

Question & Discussion set 4

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 ।

- The first step in the nursing process is:
 - Planning
 - Assessment
 - Implementation
 - Evaluation
- A well-written nursing diagnosis includes:
 - Medical diagnosis
 - Problem, etiology, and symptoms (PES)
 - Physician's orders
 - Lab results
- Which phase involves carrying out the care plan?
 - Assessment
 - Diagnosis
 - Implementation
 - Evaluation
- The purpose of evaluation in the nursing process is to:
 - Determine if goals were met
 - Diagnose the patient
 - Collect initial data
 - Prescribe medications
- A SMART goal in nursing should be:
 - Specific, Measurable, Achievable, Relevant, Time-bound
 - Simple, Medical, Accurate, Realistic, Timely
 - Systematic, Managed, Assessed, Recorded, Tracked
 - Standardized, Meaningful, Actionable, Reliable, Tested
- _____
- The normal range for adult blood pressure is:
 - 120/80 mmHg
 - 140/90 mmHg
 - 100/60 mmHg
 - 160/100 mmHg
- A core body temperature below 95°F (35°C) is called:
 - Fever
 - Hyperthermia
 - Hypothermia
 - Pyrexia
- The most accurate method for taking body temperature is:
 - Oral
 - Axillary
 - Rectal
 - Tympanic
- Tachycardia is defined as a heart rate above:
 - 60 bpm
 - 100 bpm
 - 120 bpm
 - 150 bpm
- The **apical pulse** is best auscultated at the:
 - Carotid artery
 - Radial artery
 - 5th intercostal space, midclavicular line
 - Femoral artery
- _____
- 2.3. Maslow's Hierarchy of Basic Needs**
- The most basic level of Maslow's hierarchy is:
 - Love and belonging
 - Physiological needs
 - Safety
 - Self-actualization
- Which need comes **after** safety in Maslow's hierarchy?
 - Physiological
 - Love and belonging
 - Esteem
 - Self-actualization
- A patient expressing loneliness is experiencing a deficit in which level?

- a) Safety
 - b) *Love and belonging*
 - c) Esteem
 - d) Physiological
17. Self-actualization refers to:
- a) Basic survival needs
 - b) *Reaching one's full potential*
 - c) Financial security
 - d) Social acceptance
18. A homeless patient seeking shelter is primarily addressing which need?
- a) *Physiological*
 - b) Safety
 - c) Esteem
 - d) Self-actualization
19. The most common site for pressure ulcers is the:
- a) *Sacrum*
 - b) Elbow
 - c) Heel
 - d) Occiput
20. Which stage of pressure ulcer involves full-thickness skin loss?
- a) Stage 1
 - b) Stage 2
 - c) *Stage 3*
 - d) Stage 4
21. Repositioning immobile patients should be done every:
- a) 30 minutes
 - b) *2 hours*
 - c) 6 hours
 - d) 12 hours
22. A key intervention to prevent pressure ulcers is:
- a) *Frequent turning and skin inspection*
 - b) Limiting fluid intake
 - c) Keeping skin dry without moisturizers
 - d) Using tight-fitting sheets
23. Which nutritional deficiency increases pressure ulcer risk?
- a) *Protein*
 - b) Carbohydrates
 - c) Fats
 - d) Fiber
24. _____
- 25. 2.4.2. Nutritional Needs (Oral, NG, Orogastric Feeding)**
26. The primary purpose of nasogastric (NG) tube insertion is:
- a) *Nutrition or decompression*
 - b) Oxygen delivery
 - c) Medication administration
 - d) Blood sampling
27. Before administering NG tube feeding, the nurse must:
- a) *Check tube placement and residual volume*
 - b) Flush with cold water
 - c) Elevate the bed to 90 degrees
 - d) Administer sedatives
28. A complication of long-term NG tube use is:
- a) *Nasal erosion or aspiration*
 - b) Hypoglycemia
 - c) Hypertension
 - d) Constipation
29. Which position is best during NG tube feeding?
- a) *Semi-Fowler's (30–45 degrees)*
 - b) Supine
 - c) Trendelenburg
 - d) Prone
30. The purpose of orogastric (OG) tube placement in infants is:
- a) *To prevent nasal damage*
 - b) For long-term feeding
 - c) To measure intracranial pressure
 - d) To administer IV medications
31. The primary indication for urinary catheterization is:
- a) *Urinary retention*
 - b) Routine monitoring
 - c) Patient convenience
 - d) To prevent UTIs
32. A major risk of indwelling catheters is:
- a) *Catheter-associated UTI (CAUTI)*
 - b) Hypertension
 - c) Hypoglycemia
 - d) Constipation
33. The correct position for female catheterization is:
- a) *Supine with knees flexed*
 - b) Prone
 - c) Lateral recumbent
 - d) Sitting upright
34. An enema is administered to:
- a) *Relieve constipation*
 - b) Measure urine output
 - c) Administer IV fluids
 - d) Check blood pressure
35. Which type of enema is used for bowel cleansing before surgery?
- a) Tap water

- b) *Fleet (sodium phosphate)*
 c) Oil retention
 d) Soap suds
36. The **most effective** way to prevent infections is:
 a) Wearing gloves
 b) *Hand hygiene*
 c) Using masks
 d) Isolating all patients
37. Standard precautions apply to:
 a) Only HIV patients
 b) *All patients*
 c) Only surgical patients
 d) Elderly patients
38. PPE (Personal Protective Equipment) includes:
 a) *Gloves, gown, mask, goggles*
 b) Stethoscope and thermometer
 c) IV tubing and catheters
 d) Bedpan and urinal
39. A **nosocomial infection** is:
 a) Community-acquired
 b) *Hospital-acquired*
 c) Viral only
 d) Non-infectious
40. The **first** step after a needlestick injury is:
 a) Report to supervisor
 b) *Wash with soap and water*
 c) Take prophylactic antibiotics
 d) Wait for symptoms
41. The **five rights of medication administration** include:
 a) *Right patient, drug, dose, route, time*
 b) Right diagnosis, lab, vitals, room, nurse
 c) Right prescription, pharmacy, insurance, doctor, nurse
 d) Right bed, chart, IV, syringe, signature
42. A **Code Blue** in a hospital means:
 a) Fire emergency
 b) *Cardiac arrest*
 c) Bomb threat
 d) Missing patient
43. The **primary purpose of therapeutic communication** is to:
 a) *Build trust and gather information*
 b) Give medical advice
 c) Document in the chart
 d) Entertain the patient
44. **SBAR** (communication tool) stands for:
 a) *Situation, Background, Assessment, Recommendation*
- b) Symptoms, Bloodwork, Action, Response
 c) Safety, Bedside, Alert, Report
 d) Standard, Baseline, Analysis, Result
45. The **first action** in responding to a patient fall is:
 a) *Assess the patient for injuries*
 b) Call the doctor
 c) Document the incident
 d) Move the patient to bed
46. **HIPAA** protects:
 a) *Patient confidentiality*
 b) Nurse work hours
 c) Hospital finances
 d) Medical equipment
47. The **chain of infection** includes all **except**:
 a) Infectious agent
 b)
- 48.