

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 चैन 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 उत्तरपुस्ति रद्द हुनेछ । साथै परीक्षामा Calculator, Mobile, Smart watch लगायतका विद्युतीय उपकरणहरू प्रयोग गर्न पाइने छैन ।

- 1) What is the most common cause of chronic cough in adults?
A. Asthma
B. **Gastroesophageal reflux disease (GERD)**
C. Tuberculosis
D. Lung cancer
- 1) Which of the following is a classic symptom of Parkinson's disease?
A. **Resting tremor**
B. Fever
C. Skin rash
D. Joint pain
- 2) The most common cause of community-acquired pneumonia is:
A. Escherichia coli
B. **Streptococcus pneumoniae**
C. Mycobacterium tuberculosis
D. Pseudomonas aeruginosa
- 3) Which condition is characterized by **epigastric pain relieved by food**?
A. Gastritis
B. **Peptic ulcer disease**
C. Appendicitis
D. Cholecystitis
- 4) A low hemoglobin level with microcytic, hypochromic RBCs is most likely due to:
A. Vitamin B12 deficiency
B. **Iron deficiency anemia**
C. Hemolytic anemia
D. Chronic kidney disease
- 5) Which of the following is **not** a risk factor for deep vein thrombosis (DVT)?
A. Prolonged immobility
B. **Regular exercise**
C. Obesity
D. Smoking
- 6) The **first-line treatment for uncomplicated hypertension** in most patients is:
A. Beta-blockers
B. **ACE inhibitors**
C. Diuretics
D. Calcium channel blockers
- 7) Which of the following is a **sign of meningitis**?
A. **Kernig's sign**
B. Murphy's sign
C. McBurney's sign
D. Courvoisier's sign

- 8) A **sudden, severe headache** described as "the worst headache of my life" suggests:
A. Migraine
B. **Subarachnoid hemorrhage**
C. Tension headache
D. Sinusitis

- 9) Which of the following is a **common complication of diabetes mellitus**?
A. **Peripheral neuropathy**
B. Osteoporosis
C. Gout
D. Rheumatoid arthritis

10) _____
11) **General Medicine MCQs (51-100)**

- 12) The **most common cause of acute pancreatitis** is:
A. Viral infection
B. **Gallstones and alcohol**
C. Autoimmune disease
D. Trauma

- 13) **Atrial fibrillation** is most commonly associated with:
A. **Embolic stroke**
B. Myocardial infarction
C. Pulmonary embolism
D. Liver failure

- 14) **Clubbing of fingers** is associated with:
A. **Chronic hypoxia (e.g., COPD, lung cancer)**
B. Hypertension
C. Diabetes
D. Anemia

- 15) **Bell's palsy** affects which cranial nerve?
A. **Facial nerve (CN VII)**
B. Trigeminal nerve (CN V)
C. Vagus nerve (CN X)
D. Glossopharyngeal nerve (CN IX)

- 16) The **most common cause of death in COPD patients** is:
A. **Respiratory failure**
B. Myocardial infarction

- C. Stroke
D. Liver cirrhosis

- 17) **Hepatitis B** is transmitted through:
A. **Blood and body fluids**
B. Airborne droplets
C. Contaminated food
D. Mosquito bites

- 18) **Guillain-Barré syndrome** is characterized by:
A. **Ascending paralysis**
B. Memory loss
C. Joint swelling
D. Skin rash

- 19) **Hyperthyroidism** is most commonly caused by:
A. **Graves' disease**
B. Hashimoto's thyroiditis
C. Pituitary tumor
D. Iodine deficiency

- 20) **Cushing's syndrome** is characterized by:
A. **Moon face, buffalo hump, hyperglycemia**
B. Weight loss, tremors, heat intolerance
C. Dry skin, fatigue, cold intolerance
D. Muscle weakness, hyperpigmentation

- 21) The **most common cause of acute kidney injury (AKI)** is:
A. **Hypovolemia (dehydration, hemorrhage)**
B. Glomerulonephritis
C. Urinary tract obstruction
D. Nephrotoxic drugs

22) _____
23) **General Medicine MCQs (101-150)**

- 24) **Rheumatoid arthritis** primarily affects:
A. **Small joints symmetrically (e.g., hands, wrists)**
B. Large joints (e.g., knees, hips)
C. Spine
D. Skin

- 25) **Gout** is caused by deposition of:
A. **Uric acid crystals**

- B. Calcium pyrophosphate
C. Cholesterol
D. Amyloid
- 26) **Osteoporosis** is diagnosed by:
A. **DEXA scan (low bone mineral density)**
B. X-ray
C. MRI
D. Blood test
- 27) **Multiple sclerosis (MS)** is a disease of:
A. **Central nervous system (demyelination)**
B. Peripheral nerves
C. Muscles
D. Bones
- 28) **Malaria** is diagnosed by:
A. **Blood smear (identifying Plasmodium)**
B. Urine test
C. Stool test
D. Skin biopsy
- 29) **Tuberculosis (TB)** is confirmed by:
A. **Sputum acid-fast bacilli (AFB) test**
B. Blood culture
C. Chest X-ray alone
D. Skin prick test
- 30) **HIV is diagnosed by:**
A. **ELISA + Western blot**
B. Complete blood count (CBC)
C. Liver function test
D. Urinalysis
- 31) **Lyme disease** is transmitted by:
A. **Tick bite**
B. Mosquito
C. Contaminated water
D. Airborne droplets
- 32) **Sepsis** is defined as:
A. **Life-threatening organ dysfunction due to infection**
B. High fever alone
C. Localized skin infection
D. Viral upper respiratory infection
- 33) **Anaphylaxis** is treated first with:
A. **Epinephrine (adrenaline)**
B. Antihistamines
- C. Steroids
D. IV fluids
- 34) _____
- 35) **General Medicine MCQs (151-200)**
- 36) **Chronic kidney disease (CKD)** is classified by:
A. **Glomerular filtration rate (GFR)**
B. Blood pressure
C. Urine output
D. Serum sodium level
- 37) **Peptic ulcer disease** is most commonly caused by:
A. **H. pylori infection**
B. Stress
C. Spicy food
D. Alcohol
- 38) **Diverticulitis** presents with:
A. **Left lower quadrant abdominal pain**
B. Right upper quadrant pain
C. Epigastric pain
D. Back pain
- 39) **Hypokalemia** can cause:
A. **Muscle weakness and cardiac arrhythmias**
B. Hypertension
C. Seizures
D. Jaundice
- 40) **Hypercalcemia** is most commonly caused by:
A. **Hyperparathyroidism**
B. Hypothyroidism
C. Diabetes
D. Liver disease
- 41) **Acute myocardial infarction (MI)** is diagnosed by:
A. **Elevated troponin + ECG changes**
B. Chest X-ray
C. Blood glucose level
D. Liver enzymes
- 42) **Asthma** is characterized by:
A. **Reversible airway obstruction**
B. Irreversible lung damage

- C. Pulmonary fibrosis
- D. Pleural effusion

43) **COPD** is diagnosed by:

- A. **Spirometry (FEV1/FVC < 0.7)**
- B. Chest X-ray
- C. Blood test
- D. Echocardiogram

44) **Pulmonary embolism (PE)** is confirmed by:

- A. **CT pulmonary angiography (CTPA)**
- B. Chest X-ray
- C. ECG
- D. Blood culture

45) **Heart failure** is commonly treated with:

- A. **ACE inhibitors + beta-blockers + diuretics**
- B. Antibiotics
- C. Chemotherapy
- D. Antivirals