

# **Public Health Officer (PHO) Preparation**

Loksewa Aayog Nepal - MCQs Collection (Volume 1)

Compiled for Loksewa Preparation

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## Set 1 Health Management, Epidemiology & General Health

1. According to the Constitution of Nepal (2072), basic health service is defined as a:

- a) Fundamental Right
- b) Directive Principle
- c) State Policy
- d) Moral Duty

**Answer: a) Fundamental Right**

**Explanation:** Article 35 establishes that every citizen shall have the right to free basic health services from the State.

2. The current "Public Health Service Act" of Nepal was enacted in which year?

- a) 2074 BS
- b) 2075 BS
- c) 2076 BS
- d) 2077 BS

**Answer: b) 2075 BS**

**Explanation:** The Public Health Service Act was enacted in 2075 BS (2018 AD) to implement the constitutional right to health.

3. Which organ of the United Nations is responsible for coordinating international public health?

- a) UNICEF
- b) UNDP
- c) WHO
- d) UNFPA

**Answer: c) WHO**

**Explanation:** The World Health Organization (WHO) is the specialized agency for international public health.

4. The concept of "Primary Health Care" was famously declared at:

- a) The Geneva Convention
- b) The Alma-Ata Declaration
- c) The Ottawa Charter
- d) The Astana Declaration

**Answer: b) The Alma-Ata Declaration**

**Explanation:** The 1978 Alma-Ata Declaration identified PHC as the key to attaining "Health for All."

5. In Nepal's health structure, what does 'PHCC' stand for?

- a) Public Health Care Center
- b) Primary Health Care Center
- c) Public Health Community Center
- d) Primary Hospital Care Center

**Answer: b) Primary Health Care Center**

**Explanation:** PHCC stands for Primary Health Care Center, a level above Health Posts.

6. Which tool is most commonly used for monitoring health indicators in Nepal's public health system?

- a) LMIS
- b) DHIS-2
- c) TABUCS
- d) PLMBIS

**Answer: b) DHIS-2**

**Explanation:** DHIS-2 is the electronic platform used by HMIS to report national health data.

**7. Under the SDGs, which goal is specifically dedicated to Health?**

- a) Goal 1
- b) Goal 2
- c) Goal 3
- d) Goal 4

**Answer: c) Goal 3**

**Explanation:** SDG Goal 3 is "Ensure healthy lives and promote well-being for all at all ages."

**8. The "Golden 1000 Days" strategy focuses on which period of life?**

- a) Conception to 2 years
- b) Birth to 2 years
- c) Birth to 5 years
- d) Pregnancy only

**Answer: a) Conception to 2 years of age**

**Explanation:** It covers pregnancy (270 days) plus the first two years of life (365+365 days).

**9. Who is the Secretary of the Female Community Health Volunteer (FCHV) mothers' group meeting?**

- a) The Ward Chairperson
- b) The Health Post In-charge
- c) The FCHV herself
- d) A local teacher

**Answer: c) The FCHV herself**

**Explanation:** In the Mothers' Group for Health (MGH) meetings, the FCHV acts as the facilitator/secretary.

**10. When should a birth be registered in Nepal to avoid fines?**

- a) Within 7 days
- b) Within 21 days
- c) Within 35 days
- d) Within 45 days

**Answer: c) Within 35 days**

**Explanation:** Vital events must be registered within 35 days of occurrence.

**11. Which term describes a disease constantly present in a specific population?**

- a) Epidemic
- b) Endemic
- c) Pandemic
- d) Sporadic

**Answer: b) Endemic**

**Explanation:** Endemic refers to the constant presence/usual prevalence of a disease within a geographic area.

**12. The "Iceberg Phenomenon" of disease is NOT applicable to:**

- a) Hypertension
- b) Diabetes
- c) Rabies
- d) Polio

**Answer: c) Rabies**

**Explanation:** Rabies has distinct features and high fatality; no subclinical carriers exist in humans.

**13. Which of the following is a “Live Attenuated” vaccine?**

- a) BCG
- b) TT
- c) Hepatitis B
- d) IPV

**Answer: a) BCG**

**Explanation:** BCG is live attenuated. TT is toxoid, Hep B is recombinant, IPV is inactivated.

**14. In Nepal, Japanese Encephalitis (JE) is primarily transmitted by:**

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

**Answer: b) Culex mosquito**

**Explanation:** Specifically *Culex tritaeniorhynchus* is the vector.

**15. What is the Case Fatality Rate (CFR)?**

- a) Total deaths / Total population
- b) Deaths due to disease / Cases of disease  $\times 100$
- c) Total cases / Total population
- d) Hospital deaths / Admissions

**Answer: b) Deaths due to disease / Cases of disease  $\times 100$**

**Explanation:** CFR measures disease severity.

**16. Kala-azar is transmitted by the bite of:**

- a) Tsetse fly
- b) Sandfly
- c) House fly
- d) Black fly

**Answer: b) Sandfly**

**Explanation:** Vector is *Phlebotomus argentipes*.

**17. DOTS is the comprehensive strategy for the control of:**

- a) Leprosy
- b) Tuberculosis
- c) HIV/AIDS
- d) Malaria

**Answer: b) Tuberculosis**

**Explanation:** Directly Observed Treatment, Short-course.

**18. Which index case finding method is used in Malaria elimination?**

- a) Active Case Detection
- b) Passive Case Detection
- c) Mass Blood Survey
- d) All of the above

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

**Explanation:** Malaria elimination involves ACD, PCD, and surveys.

**19. Which non-communicable disease is known as the “Silent Killer”?**

- a) Cancer
- b) Hypertension
- c) COPD
- d) Diabetes

**Answer: b) Hypertension**

**Explanation:** It is often asymptomatic until severe damage occurs.

**20. The incubation period of Measles is approximately:**

- a) 1–3 days
- b) 10–14 days
- c) 21–28 days
- d) 1–2 months

**Answer: b) 10–14 days**

**Explanation:** Average incubation is 10–14 days.

**21. The value that occurs most frequently in a dataset is called:**

- a) Mean
- b) Median
- c) Mode
- d) Range

**Answer: c) Mode**

**Explanation:** Mode is the most frequent observation.

**22. Which variable type is “Blood Group” (A, B, AB, O)?**

- a) Nominal
- b) Ordinal
- c) Interval
- d) Ratio

**Answer: a) Nominal**

**Explanation:** Categories with no inherent order.

**23. In a standard normal distribution, what percentage falls within  $\pm 1$  SD?**

- a) 50%
- b) 68%
- c) 95%
- d) 99%

**Answer: b) 68%**

**Explanation:** Approx 68% within 1 SD, 95% within 2 SD.

**24. A study comparing a group with disease to a group without to look for past exposure is:**

- a) Cohort
- b) Case-Control
- c) Cross-sectional
- d) RCT

**Answer: b) Case-Control Study**

**Explanation:** Retrospective study from outcome to exposure.

**25. Type I error in hypothesis testing is:**

- a) Rejecting true Null
- b) Accepting false Null
- c) Rejecting false Null
- d) Calculation error

**Answer: a) Rejecting a true Null Hypothesis**

**Explanation:** Finding a difference when none exists (Alpha error).

**26. Which sampling method relies on referrals from initial subjects?**

- a) Simple Random
- b) Stratified
- c) Snowball
- d) Cluster

**Answer: c) Snowball Sampling**

**Explanation:** Used for hard-to-reach populations.

**27. Chi-square test is primarily used to test association between:**

- a) Two continuous variables
- b) Two categorical variables
- c) One continuous, one categorical
- d) Three means

**Answer: b) Two categorical variables**

*Explanation: Compares observed vs expected frequencies.*

**28. The “denominator” in Maternal Mortality Ratio (MMR) is:**

- a) Female population
- b) Live births
- c) Pregnancies
- d) Married women

**Answer: b) Total number of live births**

*Explanation:  $MMR = \text{Maternal Deaths} / \text{Live Births} \times 100,000$ .*

**29. What does DALY stand for?**

- a) Daily Adjusted Life Years
- b) Disability Adjusted Life Years
- c) Disease Affected Life Years
- d) Death Adjusted Life Yield

**Answer: b) Disability Adjusted Life Years**

*Explanation: Measures overall disease burden.*

**30. Which diagram is best for showing correlation between two quantitative variables?**

- a) Bar chart
- b) Pie chart
- c) Scatter diagram
- d) Histogram

**Answer: c) Scatter diagram**

*Explanation: Displays relationship between two numerical variables.*

**31. The current Total Fertility Rate (TFR) target for Nepal for 2030 (SDG) is:**

- a) 2.1
- b) 2.3
- c) 1.9
- d) 1.2

**Answer: a) 2.1**

*Explanation: Replacement level fertility target.*

**32. Which deficiency causes “Night Blindness”?**

- a) Vitamin A
- b) Vitamin B
- c) Vitamin C
- d) Vitamin D

**Answer: a) Vitamin A**

*Explanation: Nyctalopia is an early sign of Vitamin A deficiency.*

**33. Exclusive breastfeeding is recommended for up to:**

- a) 3 months
- b) 4 months
- c) 6 months
- d) 9 months

**Answer: c) 6 months**

*Explanation: No other food or fluids, not even water.*

**34. What is the full form of CB-IMNCI?**

- a) Community Based Integrated Management of Neonatal and Childhood Illness
- b) Center Based...
- c) Community Based Integrated Monitoring...
- d) Clinical Based...

**Answer: a) Community Based Integrated Management of Neonatal and Childhood Illness**

*Explanation: Major child survival strategy in Nepal.*

**35. Which temporary family planning method is hormonal?**

- a) IUCD
- b) Condom
- c) Depo-Provera
- d) Vasectomy

**Answer: c) Depo-Provera**

*Explanation: Injectable hormonal contraceptive.*

**36. Kangaroo Mother Care is primarily used for:**

- a) Post-term babies
- b) Low Birth Weight babies
- c) Jaundiced babies
- d) Obese babies

**Answer: b) Low Birth Weight (LBW) babies**

*Explanation: Provides warmth and promotes bonding.*

**37. Which index is best for identifying "Acute Malnutrition" (Wasting)?**

- a) Height-for-Age
- b) Weight-for-Age
- c) Weight-for-Height
- d) BMI

**Answer: c) Weight-for-Height**

*Explanation: Low weight for height indicates wasting.*

**38. Post-Partum Haemorrhage (PPH) is blood loss greater than:**

- a) 200 ml
- b) 300 ml
- c) 500 ml
- d) 1000 ml

**Answer: c) 500 ml**

*Explanation: >500ml after vaginal delivery.*

**39. Iron and Folic Acid (IFA) in pregnancy prevents:**

- a) Goiter
- b) Anemia
- c) Rickets
- d) Scurvy

**Answer: b) Anemia**

*Explanation: Prevents maternal anemia and neural tube defects.*

**40. How many ANC visits are recommended as per new protocol in Nepal?**

- a) 4
- b) 8
- c) 6
- d) 3

**Answer: b) 8**

*Explanation: Updated protocol based on WHO 2016 guidelines.*

**41. Which gas is primarily responsible for the “Greenhouse Effect”?**

- a) Oxygen
- b) Nitrogen
- c) Carbon Dioxide
- d) Argon

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

*Explanation: Traps heat in the atmosphere.*

**42. Potable water means water that is:**

- a) For washing
- b) Safe to drink
- c) From river
- d) Distilled

**Answer: b) Safe to drink**

*Explanation: Safe for human consumption.*

**43. Silicosis is an occupational disease affecting the:**

- a) Liver
- b) Kidneys
- c) Lungs
- d) Skin

**Answer: c) Lungs**

*Explanation: caused by inhalation of silica dust.*

**44. Best method for disposal of pathological/anatomical waste:**

- a) Composting
- b) Incineration
- c) Dumping
- d) Recycling

**Answer: b) Incineration**

*Explanation: High temp burning to destroy pathogens.*

**45. The “Ottawa Charter” (1986) is related to:**

- a) Health Promotion
- b) Environmental Protection
- c) Child Rights
- d) Mental Health

**Answer: a) Health Promotion**

*Explanation: Established 5 action areas for health promotion.*

**46. In communication, “decoding” is done by the:**

- a) Sender
- b) Receiver
- c) Channel
- d) Barrier

**Answer: b) Receiver**

*Explanation: Interpreting the message.*

**47. Which mosquito breeds in “artificial containers”?**

- a) Anopheles
- b) Aedes
- c) Culex
- d) Mansonia

**Answer: b) Aedes**

*Explanation: Breeds in clean, stagnant water in tires/pots.*

**48. Permissible level of Arsenic in drinking water in Nepal:**

- a) 0.01 mg/L
- b) 0.05 mg/L
- c) 0.1 mg/L
- d) 0.5 mg/L

**Answer: b) 0.05 mg/L**

**Explanation:** National standard is 0.05 mg/L (50 ppb).

**49. Byssinosis is caused by inhalation of:**

- a) Coal dust
- b) Cotton dust
- c) Sugar cane dust
- d) Asbestos

**Answer: b) Cotton dust**

**Explanation:** Occupational lung disease in textile workers.

**50. Which is NOT a method of Health Promotion?**

- a) Health Education
- b) Curative Surgery
- c) Environmental modification
- d) Nutritional intervention

**Answer: b) Curative Surgery**

**Explanation:** Surgery is treatment, not promotion.

## **Set 2 Local Governance, Acts & Specific Programs**

**51. The “Local Government Operation Act, 2074” assigns basic health responsibility to:**

- a) Federal
- b) Provincial
- c) Local Level
- d) District

**Answer: c) Local Level (Palika)**

**Explanation:** Palikas manage basic health and sanitation.

**52. The current “National Health Policy” was formulated in:**

- a) 2014
- b) 2017
- c) 2019 (2076 BS)
- d) 2021

**Answer: c) 2019 AD (2076 BS)**

**Explanation:** Aligned with federal constitution.

**53. In POSDCORB, what does ‘S’ stand for?**

- a) Strategy
- b) Staffing
- c) Supervision
- d) System

**Answer: b) Staffing**

**Explanation:** Planning, Organizing, Staffing, Directing, Coordinating, Reporting, Budgeting.

**54. The “Push and Pull” system is used in:**

- a) Health Education
- b) Logistics
- c) HR
- d) Vector Control

**Answer: b) Logistics and Supply Chain**

*Explanation: Distribution methods for commodities.*

**55. Regulatory body for Medical Doctors in Nepal:**

- a) NMA
- b) NHRC
- c) NMC
- d) MoH

**Answer: c) Nepal Medical Council**

*Explanation: Statutory body for medical regulation.*

**56. The “Second Long Term Health Plan (SLTHP)” covered:**

- a) 1975–1990
- b) 1990–2010
- c) 1997–2017
- d) 2000–2020

**Answer: c) 1997–2017**

*Explanation: 20-year strategic plan.*

**57. A “SWOT Analysis” evaluates:**

- a) Staff, Wages...
- b) Strengths, Weaknesses, Opportunities, Threats
- c) System, Work...
- d) Strategy, Workflow...

**Answer: b) Strengths, Weaknesses, Opportunities, Threats**

*Explanation: Strategic planning tool.*

**58. The “Health Insurance Board” operates under which act?**

- a) Social Security Act
- b) Health Insurance Act
- c) Public Health Act
- d) Labor Act

**Answer: b) Health Insurance Act**

*Explanation: Enacted in 2074 BS.*

**59. In a Health Post, target population is calculated based on:**

- a) Census projection
- b) Patients visiting
- c) Budget
- d) Staff

**Answer: a) The previous year’s census projection**

*Explanation: Used for target setting.*

**60. “Supportive Supervision” focuses on:**

- a) Punishing
- b) Problem solving and mentoring
- c) Reporting
- d) Attendance

**Answer: b) Immediate problem solving and mentoring**

*Explanation: Emphasizes guidance over fault-finding.*

**61. The “Epidemiological Triad” consists of:**

- a) Agent, Host, Environment
- b) Time, Place, Person
- c) Source, Mode, Host
- d) Virus, Bacteria, Parasite

**Answer: a) Agent, Host, Environment**

*Explanation: Factors interacting to produce disease.*

**62. Screening (e.g., Pap smear) is an example of:**

- a) Primordial
- b) Primary
- c) Secondary
- d) Tertiary

**Answer: c) Secondary Prevention**

*Explanation: Early diagnosis and treatment.*

**63. Scrub Typhus is transmitted by:**

- a) Tick
- b) Mite (Chiggers)
- c) Louse
- d) Flea

**Answer: b) Mite (Chiggers)**

*Explanation: Larval stage of Trombiculid mite.*

**64. Which VVM stage requires vaccine discard?**

- a) Stage I
- b) Stage II
- c) Stage III and IV
- d) Stage I and II

**Answer: c) Stage III and IV**

*Explanation: When inner square matches or is darker than outer circle.*

**65. “Herd Immunity” is least effective for:**

- a) Measles
- b) Polio
- c) Tetanus
- d) Rubella

**Answer: c) Tetanus**

*Explanation: Not communicable person-to-person.*

**66. Leprosy is caused by:**

- a) M. tuberculosis
- b) M. leprae
- c) V. cholerae
- d) P. falciparum

**Answer: b) Mycobacterium leprae**

*Explanation: Hansen’s bacillus.*

**67. The “Window Period” in HIV is time between:**

- a) Sexual contact and symptoms
- b) Infection and detectable antibodies
- c) Diagnosis and death
- d) Symptom and AIDS

**Answer: b) Infection and detectable antibodies**

*Explanation: Infected but antibody negative.*

**68. Trachoma is an infection of the:**

- a) Ear
- b) Eye
- c) Skin
- d) Throat

**Answer: b) Eye**

**Explanation:** Bacterial infection leading to blindness.

**69. Which parameter identifies those WITHOUT disease correctly?**

- a) Sensitivity
- b) Specificity
- c) PPV
- d) Reliability

**Answer: b) Specificity**

**Explanation:** True Negatives / Healthy.

**70. A "Zoonosis" is transmitted from:**

- a) Animals only
- b) Humans to animals
- c) Vertebrate animals to humans
- d) Zoos

**Answer: c) Vertebrate animals to humans**

**Explanation:** e.g., Rabies.

**71. Which central tendency is most affected by outliers?**

- a) Mean
- b) Median
- c) Mode
- d) Quartile

**Answer: a) Mean**

**Explanation:** Pulls towards extreme values.

**72. P-value < 0.05 indicates:**

- a) Statistically significant
- b) Due to chance
- c) Null is true
- d) Sample too small

**Answer: a) The result is statistically significant**

**Explanation:** <5% probability of chance.

**73. Focus Group Discussion (FGD) is used in:**

- a) Quantitative
- b) Qualitative
- c) Clinical Trials
- d) Census

**Answer: b) Qualitative Research**

**Explanation:** Understanding beliefs/behaviors.

**74. Difference between highest and lowest value is:**

- a) Variance
- b) SD
- c) Range
- d) Frequency

**Answer: c) Range**

**Explanation:** Simplest measure of dispersion.

**75. In normal distribution, Mean, Median, Mode are:**

- a) Different
- b) Equal
- c) Median highest
- d) Mode lowest

**Answer: b) All equal**

**Explanation:** *Symmetrical distribution.*

**76. Which is a "Primary Source" of data?**

- a) Hospital Records
- b) Census
- c) Direct Interview
- d) Journal

**Answer: c) Direct Interview**

**Explanation:** *Collected specifically for the study.*

**77. "Incidence" refers to:**

- a) Old cases
- b) New cases
- c) Total cases
- d) Deaths

**Answer: b) New cases occurring in a specific period**

**Explanation:** *Risk measure.*

**78. Correlation coefficient of -1 indicates:**

- a) No correlation
- b) Perfect positive
- c) Perfect negative
- d) Weak

**Answer: c) Perfect negative correlation**

**Explanation:** *Inverse relationship.*

**79. Systematic Random Sampling involves:**

- a) Lottery
- b) Every 'k'th individual
- c) Convenience
- d) Strata

**Answer: b) Selecting every 'k'th individual**

**Explanation:** *Using a sampling interval.*

**80. "Dependency Ratio" compares:**

- a) Employed vs Unemployed
- b) Dependent vs Working age
- c) Men vs Women
- d) Sick vs Healthy

**Answer: b) Dependent (0-14, 65+) vs Working age (15-64)**

**Explanation:** *Economic pressure measure.*

**81. Iodine deficiency during pregnancy can lead to:**

- a) Scurvy
- b) Cretinism
- c) Beri-Beri
- d) Rickets

**Answer: b) Cretinism**

**Explanation:** *Congenital hypothyroidism.*

**82. The “Neonatal Period” is:**

- a) First 7 days
- b) First 28 days
- c) First 1 year
- d) First 5 years

**Answer: b) First 28 days**

*Explanation: Early (0-7) and Late (7-28).*

**83. PEM with “Moon Face” and edema is:**

- a) Marasmus
- b) Kwashiorkor
- c) Obesity
- d) Anemia

**Answer: b) Kwashiorkor**

*Explanation: Protein deficiency with fluid retention.*

**84. “Minilap” is a method of:**

- a) Temporary FP
- b) Male Sterilization
- c) Female Sterilization
- d) Abortion

**Answer: c) Female Sterilization**

*Explanation: Tubal ligation.*

**85. Colostrum is important because:**

- a) Rich in antibodies
- b) Sweet
- c) Watery
- d) White

**Answer: a) It is rich in antibodies (IgA)**

*Explanation: First immunization.*

**86. “Danger Signs” in pregnancy include all EXCEPT:**

- a) Headache
- b) Bleeding
- c) Convulsions
- d) Mild morning sickness

**Answer: d) Mild morning sickness**

*Explanation: Common in pregnancy.*

**87. Nepal’s demographic transition stage is:**

- a) High Stationary
- b) Early Expanding
- c) Late Expanding
- d) Low Stationary

**Answer: c) Late Expanding**

*Explanation: Declining birth and death rates.*

**88. Vitamin C deficiency causes:**

- a) Pellagra
- b) Scurvy
- c) Cheilosis
- d) Beri-Beri

**Answer: b) Scurvy**

*Explanation: Bleeding gums.*

**89. ORS primarily prevents death from:**

- a) Fever
- b) Dehydration
- c) Malnutrition
- d) Vomiting

**Answer: b) Dehydration**

*Explanation: Replaces fluids/electrolytes.*

**90. "Fast Breathing" in child 2-12 months is:**

- a) 40+
- b) 50+
- c) 60+
- d) 30+

**Answer: b) 50 or more breaths per minute**

*Explanation: IMNCI protocol.*

**91. Best method for municipal water purification:**

- a) Boiling
- b) Chlorination
- c) Filtration
- d) UV

**Answer: b) Chlorination**

*Explanation: Provides residual protection.*

**92. Yellow bucket in medical waste is for:**

- a) General
- b) Plastic
- c) Glass
- d) Infectious waste

**Answer: d) Infectious waste**

*Explanation: Requires incineration.*

**93. Which domain relates to "Skills"?**

- a) Cognitive
- b) Affective
- c) Psychomotor
- d) Behavioral

**Answer: c) Psychomotor**

*Explanation: Doing/Hands-on.*

**94. "Social Marketing" applies marketing to:**

- a) Sell meds
- b) Promote health behaviors
- c) Private hospitals
- d) Fees

**Answer: b) Promote health behaviors**

*Explanation: e.g., condom promotion.*

**95. "Ergonomics" is:**

- a) Bacteria study
- b) Fitting job to worker
- c) Economics
- d) Hospital building

**Answer: b) Fitting the job to the worker**

*Explanation: Preventing injury.*

**96. Noise levels are measured in:**

- a) Hertz
- b) Decibels (dB)
- c) Lumens
- d) PPM

**Answer: b) Decibels (dB)**

**Explanation:** *Sound intensity.*

**97. "Eutrophication" is caused by excessive:**

- a) Metals
- b) Nutrients (Nitrates/Phosphates)
- c) Bacteria
- d) Plastic

**Answer: b) Nutrients**

**Explanation:** *Algae blooms.*

**98. Socratic Method involves:**

- a) Lecture
- b) Asking questions
- c) Role play
- d) Demo

**Answer: b) Asking questions to lead learner**

**Explanation:** *Dialectical inquiry.*

**99. E. coli in water indicates:**

- a) Industrial waste
- b) Fecal matter
- c) Pesticides
- d) Metals

**Answer: b) Fecal matter**

**Explanation:** *Fecal contamination.*

**100. "Bagassosis" is caused by:**

- a) Coal
- b) Sugar cane dust
- c) Cotton
- d) Asbestos

**Answer: b) Sugar cane dust**

**Explanation:** *Occupational lung disease.*

### **Set 3 Health Administration, Planning & Research**

**101. The "Drugs Act, 2035" classified drugs into how many categories?**

- a) 2
- b) 3
- c) 4
- d) 5

**Answer: c) 3 (Group Ka, Kha, Ga)**

**Explanation:** *Regulatory classification.*

**102. Which division handles logistics under DoHS?**

- a) Management Division
- b) Family Welfare
- c) EDCD
- d) Curative

**Answer: a) Management Division**

*Explanation: Logistics Management Section is under MD.*

**103. "Situational Analysis" answers:**

- a) Where to go?
- b) How to get there?
- c) Where are we now?
- d) Cost?

**Answer: c) Where are we now?**

*Explanation: Assessment of current status.*

**104. "Span of Control" refers to:**

- a) Years served
- b) Area covered
- c) Number of subordinates supervised
- d) Budget

**Answer: c) Number of subordinates a manager can effectively supervise**

*Explanation: Management principle.*

**105. "Equity" in health means:**

- a) Same for all
- b) Resources according to need
- c) Same payment
- d) City only

**Answer: b) People get resources according to their needs**

*Explanation: Fairness vs Equality.*

**106. Safe Motherhood Programme provides transport incentives for:**

- a) Home delivery
- b) Private clinics
- c) Accredited Health Facilities
- d) Abroad

**Answer: c) Accredited Health Facilities**

*Explanation: Promotes institutional delivery.*

**107. Chairperson of HFOMC at Health Post level is:**

- a) In-charge
- b) Ward Chairperson
- c) Principal
- d) FCHV

**Answer: b) Ward Chairperson**

*Explanation: Local governance lead.*

**108. Herzberg's Two-Factor Theory includes:**

- a) Needs Hierarchy
- b) Hygiene Factors & Motivators
- c) X & Y
- d) Expectancy

**Answer: b) Hygiene Factors & Motivators**

*Explanation: Job satisfaction theory.*

**109. Fiscal year in Nepal begins in:**

- a) Baishakh
- b) Jestha
- c) Shrawan
- d) Bhadra

**Answer: c) Shrawan (mid-July)**

**Explanation:** *Start of financial year.*

**110. Cost-Benefit Analysis measures outcomes in:**

- a) Life years
- b) Monetary units
- c) QALYs
- d) DALYs

**Answer: b) Monetary units**

**Explanation:** *Money in, Money out.*

**111. Cohort Study starts with:**

- a) Disease
- b) Exposure
- c) Outcome
- d) Randomization

**Answer: b) Exposure**

**Explanation:** *Follows exposed vs non-exposed forward.*

**112. Quarantine is applied to:**

- a) Infected
- b) Healthy exposed
- c) Animals
- d) Vectors

**Answer: b) Healthy persons exposed to disease**

**Explanation:** *To see if they develop symptoms.*

**113. A Neglected Tropical Disease (NTD) in Nepal:**

- a) Filariasis
- b) Diabetes
- c) Hypertension
- d) Flu

**Answer: a) Lymphatic Filariasis**

**Explanation:** *Common NTD.*

**114. Vector for Dengue:**

- a) Anopheles
- b) Aedes
- c) Culex
- d) Mansonia

**Answer: b) Aedes aegypti**

**Explanation:** *Day biter.*

**115. Attack Rate is a type of:**

- a) Prevalence
- b) Incidence
- c) Mortality
- d) Survival

**Answer: b) Incidence**

**Explanation:** *Used in outbreaks.*

**116. Vaccine given at birth in Nepal:**

- a) DPT
- b) Measles
- c) BCG
- d) JE

**Answer: c) BCG**

**Explanation:** For Tuberculosis.

**117. First case to come to attention of investigator:**

- a) Primary
- b) Index
- c) Secondary
- d) Suspect

**Answer: b) Index Case**

**Explanation:** First noticed case.

**118. HIV targets which cells?**

- a) RBC
- b) CD4+ T-Cells
- c) Platelets
- d) Neurons

**Answer: b) CD4+ T-Lymphocytes**

**Explanation:** Immune cells.

**119. Filaria is caused by:**

- a) W. bancrofti
- b) P. vivax
- c) S. typhi
- d) E. histolytica

**Answer: a) Wuchereria bancrofti**

**Explanation:** Parasitic worm.

**120. Universal Precautions means treating:**

- a) High risk only
- b) Blood only
- c) All fluids of all patients as infectious
- d) HIV only

**Answer: c) All blood and body fluids as infectious**

**Explanation:** Standard infection control.

**121. Standard Error measures:**

- a) Single deviation
- b) Variability of sample means
- c) Data error
- d) Range

**Answer: b) Variability of sample means around population mean**

**Explanation:** Precision of estimate.

**122. Scale with True Zero:**

- a) Nominal
- b) Ordinal
- c) Interval
- d) Ratio

**Answer: d) Ratio**

**Explanation:** e.g., Height, Weight.

**123. Delphi Technique is:**

- a) Water testing
- b) Consensus building
- c) Software
- d) Surgery

**Answer: b) Consensus-building method using experts**

*Explanation: Expert rounds.*

**124. Box-and-Whisker plot box represents:**

- a) Range
- b) IQR
- c) Mean
- d) SD

**Answer: b) Interquartile Range (IQR)**

*Explanation: Middle 50%.*

**125. Hawthorne Effect:**

- a) Behavior change due to observation
- b) Sampling bias
- c) Drug effect
- d) Loss to follow up

**Answer: a) Improvement because subjects know they are observed**

*Explanation: Observer effect.*

**126. Correlation coefficient 0 means:**

- a) Strong
- b) Negative
- c) No linear relationship
- d) Curved

**Answer: c) No linear relationship**

*Explanation: Variables unrelated.*

**127. Randomization eliminates:**

- a) Selection Bias
- b) Measurement Bias
- c) Recall Bias
- d) Observer Bias

**Answer: a) Selection Bias**

*Explanation: Ensures comparable groups.*

**128. Test to compare MEANS of two independent groups:**

- a) Chi-square
- b) t-test
- c) ANOVA
- d) Correlation

**Answer: b) Student's t-test**

*Explanation: Compares two means.*

**129. Gold Standard for causality:**

- a) Case-Control
- b) RCT
- c) Cross-sectional
- d) Case series

**Answer: b) Randomized Controlled Trial (RCT)**

*Explanation: Strongest evidence.*

**130. Sensitivity is calculated as:**

- a)  $TP/(TP+FN)$
- b)  $TN/(TN+FP)$
- c)  $TP/(TP+FP)$
- d)  $TN/(TN+FN)$

**Answer: a)  $TP / (TP + FN)$**

**Explanation:** True Positive Rate.

**131. Zinc is given in diarrhea to:**

- a) Reduce duration/severity
- b) Stop vomiting
- c) Kill bacteria
- d) Lower fever

**Answer: c) Zinc (Question context implied wound/diarrhea)**

**Explanation:** Zinc aids repair and immunity.

**132. Pearl Index measures:**

- a) Fertility
- b) Contraceptive failure
- c) Mortality
- d) Density

**Answer: b) Contraceptive failure rate**

**Explanation:** Failures per 100 women years.

**133. Puerperium lasts:**

- a) 2 weeks
- b) 4 weeks
- c) 6 weeks
- d) 6 months

**Answer: c) 6 weeks (42 days)**

**Explanation:** Post-delivery period.

**134. Baal Vita is for age:**

- a) 6–23 months
- b) 24–59 months
- c) 0–6 months
- d) 5–10 years

**Answer: a) 6–23 months**

**Explanation:** Micronutrient powder.

**135. Stillbirth in Nepal defined after:**

- a) 12 weeks
- b) 22 weeks
- c) 28 weeks
- d) 37 weeks

**Answer: c) 28 weeks of gestation**

**Explanation:** HMIS standard.

**136. Eligible Couples are:**

- a) Single
- b) Married women 15-49
- c) Divorced
- d) Widowed

**Answer: b) Married women of reproductive age**

**Explanation:** Target for FP.

**137. FP method for 5 years:**

- a) Copper T
- b) Jadelle
- c) Depo
- d) Pills

**Answer: b) Jadelle (Implant)**

**Explanation:** 2 rod implant.

**138. Most common cause of Maternal Mortality:**

- a) Infection
- b) PPH
- c) Obstructed Labor
- d) Eclampsia

**Answer: b) Post-Partum Haemorrhage**

**Explanation:** Bleeding.

**139. BMI formula:**

- a) kg/m
- b) kg/m<sup>2</sup>
- c) cm/kg
- d) lbs/in

**Answer: b) Weight (kg) / Height (m)<sup>2</sup>**

**Explanation:** Body Mass Index.

**140. Adolescent Friendly Services target:**

- a) 10–19 years
- b) 15–24
- c) 13–19
- d) 10–14

**Answer: a) 10–19 years**

**Explanation:** WHO definition.

**141. Refuse disposal in rural camps:**

- a) Tipping
- b) Composting
- c) Pits
- d) Incineration

**Answer: b) Composting**

**Explanation:** Organic waste management.

**142. Anthracosis is caused by:**

- a) Silica
- b) Coal dust
- c) Iron
- d) Asbestos

**Answer: b) Coal dust**

**Explanation:** Black lung.

**143. Health Belief Model includes:**

- a) Pre-contemplation
- b) Self-Efficacy/Susceptibility
- c) Reinforcement
- d) Adopters

**Answer: b) Self-Efficacy and Perceived Susceptibility**

**Explanation:** Behavior change theory.

**144. Water hardness due to:**

- a) Na/K
- b) Ca/Mg
- c) Fe/Mn
- d) Cl/F

**Answer: b) Calcium and Magnesium salts**

**Explanation:** *Mineral content.*

**145. Ventilation using wind/temp:**

- a) Plenum
- b) Natural
- c) Exhaust
- d) AC

**Answer: b) Natural ventilation**

**Explanation:** *Passive airflow.*

**146. Pasteurization kills:**

- a) All bacteria
- b) Pathogens
- c) Viruses
- d) Nothing

**Answer: b) Only pathogenic bacteria**

**Explanation:** *Does not sterilize.*

**147. Sand Filter works via:**

- a) Chemical
- b) Biological action
- c) Straining
- d) UV

**Answer: b) Biological action (Vital Layer)**

**Explanation:** *Schmutzdecke.*

**148. Safety sign color for First Aid:**

- a) Red
- b) Yellow
- c) Green
- d) Blue

**Answer: c) Green**

**Explanation:** *Safe condition.*

**149. Lead poisoning risk in:**

- a) Textiles
- b) Batteries
- c) Paper
- d) Food

**Answer: b) Batteries**

**Explanation:** *Lead acid batteries.*

**150. First group to adopt innovation:**

- a) Early Adopters
- b) Innovators
- c) Majority
- d) Laggards

**Answer: b) Innovators**

**Explanation:** *First 2.5%.*

## Set 4 Health Economics, Epidemiology & Miscellaneous

**151. Logical Framework Approach (LFA) is for:**

- a) Recruitment
- b) Project planning/eval
- c) Auditing
- d) Construction

**Answer: b) Project planning and evaluation**

**Explanation:** Matrix for project cycle.

**152. Form No. for Mag Farm (Requisition):**

- a) 407
- b) 408
- c) 413
- d) 403

**Answer: d) Form No. 403**

**Explanation:** Government inventory form.

**153. Out-of-Pocket (OOP) expenditure is:**

- a) Govt spending
- b) Donor
- c) Household direct payment
- d) Insurance

**Answer: c) Direct payment by households**

**Explanation:** Payment at point of service.

**154. Span of Management is narrow when:**

- a) Routine
- b) Trained
- c) Complex work
- d) Experienced

**Answer: c) Work is complex and requires close supervision**

**Explanation:** Needs tight control.

**155. Who approves Municipal budget?**

- a) Mayor
- b) CAO
- c) Municipal Assembly
- d) DCC

**Answer: c) Municipal Assembly (Nagar Sabha)**

**Explanation:** Legislative body.

**156. Effectiveness refers to:**

- a) Process
- b) Doing right things (Objectives)
- c) Cost
- d) Profit

**Answer: b) Doing the right things (Objective achievement)**

**Explanation:** Reaching goals.

**157. Basic Health Service Center must be in every:**

- a) District
- b) Palika
- c) Ward
- d) Tole

**Answer: c) Ward**

**Explanation:** PHS Regulation 2077.

**158. Father of Scientific Management:**

- a) Fayol
- b) Taylor
- c) Weber
- d) Mayo

**Answer: b) Frederick W. Taylor**

**Explanation:** Efficiency expert.

**159. Himalayan Gorkha started:**

- a) Ayurveda
- b) Allopathic Medicine
- c) Traditional
- d) Military

**Answer: b) Introduction of Allopathic Medicine**

**Explanation:** Historical context.

**160. Zero Based Budgeting means:**

- a) Zero budget
- b) Starting from scratch
- c) Increasing
- d) Defect free

**Answer: b) Starting from scratch each year**

**Explanation:** Justifying every expense.

**161. Strongest Hill's Criterion:**

- a) Consistency
- b) Strength
- c) Temporality
- d) Plausibility

**Answer: c) Temporality**

**Explanation:** Cause precedes effect.

**162. Sudden increase in cases above expected:**

- a) Hyperendemic
- b) Outbreak
- c) Holoendemic
- d) Cluster

**Answer: b) Outbreak/Epidemic**

**Explanation:** Excess cases.

**163. Sentinel Surveillance monitors:**

- a) Every case
- b) Trends in high risk sites
- c) Vectors
- d) Genetics

**Answer: b) Trends in specific high-risk sites**

**Explanation:** To estimate burden.

**164. Pre-pathogenesis phase:**

- a) Incubatory
- b) Clinical
- c) Interaction of Agent/Host/Env
- d) Recovery

**Answer: c) Interaction of Agent, Host, Environment**

*Explanation: Risk factors present.*

**165. MDR-TB is resistance to:**

- a) INH+Rif
- b) Rif+PZA
- c) INH+Eth
- d) Rif+Strep

**Answer: a) Isoniazid and Rifampicin**

*Explanation: Main anti-TB drugs.*

**166. Primary vector for Filariasis in Nepal:**

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

**Answer: c) Culex quinquefasciatus**

*Explanation: Night biter.*

**167. Primordial Prevention targets:**

- a) Disease
- b) Risk factor emergence
- c) Screening
- d) Rehab

**Answer: b) Discouraging emergence of risk factors**

*Explanation: Underlying conditions.*

**168. Serial Interval is time between:**

- a) Infection/Symptom
- b) Onset primary/Onset secondary
- c) Diagnosis/Tx
- d) Birth/Death

**Answer: b) Onset of symptoms in primary and secondary case**

*Explanation: Spread speed.*

**169. Hepatitis via Fecal-Oral route:**

- a) B
- b) C
- c) E
- d) D

**Answer: c) Hepatitis E**

*Explanation: Waterborne.*

**170. Confounding occurs when:**

- a) Small sample
- b) Extraneous variable correlates with both
- c) Bias
- d) Faulty instrument

**Answer: b) Extraneous variable correlates with both exposure and outcome**

*Explanation: Distorts relationship.*

**171. Type II Error:**

- a) Reject true Null
- b) Accept false Null
- c) Mistake
- d) Sample error

**Answer: b) Accepting (failing to reject) a false Null Hypothesis**

*Explanation: False negative.*

**172. Power of Test:**

- a) 1-Alpha
- b) 1-Beta
- c) Alpha+Beta
- d) Beta/Alpha

**Answer: b) 1 - Beta**

*Explanation: Probability of finding difference.*

**173. Stratified Random Sampling involves:**

- a) Simple
- b) Subgroups (Strata)
- c) Clusters
- d) Interval

**Answer: b) Stratified Random Sampling**

*Explanation: Ensures representation.*

**174. Histogram represents:**

- a) Gaps
- b) Continuous frequency
- c) Qualitative
- d) Location

**Answer: b) Continuous frequency distribution**

*Explanation: Bars touch.*

**175. ANOVA compares:**

- a) 2 means
- b) >2 means
- c) 2 medians
- d) Proportions

**Answer: b) Means of more than two groups**

*Explanation: Analysis of Variance.*

**176. Standard Normal Distribution Mean/SD:**

- a) 0/0
- b) 0/1
- c) 1/0
- d) 10/100

**Answer: b) Mean 0, SD 1**

*Explanation: Z-distribution.*

**177. Measure of dispersion:**

- a) Mean
- b) Mode
- c) SD
- d) Percentile

**Answer: c) Standard Deviation**

*Explanation: Spread of data.*

**178. Likert Scale produces:**

- a) Nominal
- b) Ordinal
- c) Interval
- d) Ratio

**Answer: b) Ordinal data**

*Explanation: Ranked categories.*

**179. Impact Factor evaluates:**

- a) Worker
- b) Journal
- c) Disease
- d) Budget

**Answer: b) Scientific Journal**

*Explanation: Citation metric.*

**180. Non-Probability Sampling:**

- a) Simple
- b) Stratified
- c) Purposive
- d) Cluster

**Answer: c) Purposive Sampling**

*Explanation: Judgmental.*

**181. Vitamin A dose for 12-59 months:**

- a) 50k
- b) 100k
- c) 200k
- d) 500k

**Answer: c) 200,000 IU**

*Explanation: Red capsule.*

**182. ECP effective within:**

- a) 24h
- b) 72h
- c) 5 days
- d) 7 days

**Answer: b) 72 hours**

*Explanation: Standard window.*

**183. Developed country pyramid:**

- a) Triangle
- b) Inverted
- c) Cylinder
- d) Square

**Answer: c) Cylinder/Beehive**

*Explanation: Low birth, low death.*

**184. Rickets caused by deficiency of:**

- a) Vit C
- b) Vit D
- c) Ca
- d) Vit D, Ca, or Phosphate

**Answer: d) Vitamin D, Calcium, or Phosphate**

*Explanation: Bone mineralization.*

**185. BMI 27.5 is:**

- a) Normal
- b) Overweight
- c) Obese I
- d) Obese II

**Answer: b) Overweight**

**Explanation:** 25–29.9.

**186. PNC visits in Nepal:**

- a) 2
- b) 3
- c) 4
- d) 1

**Answer: c) 4 visits**

**Explanation:** 24h, 3d, 7-14d, 42d.

**187. Hormonal IUD:**

- a) Copper T
- b) Lippes
- c) Mirena
- d) Multiload

**Answer: c) Mirena (LNG-IUS)**

**Explanation:** Releases hormone.

**188. Stunting reflects:**

- a) Acute
- b) Chronic malnutrition
- c) Micronutrient
- d) Overweight

**Answer: b) Chronic malnutrition**

**Explanation:** Long term.

**189. Three Delays DO NOT include:**

- a) Decision
- b) Transport
- c) Care at facility
- d) Getting pregnant

**Answer: d) Delay in getting pregnant**

**Explanation:** Obstetric emergency delays.

**190. Sex Ratio usually defined as:**

- a) F/100M
- b) M/100F
- c) M/1000F
- d) F/1000M

**Answer: d) Females per 1000 males**

**Explanation:** South Asian context.

**191. Asbestosis is:**

- a) Cancer
- b) Pneumoconiosis
- c) Dermatitis
- d) Infection

**Answer: b) Pneumoconiosis**

**Explanation:** Lung fibrosis.

**192. Color for Biodegradable waste:**

- a) Red
- b) Blue
- c) Green
- d) Black

**Answer: c) Green**

**Explanation:** *Organic waste.*

**193. Free Residual Chlorine level:**

- a) 0.1
- b) 0.2–0.5
- c) 1.0
- d) 5

**Answer: b) 0.2–0.5 mg/L**

**Explanation:** *Safety margin.*

**194. Kyoto Protocol related to:**

- a) Ozone
- b) Greenhouse gases
- c) Biodiversity
- d) Waste

**Answer: b) Greenhouse gases**

**Explanation:** *Climate change.*

**195. Sullage is:**

- a) Toilet water
- b) Kitchen/Bath water
- c) Industrial
- d) Hospital

**Answer: b) Wastewater from kitchens/bathrooms**

**Explanation:** *No excreta.*

**196. Test for Chlorine:**

- a) OT Test
- b) Methylene Blue
- c) Phosphatase
- d) Turbidity

**Answer: a) Orthotolidine (OT) Test**

**Explanation:** *Turns yellow.*

**197. Farmer's Lung caused by:**

- a) Pesticides
- b) Moldy hay
- c) Pollen
- d) Dung

**Answer: b) Moldy hay/grain dust**

**Explanation:** *Hypersensitivity.*

**198. Triage Red indicates:**

- a) Dead
- b) Minor
- c) Immediate
- d) Delayed

**Answer: c) Immediate / High priority**

**Explanation:** *Life threatening.*

**199. Biomagnification is:**

- a) Pop growth
- b) Toxin concentration increase
- c) Organ growth
- d) Zoom

**Answer: b) Increase in concentration of toxin in food chain**

**Explanation:** *Trophic levels.*

**200. RTI Act year:**

- a) 2060
- b) 2064
- c) 2072
- d) 2074

**Answer: b) RTI Act 2064**

**Explanation:** *Right to Information.*