

## The Radiant Institute, Birgunj

प्रदेश लोक सेवा आयोग

गण्डकी प्रदेश

नेपाल स्वास्थ्य सेवा, चौथो तह अ हे ब / अ न मि पद को खुला प्रतियोगत्मक  
नमूना लिखित परीक्षा (स्थानीय तह)

समय: ४५ मि

Key (D)

पूर्णाङ्क : १००

बिषय: सेवा संबन्धी

बस्तुगत बहुकल्पिक ५० प्रश्न X २ = १०० अंक

1. **Which organ is part of the digestive system?**

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

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

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

3. **Which system includes the heart and blood vessels?**

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

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

- a) Control body movements

b) Regulate hormones

c) Digest food

d) Exchange gases

5. **Which organ is part of the nervous system?**

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

**Health Education and Community Diagnosis**

6. **What is the primary goal of health education?**

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

7. **Which of the following is a barrier to effective communication?**
- a) Clear language
  - b) Cultural differences
  - c) Active listening
  - d) Feedback
8. **What is the purpose of community diagnosis?**
- a) Treat individual patients
  - b) Identify health problems in a community
  - c) Manage hospitals
  - d) Conduct laboratory tests
9. **Which of the following is a method of community development?**
- a) Individual counseling
  - b) Mass media campaigns
  - c) Hospital management
  - d) Laboratory testing
10. **What is the role of leadership in health education?**
- a) To diagnose diseases
  - b) To guide and motivate communities
  - c) To manage hospitals
  - d) To conduct laboratory tests

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### Community Health

11. **What is the definition of epidemiology?**
- a) Study of individual diseases
  - b) Study of disease distribution and determinants
  - c) Study of hospital management
  - d) Study of laboratory techniques

12. **Which of the following is a vital statistic?**
- a) Hospital bed count
  - b) Birth rate
  - c) Number of doctors
  - d) Number of pharmacies
13. **What is the primary purpose of environmental sanitation?**
- a) Treat diseases
  - b) Prevent diseases by improving the environment
  - c) Manage hospitals
  - d) Conduct laboratory tests
14. **Which of the following is a method of water purification?**
- a) Filtration
  - b) Vaccination
  - c) Antibiotics
  - d) Surgery
15. **What is the importance of food sanitation?**
- a) To improve taste
  - b) To prevent foodborne diseases
  - c) To increase food production
  - d) To reduce food costs

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### First Aid and Basic Medical Procedures

16. **What is the first aid treatment for a burn?**
- a) Apply ice directly
  - b) Run cool water over the burn
  - c) Apply ointment immediately
  - d) Cover with a tight bandage
17. **Which of the following is a vital sign?**
- a) Blood pressure
  - b) Hair color

- c) Shoe size
  - d) Eye color
18. **What is the purpose of a bandage?**
- a) To stop bleeding
  - b) To cover wounds
  - c) To reduce pain
  - d) To diagnose diseases
19. **Which of the following is a sterilization method?**
- a) Boiling
  - b) Freezing
  - c) Adding salt
  - d) Adding sugar
20. **What is the first aid treatment for a snake bite?**
- a) Apply a tourniquet
  - b) Suck out the venom
  - c) Keep the affected limb immobilized
  - d) Run cold water over the bite

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### Vector-Borne Diseases (VBDs)

21. **What is the primary mode of transmission for malaria?**
- a) Airborne
  - b) Waterborne
  - c) Mosquito bites
  - d) Contaminated food
22. **Which of the following is a vector for dengue fever?**
- a) Mosquito
  - b) Flea
  - c) Tick
  - d) Louse
23. **What is the primary goal of VBD control programs?**
- a) Treat infected individuals

- b) Prevent disease transmission
  - c) Manage hospitals
  - d) Conduct laboratory tests
24. **Which of the following is a tool for VBD prevention?**
- a) Insecticide-treated nets
  - b) Antibiotics
  - c) Vaccines
  - d) Surgery
25. **What is the role of community mobilization in VBD control?**
- a) To diagnose diseases
  - b) To educate and involve communities in prevention
  - c) To manage hospitals
  - d) To conduct laboratory tests

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### Maternal and Child Health

26. **What is the purpose of antenatal care?**
- 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
27. **Which of the following is a danger sign during pregnancy?**
- a) Mild headache
  - b) Severe abdominal pain
  - c) Slight nausea
  - d) Mild fatigue
28. **What is the primary goal of postnatal care?**
- a) To treat diseases
  - b) To monitor the health of the mother and newborn
  - c) To manage hospitals
  - d) To conduct laboratory tests

29. **Which of the following is a family planning method?**  
a) Antibiotics  
b) Contraceptives  
c) Vaccines  
d) Surgery
30. **What is the primary source of nutrients for a newborn?**  
a) Solid food  
b) Breast milk  
c) Water  
d) Juice

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### Microbiology and Communicable Diseases

31. **Which of the following is a bacterial disease?**  
a) Malaria  
b) Tuberculosis  
c) Dengue fever  
d) Influenza
32. **What is the primary mode of transmission for cholera?**  
a) Airborne  
b) Waterborne  
c) Mosquito bites  
d) Contaminated food
33. **Which of the following is a viral disease?**  
a) Tuberculosis  
b) Malaria  
c) Influenza  
d) Cholera
34. **What is the primary treatment for bacterial infections?**  
a) Antibiotics  
b) Antivirals  
c) Antifungals  
d) Antiparasitics
35. **Which of the following is a parasitic disease?**  
a) Malaria  
b) Tuberculosis  
c) Influenza  
d) Cholera

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### Medicine

36. **What is the primary symptom of anemia?**  
a) Fatigue  
b) Fever  
c) Cough  
d) Rash
37. **Which of the following is a symptom of peptic ulcer?**  
a) Abdominal pain  
b) Headache  
c) Joint pain  
d) Skin rash
38. **What is the primary treatment for hypertension?**  
a) Antihypertensive drugs  
b) Antibiotics  
c) Antivirals  
d) Antifungals
39. **Which of the following is a symptom of diabetes?**  
a) Increased thirst  
b) Joint pain  
c) Skin rash  
d) Headache
40. **What is the primary treatment for a urinary tract infection (UTI)?**  
a) Antibiotics

- b) Antivirals
  - c) Antifungals
  - d) Antiparasitics
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## Surgery

41. **What is the primary treatment for a fracture?**
    - a) Immobilization
    - b) Antibiotics
    - c) Antivirals
    - d) Antifungals
  42. **Which of the following is a symptom of appendicitis?**
    - a) Abdominal pain
    - b) Headache
    - c) Joint pain
    - d) Skin rash
  43. **What is the primary treatment for a burn?**
    - a) Cool water
    - b) Antibiotics
    - c) Antivirals
    - d) Antifungals
  44. **Which of the following is a symptom of a head injury?**
    - a) Headache
    - b) Joint pain
    - c) Skin rash
    - d) Fatigue
  45. **What is the primary treatment for a wound?**
    - a) Cleaning and bandaging
    - b) Antibiotics
    - c) Antivirals
    - d) Antifungals
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## Pharmacy and Pharmacology

46. **What is the primary purpose of a formulary?**
  - a) To list approved medications
  - b) To diagnose diseases
  - c) To manage hospitals
  - d) To conduct laboratory tests
47. **Which of the following is a narcotic drug?**
  - a) Paracetamol
  - b) Morphine
  - c) Ibuprofen
  - d) Cetirizine
48. **What is the primary purpose of inventory management in a pharmacy?**
  - a) To ensure the availability of drugs
  - b) To diagnose diseases
  - c) To manage hospitals
  - d) To conduct laboratory tests
49. **Which of the following is a side effect of antibiotics?**
  - a) Diarrhea
  - b) Pain relief
  - c) Lower blood pressure
  - d) Reduce fever
50. **What is the primary use of antihypertensive drugs?**
  - a) Lower blood pressure
  - b) Treat infections
  - c) Reduce pain
  - d) Neutralize stomach acid