

# Public Health Nurse (PHN) Loksewa Model Questions

## Part 2 (51–100)

51. **In the CB-IMNCI protocol, "Pink" color classification indicates:**

- a) Home treatment
- b) Referral or Urgent Hospital Admission
- c) Treatment at OPD
- d) No treatment needed

**Answer:** b) Referral or Urgent Hospital Admission

*Explanation: Pink requires urgent referral; Yellow requires specific medical treatment/advice; Green requires home care.*

52. **The "Rule of Nines" is used to assess:**

- a) Depth of coma
- b) Percentage of body surface area burned
- c) Severity of fracture
- d) Dehydration level

**Answer:** b) Percentage of body surface area burned

*Explanation: The body is divided into areas of 9% (e.g., head 9%, each arm 9%, each leg 18%) to estimate burn extent.*

53. **Which mosquito transmits "Kala-azar" (Visceral Leishmaniasis)?**

- a) Aedes
- b) Culex
- c) Anopheles
- d) Sandfly (Phlebotomus)

**Answer:** d) Sandfly (Phlebotomus)

*Explanation: Kala-azar is transmitted by the bite of infected female Phlebotomus argentipes (Sandfly).*

54. **What is the standard ratio of Chest Compressions to Breaths in CPR for adults?**

- a) 15:2
- b) 30:2
- c) 5:1
- d) 30:1

**Answer:** b) 30:2

*Explanation: Current AHA guidelines recommend 30 compressions followed by 2 rescue breaths.*

55. **"Kwashiorkor" is primarily caused by a deficiency of:**

- a) Carbohydrates
- b) Fats
- c) Proteins
- d) Minerals

**Answer:** c) Proteins

*Explanation: Kwashiorkor is protein malnutrition (often with edema), whereas Marasmus is overall calorie/energy deficiency.*

56. **A MUAC (Mid-Upper Arm Circumference) measurement of less than 11.5 cm (Red Zone) in a child under 5 indicates:**

- a) Normal nutrition
- b) Moderate Acute Malnutrition (MAM)
- c) Severe Acute Malnutrition (SAM)
- d) Overweight

**Answer:** c) Severe Acute Malnutrition (SAM)

*Explanation: <11.5 cm is Red (SAM), 11.5–12.5 cm is Yellow (MAM), >12.5 cm is Green (Normal).*

57. **The causative organism of Tuberculosis is:**

- a) Mycobacterium leprae
- b) Mycobacterium tuberculosis
- c) Salmonella typhi
- d) Streptococcus pneumoniae

**Answer:** b) Mycobacterium tuberculosis

*Explanation: It is an acid-fast bacillus causing TB.*

58. **Which of the following is a "Non-Communicable Disease" (NCD)?**

- a) Influenza
- b) Diabetes Mellitus
- c) HIV/AIDS
- d) Typhoid

**Answer:** b) Diabetes Mellitus

*Explanation: Diabetes is a chronic metabolic disease, not infectious.*

59. **The "VVM" (Vaccine Vial Monitor) on a polio vaccine turns dark. What should you do?**

- a) Use it immediately
- b) Boil it and use
- c) Discard it
- d) Shake it well and use

**Answer:** c) Discard it

*Explanation: If the inner square is the same color or darker than the outer circle, the vaccine has been heat-damaged and must be discarded.*

60. **The incubation period of Rabies can vary from:**

- a) 1-2 days
- b) 1 week to 1 year (or more)
- c) 12-24 hours
- d) 5-10 days only

**Answer:** b) 1 week to 1 year (or more)

*Explanation: Rabies has a highly variable incubation period, typically 1–3 months, but can range from days to over a year depending on the bite site.*

61. **"Goiter" is the enlargement of which gland?**

- a) Pituitary
- b) Adrenal
- c) Thyroid
- d) Parotid

**Answer:** c) Thyroid

*Explanation: Iodine deficiency leads to the enlargement of the thyroid gland (Goiter).*

62. **In the "Haddon Matrix" used for injury prevention, the three phases are:**

- a) Pre-event, Event, Post-event
- b) Primary, Secondary, Tertiary
- c) Planning, Action, Evaluation
- d) Agent, Host, Environment

**Answer:** a) Pre-event, Event, Post-event

*Explanation: Haddon Matrix analyzes injuries in phases: before the crash (pre-event), during the crash (event), and after the crash (post-event).*

63. **The recommended temperature for "Tepid Sponging" water is:**

- a) Cold/Ice water
- b) Hot water
- c) Lukewarm water (27°C–37°C)
- d) Boiling water

**Answer:** c) Lukewarm water (27°C–37°C)

*Explanation: Tepid sponging helps reduce fever by evaporation. Cold water causes shivering which raises temperature.*

64. **The most common cause of Postpartum Hemorrhage (PPH) is:**

- a) Uterine Atony
- b) Trauma/Lacerations
- c) Retained Placenta
- d) Coagulation defects

**Answer:** a) Uterine Atony

*Explanation: Failure of the uterus to contract (Atony) accounts for the majority (approx 70-80%) of PPH cases.*

65. **Which blood group is known as the "Universal Donor"?**

- a) A Positive    b) AB Positive
- c) O Negative    d) B Negative

**Answer:** c) O Negative

*Explanation: O Negative blood has no antigens and can be given to anyone in an emergency.*

66. **What is the full form of POSDCORB in management?**

- a) Planning, Organizing, Staffing, Directing, Coordinating, Reporting, Budgeting
- b) Planning, Ordering, Staffing, Directing, Controlling, Reviewing, Budgeting
- c) Policy, Organizing, Strategy, Directing, Cooperation, Reporting, Budgeting
- d) Planning, Organizing, Supervising, Directing, Coordinating, Reporting, Budgeting

**Answer:** a) Planning, Organizing, Staffing, Directing, Coordinating, Reporting, Budgeting

*Explanation: This acronym was coined by Luther Gulick to describe management functions.*

67. **In Nepal, abortion is legal on request up to:**

- a) 10 weeks    b) 12 weeks
- c) 18 weeks    d) 28 weeks

**Answer:** b) 12 weeks

*Explanation: According to the Safe Motherhood and Reproductive Health Rights Act, abortion is legal up to 12 weeks on request of the woman.*

68. **The "One Stop Crisis Management Center" (OCMC) is established for:**

- a) Tuberculosis patients    b) Survivors of Gender-Based Violence (GBV)
- c) HIV patients    d) Malnourished children

**Answer:** b) Survivors of Gender-Based Violence (GBV)

*Explanation: OCMCs are hospital-based centers providing integrated services (medical, legal, psychosocial) for GBV survivors.*

69. **"Active Immunity" is acquired through:**

- a) Breast milk    b) Immunoglobulin injection
- c) Vaccination or Infection    d) Placental transfer

**Answer:** c) Vaccination or Infection

*Explanation: Active immunity occurs when the body produces its own antibodies. Breast milk/Placenta provide Passive immunity.*

70. **The definition of "Low Birth Weight" (LBW) is a birth weight of:**

- a) < 2500 grams    b) < 1500 grams
- c) < 2000 grams    d) < 3000 grams

**Answer:** a) < 2500 grams

*Explanation: Less than 2.5 kg is LBW. Less than 1.5 kg is Very Low Birth Weight.*

71. **Which vitamin helps in blood clotting?**

- a) Vitamin A    b) Vitamin K
- c) Vitamin E    d) Vitamin C

**Answer:** b) Vitamin K

*Explanation: Vitamin K is essential for the synthesis of clotting factors (Prothrombin).*

72. **The term "Nosocomial Infection" refers to:**

- a) Community-acquired infection    b) Hospital-acquired infection  
c) Home-acquired infection    d) Infection from animals

**Answer:** b) Hospital-acquired infection

*Explanation: Infections acquired 48 hours after admission to a hospital are nosocomial.*

73. **What is the correct angle for an Intramuscular (IM) injection?**

- a) 15 degrees    b) 45 degrees  
c) 60 degrees    d) 90 degrees

**Answer:** d) 90 degrees

*Explanation: IM injections are given perpendicular to the skin (90 degrees).*

74. **"Bitot's Spots" are a sign of:**

- a) Vitamin A deficiency    b) Vitamin B deficiency  
c) Vitamin C deficiency    d) Calcium deficiency

**Answer:** a) Vitamin A deficiency

*Explanation: Foamy white spots on the conjunctiva caused by Vitamin A deficiency.*

75. **The most reliable method of sterilization is:**

- a) Boiling    b) Chemical disinfection  
c) Autoclaving    d) Hot air oven

**Answer:** c) Autoclaving

*Explanation: Steam under pressure (Autoclave) kills all microorganisms, including spores.*

76. **The "Partograph" is used to monitor:**

- a) Growth of a child    b) Progress of labor  
c) Blood pressure trends    d) Menstrual cycle

**Answer:** b) Progress of labor

*Explanation: A tool to record fetal and maternal condition and labor progress (dilation) to detect complications early.*

77. **Which of the following is a "Barrier Method" of contraception?**

- a) Oral Pills    b) Condom  
c) Depo-Provera    d) Implant

**Answer:** b) Condom

*Explanation: Condoms physically block sperm from entering the uterus and also protect against STIs.*

78. **"Rheumatic Heart Disease" is a complication of untreated infection by:**

- a) Staphylococcus    b) Group A Beta-Hemolytic Streptococcus  
c) Pneumococcus    d) Virus

**Answer:** b) Group A Beta-Hemolytic Streptococcus

*Explanation: Untreated Strep throat can lead to Rheumatic Fever and subsequently RHD.*

79. **The total number of vertebrae in the human vertebral column is:**

- a) 23    b) 33  
c) 26    d) 30

**Answer:** b) 33 (in children/total count) / 26 (in adults due to fusion)

*Explanation: Loksewa Note: Usually, 33 is the standard anatomical count before fusion (7 cervical, 12 thoracic, 5 lumbar, 5 sacral, 4 coccygeal). If 33 is an option, it is the primary answer for "total vertebrae".*

80. **In a "Democratic Leadership" style:**

- a) The leader makes all decisions alone
- b) The group participates in decision making
- c) There is no leader
- d) The leader is strict and punitive

**Answer:** b) The group participates in decision making

*Explanation: Also known as participative leadership, where input is encouraged from team members.*

81. **The normal range for Fasting Blood Sugar (FBS) is:**

- a) 70-110 mg/dL
- b) 120-160 mg/dL
- c) 40-60 mg/dL
- d) 140-200 mg/dL

**Answer:** a) 70-110 mg/dL (or 60-100 depending on lab standard)

*Explanation: 70-110 mg/dL is generally accepted as normal. >126 mg/dL indicates Diabetes.*

82. **"Oral Thrush" is caused by:**

- a) Virus
- b) Bacteria
- c) Fungus (Candida albicans)
- d) Protozoa

**Answer:** c) Fungus (Candida albicans)

*Explanation: A fungal infection appearing as white patches in the mouth, common in infants or immunocompromised patients.*

83. **The drug of choice for Eclampsia (convulsions in pregnancy) is:**

- a) Diazepam
- b) Magnesium Sulfate (MgSO<sub>4</sub>)
- c) Calcium Gluconate
- d) Paracetamol

**Answer:** b) Magnesium Sulfate (MgSO<sub>4</sub>)

*Explanation: MgSO<sub>4</sub> is the gold standard for preventing and treating seizures in eclampsia.*

84. **The "Pulse Polio" program aims to:**

- a) Treat polio patients
- b) Eradicate polio from the world
- c) Count polio patients
- d) Rehabilitate polio victims

**Answer:** b) Eradicate polio from the world

*Explanation: It involves mass immunization to break the transmission chain.*

85. **What is the antidote for Paracetamol poisoning?**

- a) Atropine
- b) N-Acetylcysteine
- c) Naloxone
- d) Vitamin K

**Answer:** b) N-Acetylcysteine

*Explanation: It protects the liver by replenishing glutathione levels.*

86. **A "Review of Systems" (ROS) is part of:**

- a) Physical Examination
- b) History Taking
- c) Lab Investigation
- d) Treatment Planning

**Answer:** b) History Taking

*Explanation: ROS is a subjective inventory of body systems obtained during the history interview.*

87. **The causative agent of "Typhoid Fever" is:**

- a) Salmonella typhi
- b) E. coli
- c) Vibrio cholerae
- d) Shigella

**Answer:** a) Salmonella typhi

*Explanation: An enteric fever caused by Salmonella bacteria.*

88. **"School Health Nursing" includes:**

- a) Health appraisal of students    b) Prevention of communicable diseases  
c) Healthful school environment    d) All of the above

**Answer:** d) All of the above

*Explanation: Comprehensive school health includes screening, environment, and education.*

89. **The most common site for checking pulse in an unconscious adult is:**

- a) Radial    b) Carotid  
c) Brachial    d) Femoral

**Answer:** b) Carotid

*Explanation: The carotid artery (neck) is central and most reliable in shock/unconsciousness.*

90. **"Anemia" in pregnancy is defined by WHO as Hemoglobin less than:**

- a) 12 gm/dl    b) 11 gm/dl  
c) 10 gm/dl    d) 9 gm/dl

**Answer:** b) 11 gm/dl

*Explanation: Hb < 11 g/dl in the 1st and 3rd trimester is considered anemia.*

91. **Which of the following is a symptom of dehydration?**

- a) Sunken eyes    b) Skin pinch goes back slowly  
c) Thirst    d) All of the above

**Answer:** d) All of the above

*Explanation: These are classic signs used in IMNCI to assess dehydration.*

92. **The "Supervision" of FCHVs is primarily the responsibility of:**

- a) HA/AHW/ANM at the Health Post    b) DHO  
c) Ministry of Health    d) VDC Secretary

**Answer:** a) HA/AHW/ANM at the Health Post

*Explanation: The local health facility staff are the direct supervisors of the FCHVs in their catchment area.*

93. **The best time for "Breast Self Examination" (BSE) is:**

- a) During menstruation    b) 1 week after menstruation starts  
c) Before menstruation    d) Any time

**Answer:** b) 1 week after menstruation starts

*Explanation: This is when breasts are least swollen and tender.*

94. **"Dysentery" is defined as:**

- a) Diarrhea with vomiting    b) Diarrhea with blood  
c) Watery diarrhea    d) Chronic diarrhea

**Answer:** b) Diarrhea with blood

*Explanation: Presence of visible blood in loose stools defines dysentery.*

95. **In waste management, "Sharps" (blades, needles) should be collected in:**

- a) Plastic bag    b) Cardboard box  
c) Puncture-proof safety box    d) Open bucket

**Answer:** c) Puncture-proof safety box

*Explanation: To prevent needle-stick injuries.*

96. **The "Alma-Ata Declaration" of 1978 is related to:**

- a) Health for All through Primary Health Care (PHC)    b) Control of Malaria  
c) Hospital Management    d) Nursing Education

**Answer:** a) Health for All through Primary Health Care (PHC)

*Explanation: It defined the components of PHC.*

97. **Which gas is responsible for the "Greenhouse Effect" and Global Warming?**

- a) Oxygen
- b) Nitrogen
- c) Carbon Dioxide (CO<sub>2</sub>)
- d) Argon

**Answer:** c) Carbon Dioxide (CO<sub>2</sub>)

*Explanation: CO<sub>2</sub> traps heat in the atmosphere.*

98. **The normal respiratory rate for an adult is:**

- a) 10-14 breaths/min
- b) 12-20 breaths/min
- c) 20-30 breaths/min
- d) 30-40 breaths/min

**Answer:** b) 12-20 breaths/min

*Explanation: 12-20 is the standard normal range.*

99. **"Cyanosis" (bluish discoloration of skin) indicates:**

- a) High blood pressure
- b) Lack of oxygen in blood (Hypoxia)
- c) High fever
- d) Jaundice

**Answer:** b) Lack of oxygen in blood (Hypoxia)

*Explanation: Deoxygenated hemoglobin causes the blue color.*

100. **The permanent teeth in a human adult number:**

- a) 20
- b) 28
- c) 32
- d) 30

**Answer:** c) 32

*Explanation: An adult has 32 permanent teeth (including wisdom teeth). Children have 20 deciduous (milk) teeth.*