

AHW Question solution

प्रदेश लोक सेवा आयोग

कोशी प्रदेश

प्रवेश/स्थानीय स्वास्थ्य सेवा, नर्सिंग, समूह, चौथो तह, अ.न.मि. पदको खुला तथा समावेशी
प्रतियोगितात्मक लिखित परीक्षा

Key [D]

प्रथम पत्र परीक्षा

मिति: २०८२/०१/२९ गते

पूर्णांक: १००

समय : ४५ मिनेट

विषय : सेवा सम्बन्धी

उत्तीर्णाङ्क : ४०

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 ।

- Which phase occurs in the correct order during the first stage of labor?
A. Transition, latent, active
B. Latent, active, transition
C. Active, transition, latent
D. Latent, active, transition
- How is muscle tone assessed in the Apgar score?
A. By observing the newborn's ability to cry
B. By evaluating the newborn's reflexes
C. By checking whether the newborn has spontaneous movements or remains limp
D. By measuring the newborn's head circumference
- Where does fertilization usually occur in the female reproductive organ?
A. Uterus
B. Ovary
C. Cervix
D. Fallopian tube
- Following birth, the fundus decreases about:
A. 3 cm/day for the first 9-10 days
B. 2 cm/day for the first 9-10 days
C. 1 cm/day for the first 9-10 days
D. 2.5 cm/day for the first 9-10 days
- Which of the following is the common psychological problem of the post-partum period?
A. Post-partum blues
B. Post-partum depression
C. Post-partum psychosis
D. Post-partum bipolar disorder
- Which congenital abnormality is associated with "cleft lip and/or palate"?
A. Neural tube defects
B. Craniofacial abnormalities
C. Renal malformations
D. Cardiovascular defects
- What is the recommended position for breastfeeding?
A. Reclining position only
B. Any position that is comfortable for both the mother and baby
C. Lying flat on the back with the baby on top
D. Sitting upright with the baby lying across the mother's lap
- What is a typical symptom of Hirschsprung's disease in newborn?
A. Projectile vomiting
B. Abdominal pain
C. Diarrhea
D. Failure to pass meconium
- Clearing the airway before beginning resuscitation of the newborn involves:
A. Suctioning the mouth only
B. Suctioning the nose only
C. Suctioning the mouth then the nose
D. Suctioning the nose then the mouth
- If the uterus is inverted following childbirth:
A. No need to correct immediately
B. There may be no pain at all

C. Cervix of uterus may be apparent at the vulva

D. The uterine fundus is not felt on abdominal palpation

11. 11. गाउँ/नगर सभाले ५ वर्ष अवधि समाप्त भएपछिको कति समय भित्र अर्को गाउँ/नगर सभा निर्वाचन गर्न आवश्यक पर्दछ ?
A. २ महिना B. ३ महिना C. ६ महिना D. १ वर्ष
12. 12. तलमध्ये कुन विषय नेपालको संविधानमा उल्लेख भएको छैन ?
A. राष्ट्रिय फूल लालीगुराँस B. राष्ट्रिय जनावर गाई C. राष्ट्रिय पक्षी डाँफे D. राष्ट्रिय फल सुन्तला
13. 13. कोशी प्रदेशको प्रदेश निजामती सेवा ऐन, २०७९ अनुसार कर्मचारीको कार्यसम्पादन मूल्याङ्कन गर्दा शैक्षिक योग्यता अनुसार कति अंक दिने व्यवस्था रहेको छ ?
A. ४० B. २० C. १२ D. १५
14. 14. कोशी प्रदेशको प्रदेश निजामती सेवा नियमावली कहिले स्वीकृत भयो ?
A. २०८० श्रावण ८ B. २०८० असार ८ C. २०८० श्रावण ९ D. २०८० श्रावण १३
15. 15. प्रदेश निजामती सेवामा पद वृद्धि गर्नु पर्ने कति समयपछि र कहाँ राखी त्यसको पेश गर्नुपर्ने ?
A. ४५ दिनभित्र प्रदेश लोक सेवा आयोग B. १ महिनाभित्र प्रदेश किताबखाना C. १५ दिनभित्र राष्ट्रिय सूचना आयोग (नियुक्ति) D. १ महिनाभित्र मुख्यमन्त्री तथा मन्त्रिपरिषद् कार्यालय
16. 16. स्थानिय तहको सेवामा स्थायी नियुक्ति पाएको कर्मचारीले सेवा अवकाशपश्चात बच्चा

वा पत्नीको लागि महिनावारी तालिका अनुसार कति कम्तिमा ?

- A. ३ महिना B. १६ महिना C. १८ महिना D. २१ महिना
17. 17. प्रदेश सरकारको अनुशासन तथा सृजनात्मक निर्देशन सम्बन्धमा संयोजनकर्ता को हुने व्यवस्था छ ?
A. मुख्यमन्त्री B. प्रदेश सचिव C. प्रमुख सचिव D. सञ्चार मन्त्रालयका मन्त्री
18. 18. प्रदेश लोक सेवा आयोगको तर्फबाट विशेष वर्ग पदहरूको मध्ये कुन पदको परीक्षा सञ्चालन गरिँदैन ?
A. प्रदेश प्रहरी सेवा B. प्रदेश सागठित संस्था सेवा C. शिक्षक सेवा D. स्थानीय तहको संगठितसंस्थाको सेवा
19. 19. प्रदेश सचिवको कार्यलाई स्वावलम्बन कसले गर्छ ?
A. आर्थिक मामिला तथा योजना मन्त्रालय B. प्रदेश लेखा नियंत्रण कार्यालय C. मुख्य मंत्री तथा मंत्रीपरिसद को कार्यालय D. प्रदेश योजना आयोग
20. 20. कोशी प्रदेशको निजामती सेवाको आर्थिक वर्ष कहिले सुरु गरिएको थियो ?
A. आ.व.२०७५/७६ B. आ.व.२०७६/७७ C. आ.व.२०७७/७८ D. आ.व.२०७८/७९
21. The autonomic nervous system regulates functions like:
A. Sensory and motor
B. Only reflex actions
C. Voluntary and conscious
D. Involuntary and automatic
22. Which cells are responsible for bone formation?
A. Osteocytes
B. Osteoblasts
C. Osteoclasts
D. Chondrocytes

23. What is the normal pH range of human blood?
 A. 6.0-6.5
 B. 7.0-7.5
 C. 7.35-7.45
 D. 8.35-8.45
24. Which gland is often referred to as the "master gland"?
 A. Thyroid gland
 B. Adrenal gland
 C. Pituitary gland
 D. Pancreas
25. In which steps of the nursing process, do we collect and analyze patient data?
 A. Planning
 B. Implementation
 C. Assessment
 D. Evaluation
26. The nurse's main job before giving oral medicine is:
 A. Waiting until the patient wakes up
 B. Watching for side effects
 C. Asking the patient to drink water
 D. Making sure the patient can swallow
27. Which part of the ECG represents ventricular depolarization?
 A. P wave
 B. QRS complex
 C. T wave
 D. U wave
28. What is the first aid management of burn due to hot water on hand?
 A. Immediately apply ointment on burn part
 B. Keep burn part in cold water immediately
 C. Provide plenty of fluid to drink
 D. Check amount of urine
29. What is the most severe complication of untreated trachoma?
 A. Corneal scarring and blindness
 B. Glaucoma
 C. Night blindness
 D. Macular degeneration
30. What is the best time to collect blood samples for detecting microfilariae?
 A. Early morning
 B. Evening
 C. Night
 D. Afternoon
31. In measles, small, bluish-white spots that appear on the buccal mucosa are known as:
 A. Measles spots
 B. Koplik's spots
 C. White spots
 D. Blue spots
32. Which of the following is a disorder characterized by inflammation and narrowing of the airways, leading to breathing difficulty?
 A. Asthma
 B. Emphysema
 C. Pneumonia
 D. Bronchitis
33. Which of the following is a potential side effect of hormonal contraceptives?
 A. Increased risk of STIs
 B. Weight gain
 C. Increased fertility
 D. Prevention of menstruation
34. In the communication process, the 'sender' is responsible for:
 A. Interpreting nonverbal signals
 B. Receiving feedback
 C. Encoding and delivering the message
 D. Decoding the message
35. What is the mode of transmission of Hepatitis E?
 A. Direct contact
 B. Vector borne
 C. Feco-oral route
 D. Droplet
36. The best feeding method for a preterm baby who is unable to suck effectively:
 A. Cup feedings
 B. Bottle feedings
 C. IV fluids
 D. Nasogastric tube feedings
37. The key developmental task of adolescence (12-18 years) according to Erikson is:
 A. Initiative vs. Guilt
 B. Identity vs. Role Confusion
 C. Intimacy vs. Isolation
 D. Generativity vs. Stagnation
38. In Health Management Information System (HMIS), data quality is important because:
 A. It focus solely on administrative task
 B. It provides accurate data for decision-making and health interventions

- C. It ensures patient satisfaction
D. It helps in financial management only
39. According to Minimum Service Standard (MSS), the nurse patient ratio in general ward is:
A. 1:2
B. 1:4
C. 1:6
D. 2:3
40. Which of the following is a key function of the ward committee?
A. Enacting federal laws
B. Implementing local development projects
C. Conducting national census
D. Formulating local laws
41. Physiological anemia during pregnancy occurs as a result of which of the following?
A. Decrease dietary intake of iron
B. Increase plasma volume of the mother
C. Decrease erythropoiesis
D. Increase erythropoiesis
42. Vacuum aspiration is an example of which type of abortion procedure?
A. Medical abortion
B. Surgical abortion
C. Natural abortion
D. Homeopathic abortion
43. A pregnant woman's last menstrual period was 2081/11/5. What is her expected date of delivery according to Naegele's rule?
A. 2082/8/7
B. 2082/8/12
C. 2082/8/15
D. 2082/8/20
44. The fundal height measurement during antenatal care is used to:
A. Determine the baby's gender
B. Assess fetal growth and development
C. Measure the amount of amniotic fluid
D. Determine if the baby is in the correct position for delivery
45. Positive signs of pregnancy include:
A. Fetal heart tones heard by Doppler or fetal stethoscope
B. Frequency of micturition
C. Amenorrhea
D. Morning sickness
46. What is the role of counseling in safe abortion services?
A. To convince the woman not to have an abortion
B. To ensure the woman understands the procedure, risks and post-abortion care
C. To provide financial support for the procedure
D. To ensure the woman opts for surgical methods only
47. Which of the following hormones is primarily responsible for stimulating ovulation?
A. Estrogen
B. Progesterone
C. Follicle-stimulating hormone (FSH)
D. Luteinizing hormone
48. As the active phase of labor progresses, contractions become more frequent and longer in duration:
A. With 3-5 occurring every 5 minutes, lasting more than 40 seconds
B. With 3-5 occurring every 10 minutes, lasting more than 40 seconds
C. With 3-5 occurring every 15 minutes, lasting more than 40 seconds
D. With 2-3 occurring every 10 minutes, lasting more than 40 seconds
49. Following are the Basic Emergency Obstetric and Newborn Care (BEONC), EXCEPT:
A. Administration of parenteral antibiotic
B. Administration of parenteral oxytocin drug
C. Administration of parenteral anticonvulsant
D. Administration of iron and folic acid
50. All of the following are the steps of immediate care of newborn baby, EXCEPT:
A. Bath the baby immediately after birth
B. Dry, stimulate and wrap the baby
C. Assess breathing and color
D. Decide if the baby needs resuscitation