

Question & Discussion set 3

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 उत्तरपुस्तिक रद्द हुनेछ । साथै परीक्षामा

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

1. What is the total number of bones in the adult human body?
a) 206
b) 210
c) 200
d) 220
2. Which bone is the longest in the human body?
a) *Femur*
b) Humerus
c) Tibia
d) Fibula
3. The axial skeleton includes all of the following **except**:
a) Skull
b) Ribs
c) *Pelvis*
d) Vertebral column
4. Which bone protects the brain?
a) *Skull*
b) Sternum
c) Scapula
d) Clavicle
5. The joints between the skull bones are called:
a) *Sutures*
b) Synovial joints
c) Cartilaginous joints
d) Fibrous joints

1.2. Muscular System

6. Which muscle type is **involuntary**?
a) Skeletal
b) *Smooth*
c) Cardiac
d) Striated
7. The biceps brachii is an example of which muscle type?

- a) *Skeletal*
b) Smooth
c) Cardiac
d) Involuntary

8. What is the primary function of the muscular system?
a) Protection
b) *Movement*
c) Hormone secretion
d) Digestion
9. Which neurotransmitter stimulates muscle contraction?
a) Dopamine
b) *Acetylcholine*
c) Serotonin
d) GABA
10. The muscle that opposes the action of the prime mover is called:
a) Agonist
b) *Antagonist*
c) Synergist
d) Fixator

1.3. Digestive System

11. Where does carbohydrate digestion begin?
a) Stomach
b) *Mouth*
c) Small intestine
d) Esophagus
12. Which organ produces bile?
a) Pancreas
b) *Liver*
c) Gallbladder
d) Stomach
13. The primary function of the small intestine is:
a) Storage of food
b) *Nutrient absorption*

- c) Water absorption
 - d) Mechanical digestion
14. What is the enzyme that breaks down proteins in the stomach?
- a) Amylase
 - b) Lipase
 - c) *Pepsin*
 - d) Trypsin
15. Which structure prevents food from entering the trachea?
- a) *Epiglottis*
 - b) Uvula
 - c) Esophageal sphincter
 - d) Pharynx

1.4. Circulatory System

16. Which chamber of the heart pumps oxygenated blood to the body?
- a) Right atrium
 - b) Right ventricle
 - c) Left atrium
 - d) *Left ventricle*
17. What is the function of red blood cells?
- a) Fight infection
 - b) *Transport oxygen*
 - c) Blood clotting
 - d) Hormone production
18. The largest artery in the body is the:
- a) Pulmonary artery
 - b) *Aorta*
 - c) Carotid artery
 - d) Coronary artery
19. Which blood type is the universal donor?
- a) A
 - b) B
 - c) AB
 - d) *O*
20. The pacemaker of the heart is the:
- a) AV node
 - b) *SA node*
 - c) Bundle of His
 - d) Purkinje fibers

1.5. Urinary System

21. The functional unit of the kidney is the:
- a) *Nephron*
 - b) Glomerulus
 - c) Ureter
 - d) Renal pelvis
22. Which hormone regulates water reabsorption in the kidneys?
- a) Insulin
 - b) *Antidiuretic hormone (ADH)*
 - c) Aldosterone
 - d) Cortisol
23. The main function of the urinary system is:
- a) Digestion
 - b) *Waste removal*
 - c) Oxygen transport
 - d) Hormone secretion
24. Which structure carries urine from the kidneys to the bladder?
- a) Urethra
 - b) *Ureter*
 - c) Renal artery
 - d) Collecting duct
25. What is the normal pH range of urine?
- a) 1.0–3.0
 - b) *4.5–8.0*
 - c) 9.0–10.0
 - d) 7.0–7.5

1.6. Nervous System

26. The basic functional unit of the nervous system is the:
- a) *Neuron*
 - b) Nephron
 - c) Myocyte
 - d) Glial cell
27. Which part of the brain controls balance and coordination?
- a) Cerebrum
 - b) *Cerebellum*
 - c) Medulla oblongata
 - d) Hypothalamus
28. The fight-or-flight response is regulated by the:
- a) Parasympathetic nervous system
 - b) *Sympathetic nervous system*
 - c) Somatic nervous system
 - d) Central nervous system

29. Which neurotransmitter is associated with mood regulation?
a) Acetylcholine
b) Dopamine
c) *Serotonin*
d) GABA
30. The protective covering of the brain is called:
a) Peritoneum
b) Pleura
c) *Meninges*
d) Synovium

1.7. Respiratory System

31. The primary muscle involved in breathing is the:
a) Pectoralis major
b) *Diaphragm*
c) Intercostal muscles
d) Trapezius
32. Gas exchange in the lungs occurs in the:
a) Trachea
b) Bronchi
c) *Alveoli*
d) Larynx
33. Which of the following is a waste product of respiration?
a) Oxygen
b) *Carbon dioxide*
c) Nitrogen
d) Hydrogen
34. The normal respiratory rate for adults is:
a) 5–10 breaths/min
b) *12–20 breaths/min*
c) 25–30 breaths/min
d) 30–40 breaths/min
35. The vocal cords are located in the:
a) Nasal cavity
b) *Larynx*
c) Pharynx
d) Trachea

1.8. Endocrine System

36. Which gland is known as the "master gland"?
a) Thyroid
b) *Pituitary*

- c) Adrenal
d) Pancreas

37. Insulin is produced by the:
a) Liver
b) *Pancreas*
c) Adrenal glands
d) Thyroid
38. The hormone responsible for regulating calcium levels is:
a) Insulin
b) *Parathyroid hormone (PTH)*
c) Cortisol
d) Adrenaline
39. Which hormone is released in response to stress?
a) *Cortisol*
b) Estrogen
c) Thyroxine
d) Melatonin
40. The thyroid gland produces hormones that regulate:
a) Blood sugar
b) *Metabolism*
c) Blood pressure
d) Sleep cycles

1.9. Reproductive System

41. The male reproductive organ that produces sperm is the:
a) *Testes*
b) Prostate
c) Epididymis
d) Vas deferens
42. Fertilization of the egg typically occurs in the:
a) Uterus
b) *Fallopian tube*
c) Ovary
d) Vagina
43. The hormone responsible for male secondary sexual characteristics is:
a) Estrogen
b) *Testosterone*
c) Progesterone
d) Prolactin
44. The menstrual cycle is regulated by which hormones?
a) *Estrogen and progesterone*
b) Testosterone and cortisol

- c) Insulin and glucagon
- d) Thyroxine and calcitonin

45. The site of implantation of the fertilized egg is the:
- a) *Uterus*
 - b) Cervix
 - c) Ovary
 - d) Vagina

1.10. Sensory System

46. The photoreceptor cells responsible for color vision are:
- a) Rods
 - b) *Cones*
 - c) Bipolar cells
 - d) Ganglion cells
47. The part of the ear responsible for balance is the:
- a) Cochlea
 - b) *Semicircular canals*
 - c) Tympanic membrane
 - d) Eustachian tube
48. The sense of smell is detected by:
- a) Taste buds
 - b) *Olfactory receptors*
 - c) Mechanoreceptors
 - d) Thermoreceptors
49. The transparent outer layer of the eye is the:
- a) Retina
 - b) *Cornea*
 - c) Lens
 - d) Iris
50. Which cranial nerve is responsible for vision?
- a) *Optic (II)*
 - b) Olfactory (I)
 - c) Facial (VII)
 - d) Vagus (X)

86. c) Performing all tasks alone
d) Skipping documentation

87. **Clinical judgment** is best defined as:
- a) *Using knowledge and experience to make decisions*
 - b) Following orders without question
 - c) Memorizing textbooks
 - d) Avoiding patient interaction

88. The **primary ethical principle** in nursing is:
- a) *Beneficence (doing good)*
 - b) Cost-effectiveness
 - c) Speed of care
 - d) Legal compliance

89. **Informed consent** requires:
- a) *Patient understanding of risks/benefits*
 - b) Family approval only
 - c) A witness signature
 - d) A doctor's verbal order

90. **Palliative care** focuses on:
- a) *Comfort and quality of life*
 - b) Cure of disease
 - c) Surgical interventions
 - d) Diagnostic testing

91. A **sentinel event** is:
- a) *A severe, unexpected occurrence*
 - b) A routine procedure
 - c) A minor medication error
 - d) A patient complaint

92. The **best way to prevent nurse burnout** is:
- a) *Self-care and work-life balance*
 - b) Working overtime daily
 - c) Avoiding breaks
 - d) Ignoring stress

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