

लोक सेवा आयोग
नेपाली सेना, सैनिक प्राविधिक, सैनिक स्वास्थ्य, मेडिकल,
प्रा.अम.मेडिकल पदको आन्तरिक र खुला प्रतियोगितात्मक लिखित
मिति: २०८२/५/१७

Key (B)

समय: १ घण्टा

पूर्णाङ्क: ७५

विषय: पेशा सम्बन्धी (बस्तुगत)

उत्तरपुस्तिकामा प्रश्नपत्रको Key अनिवार्य रूपले उल्लेख गर्नुपर्नेछ । Key उल्लेख नगरेमा उत्तरपुस्तिका रद्द हुनेछ । साथै, परीक्षामा Calculator, Mobile जस्ता विद्युतीय उपकरणहरू प्रयोग गर्न पाइने छैन ।

बस्तुगत बहुविकल्पिक (७५ प्रश्न × १ अङ्क = ७५ अङ्क):

1. The first step of the nursing process is
(A) implementation (B) evaluation (C) assessment (D) planning
2. What is the primary purpose of oxygen therapy?
(A) To reduce pain (B) To increase oxygen levels in the blood
(C) To lower blood pressure (D) To treat infections
3. Which of the following is not a basic need of a patient?
(A) Nutritional need (B) Emotional support (C) Financial need (D) Safety needs
4. Which nursing theorist developed the concept of self-care?
(A) Florence Nightingale (B) Dorothen Orem
(C) Hildegard Peplau (D) Jean Watson
5. What is the most common site for taking a patient's pulse?
(A) Femoral artery (B) Radial artery (C) Carotid artery (D) Brachial artery
6. For a healthy adult at rest, a normal pulse rate is from to beats per minute.
(A) 60, 100 (B) 50, 80 (C) 90, 160 (D) 35, 75
7. Cold compression is used to reduce
(A) vomiting (B) pain and swelling (C) diarrhoea (D) dementia
8. Diarrhoea should not be treated using
(A) Oral rehydration salts (B) "jaaulo" (C) IV fluids (D) chlorhexidine
9. A medicine prescribed to be taken OD means
(A) Two times a day (B) Once daily (C) Three times a day (D) Through oral route only
10. In children, calculation of drug is done on the basis of
(A) age (B) weight (C) height (D) length
11. Placing a drug between gums and cheek is called
(A) buccal (B) sublingual (C) per oral (D) per mucosal
12. Comfort measures include
(A) bed making (B) oral care (C) back care (D) hair care
13. A pulse oximeter does not record
(A) Pulse (B) Oxygen (C) ECG changes (D) SPO2

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14. Antiebolism stockings are used primarily to
 •(A) provide venous circulation (B) provide external warmth
 (C) prevent dependent edema (D) hold foot dressing
15. Which of the following position is most appropriate for a patient who is receiving tube feeding?
 (A) Supine (B) Prone •(C) High Fowler's (D) Trendelenburg
16. What is the first action the nurse should take when a patient is in cardiac arrest?
 (A) Start chest compressions (B) Call for help
 •(C) Check the patient's pulse (D) Defibrillate the patient
17. Union of fracture is most rapid in
 •(A) elderly (B) adult (C) child (D) teenager
18. Which of the following is not recommended when providing first aid for a fracture?
 (A) immobilizing the affected area (B) applying ice to reduce swelling
 •(C) attempting to realign the bone (D) keeping the patient calm
19. How many chest compressions per minute are recommended during adult CPR?
 (A) 60-80 •(B) 80-100 •(C) 100-120 (D) 140-160
20. Which of the following is a severe, life-threatening condition that can occur at high altitudes?
 •(A) High Altitude Pulmonary Edema (HAPE) (B) Hypertension
 (C) Pneumonia (D) Appendicitis
21. The recommended compression-to-breath ratio in adult CPR is
 (A) 15:2 •(B) 30:2 (C) 20:2 (D) 25:2
22. What is the first aid treatment for choking?
 (A) Perform the Heimlich maneuver (B) Give the person water
 •(C) Pat the person on the back gently (D) Lay the person down flat
23. What is the first step in treating a burn?
 (A) Apply butter or oil •(B) Cool the burn with running water
 (C) Pop any blisters (D) Cover the burn with a tight bandage
24. What is the first aid treatment for a snake bite?
 (A) Apply a tourniquet (B) Suck out the venom
 •(C) Immobilize the limb and seek medical help (D) Apply ice directly to the bite
25. Choking occurs when
 •(A) a foreign object obstructs the airway (B) blood supply to the heart is constricted
 (C) blood supply to the brain is limited (D) undigested food gets stuck
26. The major muscle responsible for inspiration is
 •(A) internal intercostal muscles (B) masseter (C) pectoralis (D) diaphragm
27. Which organ does not produce hormone?
 (A) Pancreas (B) Kidneys (C) Ovary •(D) Uterus
28. Which of the following is responsible for the exchange of gases and nutrients between the blood and tissues?
 (A) Arteries (B) Veins •(C) Capillaries (D) Lymphatic vessels
29. Which of the following is not a part of the digestive system?
 (A) Liver (B) Pancreas •(C) Kidney (D) Stomach

30. What is the function of the respiratory system?
 (A) To digest food (B) To exchange gases (oxygen and carbon dioxide)
 (C) To produce hormones (D) To filter blood
31. Functional Unit of Urinary system is
 (A) Alveoli (B) Hemoglobin (C) Ureter (D) Nephron
32. Functional Unit for respiratory system is
 (A) lungs (B) alveoli (C) bronchus (D) nostrils
33. A large anterior bone below the knee is
 (A) fibula (B) tibia (C) femur (D) femora
34. Mastication is one of the processes in digestion of food. It refers to
 (A) swallowing liquid foods (B) chewing (C) regurgitation (D) salivation
35. Veins are involved in
 (A) carrying blood towards the heart (B) carrying blood from the heart
 (C) deoxygenating the blood (D) oxygenating the blood
36. Which of the following is not a treatment option for cholera?
 (A) ORS (B) Antibiotics (C) Zinc supplementation for children (D) Isoniazid
37. Which of the following bacteria causes bacillary dysentery?
 (A) Shigella (B) Staphylococcus (C) Mycobacterium (D) Roundworm
38. What is the primary purpose of intravenous therapy?
 (A) To provide fluids and electrolytes (B) To treat infections
 (C) To lower blood pressure (D) To increase blood sugar levels
39. Which of the following diseases is caused by bacteria?
 (A) Typhoid (B) Malaria (C) HIV/AIDS (D) Hepatitis B
40. What is the recommended maximum time a unit of blood can be allowed to hang during a transfusion?
 (A) 2 hours (B) 4 hours (C) 6 hours (D) 8 hours
41. Typhoid fever is caused by which bacterium?
 (A) Escherichia coli (B) Salmonella typhi (C) Staphylococcus aureus (D) Streptococcus pyogenes
42. What is the Therapeutic Index (TI)?
 (A) The ratio between the toxic dose and the effective dose of a drug
 (B) The rate at which a drug is eliminated from the body
 (C) The number of receptors a drug binds to
 (D) The half-life of a drug
43. Which of the following is a short-acting beta-2 agonist (SABA) used for acute asthma attacks?
 (A) Salmeterol (B) Montelukast (C) Salbutamol (D) Ipratropium
44. What is the primary purpose of Antiseptic?
 (A) To kill microorganisms on body surfaces (B) To treat infections in the body
 (C) To reduce pain (D) To lower blood pressure
45. Which of the following is an anti-fungal drug?
 (A) Penicillin (B) Amphotericin B (C) Metronidazole (D) Chloroquine
46. Diethylcarbamazine citrate (DEC) is commonly used to treat
 (A) fever (B) tuberculosis (C) giardiasis (D) lymphatic filariasis

47. Which of the following is the large-scale refuse disposal method?
(A) Sanitary landfill. (B) Burial (C) Manure pit (D) Composting
48. Koplik's spot is seen in
(A) prodromal stage (B) incubation period (C) eruptive phase (D) convalescence phase
49. Which of the following vaccines is administered at 6, 10 and 14 weeks as per Nepal's routine immunization schedule?
(A) BCG (B) OPV, Penta and PCV (C) JE vaccine (D) MR
50. Which of the following does not come under Solid waste?
(A) Garbage (B) Sewage treatment residue (C) Rubbish (D) Sewage
51. Which of the following is a method of refuse disposal?
(A) Burning (B) Dumping (C) Composting (D) Recycling
52. Which of the following is the primary mode of transmission for HIV/AIDS?
(A) Airborne (B) Waterborne (C) Direct contact with bodily fluids (D) Foodborne
53. HIV/AIDS does not transmit from person to person through
(A) sexual contact (B) transfusion of infected blood
(C) sharing of needles for drug use (D) use of common toilet
54. Oral rehydration solution contains glucose too as it facilitates absorption of
(A) sodium chloride (B) potassium chloride (C) calcium (D) proteins
55. Which of the following is not a hazard of blood transfusion?
(A) STD transmission (B) Kidney failure (C) Liver failure (D) Allergic reaction
56. Back care is best described as
(A) Wash the back (B) Application of cold compression at the back
(C) Application of hot compression of the back (D) Caring for the back by means of massage
57. What should be the nursing intervention after 24 hrs in a post operative period?
(A) Assessing infection (B) Ambulation (C) Education (D) Catheter care
58. Which of the following is a common complication in patient who are immobile?
(A) Dry skin. (B) Diarrhoea (C) Pressure ulcer (D) Increased heart rate
59. What solution can mainly be used for oral care?
(A) Salt (B) Potassium per magnate (C) Oil and salt (D) Water
60. Which of the following is the most accurate way to measure core body temperature?
(A) Oral (B) Axillary (C) Tympanic (D) Rectal
61. Which angle is used for administering an intramuscular (IM) injection?
(A) 15° (B) 45° (C) 90° (D) 180°
62. How long should a standard sitz bath last?
(A) 5 minutes (B) 10-20 minutes (C) 45 minutes (D) 60 minutes
63. Which direction should a wound be cleaned during dressing?
(A) From the dirtiest area to the cleanest area (B) Circular motion from the outside to the center
(C) From the center of the wound outward (D) Wipe randomly until the wound is clean
64. Which type of sterilization indicator confirms that an item is sterile after autoclaving?
(A) Chemical indicator tape (B) Biological indicator
(C) Color-coded label (D) Expiry date of the package

65. Which of the following is a key sign of sepsis in a patient?
 (A) Bradycardia (B) Hypothermia or fever (C) Normal respiratory rate (D) Hypertension
66. A common type of enema used to relieve constipation is a
 (A) Barium enema (B) Saline enema (C) Nutrient enema (D) Retention enema
67. Electrolytes are essential for
 (A) Nerve and muscle function (B) Blood clotting (C) Wound healing (D) Oxygen transport
68. Which of the following items should be disposed of in a sharps container?
 (A) Soiled dressings (B) Used gloves
 (C) Needles and syringes (D) Empty medication vials
69. When assessing a pulse, paramedics should evaluate
 (A) rate only (B) rhythm only
 (C) rate and rhythm (D) rate, rhythm and quality (strength)
70. An otoscope is used to examine the
 (A) eyes (B) ears (C) nose (D) throat
71. A hospital affiliated with a medical school is known as a
 (A) general hospital (B) specialty hospital (C) teaching hospital (D) rural hospital
72. Fever is said to occur when
 (A) body temperature is higher than average (B) there is a change in skin colour
 (C) there is a change in skin texture (D) skin appears bumpy
73. Which of the following is a post-operative complication?
 (A) Hypertension (B) Hypothermia (C) Infection (D) Fluid imbalance
74. What is the primary purpose of a hospital?
 (A) To provide entertainment (B) To diagnose and treat illness
 (C) To conduct research only (D) To provide accommodation
75. Which of the following is an example of subjective data in nursing?
 (A) Blood pressure reading (B) Patient states, "I feel nauseous"
 (C) Pulse rate of 78 bpm (D) Laboratory test result

««The End»»

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