

नेपाल स्वास्थ्य सेवा, इन्सपेक्शन समूह, चौथौ तह,
अ.हे.ब. वा सो सरह (प्राविधिक) पदको पदको प्रतियोगितात्मक लिखित नमुना परीक्षा

Key (A)

मिति: २०८१/१२/१६

समय : ४५ मिनेट

विषय : स्वास्थ्य सेवा सम्बन्धी

पूर्णाङ्क:- १००

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

बस्तुगत बहुउत्तर (६०×२ अङ्क):-

- The protrusion of some of the contents of the abdomen through a weakness in the abdominal wall is called ?**
 - Hydrocele
 - Hematoma
 - GI bleeding
 - Hernia
- The shock after penicillin therapy is:**
 - Hypovolemic shock
 - Anaphylactic shock
 - Cardiogenic shock
 - Neurogenic shock
- The contraindication for spinal injury patient is.....**
 - Roughly mobilization of patient
 - Catheterization
 - Admission of patient in hospital
 - Apply Splint
- Which side effect is associated with the use of nitroglycerin tablet:**
 - Headache
 - Backache
 - Diarrhea
 - Severe chest pain
- A child having history of measles has pus discharge from eye, then the child would be classified as:**
 - Severe Complicated Measles
 - Measles with eye or ear complication
 - Measles like illness
 - None of the above
- The heart to the activated sludge process is:**
 - Sludge digester
 - Primary sedimentation tank
 - Final settling tank
 - Aeration tank
- Which level of government mainly responsible for formulating national health policies in Nepal ?**
 - Federal Government
 - Provincial Government
 - Local Government
 - Center government
- The vital layer of slow sand filter is:**
 - Schmutzdecke
 - Under-drainage system
 - Supernatant water
 - Filter control valves
- A child of 8 months came to your clinic whose weight is 8 kg. He is suffering from diarrhea for 3 days; on examination you found that he has inability to drink and lethargic. The drop per minute is first phase that should be given to child is:**
 - 40 drop/min
 - 60 drop/min
 - 80 drop/min
 - 100 drop/min
- All are may be barrier of communication except ?**
 - Feedback
 - Language
 - Distance
 - Culture
- Boas point is associated with _____.**
 - Liver cirrhosis
 - Tuberculosis
 - Nephritis
 - Gastric ulcer
- All of the following are seen in 3rd degree burn except:**
 - Leathery skin
 - Pain
 - Absence of vesicles
 - Red due to thrombosis
- Best evidence of ovulation is:**
 - Secretory type of endometrium
 - Basal body temperature
 - Cervical mucus study

d. Pap smear

14. The most common cause of breech presentation is:

- a. Prematurity
- b. Hydrocephalus
- c. Placenta previa
- d. Polyhydramnios

15. A 50 years old man comes to you with painful swelling in inguinal area, distended abdomen and unable to pass stool and flatus for last 8 hours. What is most probable diagnosis?

- a. Acute intestinal obstruction
- b. Acute peritonitis
- c. Strangulated inguinal hernia
- d. Acute duodenal ulcer perforation

16. Which organ is considered as "Graveyard of RBC" where most of them are destroyed by macrophages

- a. Red bone marrow
- b. Spleen
- c. Kidney
- d. Intestine

17.is defined as self-administration of a drug for non-medical reasons, in quantities and frequencies which may impair an individual's ability to function effectively and which may result in social, physical or emotional harm.

- a. Drug dependence
- b. Drug addiction
- c. Drug Resistance
- d. Drug abuse

18. Hutchinson's incisor are the characteristics of:

- a. Congenital rubella
- b. Congenital syphilis
- c. Congenital toxoplasmosis
- d. Congenital herpes

19. Expanded Programme On Immunization (EPI) programme was initiated in 2034 B.S. from 3 districts of Nepal and implemented all 75 districts by which of the following year:

- a. 2040 B.S
- b. 2045 B.S.
- c. 2050 B.S.
- d. 2055 B.S

20. The target group for vitamin A supplementation is:

- a. <1 year
- b. 5-15 years
- c. 6 month-59 months
- d. 0-5 years

21. Which of the following data of NDHS 2022, are not true regarding family planning programme of Nepal?

- a. Total fertility rate : 2.1 per women
- b. Overall, 57% of currently married women use family planning method
- c. The most popular modern method used by married women are female sterilization.
- d. 24% of currently married women have an unmet need for family planning

22. Antitubercular drug which can lead hyperuricemia is:

- a. Isoniazid
- b. Rifampicin
- c. Pyrazinamide
- d. Ethambutol

23.are most popular methods by which HIV infection can be diagnosed. The former is used to detect the HIV antibodies and the latter is used to rule out any false positive.

- a. ELISA and Western blot test
- b. Mantoux and Widal tests
- c. Southern blot and Northern blot
- d. Schick test and BASU

24. The enzyme which converts the RNA to DNA is:

- a. Protease
- b. Gyrase
- c. Reverse transcriptase
- d. Ribonuclease

25. "Ghon" focus is present in:

- a. Progressive tuberculosis
- b. Secondary tuberculosis
- c. Miliary tuberculosis
- d. Primary Tuberculosis

26. Which of the following factor inhibit iron absorption from intestine?

- a. Phytate
- b. Phosphate
- c. Both (a) and (b)
- d. Ascorbic acid

27. Monkey fever is

- a. Leptospirosis
- b. Brucella
- c. KFD (Kyasanur Forest Disease)
- d. Dengue

28. Brain wash in health education is:

- a. Counseling
- b. Perception
- c. Propaganda
- d. Motivation

29. Scrub typhus is transmitted by:

- a. Adult mite
- b. Adult Chigger mite
- c. Larval chigger mite
- d. Egg of chigger mite

30. Eye drop is commonly given in which site of eye ?

- a. Inner canthus
- b. Lower fornix
- c. Cornea
- d. Outer canthus

31. Which of the following bacteria produced spore ?

- A. streptococcus pneumonia
- B. Clostridium tetani
- C. Pneumococci
- D. Haemophilus

32. Classical Dengue fever is transmitted by:

- a. Culex Mosquito
- b. Aedes Mosquito
- c. Anopheles Mosquito
- d. Mansonoides mosquito

33. Which of the following is the least common complication of measles
- Measles
 - Diarrhoea
 - Pneumonia
 - SSPE
34. What is the number of total Sustainable Development Goals (SDGS)?
- 15
 - 16
 - 17
 - 18
35. Drug of choice for treatment of chronic typhoid carrier is:
- Chloramphenicol
 - Tetracycline
 - Ampicillin
 - Norfloxacin
36. Negri bodies are seen in:
- Japanese encephalitis
 - Poliomyelitis
 - Viral Hepatitis
 - Rabies
37. The disease which was known as "Father of Public Health" is:
- Small Pox
 - Plague
 - Polio
 - Cholera
38. Secondary prevention is best applied in:
- Leprosy, measles, enteric fever
 - Leprosy, gonococcal infection, enteric fever
 - Leprosy, tuberculosis, enteric fever
 - Leprosy, tuberculosis, gonococcal infection
39. Which of the following is described as premature separation of a normally implanted placenta during the second half of pregnancy, usually with severe hemorrhage ?
- Placenta previa
 - Ectopic pregnancy
 - Incompetent cervix
 - Abruptio placentae
40. The cellulitis means
- Inflammation of subcutaneous tissue
 - Inflammation of lymphatic vessel
 - Inflammation of skin
 - All of the above
41. प्रदेशसभा सम्बन्धी कुन भनाइ सही छ?
- प्रदेशसभा दुई सदनमात्रक हुन्छ।
 - नेपालको संविधानको भाग १५ मा प्रदेश व्यवस्थापिका रहेको छ।
 - प्रदेशसभामा प्रत्यक्ष निर्वाचित र समानुपातिक सदस्यहरू रहन्छन्।
 - प्रदेशसभा जुनसुकै ब्यक्ति पनि उमेदवार हुनसक्छ।
42. थप गरिएको मौलिक हक तलको कुन हो?
- सम्मानपूर्वक वाचन पाउने हक
 - स्वतन्त्रताको हक
 - समानताको हक
 - न्यायको हक
43. कोशी प्रदेश निजामति सेवामा नरहने सेवा तलको कुन हो?
- प्रदेश स्वास्थ्य सेवा
 - प्रदेश कानून सेवा
 - प्रदेश प्रशासन सेवा
 - प्रदेश सुचना प्रविधि सेवा
44. संचित गर्न नपाईने विदा तलको कुन हो?
- भैपरी आउने विदा
 - पर्व विदा
 - घर विदा
 - क र ख दुबै
45. कर्मचारीको आचरणमा तलको कुन पर्दैन?
- दान उपहार र सापटी लिन नहुने
 - साहित्यिक कार्यक्रममा भाग लिन नहुने
 - राजनिति गर्न नहुने
 - निर्वाचनमा भाग लिन नहुने
46. कोशी प्रदेशको आबधीक योजनाको दिर्घकालिन सोचका आधारस्तम्भहरू कतिवटा छन्?
- ३
 - ५
 - ७
 - ९
47. कोशी प्रदेशका कार्यालयहरूले कति महिनामा कम्तिमा एक पटक सार्वजनिक सुनुवाई गर्नुपर्दछ?
- २-२ महिनामा
 - ३-३ महिनामा
 - ४-४ महिनामा
 - ६-६ महिनामा
48. बेरुजु भनेको के हो?
- कुनै आर्थिक कारोबारमा देखापरेको अनियमितता, गल्ती, वा अपारदर्शी खर्च
 - कार्यालयमा भएका सामानहरूको अभिलेख
 - कार्यालयबाट लिलामि गरिएको सामानहरूको अभिलेख
 - लेखापरिक्षणमा देखिएको असल अभ्यास
49. लेखापरिक्षणको सन्दर्भमा देखिएको अनियमिततालाई नियमित गर्ने प्रक्रियालाई के भनिन्छ?
- सम्परिक्षण
 - दाखिला परिक्षण
 - जिन्सी परिक्षण
 - स्टोर परिक्षण

50. कोशी प्रदेश लोक सेवा आयोग ऐन अनुसार बैकल्पिक उमेदवारले मुख्य उमेदवार नियुक्त भएको पद रिक्त भएमा कति अबधीसम्म नियुक्ति पाउन योग्य रहन्छ?

- | | |
|------------|-----------|
| a. ६ महिना | b. १ वर्ष |
| c. २ वर्ष | d. ३ वर्ष |

विषय: सेवा सम्बन्धित कार्य-ज्ञान (Job based -knowledge)

Section-A

Short Question (६ प्रश्न × ५ अङ्क = ३०)

1. What are the female reproductive organs? Write secondary sexual characteristics of female.
2. How you will manage a case of snake bite ?
3. Write short note on causes, clinical features and management of head injury.
4. Define shock? Briefly describe the its first aid and emergency management in Health Post level?

Long Question (२ प्रश्न × १० अङ्क = २०)

5. Write notes on:
 - a) Pandemic
 - b) Endemic disease
 - c) Epidemic disease
 - d) Sporadic disease
6. Briefly describe the physiological changes and possible complications during the second stage of labour. And list the immediate care of newborn (eight steps)

Section-B

Short Question (६ प्रश्न × ५ अङ्क = ३०)

7. Describe the moist health methods of sterilization.
8. Define hydrocele? Describe briefly about its signs/symptoms and management.
9. What is otitis media and list out its complication? How do you manage it in Health
10. What do you mean by pregnancy induced hypertension? Write the management of women with pre-eclampsia at 32 weeks of pregnancy.

Long Question (२ प्रश्न × १० अङ्क = २०)

11. Define acute appendicitis? What are the sign/symptoms? Briefly describe the management of appendicitis in health post and also mention its complications.
12. Write down the clinical features, diagnosis and management of hypertension?

Section-C

13. नेपालको संविधान अनुसार नागरिकका कर्तव्यहरू के के हुन? लेख्नुहोस
14. सरुवा भनेको के हो? कोशी प्रदेशमा सरुवा सम्बन्धि ब्यवस्था बारे लेख्नुहोस ।
15. लोक सेवा आयोगसँग के कुन बिषयमा परामर्श लिनु पर्दछ? लेख्नुहोस ।
16. कोशी प्रदेश स्वास्थ्य सेवाको संरचना बारे लेख्नुहोस ।

Solutions For AHW Loksewa:

1. Ans (d)
2. Ans (b)
3. Ans (a)
4. Ans (a)
5. Ans (b)
6. Ans (d)

- **Aeration Tank:** An activated sludge process where air is added into the water to encourage microbial growth. The microbes in the water feed on the organic material and form flocs that then settle out. There are two main ways that air is added into the water and they are through blowers and mixers.

7. Ans (a)
8. Ans (a)
9. Ans (c)
10. Ans (a)

11. Ans (d)

- Boas' point is an area of tenderness to palpation to the left of the 12th thoracic vertebra found in some patients with gastric ulcer.

12. Ans (B)

Characteristics of 3rd degree burn:

- Hard, leathery skin
- Appearance varies from that similar to normal skin to charred black depending on intensity of heat.
- Thrombosed vessels seen under the skin
- Completely anaesthetized (no pain)

13. Ans (B)

Rise in basal body (BBT): BBT increases during ovulation by 0.5 degree celsius, due to effect of progesterone.

14. Ans (a)

- Breech presentation is the commonest malpresentation.
- IN breech presentation, the lie is longitudinal and the podalic pole presents at the pelvic brim.

15. Ans (C)

- Strangulated hernia: Irreducibility+ Obstruction+ Impairment of blood supply to intestine.

- Reducible hernia: content of hernia can be reduced into abdominal cavity.

16. Ans (b)

17. Ans (d)

18. Ans (b)

19. Ans (b)

- By 1988 (2045 B.S.); the NIP programme has been expanded to all over 75 districts.

20. Ans (c)

- By the end of 1997 the program was implemented in 32 districts and completely expanded to all districts by 2002.
- Regular semi annual supplementation of high dose vitamin A supplementation to preschool child.

21. Ans (d)

22. Ans (c)

23. Ans (a)

24. Ans (c)

25. Ans (d)

26. Ans (c)

27. Ans (c)

KFD, also referred to as Monkey Fever, is a tick-borne viral haemorrhagic disease, which can be fatal to humans and other primates. The causal agent, Kyasanur Forest Disease Virus (family Flaviviridae, genus Flavivirus), is a member of the tick-borne encephalitis (TBE) complex.

28. Ans (c)

29. Ans (c)

Scrub typhus, also known as bush typhus, is a disease caused by a bacteria called *Orientia Tsutsugamushi*. Scrub typhus is spread to people through bites of infected chiggers (larval mites).

30. Ans (b)

31. Ans (b)

32. Ans (b)

33. Ans (d)

34. Ans (c)

35. Ans (c)

36. Ans (d)

37. Ans (d)

38. Ans (d)

39. Ans (d)

40. Ans (a)

41.c	42.a	43.b	44.d	45.b	46.a	47.c	48.a	49.a	50.b
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