

लोक सेवा आयोग

नेपाल स्वास्थ्य सेवा, हेल्थ इन्स्पेक्सन समूह, सातौं तहको प्रतियोगितात्मक लिखित परीक्षा
(२०८०/१२/२४)

विषय: हेल्थ इन्स्पेक्सन सम्बन्धी ।

समय: १ घण्टा १५ मिनेट

पूर्णाङ्क: १००

पत्र: प्रथम

वस्तुगत बहुउत्तर (१०० प्रश्न × १ अङ्क)

उत्तर पुस्तिकामा प्रश्नपत्रको KEY अनिवार्य रूपले उल्लेख गर्नुपर्नेछ । उल्लेख नगरेमा उत्तरपुस्तिका रद्द हुनेछ । साथै परीक्षामा Calculator, Mobile प्रयोग गर्न पाइने छैन

1. All are the characteristics of corynebacterium diphtheriae EXCEPT:

- A. Non motile
- B. Gram positive bacilli
- C. Non-sporulating
- D. Encapsulated

Note: Corynebacterium diphtheriae (gram +ve bacilli) → non-motile type bacteria → non-spore-forming → Non-capsulated It produces dangerous exotoxin.

2. Leading NCD-related death in Nepal is due to:

- A. COPD
- B. Ischemic heart disease
- C. Cancer
- D. Diabetes

3. Overweight and obesity are the major..... risk factors of NCDs.

- A. Behavioral
- B. Lifestyle
- C. Social
- D. Metabolic

4. Qetelet's index is international reference standard for assessing the prevalence of:

- A. Obesity
- B. Underweight
- C. Diabetes
- D. Hypertension

5. HIV post exposure prophylaxis should be given within:

- A. 2 hours
- B. 14 hours
- C. 20 hours
- D. 72 hours

6. The aim of Nepal's malaria strategic plan is to attain:

- A. Malaria elimination by 2025
- B. Malaria eradication by 2025
- C. Malaria control by 2025
- D. None of the above

Note: Malaria is a priority public health program in Nepal with a national aim to

achieve malaria elimination by the end of 2025.

7. Challenges for measles elimination includes all EXCEPT:

- A. Weak immunization system
- B. Highly infectious nature of disease
- C. Require high vaccination coverage > 90%
- D. Static epidemiology

Note: The challenges for measles elimination include:

1. weak immunization systems;
2. high infectious nature of measles;
3. populations that are inaccessible due to conflict;
4. The increasing refusal of immunization by some populations;
5. The changing epidemiology of measles which has led to increased transmission among adolescents and adults;
6. The gaps in human and financial resources at the country, regional and global levels

Static epidemiology is not a challenge for measles elimination. The World Health Organization (WHO) states that the greatest challenge to measles elimination is improving routine immunization to 95% or more coverage with two doses of a measles-rubella containing vaccine in all districts of all countries.

8. Case detection of STDs is done by all EXCEPT:

- A. Screening
- B. Contact tracing
- C. Cluster testing
- D. Notification

9. Animal experiments shows that local wound treatment can reduce the cancer of developing rabies by:

- A. Less than 80%
- B. Up to 80%
- C. 80-90%
- D. Up to 100%

Note: Animal experiments have shown that local wound treatment can reduce the chances of developing rabies by upto 80%. (K Park)

10. Which one is not the key indicator in the kala-azar elimination initiative?

- A. Detection rate
- B. Final cure rate
- C. Treatment conversation rate
- D. Coverage rate of vector control

Note: Key indicators in the kala-azar elimination initiation

1. **Detection rate (%)** = (Number of new cases of KA detected per year in the district, UHC or subdistrict / Total population in the same area) x 100
2. **Treatment completion rate (%)** = (Number of patients that took a full course of first-line drugs / All new

KA cases that started treatment in a given period) x 100

3. **Coverage rate of vector control (%)** = (Number of households protected / All households at risk) x 100

Monitoring clinical outcomes

4. **Final cure rate (%)** = (Number of patients with final cure / Total number who started treatment) x 100

11. National TB Center developed its National Strategic Plan (2016-2021) with vision of TB free Nepal by 2050.

"Ending TB" defined as less than:

- A. 1 TB patient per 1,000,000 population
- B. 1 TB patient per 100,000 population
- C. 1 TB patient per 10,000 population
- D. 1 TB patient per 1000 population

Note: The Government of Nepal has included innovative activities in the National Strategic Plan 2021/22-2025/26 (2078/79-2082/83) and brought into the implementation. The plan of GoN is END TB target by 2050 (<1 TB case/Million population)

12. Common complication of mumps are:

- A. Orchitis and oophoritis
- B. Encephalitis
- C. Pneumonia
- D. Myocarditis

Note:

- MC complication: Aseptic meningitis
- MC complication in adolescents: Orchitis, Oopheritis

13. The usual incubation period for pertussis (whooping cough) is

- A. Less than 3 days
- B. 3-7 days
- C. 7-14 days
- D. 21-25 days

14. The most common cause of blindness in Nepal is

- A. Trauma
- B. Cataract
- C. Glaucoma
- D. Infection

15. TB multidrug regimen is given to:

- A. Prevent resistance
- B. Broad spectrum
- C. Prevent side effects
- D. None of the above

16. Which is the best method to dispose hospital waste?

- A. Composting
- B. Dumping
- C. Burial
- D. Incineration

17. Calcium added to fruit juice is an example of:

- A. Food adulteration
- B. Food contamination

- C. Food pollution
- D. Food fortification

18. According to WHO: if there are weight for height >m-2SD and height for age <m-2SD than it will be defined as:

- A. Normal
- B. Wasted
- C. Stunted
- D. Wasted and stunted

19. Protein requirement of a neonate is:

- A. 1.5 grams
- B. 2.5 grams
- C. 3.5 grams
- D. 4.5 grams

Note: Recommended Daily Energy and Protein Intake

| Particulars | Energy (Kcal/d) | Proteins (g/d) |

| :--- | :--- | :--- |

| 0-6 months | 92/kg | 1.16/kg |

| 6-12 months | 80/kg | 1.69/kg |

20. The daily extra calories requirement in first trimester of pregnancy is

- A. 50
- B. 150
- C. 350
- D. 450

21. Daily calcium requirement of an infant is:

- A. 300 mg
- B. 500 mg

- C. 600 mg
- D. 1200 mg

22. All are water-washed diseases EXCEPT:

- A. Scabies
- B. Trachoma
- C. Typhoid
- D. Conjunctivitis

23. How much a daily supply of water is considered as an adequate supply to meet the needs for all urban and domestic purposes?

- A. A daily supply of 150-200 litre/capita
- B. A daily supply of 250-300 litre/capita
- C. A daily supply of 200-250 litre/capita
- D. A daily supply of 300-350/capita

Note: The basic physiological requirement for drinking water is about 2 liters per day per head. It is only for the survival. But, 150-200 liters per individual per day is considered adequate to meet the need of urban domestic purposes.

24. Mineral oils are used in mosquito control measures as:

- A. A personal protection method
- B. Larvicide
- C. Adulticide
- D. Space spray

25. Biological oxygen demand test is done on:

- A. Air
- B. Water
- C. Soil

D. Sewage

Note: Biological oxygen demand (BOD) is defined as 'amount of oxygen absorbed by a sample of sewage' during a specified period (Generally 5 days), at a specified temperature (generally 20° C) for aerobic destruction or use of organic matter by living organisms

- BOD is most important test done for estimation of strength of sewage (done through Dilution method and Manometric method)
- Strong Sewage has BOD > 300 g/litre and Weak Sewage has BOD < 100 g/litre .

26. Disinfecting action of chlorine in water is due to:

- A. Hypochlorite ions
- B. Chloride
- C. Hypochlorous acid
- D. Residual chloriae

27. "Fitting the job to the works" to achieve the best mutual adjustment of man and his work is called:

- A. Staffing
- B. Deployment
- C. Ergonomics
- D. Recruitment

Note: Ten suitable job is given depending upon the physical and mental abilities, i.e. 'Fitting the job to the worker' (i.e. placing the right person in the right job). This is called ergonomics.

28. Lead poisoning in industries commonly occurs by:

- A. Inhalation
- B. Ingestion
- C. Skin absorption
- D. Conjunctival route

Note: Lead can be absorbed by inhalation (most common mode), ingestion or through skin [Ref. Park 21/e p748, Park 22/e p752]

29. Excessive noise in the work place may be controlled by:

- A. Air condition
- B. Ventilation
- C. Shift of work
- D. Personal protective equipment

30. All are the type of interaction in a working environment EXCEPT

- A. Man and physical, chemical and biological agent
- B. Man and all type of diseases
- C. Man and machines
- D. Man and man

31. Auditory fatigue appears at:

- A. 75 dB
- B. 90 dB
- C. 105 dB
- D. 120 dB

Note: Auditory fatigue appears in the 90 dB region and greatest at 4000 Hz. It may be associated with side effects such as whistling and buzzing in the ears.

32. The means of changing behaviour towards service utilization is:

- A. Health education
- B. Health education and promotion
- C. Community participation
- D. BCC

33. A social process whereby specific group with shared needs, activity pursue identification of their needs and take decision is called:

- A. Community organization
- B. Community participation
- C. Community cohesion
- D. None of the above

34. Feedback in education is the:

- A. Predisposing factor
- B. Reinforcing factor
- C. Enabling factor
- D. Discouraging factor

Note:

- a. **Predisposing factors:** knowledge, attitude, beliefs, perceptions etc.
- b. **Enabling factors:** Money, resource, time, accessibility, availability, skill, referrals etc.
- c. **Reinforcing factors:** peer group appreciation, Family encouragement, health personnel appreciation/ reward, feedback

35. The most popular and effective media for creating awareness among general people is:

- A. Radio

- B. Television
- C. Newspaper
- D. Internet

36. Which one is not the group method of health education?

- A. Role play
- B. Project assignment
- C. Case study
- D. Lecture

37. Principle of health education includes all EXCEPT:

- A. Participation
- B. Motivation
- C. Reinforcement
- D. Punishment

38. A panel discussion is

- A. Mass approach
- B. Individual approach
- C. Group approach
- D. One-way communication

39. The most importation step in health education of a community is:

- A. Contact with doctors
- B. Community discussion
- C. Announcement to the community by loudspeakers
- D. Knowledge of local need

40. Followings are the importance of school health program EXCEPT:

- A. Emotional and social health
- B. Physical health

- C. Mental health
- D. Community health

41. All of the following are required for a good counselor EXCEPT:

- A. Sympathy
- B. Understanding
- C. Patience
- D. Dictative

42. Following are the key service interventions under essential health care services EXCEPT:

- A. Safe motherhood
- B. Inpatient care
- C. Family planning
- D. Outpatient case

43. MDG-5 is related to:

- A. Maternal health
- B. Child health
- C. Communicable diseases
- D. NCDs

44. HIV/AIDS is related to:

- A. MDG-4
- B. MDG-5
- C. MDG-6
- D. MDG-7

Note: The MDGS goals are:

Goal 1: To eradicate extreme poverty and hunger

Goal 2: To achieve universal primary education

Goal 3: To promote gender equality and empower women

Goal 4: To reduce child mortality

Goal 5: To improve maternal health

Goal 6: To combat HIV/AIDS, malaria, and other diseases

Goal 7: To ensure environmental sustainability

Goal 8: To develop a global partnership for development

45. Which of the following is a new concept in primary health care?

- A. Equitable distribution
- B. Community participation
- C. Qualitative inquiry
- D. Primary health care

Note: While primary health care has always aimed to understand community needs, qualitative inquiry offers a more in-depth and nuanced approach compared to traditional methods. However, it's important to note that even qualitative inquiry is gaining wider adoption rather than being entirely new in the field.

46. Since when the Primary Health Care (PHC) has been accepted in health care system of Nepal?

- A. 6th five-year plan
- B. 7th five-year plan
- C. 8th five-year plan
- D. 9th five-year plan

47. USAID is:

- A. Multilateral agency
- B. Bilateral agency
- C. UN agency
- D. Philanthropic agency

48. Low income nations usually suffer from:

- A. Malaria
- B. Tuberculosis
- C. Heart disease
- D. Both 'A' and 'B'

49. Which one of the following agency is bilateral?

- A. Swiss Development Cooperation
- B. World Health Organization
- C. UNICEF
- D. UNDP

50. Among the following what is the most common cause of bacterial food poisoning?

- A. Salmonella
- B. E.coli
- C. Botulism
- D. Staphylococcus aureus

51. London cholera epidemic of 1848 was traced by whom?

- A. John Snow
- B. William Tarr
- C. David Sowder
- D. Morris King

52. Which of the following is not the core function of Public Health?

- A. Assurance
- B. Assessment
- C. Authority
- D. Policy development

53. Biomedical concept of health is based on:

- A. Germ theory of disease
- B. Absence of pain
- C. Social and psychological factors
- D. None of the above

54. The primary goal of public health is to:

- A. Protect the health workers
- B. Protect the infected
- C. Protect the uninfected
- D. Protect the vulnerable population

55. Which one of the following is not included in the Physical Quality of the Life Index (PQLI)?

- A. Literacy rate
- B. Infant mortality
- C. Expectancy of the life at birth
- D. Expectancy of the life at age one

56. Establishment of safer environment and open space in communities is an example of:

- A. Biomedical intervention
- B. Behavioral intervention
- C. Social intervention
- D. Structural intervention

57. What does social stratification mean?

- A. Differential access of resources
- B. Differential accessibility of health services
- C. Different social status
- D. Different population composition

Note: This is the core concept of social stratification. It refers to the unequal distribution of advantages and opportunities in a society, such as wealth, income, education, power, prestige

58. A vaccine which is biologically protective but not accepted by community has:

- A. Low efficiency and high effectiveness
- B. High efficiency and low effectiveness
- C. High efficiency and high effectiveness
- D. Low efficiency and low effectiveness

59. Which of the following model is used in the capital rationing of resources like budget allocation, transfer, pricing, etc. in the area of health care management?

- A. Assignment model
- B. Transportation model
- C. Dynamic programming model
- D. Linear programming model

Note: Linear programming model is used in capital rationing of resources, budget allocation, transfer pricing, etc. Hence, option (D) is the correct answer.

60. A leader who characterizes a high supportive and low directive style for leading an organization. What is the best word to summarize this style?

- A. Coaching
- B. Delegation
- C. Empowering
- D. Structuring

61. In any program, target refers to:

- A. Set of activities
- B. Objective of program
- C. Degree of program achievement
- D. Monitoring and evaluation

Note: A program target is a quantified goal or objective that a program plans to achieve by a certain date(WHO).

62. Which one is not a form of decentralization?

- A. De-concentration
- B. Delegation
- C. Capitalization
- D. Devolution

63. Which one belongs to the health economics decision making concern?

- A. Effectiveness, Efficiency and Equity
- B. Effectiveness, Efficiency and Equality
- C. Effectiveness, Equity and Equality
- D. Effectiveness, Efficiency and Income

64. Which one is not importance of First Expiry First Out (FEFO) in drug management?

- A. Helps to ensure that products of drugs is being used well before its expiry date
- B. Easy to dispense the medicine
- C. Easy to help for proper storage and space management
- D. Helps to ensure that product of drugs is being used well after its expiry date

65. Which one includes the monitoring?

- A. Continuous process of observation

- B. Debriefing
- C. Workshop
- D. Supervision

66. Which one is not the step of drug management cycle?

- A. Selection of drugs and quantification of requirements
- B. Procurement and distribution
- C. Use of drugs
- D. Choice of drugs

67. Which one is the criteria to be considered for prioritization after health care need assessment?

- A. Observed need of the people
- B. Wide-spread problem and security in terms of morbidity and mortality
- C. Takes long period to solve the problem
- D. Problems being addressed by other agency in community

68. Which is not the function of management?

- A. Planning
- B. Organizing
- C. Controlling
- D. Browsing

69. Which one of the following is the first and foremost function of management?

- A. Planning
- B. Controlling
- C. Coordination
- D. Organizing

70. The process of establishing a time sequence for a work is known as:

- A. Objective
- B. Schedule
- C. Procedure
- D. Planning

71. Which is the correct order among the following?

- A. Goal-Objective-Target-Action
- B. Action-Objective-Goal-Target
- C. Goal-Target-Action-Objective
- D. Action-Goal-Target-Objective

72. Employer deduct a percentage of each employee monthly wages for health to be paid, is an example of:

- A. Provider payment
- B. Community health insurance
- C. Social health insurance
- D. External finance

73. All of the following are the necessary qualities of financial information EXCEPT:

- A. Reliable accounting information
- B. Timeliness accounting information
- C. Budgetary accounting information
- D. Relevant accounting information

74. Inventory management means:

- A. General management
- B. Personnel management
- C. Materials management
- D. Financial management

75. Regular follow up of ongoing activities during the implementation phase is described best by:

- A. Management
- B. Monitoring
- C. Budgeting
- D. Evaluation

76. Followings are the specific responsibilities of WHO EXCEPT:

- A. Prevention and control of specific diseases
- B. Development of comprehensive health service
- C. Formal and non-formal education to school children
- D. Environmental health

77. Iodine intake surveillance in communities is done by:

- A. Testing iodine secretion in urine
- B. Measuring iodine from salt pockets
- C. Survey of iodine intake
- D. Goiter survey

78. A study wherein bias is less likely to occur:

- A. Case control
- B. Cross sectional
- C. Cohort
- D. Case series

79. Best way to study relationship between two variables is:

- A. Bar chart
- B. Scatter diagram

- C. Histogram
- D. Pie chart

80. Care fatality is a method of measuring:

- A. Infectivity
- B. Pathogenicity
- C. Virulence
- D. Average duration of disease

81. Standard deviation doesn't depend upon:

- A. Mean
- B. Median
- C. Range
- D. Sample size

82. The most sensitive index of recent transmission of malaria in a community is:

- A. Spleen rate
- B. Infant parasite rate
- C. Annual parasite incidence
- D. Slide positivity

83. Which one is not the uses of prevalence?

- A. Estimate the magnitude of health disease problems in the community
- B. Identify potential high risk population
- C. Especially useful for administrative and planning process
- D. To control disease

84. Screening is the most commonly used epidemiological tool in school health service. Which level of

prevention does it refer to?

- A. Primordial
- B. Primary
- C. Secondary
- D. Tertiary

85. Which of the following is not a mortality indicator?

- A. Proportional mortality rate
- B. Notification rate
- C. Crude death rate
- D. Expectation of life

86. What is the modifiable risk factor of non-communicable diseases?

- A. Age
- B. Sex
- C. Ethnicity
- D. Obesity

87. Which method allows to estimate the value of one parametric variable knowing the value of other?

- A. Correlation
- B. Regression
- C. Relation
- D. Covariance

88. In a five number summary, which of the following is not used for data summarization?

- A. The 25th percentile
- B. The 50th percentile
- C. The 75th percentile
- D. The smallest value

89. Histogram is used as method of group presentation for:

- A. Quantitative data
- B. Qualitative continuous data
- C. Discrete type quantitative data
- D. Nominal data

90. For a survey, a municipality is divided into 20 wards, each ward is sampled randomly. It is an example of:

- A. Cluster random sampling
- B. Systematic random sampling
- C. Stratified random sampling
- D. Multi

91. Precision stands for:

- A. Accuracy
- B. Consistency
- C. Reliability
- D. Validity

92. Survey of a community shows CBR and CDR as 20 and 7 respectively. What demographic stage of population is this?

- A. Early expanding
- B. Late expanding
- C. High stationary
- D. Low stationary

93. The growth pattern of a population with an annual growth rate 1.5% to 2% is:

- A. Slow growth
- B. Moderate growth
- C. Rapid growth
- D. Very rapid growth

94. Denominator of crude birth rate is:

- A. Midyear population
- B. Number of living children
- C. Number of death children
- D. Total number of crude birth

95. General fertility rate is:

- A. Indicator of complete family size
- B. Measure of fertility
- C. Not better than crude birth rate
- D. All of the above

96. Which of the following is a sensitive indicator of family planning achievement?

- A. Birth rate
- B. General fertility rate

- C. Age specific fertility rate
- D. Abortion rate

97. What is an epidemic?

- A. The first time a disease is documented.
- B. When more than 50% of a population has a specific illness.
- C. When the occurrence of a disease exceeds the normal rate.
- D. When more than 25% of a population has a specific illness.

98. Which terminology is used to describe interruption on transmission?

- A. Elimination
- B. Control
- C. Prevention
- D. Promotion

99. Globally which is the most common cancer?

- A. Colorectal cancer
- B. Bladder cancer
- C. Oropharyngeal cancer
- D. Lung cancer

100. What is a communicable disease?

- A. A disease that is related to eating and drinking.
- B. A disease that can be spread

- from one person to another.
- C. A disease that has a long duration and is not easily cured.
- D. A disease that is publicly and scientifically understood

ANSWERS

Q	Ans	Q	Ans	Q	Ans	Q	Ans	Q	Ans
1.	D	21.	B	41.	D	61.	B	81.	B
2.	B	22.	C	42.	B	62.	C	82.	B
3.	D	23.	A	43.	A	63.	A	83.	D
4.	A	24.	B	44.	C	64.	D	84.	C
5.	D	25.	D	45.	C	65.	A	85.	B
6.	A	26.	C	46.	A	66.	D	86.	D
7.	D	27.	C	47.	B	67.	B	87.	B
8.	D	28.	A	48.	D	68.	D	88.	D
9.	B	29.	D	49.	A	69.	A	89.	A
10.	C	30.	B	50.	A	70.	B	90.	A
11.	A	31.	B	51.	A	71.	A	91.	B
12.	A	32.	D	52.	C	72.	C	92.	A

13.	C	33.	B	53.	A	73.	C	93.	D
14.	B	34.	B	54.	D	74.	C	94.	A
15.	A	35.	B	55.	C	75.	B	95.	A
16.	D	36.	D	56.	D	76.	C	96.	C
17.	D	37.	D	57.	A	77.	A	97.	C
18.	C	38.	C	58.	D	78.	C	98.	A
19.	A	39.	D	59.	D	79.	B	99.	D
20.	C	40.	D	60.	C	80.	C	100.	B

THE END