

High yield MCQs

- Which of the following is the main governing body of health services in Nepal?**
 - Ministry of Health and Population (MoHP)**
 - Nepal Medical Association (NMA)
 - Nepal Health Service Commission (NHSC)
 - Central Health Board (CHB)
- What is the aim of Nepal's National Health Policy 2019?**
 - Achieve universal health coverage**
 - Eradicate all diseases by 2030
 - Provide free healthcare to foreigners
 - Limit healthcare expenses for citizens
- Which organization in Nepal is responsible for providing technical assistance in health services?**
 - WHO**
 - UNICEF
 - Health Education and Information Center (HEIC)
 - Nepal Red Cross Society
- In Nepal, the primary healthcare system is delivered by:**
 - Private hospitals
 - Government hospitals
 - Health posts and clinics**
 - Foreign medical teams
- What is the primary objective of Nepal's "Health for All" initiative?**
 - Reduce healthcare costs
 - Achieve equity in healthcare access**
 - Increase hospital infrastructure
 - Enhance medical research
- Which of the following is the highest level of healthcare facility in Nepal?**
 - District Hospital
 - Health Post
 - Central Hospital**
 - Primary Health Care Center
- Which of the following services is NOT provided under the health system in Nepal?**
 - Free emergency services
 - Free immunization for children
 - Free dialysis**
 - Free family planning services
- The Safe Motherhood Program in Nepal aims to:**
 - Provide free delivery services
 - Decrease maternal and child mortality rates**
 - Promote family planning
 - Increase the number of nurses
- What is the function of the National Public Health Laboratory (NPHL) in Nepal?**
 - Conducting medical research
 - Providing laboratory services for diagnosis and disease surveillance**
 - Manufacturing vaccines

d) Organizing health awareness campaigns

Epidemiology

10. Which of the following is an example of a vector-borne disease?
 - a) Tuberculosis
 - b) Malaria
 - c) HIV/AIDS
 - d) Influenza
11. The term 'incidence' in epidemiology refers to:
 - a) The total number of cases of a disease in a population
 - b) The number of new and existing cases of a disease
 - c) The number of new cases of a disease in a specified time period
 - d) The proportion of individuals immune to a disease
12. Which of the following is a key aspect of a cohort study?
 - a) Cross-sectional analysis of disease prevalence
 - b) Observing a group over time to determine disease development
 - c) Collecting data from a single point in time
 - d) Random assignment of subjects to treatment groups
13. What does the term 'prevalence' measure in epidemiology?
 - a) The rate at which a disease spreads in a population
 - b) The total number of existing cases of a disease
 - c) The risk of an individual developing a disease
 - d) The duration of a disease in a population

14. Which of the following is NOT a method of disease prevention?
 - a) Vaccination
 - b) Health education
 - c) Ignoring minor symptoms
 - d) Quarantine of infected individuals
15. Which of the following best describes an 'observational' study?
 - a) The researcher manipulates the exposure
 - b) The researcher randomly assigns treatments
 - c) The researcher observes and collects data without intervention
 - d) The researcher monitors a control group
16. The 'double-blind' method is most commonly used in:
 - a) Observational studies
 - b) Experimental clinical trials
 - c) Case-control studies
 - d) Ecological studies
17. The process of identifying patterns of disease distribution across populations is known as:
 - a) Risk assessment
 - b) Disease surveillance
 - c) Epidemiological analysis
 - d) Health promotion
18. What does the term 'confounding' refer to in epidemiology?
 - a) A statistical error in random sampling
 - b) A situation where an observed effect is distorted by a third variable
 - c) The inability to track the outcome of a study
 - d) The time taken to complete a study

19. Which of the following is a major determinant of health according to epidemiology?
- a) Genetics
 - b) Environmental factors
 - c) Access to healthcare
 - d) All of the above

Anatomy

20. The function of the myocardium is to:
- a) Regulate heart rate
 - b) Pump blood throughout the body
 - c) Facilitate gas exchange
 - d) Filter toxins from the blood
21. The largest bone in the human body is the:
- a) Femur
 - b) Tibia
 - c) Humerus
 - d) Pelvis
22. Which of the following structures is part of the human respiratory system?
- a) Esophagus
 - b) Trachea
 - c) Pancreas
 - d) Duodenum
23. Which part of the brain is primarily responsible for controlling balance and coordination?
- a) Cerebrum
 - b) Cerebellum
 - c) Medulla Oblongata
 - d) Thalamus
24. The function of the liver in digestion is to:
- a) Absorb nutrients

- b) Secrete bile to aid in fat digestion
 - c) Produce insulin
 - d) Filter toxins from the blood
25. Which of the following structures is responsible for the exchange of gases in the lungs?
- a) Bronchi
 - b) Alveoli
 - c) Trachea
 - d) Larynx
26. Which type of connective tissue stores fat in the body?
- a) Bone
 - b) Cartilage
 - c) Adipose tissue
 - d) Blood
27. The structure that connects muscles to bones is called:
- a) Ligament
 - b) Tendon
 - c) Cartilage
 - d) Bursae
28. Which of the following bones is part of the axial skeleton?
- a) Scapula
 - b) Femur
 - c) Sternum
 - d) Radius
29. The body's largest organ is the:
- a) Liver
 - b) Brain
 - c) Skin
 - d) Heart

Medicine

30. Which of the following is a common symptom of diabetes mellitus?

- a) Severe headache
b) **Excessive thirst**
c) Sudden weight gain
d) Nausea and vomiting
31. **Which of the following is a common complication of hypertension?**
a) **Stroke**
b) Anemia
c) Hypoglycemia
d) Asthma
32. **Which of the following is the primary treatment for tuberculosis?**
a) Antiviral medications
b) **Antibiotics**
c) Steroids
d) Antifungal agents
33. **Which of the following conditions is commonly associated with the inability to produce enough insulin?**
a) Asthma
b) **Type 1 Diabetes**
c) Arthritis
d) Chronic obstructive pulmonary disease (COPD)
34. **Which of the following is a known risk factor for coronary artery disease?**
a) Regular physical activity
b) **Smoking**
c) Low blood pressure
d) High-fiber diet
35. **Which of the following is NOT a symptom of an asthma attack?**
a) Shortness of breath
b) Coughing
c) Chest tightness
d) **High fever**
36. **Which of the following is commonly used to treat bacterial infections?**
a) Antipyretics
b) **Antibiotics**
c) Antifungals
d) Analgesics
37. **Which of the following is the most common cause of acute gastroenteritis?**
a) Bacterial infections
b) **Viral infections**
c) Fungal infections
d) Parasitic infections
38. **Which of the following is an example of a non-communicable disease?**
a) Tuberculosis
b) Malaria
c) **Hypertension**
d) Influenza
39. **What is the main function of the kidneys?**
a) Produce insulin
b) **Filter waste products from the blood**
c) Regulate body temperature
d) Store bile for digestion
40. **Which of the following tests is commonly used to diagnose anemia?**
a) Electrocardiogram
b) **Complete blood count (CBC)**
c) Urinalysis
d) X-ray
41. **Which of the following is a sign of dehydration?**
a) Swollen ankles
b) Increased urination
c) **Dry mouth**
d) Rapid weight gain

42. Which of the following medications is commonly used to treat high cholesterol?
- a) Aspirin
 - b) **Statins**
 - c) Insulin
 - d) Metformin
43. What is the first-line treatment for an acute asthma attack?
- a) Beta-blockers
 - b) Inhaled corticosteroids
 - c) **Short-acting bronchodilators**
 - d) Antihistamines
44. Which of the following is a primary symptom of rheumatoid arthritis?
- a) **Joint pain and swelling**
 - b) Shortness of breath
 - c) Frequent urination
 - d) Skin rash
45. Which of the following vaccines is recommended for children at birth?
- a) MMR vaccine
 - b) **Hepatitis B vaccine**
 - c) Varicella vaccine
 - d) Influenza vaccine
46. Which of the following is the most common form of cancer in both men and women?
- a) **Lung cancer**
 - b) Breast cancer
 - c) Prostate cancer
 - d) Colorectal cancer
47. Which of the following is a common side effect of chemotherapy?
- a) Weight gain
 - b) **Hair loss**
 - c) Increased appetite
 - d) Hyperactivity
48. Which of the following is a preventive measure for stroke?
- a) Increased salt intake
 - b) High-fat diet
 - c) **Regular exercise and controlling blood pressure**
 - d) Smoking
49. What is the primary purpose of anticoagulant medications?
- a) **To prevent blood clotting**
 - b) To lower blood pressure
 - c) To reduce inflammation
 - d) To relieve pain