

Mero Healthline question set

प्रदेश लोक सेवा आयोग

कोशी प्रदेश

प्रवेश/स्थानीय स्वास्थ्य सेवा, हे.ई. समूह, चौथो तह, अ.हे.व./अ. न.मी. कोल्ड चेन असिस्टेण्ट

पदको खुला तथा समावेशी प्रतियोगितात्मक लिखित परीक्षा

Key [A]

प्रथम पत्र परीक्षा

पूर्णांक : १००

समय : ४५ मिनेट

उत्तीर्णाङ्क : ४०

बिषय : 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 ।

- The correct angle for subcutaneous injection is:**
 - 90°
 - 45°
 - 15°
 - 180°
- Which of the following is a sign of catheter-associated UTI (CAUTI)?**
 - Fever and cloudy urine
 - Hypertension
 - Skin rash
 - Joint pain
- The first action in case of a needle-stick injury is:**
 - Wash with soap and water
 - Ignore it
 - Apply alcohol only
 - Wait for symptoms
- Which position is used for lumbar puncture?**
 - Supine
 - Lateral recumbent (fetal position)
 - Prone
 - Sitting
- The purpose of a tourniquet in venipuncture is to:**
 - Make veins more visible
 - Stop bleeding permanently
 - Reduce pain
 - Prevent infection
- Which of the following is a symptom of hypoglycemia?**
 - Sweating and confusion
 - Hypertension
 - Fever
 - Jaundice
- The correct sequence for donning PPE is:**
 - Gown → Mask → Gloves → Goggles
 - Gloves → Mask → Gown
 - Mask → Gloves → Gown
 - Goggles → Gloves → Gown
- A patient with a chest tube should be placed in:**

- a) Semi-Fowler's position
- b) Trendelenburg
- c) Lithotomy
- d) Prone

9. Normal adult oxygen saturation (SpO₂) should be:

- a) 70–80%
- b) **95–100%**
- c) 85–90%
- d) 60–70%

10. Which of the following is a contraindication for vaccination?

- a) **Severe allergic reaction to a previous dose**
- b) Mild cold
- c) Hypertension
- d) Old age

11. _____

12. Healthcare System of Nepal (Continued)

13. Which program provides free maternity services in Nepal?

- a) **Aama Surakshya Program**
- b) Free Health Care Program
- c) National Immunization Program
- d) Urban Health Mission

14. The main regulatory body for nursing in Nepal is:

- a) **Nepal Nursing Council (NNC)**
- b) Nepal Medical Council
- c) Ministry of Education
- d) WHO Nepal

15. Which disease is part of Nepal's National Immunization Program?

- a) **Measles**
- b) Malaria
- c) Dengue
- d) Hypertension

16. The "Female Community Health Volunteer (FCHV)" program focuses on:

- a) **Maternal and child health**
- b) Road construction
- c) Banking services
- d) Police training

17. Which hospital is specialized for infectious diseases in Nepal?

- a) **Sukraraj Tropical & Infectious Disease Hospital**
- b) Bir Hospital
- c) Patan Hospital
- d) Kanti Children's Hospital

18. _____

19. Pharmacology & Drug Administration

20. Which drug is used as first-line treatment for hypertension?

- a) Insulin
- b) **ACE inhibitors (e.g., Lisinopril)**
- c) Paracetamol
- d) Ibuprofen

21. The antidote for opioid overdose is:

- a) Vitamin K
- b) **Naloxone**
- c) Atropine
- d) Activated charcoal

22. Which medication requires monitoring of INR levels?

- a) **Warfarin**
- b) Metformin
- c) Omeprazole
- d) Salbutamol

23. Aspirin is contraindicated in:

- a) **Peptic ulcer disease**
- b) Hypertension
- c) Diabetes
- d) Asthma (unless NSAID-sensitive)

24. The route of administration for insulin is:

- a) Oral
- b) **Subcutaneous**

- c) Intramuscular
- d) Intravenous (only in emergencies)

25. **Which drug is used to treat severe allergic reactions?**

- a) **Epinephrine (Adrenaline)**
- b) Paracetamol
- c) Metformin
- d) Diazepam

26. **A patient on long-term steroids is at risk for:**

- a) **Osteoporosis**
- b) Hypertension (also true, but osteoporosis is more specific)
- c) Hypoglycemia
- d) Anemia

27. **Which antibiotic is associated with tendon rupture?**

- a) **Fluoroquinolones (e.g., Ciprofloxacin)**
- b) Penicillin
- c) Metronidazole
- d) Doxycycline

28. **The therapeutic effect of furosemide (Lasix) is:**

- a) **Diuresis (increased urine output)**
- b) Blood clotting
- c) Pain relief
- d) Antibiotic action

29. **Which drug should be avoided in pregnancy due to teratogenicity?**

- a) **Isotretinoin (Accutane)**
- b) Paracetamol
- c) Iron supplements
- d) Folic acid

30. _____

31. Surgical Nursing & Procedures

32. **Preoperative nursing care includes:**

- a) **Informed consent verification**
- b) Administering blood thinners
- c) Encouraging heavy meals
- d) Skipping vital signs

33. **The most common postoperative complication is:**

- a) **Atelectasis (lung collapse)**
- b) Myocardial infarction
- c) Stroke
- d) Bone fracture

34. **Which surgical position is used for appendectomy?**

- a) **Supine**
- b) Lithotomy
- c) Prone
- d) Trendelenburg

35. **A patient with a nasogastric (NG) tube should be monitored for:**

- a) **Electrolyte imbalance**
- b) Hyperglycemia
- c) Skin rash
- d) Joint pain

36. **The primary purpose of surgical asepsis is to:**

- a) **Prevent infection**
- b) Reduce pain
- c) Lower blood pressure
- d) Increase appetite

37. **Which condition is a surgical emergency?**

- a) **Acute appendicitis**
- b) Common cold
- c) Hypertension
- d) Diabetes mellitus

38. **The recommended fasting period before elective surgery is:**

- a) 1 hour
- b) **6-8 hours (NPO after midnight)**
- c) 12 hours
- d) No need to fast

39. **A patient with a colostomy requires education on:**

- a) **Stoma care**
- b) Insulin administration
- c) Blood pressure monitoring
- d) Eye drops

40. **Deep vein thrombosis (DVT) prophylaxis includes:**

- a) **Early ambulation and anticoagulants**
- b) Bed rest
- c) High-fat diet
- d) Avoiding water

41. **The most critical postoperative observation is:**

- a) **Airway patency**
- b) Hair color
- c) Shoe size
- d) Favorite food

42. _____

43. Pediatrics & Geriatrics

44. **The Apgar score assesses:**

- a) **Newborn viability (0-10 scale)**
- b) Elderly cognitive function
- c) Pain level
- d) Blood sugar

45. **The first vaccine given at birth is:**

- a) **BCG (for tuberculosis)**
- b) MMR
- c) HPV
- d) Influenza

46. **A child with measles presents with:**

- a) **Koplik spots (white lesions in mouth)**
- b) Jaundice
- c) Hair loss
- d) Bone pain

47. **The leading cause of death in neonates is:**

- a) **Prematurity/low birth weight**
- b) Heart disease
- c) Diabetes
- d) Cancer

48. **Which vitamin prevents neural tube defects in pregnancy?**

- a) **Folic acid**
- b) Vitamin C
- c) Vitamin D
- d) Vitamin B12

49. **Geriatric patients are at highest risk for:**

- a) **Falls and fractures**
- b) Childhood infections
- c) Teenage pregnancy
- d) Acne

50. **The Mini-Mental State Examination (MMSE) screens for:**

- a) **Dementia**
- b) Kidney function
- c) Liver disease
- d) Asthma

51. **Polypharmacy in the elderly refers to:**

- a) **Use of multiple medications**
- b) Excessive exercise
- c) Overeating
- d) Lack of sleep

52. **Which vaccine is recommended for adults >65 years?**

- a) **Pneumococcal vaccine**
- b) BCG
- c) Rotavirus
- d) HPV

53. **A sign of dehydration in infants is:**

- a) **Sunken fontanelle**
- b) Excessive urination
- c) Hyperactivity
- d) Weight gain

54. _____

55. **The National Immunization Schedule of Nepal includes:**

- a) **DPT-HepB-Hib (Pentavalent vaccine)**
- b) Malaria vaccine
- c) Dengue vaccine
- d) HIV vaccine

56. **The "Safe Motherhood Program" aims to reduce:**

- a) **Maternal and neonatal mortality**
- b) Road accidents
- c) School dropouts
- d) Air pollution

57. **Which disease was eradicated from Nepal in 2010?**

- a) **Polio**
- b) Tuberculosis
- c) Malaria
- d) HIV/AIDS

58. **The main cause of child mortality in Nepal is:**

- a) **Pneumonia and diarrhea**
- b) Heart disease
- c) Diabetes
- d) Cancer

59. **The "One Health" program in Nepal addresses:**

- a) **Zoonotic diseases (e.g., rabies, avian flu)**
 - b) Mental health
 - c) Dental care
 - d) Cosmetic surgery
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