

## Pediatric Health & Community Medicine MCQs

Focused on Nepal's NIP, CB-IMNCI, and Nutrition Guidelines

### Part 1: National Immunization Program (NIP)

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1. What is the total number of vaccines currently included in Nepal's National Immunization Schedule?
- A) 11
  - B) 12
  - C) 13
  - D) 14

**Answer:** D) 14

*Explanation:* Includes: BCG, DPT-HepB-Hib, OPV, IPV, PCV, MR, JE, fIPV, Rotavirus, and the recently added HPV and Typhoid.

2. At what temperature should vaccines like OPV and Measles-Rubella be stored at the district level?
- A) 0°C to 8°C
  - B) -15°C to -25°C
  - C) 2°C to 8°C
  - D) Room temperature

**Answer:** C) 2°C to 8°C

*Explanation:* While OPV can be frozen at central levels, all NIP vaccines in Nepal are maintained in the cold chain at 2°C to 8°C at service delivery points.

3. Which vaccine is contraindicated if a child has a history of intussusception?
- A) PCV
  - B) Rotavirus
  - C) JE
  - D) IPV

**Answer:** B) Rotavirus

*Explanation:* History of intussusception is a specific contraindication for the Rotavirus vaccine.

4. The 'Diluent' used for BCG vaccine is:
- A) Distilled water

- B) Normal Saline
- C) Phosphate Buffer
- D) Glucose water

**Answer:** B) Normal Saline

*Explanation:* MR vaccine uses sterile water, while BCG specifically requires Normal Saline.

5. What is the dose and route of the fIPV (Fractional IPV) vaccine in Nepal?

- A) 0.5 ml, IM
- B) 0.1 ml, Intradermal
- C) 0.5 ml, Subcutaneous
- D) 0.1 ml, IM

**Answer:** B) 0.1 ml, Intradermal

*Explanation:* Nepal uses fractional doses (fIPV) at 6 and 14 weeks.

6. A child missed their BCG at birth. What is the maximum age they can receive it?

- A) 1 year
- B) 5 years
- C) 9 months
- D) 2 years

**Answer:** A) 1 year

*Explanation:* Under the NIP, BCG is given up to 12 months of age.

7. Which of these is a 'Freeze Sensitive' vaccine?

- A) OPV
- B) MR
- C) Pentavalent
- D) BCG

**Answer:** C) Pentavalent

*Explanation:* Vaccines containing Tetanus or HepB (like DPT, HepB, Pentavalent) lose potency if frozen.

8. The most common site for administering the JE vaccine in Nepal is:

- A) Right upper arm (Subcutaneous)
- B) Left upper arm (Subcutaneous)
- C) Right Mid-thigh (IM)
- D) Left Mid-thigh (IM)

**Answer:** A) Right upper arm (Subcutaneous)

*Explanation:* MR is typically given on the left, and JE on the right.

9. What is the "Zero Dose" of OPV?
- A) Dose given at 6 weeks
  - B) Dose given at birth
  - C) Dose given during campaigns
  - D) Dose given to HIV+ children

**Answer:** B) Dose given at birth

*Explanation:* It is usually administered in institutional deliveries.

10. "Fully Immunized Child" (FIC) in Nepal refers to a child who has received all vaccines by:
- A) 9 months
  - B) 12 months
  - C) 15 months
  - D) 23 months

**Answer:** C) 15 months

*Explanation:* With the second dose of MR and JE now at 12–15 months, the FIC definition has moved to 15 months.

## Part 2: CB-IMNCI (Integrated Management of Neonatal and Childhood Illness)

11. According to IMNCI, a child is classified as having "Severe Dehydration" if they show:
- A) Irritability and thirst
  - B) Lethargy/Unconsciousness and skin pinch goes back very slowly
  - C) Sunken eyes and restless
  - D) Sunken eyes and drinks eagerly

**Answer:** B

*Explanation:* Lethargy and "very slowly" (>2 seconds) skin pinch are key markers for severe dehydration.

12. In a 3-month-old child, "Fast Breathing" is defined as a respiratory rate of:
- A)  $\geq 40$  breaths/min
  - B)  $\geq 50$  breaths/min
  - C)  $\geq 60$  breaths/min
  - D)  $\geq 30$  breaths/min

**Answer:** B)  $\geq 50$  breaths/min

*Explanation:* Age 2–12 months: 50+; Age 12m–5y: 40+.

13. A 4-year-old child with a cough and chest indrawing should be classified as:
- A) No Pneumonia

- B) Pneumonia
- C) Severe Pneumonia
- D) Very Severe Disease

**Answer:** C) Severe Pneumonia

*Explanation:* Chest indrawing in a child with cough/cold automatically upgrades the classification to Severe Pneumonia.

14. Which antibiotic is the first choice for "Pneumonia" (Non-severe) in the IMNCI protocol?

- A) Inj. Gentamicin
- B) Sy. Cotrimoxazole
- C) Tab/Syp Amoxicillin
- D) Cap Chloramphenicol

**Answer:** C) Amoxicillin

*Explanation:* Amoxicillin (dispersible tablets) is now the gold standard for home-based treatment of pneumonia.

15. If a child has "Pink" classification in IMNCI, the health worker must:

- A) Give home treatment
- B) Provide urgent referral
- C) Give 1st dose of antibiotic and refer
- D) Reassess in 2 days

**Answer:** C

*Explanation:* "Pink" indicates a severe classification requiring stabilization and referral.

16. Treatment Plan B is used for:

- A) No dehydration
- B) Some dehydration
- C) Severe dehydration
- D) Severe persistent diarrhea

**Answer:** B) Some dehydration

*Explanation:* Plan A is home care, Plan B is ORS in the clinic, Plan C is IV fluids.

17. How long should you wait to observe a "Skin Pinch" in a child?

- A) 1 second
- B) 2 seconds
- C) 5 seconds
- D) 10 seconds

**Answer:** B) 2 seconds

*Explanation:* If it stays up for more than 2 seconds, it is "very slowly."

18. Which of these is NOT a "General Danger Sign"?

- A) Unable to drink or breastfeed
- B) Convulsions
- C) High Fever
- D) Lethargic or Unconscious

**Answer:** C) High Fever

*Explanation:* Fever is a symptom, but "High Fever" alone is not one of the four universal general danger signs (Drinking/Vomiting/Convulsions/Lethargy).

19. A child has diarrhea for 16 days but shows no signs of dehydration. Classification?

- A) Severe Persistent Diarrhea
- B) Persistent Diarrhea
- C) Dysentery
- D) Some Dehydration

**Answer:** B) Persistent Diarrhea

*Explanation:* Duration  $\geq$  14 days without dehydration.

20. The dose of Vitamin A for a 7-month-old child is:

- A) 50,000 IU
- B) 100,000 IU
- C) 200,000 IU
- D) 10,000 IU

**Answer:** B) 100,000 IU

*Explanation:* 6–11 months: 1 lakh; 12–59 months: 2 lakh.

### Part 3: Nutrition and Growth Monitoring

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21. "Stunting" is defined as:

- A) Low weight for height
- B) Low height for age
- C) Low weight for age
- D) Low BMI for age

**Answer:** B) Low height for age

*Explanation:* It reflects chronic malnutrition.

22. According to the Nepal Demographic Health Survey (NDHS) 2022, the prevalence of stunting in children under 5 is:
- A) 36%
  - B) 25%
  - C) 41%
  - D) 19%

**Answer:** B) 25%

*Explanation:* Significantly decreased from 36% in 2016.

23. At what age should complementary feeding be started?
- A) 4 months
  - B) 5 months
  - C) 6 months
  - D) 9 months

**Answer:** C) 6 months

*Explanation:* Exclusive breastfeeding is recommended for the first 180 days.

24. The color of a MUAC (Mid-Upper Arm Circumference) tape indicating "Severe Acute Malnutrition" (SAM) is:
- A) Green
  - B) Yellow
  - C) Red
  - D) Blue

**Answer:** C) Red

*Explanation:* Red: < 11.5 cm; Yellow: 11.5 to 12.5 cm; Green: > 12.5 cm.

25. Which mineral deficiency is the most common cause of anemia in Nepalese children?
- A) Calcium
  - B) Iodine
  - C) Iron
  - D) Zinc

**Answer:** C) Iron

*Explanation:*

26. "Lito" (Super Flour) used in Nepal typically contains a ratio of:
- A) 2 parts cereal, 1 part legume
  - B) 1 part cereal, 1 part legume
  - C) 3 parts cereal, 1 part legume

D) 4 parts cereal, 1 part legume

**Answer:** A) 2:1

*Explanation:* Usually 2 parts roasted wheat/maize and 1 part roasted soya bean.

27. Bitot's spots are a clinical sign of:

- A) Vitamin C deficiency
- B) Vitamin A deficiency
- C) Vitamin D deficiency
- D) Vitamin B12 deficiency

**Answer:** B) Vitamin A deficiency

*Explanation:*

28. What is the "Golden 1,000 Days" (Sunaulo Hajaar Din)?

- A) Birth to 3 years
- B) Conception to age 2
- C) Age 1 to 4 years
- D) Pregnancy period only

**Answer:** B) Conception to 2nd birthday

*Explanation:* 270 days pregnancy + 365 days Year 1 + 365 days Year 2 = 1000 days.

29. A child with "Wasting" is classified as having:

- A) Chronic malnutrition
- B) Acute malnutrition
- C) Overnutrition
- D) Hidden hunger

**Answer:** B) Acute malnutrition

*Explanation:* Wasting (Low weight for height) is a sign of recent, rapid weight loss.

30. Which nutrient is essential for preventing Neural Tube Defects (NTD)?

- A) Vitamin K
- B) Folic Acid
- C) Vitamin E
- D) Zinc

**Answer:** B) Folic Acid

*Explanation:*

## Part 4: Advanced & Mixed Topics

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31. In the cold chain, the "Shake Test" is used to determine the potency of which vaccine?
- A) OPV
  - B) BCG
  - C) T-series (DPT/TT/Pentavalent)
  - D) Measles

**Answer: C**

*Explanation:* To check if the vaccine was damaged by freezing.

32. According to NIP, if a child receives the 1st dose of MR at 10 months, when should the 2nd dose be given?
- A) After 1 month
  - B) At 15 months
  - C) At 24 months
  - D) No need for a 2nd dose

**Answer: B) At 15 months**

*Explanation:* The schedule remains 9 and 15 months regardless of minor delays.

33. What is the specific treatment for a child classified as "Dysentery" in IMNCI?
- A) Metronidazole for 5 days
  - B) Ciprofloxacin for 3 days
  - C) Albendazole single dose
  - D) Zinc for 14 days

**Answer: B) Ciprofloxacin for 3 days**

*Explanation:* Specific for Shigella/Dysentery.

34. Which of the following is an "Active Immunity" example?
- A) Breast milk (Colostrum)
  - B) Tetanus Immunoglobulin
  - C) BCG Vaccination
  - D) Anti-snake venom

**Answer: C) BCG Vaccination**

*Explanation:* Vaccines stimulate the body's own immune system.

35. A child has a MUAC of 12.0 cm and bilateral pitting edema of the feet. Classification?
- A) Moderate Acute Malnutrition
  - B) Severe Acute Malnutrition

- C) Normal Nutrition
- D) No Malnutrition

**Answer:** B) Severe Acute Malnutrition

*Explanation:* The presence of bilateral pitting edema automatically classifies a child as SAM, regardless of MUAC.

36. The "Open Vial Policy" of the Government of Nepal applies to all EXCEPT:

- A) HepB
- B) Pentavalent
- C) Measles-Rubella
- D) OPV

**Answer:** C) Measles-Rubella

*Explanation:* Reconstituted vaccines (MR, BCG, JE) must be discarded after 6 hours or at the end of the session.

37. What is the recommended duration of Zinc supplementation during diarrhea?

- A) 5 days
- B) 10 days
- C) 14 days
- D) 21 days

**Answer:** C) 14 days

*Explanation:* To reduce the severity and prevent future episodes for the next 2–3 months.

38. Which condition is known as "Hunger Disease"?

- A) Marasmus
- B) Kwashiorkor
- C) Night Blindness
- D) Rickets

**Answer:** A) Marasmus

*Explanation:* Characterized by severe wasting of muscle and fat (skin and bones appearance).

39. "Moon face" and "Flaky paint dermatosis" are characteristic of:

- A) Marasmus
- B) Kwashiorkor
- C) Vitamin A deficiency
- D) Scurvy

**Answer:** B) Kwashiorkor

*Explanation:* Due to protein deficiency with adequate calories.

40. In IMNCI, "Very Severe Febrile Disease" is classified if a child has fever and:

- A) Cough
- B) Any general danger sign or stiff neck
- C) Runny nose
- D) Diarrhea

**Answer: B**

*Explanation:* Fever plus a General Danger Sign or Neck Stiffness indicates meningitis or severe malaria/sepsis.

41. The target of the "Sustainable Development Goal (SDG)" for Under-5 Mortality in Nepal is to reduce it to:

- A) 12 per 1000 LB
- B) 25 per 1000 LB
- C) 38 per 1000 LB
- D) 20 per 1000 LB

**Answer: B) 25 per 1000 live births**

*Explanation:*

42. Which vaccine has the highest "Cold Chain" sensitivity to heat?

- A) BCG
- B) TT
- C) OPV
- D) HepB

**Answer: C) OPV**

*Explanation:* It is the most heat-labile vaccine.

43. A child with "No Pneumonia: Cough or Cold" should be treated with:

- A) Amoxicillin
- B) Safe home remedies (honey, ginger)
- C) Salbutamol
- D) Referral

**Answer: B**

*Explanation:* Antibiotics are not needed for simple cough/cold.

44. What is the dose of Albendazole for a child aged 12–23 months?

- A) 400 mg
- B) 200 mg
- C) 100 mg

D) 500 mg

**Answer:** B) 200 mg

*Explanation:* Half tablet. Children > 2 years get the full 400 mg.

45. "VVM" (Vaccine Vial Monitor) on a vaccine vial indicates its:

- A) Expiry date
- B) Heat exposure history
- C) Manufacture date
- D) Potency against freezing

**Answer:** B) Heat exposure history

*Explanation:*

46. Which of the following is a "Live Attenuated" vaccine?

- A) DPT
- B) HepB
- C) BCG
- D) PCV

**Answer:** C) BCG

*Explanation:* Others include OPV, MR, JE.

47. A 2-month-old infant with a weight-for-age below -3 SD is classified as:

- A) Malnutrition
- B) Low weight for age
- C) Severe Underweight
- D) Very Low Weight

**Answer:** D) Very Low Weight

*Explanation:* In infants <2 months, the term "Very Low Weight" is used for < -3 SD.

48. In "Treatment Plan C," if the child can drink, ORS should be given until the IV drip is running at:

- A) 5 ml/kg/hr
- B) 10 ml/kg/hr
- C) 20 ml/kg/hr
- D) 2 ml/kg/hr

**Answer:** A) 5 ml/kg/hr

*Explanation:*

49. Which of these is the most effective way to prevent "Hypothermia" in newborns?

- A) Radiant warmer
- B) Kangaroo Mother Care (KMC)
- C) Hot water bottles
- D) Room heater

**Answer:** B) KMC

*Explanation:* It provides skin-to-skin contact, warmth, and promotes breastfeeding.

50. The "Integrated Global Action Plan for Pneumonia and Diarrhoea" (GAPPD) aims to reduce child deaths. In Nepal, the primary vehicle for this is:

- A) NIP
- B) CB-IMNCI
- C) Family Planning
- D) Safe Motherhood

**Answer:** B) CB-IMNCI

*Explanation:* It is the primary strategy to tackle the top two killers of children: Pneumonia and Diarrhea.