/स्थानीय स्वास्थ्य सेवा, हे.ई. समूह, चौथो तह, अ.हे.व./अ. न.मी. कोल्ड चैन असिष्टेण्ट पदको खुला तथा समावेशी प्रतियोगितात्मक लिखित परीक्षा

Key [A]

समय : ४५ मिनेट

प्रथम पत्र परीक्षा

पूर्णांक १००

उत्तीर्णाङ्क : ४०

विषय : सेवा सम्बन्धी

बस्तुगत बहुवैकल्पिक प्रश्न (Multiple Choice Questions)

उत्तरपुस्तिकामा प्रश्नपत्रको KEY अनिवार्य रूपले उल्लेख गर्नुपर्नेछ । उल्लेख नगरेमा उत्तरपुस्ति रद्द हुनेछ । साथै परीक्षामा

Calculator, Mobile, Smart watch लगायतका विद्युतीय उपकरणहरू प्रयोग गर्न पाइने छैन ।

1. Which organ is part of the digestive system?

Options:

- a) Heart
- b) Stomach
- c) Lungs
- d) Brain

Answer: b) Stomach

Explanation: The stomach is a key organ in the digestive system, where food is broken down by gastric acids and enzymes. The heart is part of the cardiovascular system, the lungs belong to the respiratory system, and the brain is part of the nervous system.

2. What is the primary function of the respiratory system?

Options:

- a) Pump blood
- b) Exchange gases
- c) Digest food
- d) Filter waste

Answer: b) Exchange gases

Explanation: The respiratory system is responsible for taking in oxygen (O₂) and expelling carbon dioxide (CO₂) through breathing. Pumping blood is the role of the cardiovascular system, digestion is handled by the digestive system, and waste filtration is managed by the excretory system.

3. Which system includes the heart and blood vessels?

Options:

- a) Digestive system
- b) Respiratory system
- c) Cardiovascular system
- d) Nervous system

Answer: c) Cardiovascular system

Explanation: The cardiovascular (or circulatory) system consists of the heart, blood, and blood vessels, which work together to transport oxygen, nutrients, and waste products throughout the body.

4. What is the main function of the endocrine system?

Options:

- a) Control body movements
- b) Regulate hormones
- c) Digest food
- d) Exchange gases

Answer: b) Regulate hormones

Explanation: The endocrine system produces and releases hormones (e.g., insulin, adrenaline) that regulate metabolism, growth, mood, and other bodily functions. Body movements are controlled by the nervous and muscular systems.

5. Which organ is part of the nervous system?

Options:

- a) Liver
- b) Brain
- c) Lungs
- d) Stomach

Answer: b) Brain

Explanation: The brain is the central organ of the nervous system, processing sensory information and coordinating voluntary and involuntary actions. The liver is part of the digestive and detoxification systems, while the lungs and stomach belong to the respiratory and digestive systems, respectively.

6. What is the primary goal of health education?

Options:

- a) Treat diseases
- b) Promote healthy behaviors
- c) Diagnose illnesses
- d) Manage hospitals

Answer: b) Promote healthy behaviors

Explanation: Health education focuses on teaching individuals and communities about practices (e.g., hygiene, nutrition) that prevent disease and improve well-being. Treating and diagnosing illnesses are roles of medical professionals, not educators.

7. Which of the following is a barrier to effective communication?

Options:

- a) Clear language
- b) Cultural differences
- c) Active listening
- d) Feedback

Answer: b) Cultural differences

Explanation: Cultural differences can lead to misunderstandings due to varying norms, languages, or values. Clear language, active listening, and feedback facilitate communication rather than hinder it.

8. What is the purpose of community diagnosis?

Options:

- a) Treat individual patients
- b) Identify health problems in a community

c) Manage hospitals

d) Conduct laboratory tests

Answer: b) Identify health problems in a community

Explanation: Community diagnosis assesses the health status, needs, and risks of a population to guide public health interventions (e.g., vaccination campaigns). It is not focused on individual treatment or hospital management.

9. Which of the following is a method of community development?

Options:

- a) Individual counseling
- b) Mass media campaigns
- c) Hospital management
- d) Laboratory testing

Answer: b) Mass media campaigns

Explanation: Mass media campaigns (e.g., radio ads, posters) raise awareness and mobilize communities for collective action (e.g., sanitation drives). Individual counseling and lab testing target individuals, not communities.

10. What is the role of leadership in health education?

Options:

- a) To diagnose diseases
- b) To guide and motivate communities
- c) To manage hospitals
- d) To conduct laboratory tests

Answer: b) To guide and motivate communities

Explanation: Leaders in health education inspire communities to adopt healthy practices (e.g., vaccination, clean water use) through advocacy and role modeling. Diagnosis and hospital management are clinical roles.

11. What is the definition of epidemiology?

Options:

- a) Study of individual diseases
- b) Study of disease distribution and determinants

- c) Study of hospital management
- d) Study of laboratory techniques

Answer: b) Study of disease distribution and determinants

Explanation: Epidemiology investigates how diseases spread (distribution) and their causes (determinants) in populations. It informs public health policies (e.g., quarantine measures).

12. Which of the following is a vital statistic?

Options:

- a) Hospital bed count
- b) Birth rate
- c) Number of doctors
- d) Number of pharmacies

Answer: b) Birth rate

Explanation: Vital statistics include birth rates, death rates, and disease incidence, which are critical for tracking population health trends. Hospital resources (beds, doctors) are infrastructure metrics.

13. What is the primary purpose of environmental sanitation?

Options:

- a) Treat diseases
- b) Prevent diseases by improving the environment
- c) Manage hospitals
- d) Conduct laboratory tests

Answer: b) Prevent diseases by improving the environment

Explanation: Sanitation (e.g., clean water, waste disposal) reduces exposure to pathogens, preventing diseases like cholera and dysentery.

14. Which of the following is a method of water purification?

Options:

- a) Filtration
- b) Vaccination
- c) Antibiotics
- d) Surgery

Answer: a) Filtration

Explanation: Filtration removes physical impurities and microbes from water. Vaccines and antibiotics treat infections, while surgery addresses injuries or diseases.

15. What is the importance of food sanitation?

Options:

- a) To improve taste
- b) To prevent foodborne diseases
- c) To increase food production
- d) To reduce food costs

Answer: b) To prevent foodborne diseases

Explanation: Proper food handling and storage (e.g., refrigeration, cooking) prevent contamination by bacteria (e.g., Salmonella) and toxins.

16. What is the first aid treatment for a burn?

Options:

- a) Apply ice directly
- b) Run cool water over the burn
- c) Apply ointment immediately
- d) Cover with a tight bandage

Answer: b) Run cool water over the burn

Explanation: Cool water (not ice) soothes the burn and prevents further tissue damage. Ointments or tight bandages may trap heat and worsen the injury.

17. Which of the following is a vital sign?

Options:

- a) Blood pressure
- b) Hair color
- c) Shoe size
- d) Eye color

Answer: a) Blood pressure

Explanation: Vital signs (blood pressure, pulse, temperature, respiration) indicate bodily function and health status. Hair color and shoe size are unrelated.

18. What is the purpose of a bandage?

Options:

- a) To stop bleeding
- b) To cover wounds
- c) To reduce pain
- d) To diagnose diseases

Answer: b) To cover wounds

Explanation: Bandages protect wounds from infection and promote healing by keeping them clean. Stopping bleeding requires direct pressure (e.g., gauze).

19. Which of the following is a sterilization method?

Options:

- a) Boiling
- b) Freezing
- c) Adding salt
- d) Adding sugar

Answer: a) Boiling

Explanation: Boiling kills microorganisms by denaturing their proteins. Freezing preserves but doesn't sterilize; salt/sugar are preservatives.

20. What is the first aid treatment for a snake bite?

Options:

- a) Apply a tourniquet
- b) Suck out the venom
- c) Keep the affected limb immobilized
- d) Run cold water over the bite

Answer: c) Keep the affected limb immobilized

Explanation: Immobilization slows venom spread. Tourniquets or sucking venom can cause tissue damage and are outdated practices.

21. What is the primary mode of transmission for malaria?

Options:

- a) Airborne
- b) Waterborne
- c) Mosquito bites
- d) Contaminated food

Answer: c) Mosquito bites

Explanation: Malaria is transmitted through the bite of an infected female *Anopheles* mosquito, which carries the *Plasmodium* parasite. It is not spread through air, water, or food.

22. Which of the following is a vector for dengue fever?

Options:

- a) Mosquito
- b) Flea
- c) Tick
- d) Louse

Answer: a) Mosquito

Explanation: Dengue fever is transmitted by *Aedes aegypti* and *Aedes albopictus* mosquitoes. Fleas, ticks, and lice are vectors for other diseases (e.g., plague, Lyme disease, typhus).

23. What is the primary goal of VBD (Vector-Borne Disease) control programs?

Options:

- a) Treat infected individuals
- b) Prevent disease transmission
- c) Manage hospitals
- d) Conduct laboratory tests

Answer: b) Prevent disease transmission

Explanation: VBD programs focus on reducing vector populations (e.g., mosquito control) and preventing bites (e.g., bed nets, insecticides) to stop disease spread. Treatment is secondary.

24. Which of the following is a tool for VBD prevention?

Options:

- a) Insecticide-treated nets
- b) Antibiotics
- c) Vaccines
- d) Surgery

Answer: a) Insecticide-treated nets

Explanation: Bed nets treated with insecticides protect against mosquito bites, preventing malaria and dengue. Antibiotics treat bacterial infections, vaccines prevent specific diseases (e.g., yellow fever), and surgery is irrelevant to VBD prevention.

25. What is the role of community mobilization in VBD control?

Options:

- a) To diagnose diseases
- b) To educate and involve communities in prevention
- c) To manage hospitals
- d) To conduct laboratory tests

Answer: b) To educate and involve communities in prevention

Explanation: Community engagement ensures sustainable practices like eliminating mosquito breeding sites (e.g., stagnant water) and using protective measures (e.g., nets).

26. What is the purpose of antenatal care?

Options:

- a) To treat diseases
- b) To monitor and promote the health of the mother and fetus
- c) To manage hospitals
- d) To conduct laboratory tests

Answer: b) To monitor and promote the health of the mother and fetus

Explanation: Antenatal care includes regular check-ups, nutrition advice, and screenings to ensure a healthy pregnancy and detect complications early.

27. Which of the following is a danger sign during pregnancy?

Options:

- a) Mild headache
- b) Severe abdominal pain
- c) Slight nausea
- d) Mild fatigue

Answer: b) Severe abdominal pain

Explanation: Severe pain may indicate ectopic pregnancy, preterm labor, or placental abruption—all emergencies. Mild symptoms like nausea or fatigue are common in pregnancy.

28. What is the primary goal of postnatal care?

Options:

- a) To treat diseases
- b) To monitor the health of the mother and newborn
- c) To manage hospitals
- d) To conduct laboratory tests

Answer: b) To monitor the health of the mother and newborn

Explanation: Postnatal care focuses on recovery from childbirth, breastfeeding support, and newborn health screenings (e.g., jaundice, infections).

29. Which of the following is a family planning method?

Options:

- a) Antibiotics
- b) Contraceptives
- c) Vaccines
- d) Surgery

Answer: b) Contraceptives

Explanation: Contraceptives (e.g., pills, condoms, IUDs) prevent pregnancy. Antibiotics treat infections, vaccines prevent diseases, and surgery (e.g., tubal ligation) is permanent sterilization.

30. What is the primary source of nutrients for a newborn?

Options:

- a) Solid food
- b) Breast milk
- c) Water
- d) Juice

Answer: b) Breast milk

Explanation: Breast milk provides ideal nutrition (antibodies, fats, vitamins) for infants. Solid foods, water, or juice are introduced later (around 6 months).

31. Which of the following is a bacterial disease?

Options:

- a) Malaria
- b) Tuberculosis
- c) Dengue fever
- d) Influenza

Answer: b) Tuberculosis

Explanation: Tuberculosis (TB) is caused by *Mycobacterium tuberculosis*. Malaria and dengue are parasitic/viral, while influenza is viral.

32. What is the primary mode of transmission for cholera?

Options:

- a) Airborne
- b) Waterborne
- c) Mosquito bites
- d) Contaminated food

Answer: b) Waterborne

Explanation: Cholera spreads through water/food contaminated with *Vibrio cholerae* bacteria. Poor sanitation exacerbates outbreaks.

33. Which of the following is a viral disease?

Options:

- a) Tuberculosis
- b) Malaria

- c) Influenza
- d) Cholera

Answer: c) Influenza

Explanation: Influenza (flu) is caused by influenza viruses. TB is bacterial, malaria is parasitic, and cholera is bacterial.

34. What is the primary treatment for bacterial infections?

Options:

- a) Antibiotics
- b) Antivirals
- c) Antifungals
- d) Antiparasitics

Answer: a) Antibiotics

Explanation: Antibiotics (e.g., penicillin) kill or inhibit bacteria. Antivirals treat viruses, antifungals treat fungi, and antiparasitics target parasites.

35. Which of the following is a parasitic disease?

Options:

- a) Malaria
- b) Tuberculosis
- c) Influenza
- d) Cholera

Answer: a) Malaria

Explanation: Malaria is caused by *Plasmodium* parasites transmitted by mosquitoes. The others are bacterial (TB, cholera) or viral (flu).

36. What is the primary symptom of anemia?

Options:

- a) Fatigue
- b) Fever
- c) Cough
- d) Rash

Answer: a) Fatigue

Explanation: Anemia (low hemoglobin) reduces oxygen

delivery to tissues, causing fatigue, weakness, and pallor. Fever, cough, or rash suggest other conditions.

37. Which of the following is a symptom of peptic ulcer?

Options:

- a) Abdominal pain
- b) Headache
- c) Joint pain
- d) Skin rash

Answer: a) Abdominal pain

Explanation: Peptic ulcers (stomach/duodenal sores) cause burning abdominal pain, often worsened by eating. Headaches/joint pain are unrelated.

38. What is the primary treatment for hypertension?

Options:

- a) Antihypertensive drugs
- b) Antibiotics
- c) Antivirals
- d) Antifungals

Answer: a) Antihypertensive drugs

Explanation: Hypertension (high blood pressure) is managed with medications (e.g., ACE inhibitors, diuretics). Antibiotics treat infections.

39. Which of the following is a symptom of diabetes?

Options:

- a) Increased thirst
- b) Joint pain
- c) Skin rash
- d) Headache

Answer: a) Increased thirst

Explanation: Diabetes causes excessive thirst (polydipsia), frequent urination, and hunger due to high blood sugar. Joint pain/rash are less specific.

40. What is the primary treatment for a urinary tract infection (UTI)?

Options:

- a) Antibiotics
- b) Antivirals
- c) Antifungals
- d) Antiparasitics

Answer: a) Antibiotics

Explanation: UTIs (often caused by *E. coli*) are treated with antibiotics (e.g., nitrofurantoin). Antivirals/fungals target other pathogens.

41. What is the primary treatment for a fracture?

Options:

- a) Immobilization
- b) Antibiotics
- c) Antivirals
- d) Antifungals

Answer: a) Immobilization

Explanation: The first priority in fracture treatment is to immobilize the broken bone (using splints or casts) to prevent further damage and allow proper healing. Antibiotics are only needed if there's an infection, while antivirals and antifungals are irrelevant for bone fractures.

42. Which of the following is a symptom of appendicitis?

Options:

- a) Abdominal pain
- b) Headache
- c) Joint pain
- d) Skin rash

Answer: a) Abdominal pain

Explanation: Appendicitis typically causes severe pain starting around the navel and moving to the lower right abdomen. Headache, joint pain, and rash are not associated with this condition.

43. What is the primary treatment for a burn?

Options:

- a) Cool water
- b) Antibiotics
- c) Antivirals
- d) Antifungals

Answer: a) Cool water

Explanation: For minor burns, the first step is to cool the affected area with running water (not ice) to reduce pain and prevent further tissue damage. Antibiotics may be needed later if infection occurs, but they're not the primary treatment.

44. Which of the following is a symptom of a head injury?

Options:

- a) Headache
- b) Joint pain
- c) Skin rash
- d) Fatigue

Answer: a) Headache

Explanation: Head injuries often cause headaches, confusion, dizziness, or nausea. Joint pain and skin rash are unrelated, while fatigue may occur but is less specific.

45. What is the primary treatment for a wound?

Options:

- a) Cleaning and bandaging
- b) Antibiotics
- c) Antivirals
- d) Antifungals

Answer: a) Cleaning and bandaging

Explanation: Proper wound care involves cleaning with water or antiseptic, then covering with a sterile bandage to prevent infection. Antibiotics are only used if signs of infection develop.

46. What is the primary purpose of a formulary?

Options:

- a) To list approved medications
- b) To diagnose diseases
- c) To manage hospitals
- d) To conduct laboratory tests

Answer: a) To list approved medications

Explanation: A formulary is an official list of medications approved for use in a particular healthcare system, ensuring standardized and cost-effective treatment options.

47. Which of the following is a narcotic drug?

Options:

- a) Paracetamol
- b) Morphine
- c) Ibuprofen
- d) Cetirizine

Answer: b) Morphine

Explanation: Morphine is a potent narcotic (opioid) used for severe pain relief. Paracetamol and ibuprofen are non-narcotic painkillers, while cetirizine is an antihistamine.

48. What is the primary purpose of inventory management in a pharmacy?

Options:

- a) To ensure the availability of drugs
- b) To diagnose diseases
- c) To manage hospitals
- d) To conduct laboratory tests

Answer: a) To ensure the availability of drugs

Explanation: Effective inventory management prevents stockouts or overstocking of medications, ensuring patients have access to needed drugs.

49. Which of the following is a side effect of antibiotics?

Options:

- a) Diarrhea
- b) Pain relief
- c) Lower blood pressure
- d) Reduce fever

Answer: a) Diarrhea

Explanation: Antibiotics can disrupt gut bacteria, leading to diarrhea. They don't relieve pain, lower blood pressure, or reduce fever directly.

50. What is the primary use of antihypertensive drugs?

Options:

- a) Lower blood pressure
- b) Treat infections
- c) Reduce pain
- d) Neutralize stomach acid

Answer: a) Lower blood pressure

Explanation: Antihypertensives (e.g., beta-blockers, ACE inhibitors) are prescribed to manage high blood pressure, reducing the risk of heart disease and stroke.

Prepared By Bijay kumar Mahato -9845667827

The Radiant Institute