

Public Health Officer (PHO) Preparation

Loksewa Aayog Nepal - MCQs Collection (Volume 2)

Compiled for Loksewa Preparation

January 10, 2026

Contents

1 Health Planning, Management & Policy (Set 5)	2
2 Health Planning, Management & Administration (Set 6)	9
3 Health Planning, Management & Health System (Set 7)	17
4 Health Planning, Management & Health System (Set 8)	25
5 Health Planning, Management & Health System (Set 9)	32

Set 1 Health Planning, Management & Policy (Set 5)

201. The “Public Service Commission” (Loksewa Aayog) of Nepal was established in:

- a) 2004 BS
- b) 2007 BS
- c) 2008 BS
- d) 2013 BS

Answer: c) 2008 BS

Explanation: The PSC was established on Ashad 1, 2008 BS to select meritorious candidates for the civil service.

202. In the “Matrix Organization” structure, an employee reports to:

- a) Only one boss
- b) No boss
- c) Two bosses (Functional manager and Project manager)
- d) The HR department only

Answer: c) Two bosses (Functional manager and Project manager)

Explanation: Matrix structures violate the principle of “Unity of Command” by having dual reporting lines to maximize resource use.

203. “PERT” stands for:

- a) Program Evaluation and Review Technique
- b) Project Estimation and Reporting Tool
- c) Program Energy and Resource Technique
- d) Public Evaluation and Research Tool

Answer: a) Program Evaluation and Review Technique

Explanation: PERT is a statistical tool used in project management to analyze the tasks involved in completing a project (focusing on time).

204. According to the Public Health Service Act 2075, “Emergency Health Service” is defined as:

- a) Service provided during office hours
- b) Service that cannot be delayed without risking life or limb
- c) Service provided by private hospitals only
- d) Service for VIPs

Answer: b) Service that cannot be delayed without risking life or limb

Explanation: The Act mandates that emergency services must be provided immediately and cannot be denied by any health institution.

205. The “Social Health Security Program” (Health Insurance) in Nepal began its pilot phase in which district?

- a) Kathmandu
- b) Kailali
- c) Baglung
- d) Ilam

Answer: b) Kailali

Explanation: The national health insurance program was first piloted in Kailali, Baglung, and Ilam, with Kailali being the primary launch site in 2072 BS.

206. “Autocratic Leadership” is best described as:

- a) Leader consults the group
- b) Leader gives orders and expects compliance
- c) Leader lets the group decide (Laissez-faire)
- d) Leader focuses on emotional support

Answer: b) Leader gives orders and expects compliance

Explanation: Also known as directive or authoritarian leadership, decision-making is centralized in the leader.

207. Which level of government is responsible for “Quarantine and Border Health”?

- a) Local Level
- b) Provincial Level
- c) Federal Level
- d) Shared responsibility

Answer: c) Federal Level

Explanation: International border control, including quarantine and cross-border health issues, is an exclusive power of the Federal Government.

208. The “Gantt Chart” is primarily used for:

- a) Budgeting
- b) Scheduling and monitoring progress
- c) Employee appraisal
- d) Disease surveillance

Answer: b) Scheduling and monitoring progress

Explanation: A bar chart that illustrates a project schedule, showing start and finish dates of elements.

209. “Unity of Command” means:

- a) Everyone should have the same goal
- b) An employee should receive orders from only one superior
- c) All managers should think alike
- d) One unit should have one function

Answer: b) An employee should receive orders from only one superior

Explanation: This principle prevents confusion and conflicting instructions.

210. The “Declaration of Alma-Ata” (1978) stated that health is:

- a) A privilege for the wealthy
- b) A fundamental human right
- c) A result of good luck
- d) The responsibility of doctors only

Answer: b) A fundamental human right

Explanation: It reaffirmed health as a fundamental human right and emphasized Primary Health Care.

211. The “Basic Reproductive Number” (R₀) represents:

- a) The number of days a person is infectious
- b) The average number of secondary cases generated by one primary case in a susceptible population
- c) The total number of people infected
- d) The recovery rate

Answer: b) The average number of secondary cases generated by one primary case

Explanation: If $R_0 > 1$, the epidemic grows; if $R_0 < 1$, the disease will eventually die out.

212. “Sabin” vaccine for Polio is:

- a) Inactivated Polio Vaccine (IPV) - Injectable
- b) Live Attenuated Oral Polio Vaccine (OPV)
- c) Subunit vaccine
- d) Toxoid

Answer: b) Live Attenuated Oral Polio Vaccine (OPV)

Explanation: Salk is the killed (injectable) vaccine; Sabin is the live (oral) vaccine.

213. Which of the following is an “Anthropozoonosis”?

- a) Disease transmitted from animals to humans (e.g., Rabies)
- b) Disease transmitted from humans to animals
- c) Disease transmitted between humans only
- d) Disease caused by insects

Answer: a) Disease transmitted from animals to humans

Explanation: Strictly speaking: Zoonosis = Animal to Human. (Zooanthroponosis = Human to Animal). In general MCQs, Anthropozoonosis often refers to diseases maintained in animals that can infect humans.

214. Which Plasmodium species causes “Cerebral Malaria”?

- a) *P. vivax*
- b) *P. falciparum*
- c) *P. malariae*
- d) *P. ovale*

Answer: b) *P. falciparum*

Explanation: *P. falciparum* causes the most severe form of malaria, including cytoadherence in the brain (Cerebral Malaria).

215. “Eradication” of a disease means:

- a) Reduction of cases to zero in a specific area
- b) Complete termination of infection from the whole world
- c) Prevention of complications
- d) Control of vectors

Answer: b) Complete termination of infection from the whole world

Explanation: Eradication (e.g., Smallpox) is global. Elimination is regional/national reduction to zero.

216. The incubation period of Rabies varies, but typically it is:

- a) 1–2 days
- b) 3–8 weeks
- c) 6 months to 1 year
- d) 5 years

Answer: b) 3–8 weeks

Explanation: While it can range from days to years, the average is 3 to 8 weeks (20-60 days).

217. “Koplik’s Spots” are a pathognomonic sign of:

- a) Chickenpox
- b) Measles
- c) Mumps
- d) Rubella

Answer: b) Measles

Explanation: Small white spots inside the mouth (on buccal mucosa) that appear before the skin rash.

218. “Ring Vaccination” strategy was successfully used to eradicate:

- a) Polio
- b) Smallpox
- c) Malaria
- d) Cholera

Answer: b) Smallpox

Explanation: Vaccinating all contacts and contacts-of-contacts around a confirmed case to create a buffer of immunity.

219. Which test is used for the diagnosis of Typhoid fever (Enteric fever)?

- a) Widal Test / Blood Culture
- b) Mantoux Test
- c) ELISA
- d) Shick Test

Answer: a) Widal Test / Blood Culture

Explanation: Blood culture is the gold standard; Widal is a serological test commonly used in resource-limited settings.

220. A "Carrier" who sheds the infectious agent during recovery is called a:

- a) Incubatory Carrier
- b) Convalescent Carrier
- c) Healthy Carrier
- d) Chronic Carrier

Answer: b) Convalescent Carrier

Explanation: A person who is recovering from the illness but is still infectious.

221. In a skewed distribution, the best measure of central tendency is:

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

Answer: b) Median

Explanation: The Median is resistant to outliers and skewness, unlike the Mean.

222. "Parametric Tests" (like t-test) assume that the data:

- a) Is normally distributed
- b) Is not normally distributed
- c) Is qualitative
- d) Has no variance

Answer: a) Is normally distributed

Explanation: Parametric tests rely on assumptions about the population parameters, chiefly normality.

223. Which sampling error occurs when the sample does not represent the population?

- a) Measurement Error
- b) Selection Bias
- c) Data Entry Error
- d) Random Error

Answer: b) Selection Bias

Explanation: Systematic error arising from the way participants are selected.

224. "External Validity" (Generalizability) refers to:

- a) Whether the study measured what it intended to measure
- b) The extent to which study results can be applied to the wider population
- c) The accuracy of the instruments
- d) The statistical significance

Answer: b) The extent to which study results can be applied to the wider population

Explanation: Can the findings from the sample be generalized to the real world?

225. A correlation coefficient of $r = +0.8$ indicates:

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

Answer: b) Strong positive correlation

Explanation: Values close to +1 indicate a strong positive relationship.

226. "Incidence Density" uses as its denominator:

- a) Total population at mid-year
- b) Person-Time at risk
- c) Total number of cases
- d) Total deaths

Answer: b) Person-Time at risk

Explanation: It accounts for varying time periods that individuals contribute to the study.

227. The "Null Hypothesis" (H0) usually states:

- a) There is a difference between groups
- b) The intervention is effective
- c) There is NO difference or association (status quo)
- d) The alternative is false

Answer: c) There is NO difference or association

Explanation: Statistical tests attempt to reject the Null Hypothesis.

228. Which vital event is NOT typically covered by the HMIS in Nepal?

- a) Institutional Birth
- b) Marriage Registration
- c) Maternal Death
- d) Immunization

Answer: b) Marriage Registration

Explanation: HMIS records health service data. Marriage registration is a civil registration function.

229. "Meta-Analysis" is:

- a) A study of a single case
- b) A statistical technique to combine results from multiple independent studies
- c) A qualitative interview method
- d) A cost analysis

Answer: b) A statistical technique to combine results from multiple independent studies

Explanation: It provides a higher level of evidence by pooling data.

230. Which graph is used to determine the Median (Q2)?

- a) Histogram
- b) Ogive (Cumulative Frequency Curve)
- c) Bar Chart
- d) Pie Chart

Answer: b) Ogive (Cumulative Frequency Curve)

Explanation: The intersection of the 50% cumulative frequency with the curve indicates the median.

231. The "Let-down reflex" in breastfeeding is stimulated by which hormone?

- a) Prolactin
- b) Oxytocin
- c) Estrogen
- d) Progesterone

Answer: b) Oxytocin

Explanation: Prolactin stimulates milk production; Oxytocin stimulates milk ejection (let-down).

232. "Megaloblastic Anemia" is caused by deficiency of:

- a) Iron
- b) Folic Acid / Vitamin B12
- c) Vitamin C
- d) Vitamin D

Answer: b) Folic Acid / Vitamin B12

Explanation: Deficiency leads to large, immature red blood cells (megaloblasts).

233. The “Unmet Need for Family Planning” refers to women who:

- a) Are using contraception but want more children
- b) Are not using contraception but wish to postpone or stop childbearing
- c) Are using traditional methods
- d) Are infertile

Answer: b) Are not using contraception but wish to postpone or stop childbearing

Explanation: A key indicator for FP program performance.

234. In Nepal, “Implant” (Jadelle) is inserted in:

- a) The dominant arm
- b) The non-dominant arm (inner side)
- c) The leg
- d) The abdomen

Answer: b) The non-dominant arm (inner side)

Explanation: It is placed subdermally in the inner aspect of the non-dominant upper arm to minimize interference with daily activities.

235. “Partograph” is a tool used to monitor:

- a) Child growth
- b) Progress of Labor
- c) Blood pressure trends
- d) Menstrual cycle

Answer: b) Progress of Labor

Explanation: It records cervical dilation, fetal heart rate, and maternal condition to detect obstructed labor early.

236. “Bitot’s Spots” are associated with:

- a) Conjunctivitis
- b) Vitamin A deficiency
- c) Trachoma
- d) Cataract

Answer: b) Vitamin A deficiency

Explanation: Foamy, white, triangular spots on the conjunctiva, an early sign of Xerophthalmia.

237. The “Total Dependency Ratio” formula is:

- a) $(\text{Pop } 0-14 / \text{Pop } 15-64) \times 100$
- b) $(\text{Pop } 65+ / \text{Pop } 15-64) \times 100$
- c) $[(\text{Pop } 0-14 + \text{Pop } 65+) / \text{Pop } 15-64] \times 100$
- d) $(\text{Pop } 15-64 / \text{Pop Total}) \times 100$

Answer: c) $[(\text{Pop } 0-14 + \text{Pop } 65+) / \text{Pop } 15-64] \times 100$

Explanation: It combines youth and old-age dependency.

238. “Misoprostol” is used in the community setting in Nepal for:

- a) Treating pneumonia
- b) Preventing Post-Partum Haemorrhage (PPH) during home delivery
- c) Treating diarrhea
- d) Contraception

Answer: b) Preventing Post-Partum Haemorrhage (PPH)

Explanation: Matri-Suraksha Chakki (Misoprostol) is distributed to pregnant women for use immediately after birth if they deliver at home.

239. Which of the following is a “Permanent” method of family planning for men?

- a) Condom
- b) NSV (No Scalpel Vasectomy)
- c) Minilap
- d) IUCD

Answer: b) NSV (No Scalpel Vasectomy)

Explanation: NSV is the standard surgical sterilization for men.

240. According to NDHS 2022, the Neonatal Mortality Rate (NMR) in Nepal is approximately:

- a) 10 per 1000 live births
- b) 21 per 1000 live births
- c) 30 per 1000 live births
- d) 40 per 1000 live births

Answer: b) 21 per 1000 live births

Explanation: NDHS 2022 reported NMR at 21/1000 LB.

241. “Blue Baby Syndrome” (Methaemoglobinaemia) is caused by water contamination with:

- a) Lead
- b) Nitrates
- c) Fluoride
- d) Arsenic

Answer: b) Nitrates

Explanation: High nitrate levels reduce the oxygen-carrying capacity of hemoglobin in infants.

242. Which occupational cancer is associated with “Vinyl Chloride” exposure?

- a) Lung cancer
- b) Angiosarcoma of the Liver
- c) Bladder cancer
- d) Skin cancer

Answer: b) Angiosarcoma of the Liver

Explanation: A rare cancer linked specifically to the plastics industry (PVC manufacturing).

243. The “Globe Thermometer” measures:

- a) Air temperature
- b) Radiant heat
- c) Humidity
- d) Air velocity

Answer: b) Radiant heat

Explanation: It is used to assess the mean radiant temperature of the surroundings.

244. In water treatment, “Aeration” is done primarily to:

- a) Kill bacteria
- b) Remove gases (CO₂, H₂S) and taste/odor
- c) Filter particles
- d) Soften water

Answer: b) Remove gases (CO₂, H₂S) and taste/odor

Explanation: It increases oxygen content and removes volatile substances.

245. “Temporary Hardness” of water can be removed by:

- a) Boiling
- b) Adding Chlorine
- c) Filtration
- d) Sedimentation

Answer: a) Boiling

Explanation: Boiling precipitates bicarbonates of calcium and magnesium.

246. Which of the following is a “Cold Chain” equipment used at the Health Post level?

- a) Walk-in Cooler
- b) ILR (Ice Lined Refrigerator) / Deep Freezer
- c) Cold Box only
- d) Vaccine Carrier only

Answer: b) ILR (Ice Lined Refrigerator) / Deep Freezer

Explanation: ILRs are used at district and sub-district levels to store vaccines.

247. “Silicosis” predisposes a worker to which infection?

- a) Pneumonia
- b) Tuberculosis (Silico-tuberculosis)
- c) Asthma
- d) Bronchitis

Answer: b) Tuberculosis

Explanation: Silica dust damages lung macrophages, making the lung highly susceptible to TB.

248. The standard color for the “Radiation Hazard” symbol is:

- a) Red on White
- b) Magenta or Black on Yellow
- c) Green on White
- d) Blue on White

Answer: b) Magenta or Black on Yellow

Explanation: The trefoil symbol is typically magenta or black on a yellow background.

249. “Sewage” differs from “Sullage” because Sewage contains:

- a) Detergents
- b) Human Excreta
- c) Kitchen waste
- d) Rainwater

Answer: b) Human Excreta

Explanation: Sewage is liquid waste containing fecal matter.

250. “Curette” is an instrument used in:

- a) Dental checkup
- b) Abortion / D&C procedures
- c) Eye surgery
- d) Hearing test

Answer: b) Abortion / D&C procedures

Explanation: A curette is used to scrape the uterine lining (Dilation and Curettage).

Set 2 Health Planning, Management & Administration (Set 6)

251. The “Employee Adjustment Act” (Karmachari Samayojan Ain) was enacted to manage civil servants during Nepal’s transition to federalism in the year:

- a) 2072 BS
- b) 2074 BS
- c) 2075 BS
- d) 2076 BS

Answer: c) 2075 BS

Explanation: This act was crucial for assigning civil servants to the Federal, Provincial, and Local levels.

252. In the “Line and Staff” organization structure, the function of “Staff” is to:

- a) Give orders to line managers
- b) Advise and support line managers
- c) Perform the core production work
- d) Make all final decisions

Answer: b) Advise and support line managers

Explanation: Line authority is the power to give orders; Staff authority is the power to advise and support.

253. “Efficiency” is best defined as:

- a) Achieving the target
- b) The relationship between inputs and outputs
- c) Reaching the highest number of people
- d) Spending the entire budget

Answer: b) The relationship between inputs and outputs

Explanation: Efficiency is about minimizing waste. Effectiveness is about achieving the goal.

254. The “Suaahara” program in Nepal is primarily focused on:

- a) Integrated Nutrition
- b) Tuberculosis Control
- c) HIV/AIDS
- d) Malaria Elimination

Answer: a) Integrated Nutrition

Explanation: Suaahara is a major multi-sectoral nutrition program in Nepal.

255. Which form is used for “Daily Travel Allowance” (Bhraman Bhatta) bills?

- a) Form No. 10
- b) AG Form No. 906 (Old) / Designated Travel Form
- c) Form No. 403
- d) Form No. 408

Answer: b) AG Form No. 906 (Old) / Designated Travel Form

Explanation: The Travel Order and Bill is distinct from standard inventory forms.

256. “Chain of Command” refers to:

- a) The physical chain in a hospital
- b) The unbroken line of authority from the top to the bottom of an organization
- c) A supply chain method
- d) A type of leadership style

Answer: b) The unbroken line of authority from the top to the bottom

Explanation: It defines who reports to whom.

257. The “Right to Health” is included in which Article of the Constitution of Nepal?

- a) Article 16
- b) Article 30
- c) Article 35
- d) Article 38

Answer: c) Article 35

Explanation: Article 35 specifically guarantees the Right to Health.

258. “Theory X” managers believe that employees:

- a) Enjoy work and are self-motivated
- b) Dislike work and need to be coerced/controlled
- c) Are creative problem solvers
- d) Need only social satisfaction

Answer: b) Dislike work and need to be coerced/controlled

Explanation: Douglas McGregor’s Theory X assumes workers are inherently lazy.

259. The “Department of Drug Administration” (DDA) is located in:

- a) Teku
- b) Bijulibazar (Babarmahal)
- c) Lazimpat
- d) Pulchowk

Answer: b) Bijulibazar (Babarmahal)

Explanation: *The DDA head office is in Bijulibazar, Kathmandu.*

260. A “Program” differs from a “Project” because a Program is:

- a) Smaller in scope
- b) Temporary with a fixed end date
- c) Ongoing and indefinite, often consisting of multiple projects
- d) Cheaper

Answer: c) Ongoing and indefinite, often consisting of multiple projects

Explanation: *A Project has a defined start and end. A Program is a long-term undertaking.*

261. “Herd Immunity” is also known as:

- a) Community Immunity
- b) Innate Immunity
- c) Passive Immunity
- d) Cellular Immunity

Answer: a) Community Immunity

Explanation: *It refers to the protection offered to unvaccinated individuals when a high percentage of the population is immune.*

262. The vector for “Japanese Encephalitis” (*Culex tritaeniorhynchus*) typically breeds in:

- a) Fast-flowing rivers
- b) Rice paddy fields
- c) Tree holes
- d) Sewerage

Answer: b) Rice paddy fields

Explanation: *This vector prefers large, sunlit, fresh water bodies like rice paddies.*

263. “Cold Chain” failure is most damaging to which vaccine (most heat sensitive)?

- a) Tetanus Toxoid
- b) OPV (Oral Polio Vaccine)
- c) Hepatitis B
- d) BCG

Answer: b) OPV (Oral Polio Vaccine)

Explanation: *OPV is the most heat-sensitive vaccine.*

264. A disease that is transmitted from a vertebrate animal to a human is strictly called:

- a) Zooanthroponosis
- b) Anthrozoosis
- c) Amphixenosis
- d) Epizootic

Answer: b) Anthrozoosis

Explanation: *In technical terms: Animal -> Human = Anthrozoosis.*

265. "Active Surveillance" involves:

- a) Waiting for patients to come to the clinic
- b) Health workers visiting communities/homes to find cases
- c) Reading journals
- d) Testing blood in the lab

Answer: b) Health workers visiting communities/homes to find cases

Explanation: *It is proactive case finding, unlike Passive Surveillance.*

266. Which of the following is a "Water-Washed" disease (due to lack of water for hygiene)?

- a) Cholera
- b) Trachoma
- c) Typhoid
- d) Giardiasis

Answer: b) Trachoma

Explanation: *Water-borne = swallowed. Water-washed = lack of hygiene.*

267. "Incubation Period" determines the:

- a) Duration of treatment
- b) Period of Quarantine
- c) Severity of disease
- d) Type of vaccine needed

Answer: b) Period of Quarantine

Explanation: *Quarantine is applied for the maximum incubation period of the disease.*

268. The "Secondary Attack Rate" is a measure of:

- a) Severity
- b) Contagiousness / Communicability
- c) Mortality
- d) Pathogenicity

Answer: b) Contagiousness / Communicability

Explanation: *It measures the spread of disease within a household or closed group.*

269. Which stain is used for the diagnosis of Leprosy (Mycobacterium leprae)?

- a) Gram Stain
- b) Ziehl-Neelsen (ZN) Stain / Modified ZN
- c) Giemsa Stain
- d) Iodine Stain

Answer: b) Ziehl-Neelsen (ZN) Stain / Modified ZN

Explanation: *Like TB, Leprosy bacteria are Acid-Fast Bacilli (AFB).*

270. "Hepatitis B" is primarily transmitted through:

- a) Contaminated water
- b) Contaminated food
- c) Blood, sexual contact, and perinatal route
- d) Air

Answer: c) Blood, sexual contact, and perinatal route

Explanation: *Similar transmission mode to HIV.*

271. A "Histogram" differs from a "Bar Chart" because:

- a) Histogram bars are separated by gaps
- b) Histogram bars touch each other (Continuous data)
- c) Histogram is for qualitative data
- d) Bar chart is for quantitative data

Answer: b) Histogram bars touch each other (Continuous data)

Explanation: *Histograms represent continuous frequency distributions.*

272. "Standard Deviation" is the square root of:

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

Answer: c) Variance

Explanation: Variance is the average of squared deviations; SD is the square root of Variance.

273. Which research design is best for rare diseases?

- a) Cohort Study
- b) Case-Control Study
- c) Cross-Sectional Study
- d) RCT

Answer: b) Case-Control Study

Explanation: Because you start with the cases (who already have the rare disease) and look back.

274. "Quota Sampling" is a type of:

- a) Probability Sampling
- b) Non-Probability Sampling
- c) Random Sampling
- d) Cluster Sampling

Answer: b) Non-Probability Sampling

Explanation: It involves selecting a specific number of participants with certain traits non-randomly.

275. "Degrees of Freedom" (df) in a Chi-square test with a 2x2 contingency table is:

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

Answer: a) 1

Explanation: Formula: $df = (Rows - 1) \times (Columns - 1)$.

276. Which test is non-parametric equivalent to the independent t-test?

- a) Mann-Whitney U Test
- b) Pearson Correlation
- c) ANOVA
- d) Paired t-test

Answer: a) Mann-Whitney U Test

Explanation: Used when data does not follow a normal distribution.

277. "Reliability" of a research instrument refers to:

- a) Accuracy
- b) Consistency (getting the same result repeatedly)
- c) Generalizability
- d) Cost-effectiveness

Answer: b) Consistency (getting the same result repeatedly)

Explanation: Validity = Accuracy. Reliability = Consistency.

278. "Odds Ratio" (OR) is the measure of association in:

- a) Cohort Studies
- b) Case-Control Studies
- c) Cross-Sectional Studies
- d) Ecological Studies

Answer: b) Case-Control Studies

Explanation: Since incidence cannot be calculated in case-control studies, we use Odds Ratio.

279. In a "Double-Blind" trial:

- a) Only the doctor is blind
- b) Only the patient is blind
- c) Both the investigator and the participant do not know who is in the control vs. experimental group
- d) The data analyst is blind

Answer: c) Both the investigator and the participant do not know

Explanation: This eliminates both observer bias and participant bias.

280. Data that can only be classified into two categories (e.g., Yes/No, Male/Female) is called:

- a) Dichotomous
- b) Continuous
- c) Ordinal
- d) Interval

Answer: a) Dichotomous

Explanation: A specific type of nominal data with only two values.

281. The "Expanded Programme on Immunization" (EPI) was launched in Nepal in:

- a) 2030 BS
- b) 2034 BS (approx 1978 AD)
- c) 2046 BS
- d) 2052 BS

Answer: b) 2034 BS (approx 1978 AD)

Explanation: EPI started in 2034 BS in 3 districts and expanded nationwide by 2045 BS.

282. Which nutrient enhances the absorption of Iron?

- a) Calcium
- b) Vitamin C (Ascorbic Acid)
- c) Phytates
- d) Tea/Coffee

Answer: b) Vitamin C (Ascorbic Acid)

Explanation: Vitamin C helps convert non-heme iron into a absorbable form.

283. "Goiter" is the visible enlargement of the:

- a) Lymph nodes
- b) Thyroid gland
- c) Parotid gland
- d) Tonsils

Answer: b) Thyroid gland

Explanation: Caused primarily by Iodine deficiency.

284. The "Census" in Nepal is conducted every:

- a) 5 years
- b) 10 years
- c) 15 years
- d) 20 years

Answer: b) 10 years

Explanation: The most recent census was in 2021 (2078 BS).

285. "Low Birth Weight" (LBW) is defined as a birth weight of:

- a) Less than 2000g
- b) Less than 2500g
- c) Less than 3000g
- d) Exactly 2500g

Answer: b) Less than 2500g

Explanation: <2.5 kg is LBW.

286. "Vitamin K" injection is given to newborns to prevent:

- a) Infection
- b) Haemorrhagic Disease of the Newborn (HDN)
- c) Jaundice
- d) Hypothermia

Answer: b) Haemorrhagic Disease of the Newborn (HDN)

Explanation: *Newborns have low Vitamin K stores, which are essential for blood clotting.*

287. "Measles" vaccine is given in Nepal at:

- a) 6 months and 12 months
- b) 9 months and 15 months
- c) 9 months only
- d) 15 months only

Answer: b) 9 months and 15 months

Explanation: *First dose (Measles-Rubella) at 9 months, Second dose at 15 months.*

288. "Safe Days" method (Calendar method) of family planning relies on avoiding sex during:

- a) Menstruation
- b) The ovulatory phase (mid-cycle)
- c) The luteal phase
- d) The first 5 days

Answer: b) The ovulatory phase (mid-cycle)

Explanation: *It involves avoiding the fertile window around ovulation.*

289. The most common cause of "Anaemia" in pregnant women in Nepal is:

- a) Vitamin B12 deficiency
- b) Iron deficiency
- c) Malaria
- d) Hookworm

Answer: b) Iron deficiency

Explanation: *Nutritional iron deficiency is the leading cause.*

290. "Maternal Mortality Ratio" (MMR) is expressed per:

- a) 1,000 live births
- b) 10,000 live births
- c) 100,000 live births
- d) 1,000,000 live births

Answer: c) 100,000 live births

Explanation: *Unlike IMR or U5MR (per 1,000), MMR is always per 100,000 Live Births.*

291. The comfortable room temperature (Thermal Comfort) for humans is generally:

- a) 15–18°C
- b) 20–25°C
- c) 28–32°C
- d) 10–15°C

Answer: b) 20–25°C

Explanation: *Generally cited as the comfort zone.*

292. "Biological Oxygen Demand" (BOD) measures:

- a) The amount of oxygen in water
- b) The amount of oxygen required by bacteria to decompose organic matter
- c) The amount of chemicals in water
- d) The algae content

Answer: b) The amount of oxygen required by bacteria to decompose organic matter

Explanation: *High BOD indicates high organic pollution.*

293. "Pneumoconiosis" is a general term for:

- a) Water-borne diseases
- b) Dust-borne lung diseases
- c) Skin diseases
- d) Vector-borne diseases

Answer: b) Dust-borne lung diseases

Explanation: Includes Silicosis, Asbestosis, Anthracosis, etc.

294. "Symposium" is a method of health education where:

- a) One expert gives a lecture
- b) A series of speeches are given by experts on different aspects of a topic
- c) A small group discusses a problem
- d) Two people debate

Answer: b) A series of speeches are given by experts

Explanation: In a symposium, a series of prepared speeches are given by a few experts to an audience.

295. Which color bin is used for "Sharps" (Needles, Blades) in Nepal?

- a) Red
- b) Yellow
- c) Blue
- d) White / Puncture Proof Container

Answer: d) White / Puncture Proof Container

Explanation: Sharps must be disposed of in puncture-proof containers.

296. "Global Handwashing Day" is celebrated on:

- a) October 15
- b) December 1
- c) April 7
- d) June 5

Answer: a) October 15

Explanation: An advocacy day dedicated to increasing awareness about hand hygiene.

297. The "Sanitary Well" should be located at least how far from a source of contamination (like a latrine)?

- a) 5 meters
- b) 10 meters
- c) 15 meters (50 feet)
- d) 100 meters

Answer: c) 15 meters (50 feet)

Explanation: Standard guideline is at least 15 meters to prevent groundwater contamination.

298. "Noise" becomes painful at approximately:

- a) 80 dB
- b) 100 dB
- c) 120–140 dB
- d) 60 dB

Answer: c) 120–140 dB

Explanation: The threshold of pain is around 120-140 dB (e.g., Jet engine).

299. "DDT" (Dichloro-Diphenyl-Trichloroethane) is a:

- a) Organophosphate
- b) Organochlorine
- c) Carbamate
- d) Pyrethroid

Answer: b) Organochlorine

Explanation: DDT is a persistent organic pollutant.

300. "Role Play" is best used to:

- a) Teach complex statistics
- b) Change attitudes and develop social skills
- c) Transfer factual knowledge
- d) Test physical strength

Answer: b) Change attitudes and develop social skills

Explanation: Role play allows participants to act out scenarios, building empathy and communication skills.

Set 3 Health Planning, Management & Health System (Set 7)

301. The "Right to Information (RTI) Act" was promulgated in Nepal in the year:

- a) 2062 BS
- b) 2063 BS
- c) 2064 BS
- d) 2065 BS

Answer: c) 2064 BS

Explanation: The RTI Act 2064 allows citizens to request information from public bodies.

302. Which entity is responsible for the "Red Book" (Rato Kitab) in the government budgeting process?

- a) Ministry of Health
- b) Ministry of Finance
- c) National Planning Commission
- d) Office of the Auditor General

Answer: b) Ministry of Finance

Explanation: The Ministry of Finance publishes the annual budget allocation in the "Red Book".

303. "Unity of Direction" implies:

- a) One boss for one subordinate
- b) One head and one plan for a group of activities having the same objective
- c) All employees working in one room
- d) Centralization of power

Answer: b) One head and one plan for a group of activities

Explanation: While "Unity of Command" relates to reporting lines, "Unity of Direction" relates to having a single plan for a specific goal.

304. The "Social Health Security Development Committee" (Board) was formed to manage:

- a) Free drug distribution
- b) Health Insurance Program
- c) Private hospitals
- d) Medical education

Answer: b) Health Insurance Program

Explanation: This body (now the Health Insurance Board) manages the national health insurance scheme.

305. "Decentralization" in health management aims to:

- a) Concentrate power at the center
- b) Transfer authority and responsibility to lower levels
- c) Reduce the number of staff
- d) Increase the budget of the central ministry

Answer: b) Transfer authority and responsibility to lower levels

Explanation: *It empowers local levels to make decisions relevant to their specific needs.*

306. The "Public Procurement Act" (Sarwajanik Kharid Ain) currently in force was enacted in:

- a) 2060 BS
- b) 2063 BS
- c) 2065 BS
- d) 2070 BS

Answer: b) 2063 BS

Explanation: *This act governs the purchasing of goods and construction by public entities.*

307. "Supportive Supervision" checklists are primarily used to:

- a) Punish staff for errors
- b) Identify gaps and provide on-site coaching
- c) Calculate salaries
- d) Record attendance

Answer: b) Identify gaps and provide on-site coaching

Explanation: *The goal is performance improvement through mentoring, not fault-finding.*

308. Which is the "Apex Body" for health policy formulation in Nepal?

- a) Department of Health Services
- b) Ministry of Health and Population (MoHP)
- c) Nepal Medical Council
- d) Nepal Health Research Council

Answer: b) Ministry of Health and Population (MoHP)

Explanation: *The MoHP is responsible for overall policy formulation.*

309. The "Logistic Management Information System" (LMIS) report is submitted by health facilities:

- a) Monthly
- b) Quarterly (Every 3 months)
- c) Annually
- d) Bi-annually

Answer: b) Quarterly (Every 3 months)

Explanation: *Standard LMIS reporting for inventory replenishment is typically Quarterly.*

310. "Evaluation" of a health program differs from "Monitoring" because Evaluation:

- a) Is continuous
- b) Assesses the achievement of objectives and impact at the end or mid-term
- c) Checks daily activities
- d) Is done by internal staff only

Answer: b) Assesses the achievement of objectives and impact

Explanation: *Monitoring is continuous/routine tracking; Evaluation is periodic judgment of worth/outcome.*

311. The term “Nosocomial Infection” refers to:

- a) Infection acquired from animals
- b) Infection acquired in a hospital/health facility
- c) Infection acquired in the community
- d) Infection present at birth

Answer: b) Infection acquired in a hospital/health facility

Explanation: Also called Healthcare-Associated Infection (HAI).

312. “Sensitivity” of a screening test is the ability to:

- a) Identify true negatives
- b) Identify true positives
- c) Predict the future
- d) Save money

Answer: b) Identify true positives

Explanation: It picks up those who have the disease.

313. “Typhoid Mary” was a famous carrier of:

- a) Cholera
- b) Salmonella typhi
- c) Tuberculosis
- d) HIV

Answer: b) Salmonella typhi

Explanation: Mary Mallon was an asymptomatic carrier of Typhoid fever.

314. Which mosquito vector bites primarily at night?

- a) Aedes
- b) Anopheles
- c) Simulium
- d) Chrysops

Answer: b) Anopheles

Explanation: Anopheles is a night-biter. Aedes is a day-biter.

315. “Pandemic” refers to an epidemic that:

- a) Affects a small village
- b) Spreads across international borders affecting a large number of people
- c) Is always present
- d) Occurs seasonally

Answer: b) Spreads across international borders affecting a large number of people

Explanation: E.g., COVID-19.

316. The “Gold Standard” for diagnosing Tuberculosis is:

- a) Chest X-ray
- b) Sputum Culture
- c) Mantoux Test
- d) ESR

Answer: b) Sputum Culture

Explanation: Culture remains the microbiological gold standard.

317. “Schick Test” is used to determine immunity against:

- a) Tuberculosis
- b) Diphtheria
- c) Typhoid
- d) Scarlet Fever

Answer: b) Diphtheria

Explanation: An intradermal test used historically to check susceptibility to Diphtheria.

318. "Incidence Rate" is calculated as:

- a) (Number of new cases / Total population at risk) x 1000
- b) (Number of old cases / Total population) x 1000
- c) (Number of deaths / Total cases) x 100
- d) (Number of cured / Total cases) x 100

Answer: a) (Number of new cases / Total population at risk) x 1000

Explanation: Incidence measures new occurrences over a period.

319. Which Hepatitis virus is DNA-based?

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

Answer: b) Hepatitis B

Explanation: Hepatitis B is a DNA virus (Hepadnavirus). All others are RNA viruses.

320. The "Host" factor in the epidemiological triad includes:

- a) Temperature and Humidity
- b) Bacteria and Virus
- c) Genetics, Age, and Immunity status
- d) Housing conditions

Answer: c) Genetics, Age, and Immunity status

Explanation: Host factors are intrinsic to the human/animal being infected.

321. "Parameter" refers to a characteristic of the:

- a) Sample
- b) Population
- c) Variable
- d) Software

Answer: b) Population

Explanation: A "Statistic" describes a Sample; a "Parameter" describes a Population.

322. Which test is used to compare the proportions (percentages) of two groups?

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

Answer: b) Chi-square test

Explanation: Chi-square tests for differences between categorical variables.

323. "Systematic Error" in a study is also known as:

- a) Bias
- b) Random Error
- c) Standard Error
- d) Chance

Answer: a) Bias

Explanation: Bias is a consistent deviation from the truth.

324. The "Median" is also known as the:

- a) 25th Percentile
- b) 50th Percentile
- c) 75th Percentile
- d) 100th Percentile

Answer: b) 50th Percentile

Explanation: It is the middle value.

325. In a "Cross-sectional Study", exposure and outcome are measured:

- a) At the same time
- b) Exposure first, then outcome later
- c) Outcome first, then exposure history looked up
- d) Before birth

Answer: a) At the same time

Explanation: It provides a "snapshot" of the population.

326. "Cluster Sampling" is most useful when:

- a) The population is small and concentrated
- b) A sampling frame is not available
- c) The population is homogeneous
- d) You have unlimited time

Answer: b) A sampling frame is not available

Explanation: If you don't have a list of every individual, you select clusters first.

327. "Variance" is calculated as:

- a) Standard Deviation squared (SD²)
- b) Square root of Standard Deviation
- c) Mean - Mode
- d) Range / 2

Answer: a) Standard Deviation squared (SD²)

Explanation: Mathematically, Variance is the average of squared differences from the Mean.

328. A p-value of 0.001 implies:

- a) The result is not significant
- b) Highly statistically significant result
- c) The null hypothesis is true
- d) There is a 1% chance of error

Answer: b) Highly statistically significant result

Explanation: $p < 0.05$ is significant; $p < 0.001$ is highly significant.

329. The "Hawthorne Effect" is a type of:

- a) Selection Bias
- b) Measurement Bias (Subject bias)
- c) Confounding
- d) Publication Bias

Answer: b) Measurement Bias (Subject bias)

Explanation: Participants change their behavior because they know they are being studied.

330. "Disability-Free Life Expectancy" (DFLE) is a type of:

- a) Mortality Indicator
- b) Health Status / Quality of Life Indicator
- c) Economic Indicator
- d) Fertility Indicator

Answer: b) Health Status / Quality of Life Indicator

Explanation: It combines mortality and morbidity data.

331. "Colostrum" is rich in which immunoglobulin?

- a) IgG
- b) IgA
- c) IgM
- d) IgE

Answer: b) IgA

Explanation: Secretory IgA in colostrum protects the infant's gut mucosa.

332. "Vitamin D" deficiency in adults causes:

- a) Rickets
- b) Osteomalacia
- c) Scurvy
- d) Night blindness

Answer: b) Osteomalacia

Explanation: *Rickets is in children; Osteomalacia is the adult equivalent.*

333. The "Safe Motherhood" initiative in Nepal prioritizes preventing the "Three Delays". The first delay is:

- a) Delay in reaching the facility
- b) Delay in receiving care
- c) Delay in seeking care (Decision making)
- d) Delay in discharge

Answer: c) Delay in seeking care (Decision making)

Explanation: *Usually due to lack of awareness, cost, or cultural factors.*

334. A "Contraceptive Prevalence Rate" (CPR) of 43% means:

- a) 43% of all women use contraception
- b) 43% of married women of reproductive age use contraception
- c) 43% of men use contraception
- d) 43% of the total population uses contraception

Answer: b) 43% of married women of reproductive age use contraception

Explanation: *CPR is specific to "Eligible Couples".*

335. Which IUD is best suited for a woman who has never been pregnant (Nulliparous)?

- a) Copper T 380A
- b) Multiload 375
- c) Progestasert
- d) Lippes Loop

Answer: b) Multiload 375

Explanation: *Multiload 375 has flexible arms and is often considered easier to insert in nulliparous women.*

336. "Supplementary Feeding" usually starts at:

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

Answer: c) 6 months

Explanation: *Also called "Complementary Feeding", starting after 6 months of exclusive breastfeeding.*

337. "Xerophthalmia" refers to dryness of the eye due to deficiency of:

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

Answer: a) Vitamin A

Explanation: *It progresses from Night Blindness -> Xerosis.*

338. "Perinatal Mortality" includes:

- a) Stillbirths + Deaths in first 7 days of life
- b) Stillbirths + Deaths in first 28 days
- c) Deaths in first year
- d) Abortions

Answer: a) Stillbirths + Deaths in first 7 days of life

Explanation: It reflects the safety of the birth process.

339. "Iron" tablets are combined with Folic Acid because Folic Acid prevents:

- a) Constipation
- b) Neural Tube Defects and supports red blood cell formation
- c) Vomiting
- d) Diarrhea

Answer: b) Neural Tube Defects and supports RBC formation

Explanation: Folic acid is critical for DNA synthesis.

340. According to Nepal's protocol, "Maternal Death" is the death of a woman while pregnant or within:

- a) 7 days of termination of pregnancy
- b) 28 days of termination of pregnancy
- c) 42 days of termination of pregnancy
- d) 1 year of termination of pregnancy

Answer: c) 42 days of termination of pregnancy

Explanation: Defined as death during pregnancy or within 42 days of termination.

341. "Panel Discussion" involves:

- a) A single speaker
- b) A group of 4-8 experts discussing a topic in front of an audience
- c) A role play
- d) A film show

Answer: b) A group of 4-8 experts discussing a topic

Explanation: The experts discuss among themselves while the audience listens.

342. "Greenhouse Gases" include all EXCEPT:

- a) Carbon Dioxide
- b) Methane
- c) Nitrous Oxide
- d) Oxygen

Answer: d) Oxygen

Explanation: Oxygen is not a greenhouse gas.

343. The "Minamata Disease" in Japan was caused by poisoning with:

- a) Lead
- b) Mercury
- c) Cadmium
- d) Arsenic

Answer: b) Mercury

Explanation: Caused by eating fish contaminated with methylmercury.

344. "Itai-Itai" disease was caused by:

- a) Mercury
- b) Cadmium
- c) Lead
- d) Chromium

Answer: b) Cadmium

Explanation: Cadmium poisoning leads to severe bone pain.

345. Which filter is used in the "Rapid Sand Filter"?

- a) Biological layer
- b) Mechanical straining and backwashing
- c) Ceramic candle
- d) Cloth

Answer: b) Mechanical straining and backwashing

Explanation: Rapid sand filters work by physical filtration and require backwashing.

346. "Flash Method" of Pasteurization involves heating milk to:

- a) 63°C for 30 mins
- b) 72°C for 15 seconds
- c) 100°C for 10 mins
- d) 120°C for 5 seconds

Answer: b) 72°C for 15 seconds

Explanation: Also called HTST (High Temperature Short Time).

347. The "Air Quality Index" (AQI) measures:

- a) Humidity
- b) Pollution level
- c) Temperature
- d) Wind speed

Answer: b) Pollution level

Explanation: It aggregates data on PM2.5, PM10, etc.

348. In Health Education, "Demonstration" is based on the principle of:

- a) Learning by hearing
- b) Learning by doing/seeing
- c) Learning by reading
- d) Learning by fear

Answer: b) Learning by doing/seeing

Explanation: Combines showing (visual) and explanation (audio).

349. "Sewage" treatment's "Activated Sludge Process" is a form of:

- a) Primary Treatment
- b) Secondary (Biological) Treatment
- c) Tertiary Treatment
- d) Chemical Treatment

Answer: b) Secondary (Biological) Treatment

Explanation: It uses microorganisms to break down organic matter.

350. "Bagassosis" is associated with:

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

Answer: a) Sugar cane dust

Explanation: Inhalation of bagasse causes this allergic lung condition.

Set 4 Health Planning, Management & Health System (Set 8)

351. The “Essential Drugs” list of Nepal currently contains approximately how many items?

- a) 350+
- b) 398
- c) 450+
- d) 500+

Answer: b) 398

Explanation: *The National List of Essential Medicines (NLEM) 2021 contains 398 items.*

352. Which section of the DoHS is responsible for the “Early Warning and Reporting System” (EWARS)?

- a) Family Welfare Division
- b) Management Division
- c) Epidemiology and Disease Control Division (EDCD)
- d) National Public Health Laboratory

Answer: c) Epidemiology and Disease Control Division (EDCD)

Explanation: *EWARS monitors vector-borne diseases and outbreaks under EDCD.*

353. “Delegation of Authority” means:

- a) Transferring responsibility and authority to subordinates
- b) Resigning from the job
- c) Promoting a staff member
- d) Reducing the salary

Answer: a) Transferring responsibility and authority to subordinates

Explanation: *It allows managers to share the workload.*

354. The “Ottawa Charter” identified 5 action areas. Which one is NOT among them?

- a) Build Healthy Public Policy
- b) Create Supportive Environments
- c) Strengthen Community Actions
- d) Increase Hospital Beds

Answer: d) Increase Hospital Beds

Explanation: *The 5th area is “Reorient Health Services”, not just adding beds.*

355. “Zero Tolerance” policy in Nepal’s health sector is most strongly associated with:

- a) Absenteeism
- b) Gender Based Violence (GBV)
- c) Corruption
- d) Late arrival

Answer: b) Gender Based Violence (GBV)

Explanation: *Zero Tolerance is the specific slogan for GBV.*

356. The “Suaahara II” program was funded by:

- a) DFID
- b) USAID
- c) JICA
- d) World Bank

Answer: b) USAID

Explanation: *A major integrated nutrition program.*

357. In the HMIS, HMIS 9.3 refers to:

- a) OPD Register
- b) ANC Register
- c) Monthly Monitoring Sheet
- d) Logistics Form

Answer: c) Monthly Monitoring Sheet

Explanation: *HMIS codes categorize different reporting forms.*

358. The "Theory of Bureaucracy" was proposed by:

- a) Max Weber
- b) Henry Fayol
- c) F.W. Taylor
- d) Elton Mayo

Answer: a) Max Weber

Explanation: *Weber defined the characteristics of bureaucracy.*

359. Which constitutional body investigates abuse of authority by public post holders?

- a) CIIA (Akhtiyar)
- b) National Vigilance Center
- c) Police
- d) Court

Answer: a) CIIA (Akhtiyar)

Explanation: *The Commission for the Investigation of Abuse of Authority.*

360. "Health Promoting School" initiative focuses on:

- a) Teaching biology only
- b) Improving the health and well-being of the school community
- c) Giving vaccines only
- d) Sports only

Answer: b) Improving the health and well-being of the school community

Explanation: *A holistic approach.*

361. "Directly Observed Treatment, Short-course" (DOTS) has 5 key components. The first one is:

- a) Steady supply of drugs
- b) Political Commitment
- c) Good diagnosis
- d) Recording and Reporting

Answer: b) Political Commitment

Explanation: *Without sustained political and financial commitment, the other components fail.*

362. The "Reservoir" of infection for Measles is:

- a) Monkeys
- b) Soil
- c) Human beings
- d) Birds

Answer: c) Human beings

Explanation: *Measles has no animal reservoir.*

363. Which of the following is a "Propagated Epidemic"?

- a) Food poisoning at a wedding
- b) Cholera outbreak from a single well
- c) Measles outbreak
- d) Bhopal Gas Tragedy

Answer: c) Measles outbreak

Explanation: *Propagated epidemics spread from person to person.*

364. "Q Fever" is caused by:

- a) *Coxiella burnetii*
- b) *Rickettsia prowazekii*
- c) *Borrelia burgdorferi*
- d) *Yersinia pestis*

Answer: a) *Coxiella burnetii*

Explanation: A zoonosis often acquired from cattle/sheep/goats.

365. "Screening" is distinct from "Diagnostic" testing because Screening is applied to:

- a) Sick people to confirm disease
- b) Apparently healthy people to find hidden disease
- c) Dead bodies
- d) Animals

Answer: b) Apparently healthy people to find hidden disease

Explanation: Screening sorts the "apparently well" into "probable case".

366. The "Moderna" COVID-19 vaccine is which type?

- a) Inactivated virus
- b) Viral Vector
- c) mRNA
- d) Protein Subunit

Answer: c) mRNA

Explanation: Pfizer and Moderna use Messenger RNA technology.

367. "Endemic" goiter is said to exist when the prevalence rate in school-age children is:

- a) > 1%
- b) > 5%
- c) > 10%
- d) > 20%

Answer: b) > 5%

Explanation: WHO defines a public health problem if Goiter prevalence is >5%.

368. Which index is used to measure the density of *Aedes* mosquito larvae?

- a) Spleen Index
- b) Breteau Index
- c) Parasite Index
- d) Body Mass Index

Answer: b) Breteau Index

Explanation: Along with House Index and Container Index, Breteau Index monitors Dengue vectors.

369. "Standard Deviation" (SD) describes the deviation of values from the:

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

Answer: c) Mean

Explanation: It measures dispersion around the arithmetic mean.

370. "Risk Ratio" (Relative Risk) is calculated as:

- a) Incidence in Exposed / Incidence in Non-exposed
- b) Prevalence in Exposed / Prevalence in Non-exposed
- c) Odds of Exposure in Cases / Odds of Exposure in Controls
- d) Incidence in Non-exposed / Incidence in Exposed

Answer: a) Incidence in Exposed / Incidence in Non-exposed

Explanation: RR tells you how much more likely the exposed group is to get the disease.

371. "Sampling Frame" is:

- a) The boundary of the study area
- b) The list of all units/people in the population from which the sample is drawn
- c) The sample size formula
- d) The software used

Answer: b) The list of all units/people in the population

Explanation: Example: A voter list or telephone directory.

372. Which graph is used to check if data is normally distributed?

- a) Histogram
- b) Pie chart
- c) Box plot
- d) Scatter plot

Answer: a) Histogram

Explanation: The shape of the histogram reveals if the distribution is symmetric.

373. "Variables" that can take any value within a range (e.g., Height 165.5 cm) are:

- a) Discrete variables
- b) Continuous variables
- c) Nominal variables
- d) Ordinal variables

Answer: b) Continuous variables

Explanation: Continuous variables have infinite possibilities between two points.

374. The "Chi-square" value is never:

- a) Positive
- b) Negative
- c) Zero
- d) Large

Answer: b) Negative

Explanation: Since it involves squaring differences, the Chi-square statistic is always non-negative.

375. "Purposive Sampling" is best described as:

- a) Everyone has an equal chance
- b) Selecting subjects based on specific characteristics relevant to the study
- c) Selecting the most convenient people
- d) Selecting by lottery

Answer: b) Selecting subjects based on specific characteristics

Explanation: A non-probability method used when specific expertise is needed.

376. "Validity" in a screening test refers to:

- a) Repeatability
- b) Cost
- c) Ability to distinguish between who has disease and who does not (Accuracy)
- d) Acceptance by public

Answer: c) Ability to distinguish between who has disease and who does not (Accuracy)

Explanation: Measured by Sensitivity and Specificity.

377. In "Snowball Sampling", the researcher:

- a) Picks people from a snowy area
- b) Asks the first participant to identify other potential participants
- c) Rolls dice to select
- d) Uses a random number table

Answer: b) Asks the first participant to identify other potential participants

Explanation: Used for hidden/hard-to-reach populations.

378. "Secondary Data" refers to:

- a) Data collected by the researcher for the first time
- b) Data that already exists (e.g., Hospital records)
- c) Data from the second phase of study
- d) Fake data

Answer: b) Data that already exists

Explanation: Analysis of existing data collected by others.

379. To compare the means of "Before and After" treatment in the SAME group, we use:

- a) Independent t-test
- b) Paired t-test
- c) Chi-square
- d) ANOVA

Answer: b) Paired t-test

Explanation: Used for matched pairs or pre/post designs.

380. "Qualitative Research" focuses on:

- a) Numbers and statistics
- b) Cause and effect
- c) "Why" and "How" (Experiences, meanings)
- d) Hypothesis testing

Answer: c) "Why" and "How" (Experiences, meanings)

Explanation: It explores depth and context rather than counting.

381. The "Golden Rice" is genetically modified to provide:

- a) Vitamin C
- b) Vitamin A (Beta-carotene)
- c) Iron
- d) Zinc

Answer: b) Vitamin A (Beta-carotene)

Explanation: A bio-fortification strategy.

382. "Failure to Thrive" is indicated when a child's growth curve is:

- a) Going up
- b) Flattening or going down
- c) Fluctuating
- d) Above the 97th percentile

Answer: b) Flattening or going down

Explanation: Indicates the child is not gaining weight as expected.

383. Which nutrient is crucial for preventing "Neural Tube Defects"?

- a) Calcium
- b) Folic Acid
- c) Iron
- d) Protein

Answer: b) Folic Acid

Explanation: Taken before and during early pregnancy.

384. "Exclusive Breastfeeding" allows giving:

- a) Water
- b) Honey
- c) ORS and Vitamins/Medicines
- d) Cow milk

Answer: c) ORS and Vitamins/Medicines

Explanation: Exclusive means ONLY breastmilk, but exceptions are made for ORS and necessary medicines.

385. "Norplant" (Levonorgestrel Implant) consists of how many capsules/rods?

- a) 1
- b) 2
- c) 6
- d) 4

Answer: c) 6

Explanation: *The original Norplant had 6 capsules.*

386. "Post-Partum Hemorrhage" (PPH) accounts for approximately what % of maternal deaths in Nepal?

- a) 5%
- b) 10%
- c) 20-25%
- d) 50%

Answer: c) 20-25%

Explanation: *PPH is the single leading cause.*

387. A "Total Fertility Rate" (TFR) of 2.1 is called:

- a) Explosion level
- b) Replacement level fertility
- c) Depopulation level
- d) Zero growth

Answer: b) Replacement level fertility

Explanation: *The rate at which a population replaces itself.*

388. "Depo-Provera" (Sangini) is given every:

- a) 1 month
- b) 2 months
- c) 3 months
- d) 6 months

Answer: c) 3 months

Explanation: *It is a quarterly injectable contraceptive.*

389. "Mid-Upper Arm Circumference" (MUAC) tape is colored Red if the measurement is:

- a) < 11.5 cm
- b) 11.5 - 12.5 cm
- c) > 12.5 cm
- d) < 13.5 cm

Answer: a) < 11.5 cm

Explanation: *Red zone indicates Severe Acute Malnutrition (SAM).*

390. "Sex Ratio at Birth" is naturally around:

- a) 100 females : 100 males
- b) 105 males : 100 females
- c) 90 males : 100 females
- d) 120 males : 100 females

Answer: b) 105 males : 100 females

Explanation: *Naturally, slightly more boys are born than girls.*

391. "Hardness" of water is measured in terms of:

- a) mg/L of Calcium Carbonate (CaCO₃)
- b) pH
- c) Turbidity units (NTU)
- d) Chlorine content

Answer: a) mg/L of Calcium Carbonate (CaCO₃)

Explanation: It quantifies the mineral content.

392. "Composting" requires which ratio to be balanced?

- a) C:N Ratio (Carbon to Nitrogen)
- b) O:H Ratio
- c) N:P Ratio
- d) Ca:Mg Ratio

Answer: a) C:N Ratio (Carbon to Nitrogen)

Explanation: The ideal Carbon:Nitrogen ratio ensures efficient decomposition.

393. "Audiometry" is used to measure:

- a) Vision
- b) Hearing ability
- c) Lung capacity
- d) Muscle strength

Answer: b) Hearing ability

Explanation: Used to detect occupational hearing loss.

394. "Incineration" of plastic waste (PVC) is dangerous because it releases:

- a) Oxygen
- b) Dioxins and Furans
- c) Nitrogen
- d) Water vapor

Answer: b) Dioxins and Furans

Explanation: These are highly toxic/carcinogenic compounds.

395. "Activated Sludge" process is an example of:

- a) Anaerobic treatment
- b) Aerobic treatment
- c) Chemical treatment
- d) Mechanical treatment

Answer: b) Aerobic treatment

Explanation: It uses air and microorganisms to break down sewage.

396. "Health Education" aims to bridge the gap between:

- a) Rich and Poor
- b) Health information and Health practice
- c) Doctor and Patient
- d) Hospital and Home

Answer: b) Health information and Health practice

Explanation: Knowing is not enough; doing is the goal.

397. "Evaluation" of health education that happens *during* the program to improve it is called:

- a) Summative Evaluation
- b) Formative Evaluation
- c) Outcome Evaluation
- d) Impact Evaluation

Answer: b) Formative Evaluation

Explanation: Formative is during the process. Summative is at the end.

398. "Scabies" is caused by:

- a) Bacteria
- b) Virus
- c) Itch Mite (*Sarcoptes scabiei*)
- d) Fungus

Answer: c) Itch Mite (*Sarcoptes scabiei*)

Explanation: A parasitic infestation of the skin.

399. Which metal poisoning causes "Plumbism"?

- a) Mercury
- b) Lead
- c) Iron
- d) Copper

Answer: b) Lead

Explanation: Plumbism is the technical term for Lead poisoning.

400. "Kata" thermometer is used to measure:

- a) High temperatures
- b) Cooling power of air
- c) Body temperature
- d) Water temperature

Answer: b) Cooling power of air

Explanation: It measures the cooling power of the air (combining temperature, humidity, and air movement).

Set 5 Health Planning, Management & Health System (Set 9)

401. According to the "Public Health Service Regulation, 2077", the "Rapid Response Team" (RRT) must be formed at which level?

- a) Federal Level only
- b) Provincial Level only
- c) Local, Provincial, and Federal Levels
- d) Only in hospitals

Answer: c) Local, Provincial, and Federal Levels

Explanation: The regulation mandates RRTs at all three levels to manage health emergencies.

402. The "Scalar Chain" principle in management refers to:

- a) The hierarchy of authority from top to bottom
- b) The supply chain of medicines
- c) The chain of infection
- d) The networking of computers

Answer: a) The hierarchy of authority from top to bottom

Explanation: Fayol's principle regarding clear lines of authority.

403. Which international agency is the "Global Fund" primarily dedicated to fighting?

- a) Cancer, Diabetes, Heart Disease
- b) AIDS, Tuberculosis, Malaria
- c) Cholera, Typhoid, Dysentery
- d) COVID-19 only

Answer: b) AIDS, Tuberculosis, and Malaria

Explanation: The Global Fund specifically finances the fight against HIV/AIDS, TB, and Malaria.

404. In the “Health Sector Strategy (2015-2020/2022)”, one of the four strategic directions is:

- a) Equitable Access to Health Services
- b) Privatization of Hospitals
- c) Centralization of Power
- d) Reducing Health Staff

Answer: a) Equitable Access to Health Services

Explanation: The strategy emphasizes equity, quality, health systems reform, and multi-sectoral approach.

405. “Unity of Command” is violated in which organizational structure?

- a) Line Organization
- b) Functional Organization
- c) Matrix Organization
- d) Line and Staff Organization

Answer: c) Matrix Organization

Explanation: In a matrix structure, an employee reports to two bosses.

406. The “District Health Office” (DHO) in the new federal structure is now often referred to as:

- a) Health Office (Swastha Karyalaya)
- b) Public Health Division
- c) District Hospital
- d) Regional Directorate

Answer: a) Health Office (Swastha Karyalaya)

Explanation: Under the provincial government, the former DHO functions as the Health Office.

407. “Benchmarking” in healthcare management involves:

- a) Setting the lowest possible standards
- b) Comparing one’s performance with the “best in class” practices
- c) Marking benches in the waiting room
- d) Reducing staff salaries

Answer: b) Comparing one’s performance with the “best in class” practices

Explanation: It is a quality improvement tool.

408. The “Consumer Protection Act” protects patients’ rights regarding:

- a) Free treatment everywhere
- b) Quality and safety of services/goods
- c) Employment
- d) Housing

Answer: b) Quality and safety of services/goods

Explanation: It protects consumers from hazardous goods/services.

409. “Inventory Control” method ABC Analysis is based on:

- a) Alphabetical order
- b) Annual consumption value (Cost)
- c) Criticality of the item
- d) Expiry date

Answer: b) Annual consumption value (Cost)

Explanation: ‘A’ items are high value.

410. “Human Development Index” (HDI) is a composite index of:

- a) Income, Health, Education
- b) Income, Employment, Housing
- c) Health, Nutrition, Sanitation
- d) GDP and Inflation

Answer: a) Income, Health (Life Expectancy), and Education

Explanation: It combines Life Expectancy, Education, and GNI per capita.

411. "Rheumatic Heart Disease" (RHD) is a complication of infection with:

- a) Staph aureus
- b) Group A Beta-Hemolytic Streptococcus
- c) Pseudomonas
- d) Pneumococcus

Answer: b) Group A Beta-Hemolytic Streptococcus

Explanation: Untreated "Strep Throat" can lead to Rheumatic Fever and RHD.

412. The "STEPS Survey" is conducted to monitor:

- a) Malaria vectors
- b) Risk factors for Non-Communicable Diseases (NCDs)
- c) Child growth steps
- d) Hospital waste

Answer: b) Risk factors for Non-Communicable Diseases (NCDs)

Explanation: The WHO STEPwise approach monitors NCD risk factors.

413. Which of the following is a "Point Source" epidemic?

- a) Seasonal Flu
- b) Food poisoning at a picnic
- c) Tuberculosis
- d) HIV spread

Answer: b) Food poisoning at a picnic

Explanation: Exposure happens at one point in time from a single source.

414. "Trachoma" is caused by:

- a) Virus
- b) Bacteria (*Chlamydia trachomatis*)
- c) Fungus
- d) Protozoa

Answer: b) Bacteria (*Chlamydia trachomatis*)

Explanation: It is a bacterial infection causing blindness.

415. "Antigenic Drift" is associated with which virus, requiring frequent vaccine updates?

- a) Polio
- b) Measles
- c) Influenza
- d) Rabies

Answer: c) Influenza

Explanation: Minor genetic changes mean the vaccine must be updated annually.

416. The "Mantoux Test" is considered positive if the induration is:

- a) > 5mm in HIV positive, > 10mm in general
- b) Redness only
- c) Any swelling
- d) > 20mm only

Answer: a) > 5mm in HIV positive, > 10mm in general

Explanation: Interpretation depends on risk factors.

417. "Surveillance" that relies on reports from health facilities is called:

- a) Active Surveillance
- b) Passive Surveillance
- c) Sentinel Surveillance
- d) Syndromic Surveillance

Answer: b) Passive Surveillance

Explanation: The health system waits for reports to arrive.

418. Which cancer is the most common among women in Nepal?

- a) Breast Cancer
- b) Cervical Cancer
- c) Lung Cancer
- d) Ovarian Cancer

Answer: b) Cervical Cancer

Explanation: Cervical cancer remains the top cancer in Nepali women.

419. "Case Control Study" usually yields which statistical measure?

- a) Relative Risk (RR)
- b) Odds Ratio (OR)
- c) Incidence Rate
- d) Prevalence Rate

Answer: b) Odds Ratio (OR)

Explanation: Since we start with the outcome, we calculate the Odds of exposure.

420. "Lepra Reaction" is:

- a) A sign of cure
- b) An acute inflammatory episode during leprosy treatment
- c) A side effect of Dapsone
- d) A diagnostic test

Answer: b) An acute inflammatory episode during leprosy treatment

Explanation: Immune-mediated reactions that can cause nerve damage.

421. "Standard Error of the Mean" (SEM) decreases when:

- a) Sample size increases
- b) Sample size decreases
- c) Standard deviation increases
- d) Variance increases

Answer: a) Sample size increases

Explanation: As 'n' gets bigger, the estimate becomes more precise.

422. Which variable is "Discrete"?

- a) Weight of a baby
- b) Height of a student
- c) Number of children in a family
- d) Blood pressure

Answer: c) Number of children in a family

Explanation: You cannot have 2.5 children.

423. "Informed Consent" in research ensures:

- a) The researcher gets paid
- b) The participant understands the risks and voluntarily agrees
- c) The study is published
- d) The data is statistically significant

Answer: b) The participant understands the risks and voluntarily agrees

Explanation: A fundamental ethical requirement.

424. The "Mode" of the series 2, 4, 4, 6, 4, 5, 2 is:

- a) 2
- b) 4
- c) 5
- d) 6

Answer: b) 4

Explanation: The number 4 appears most frequently.

425. A "Scatter Plot" showing points moving from bottom-left to top-right indicates:

- a) Negative Correlation
- b) Positive Correlation
- c) No Correlation
- d) Curvilinear relationship

Answer: b) Positive Correlation

Explanation: As X increases, Y increases.

426. "Quota Sampling" is most similar to which probability sampling method?

- a) Simple Random Sampling
- b) Stratified Random Sampling
- c) Cluster Sampling
- d) Systematic Sampling

Answer: b) Stratified Random Sampling

Explanation: Both divide the population into groups, but Quota selects non-randomly.

427. "Plagiarism" is:

- a) Making up data
- b) Using someone else's work/ideas without credit
- c) Analyzing data incorrectly
- d) Publishing in a low-impact journal

Answer: b) Using someone else's work/ideas without credit

Explanation: Academic theft.

428. The "range" of a correlation coefficient (r) is:

- a) 0 to 1
- b) -1 to +1
- c) -infinity to +infinity
- d) 0 to 100

Answer: b) -1 to +1

Explanation: +1 is perfect positive, -1 is perfect negative.

429. To test the association between "Smoking (Yes/No)" and "Lung Cancer (Yes/No)", use:

- a) T-test
- b) Chi-square test
- c) ANOVA
- d) Pearson correlation

Answer: b) Chi-square test

Explanation: Both variables are categorical.

430. "External Validity" is threatened by:

- a) Selection Bias
- b) Random Error
- c) Good instrument
- d) Large sample size

Answer: a) Selection Bias

Explanation: If the sample doesn't represent the population, you cannot generalize.

431. "BMI" for "Obesity" according to WHO is:

- a) ≥ 25
- b) ≥ 30
- c) ≥ 35
- d) ≥ 40

Answer: b) ≥ 30

Explanation: ≥ 30 is Obese.

432. The “Folic Acid” dose for a pregnant woman to prevent anemia and NTDs is:

- a) 400 mcg (0.4 mg)
- b) 100 mcg
- c) 1 mg
- d) 5 mg

Answer: a) 400 mcg (0.4 mg)

Explanation: Standard prophylactic dose.

433. “Cretinism” is the congenital form of:

- a) Hyperthyroidism
- b) Hypothyroidism (Iodine Deficiency)
- c) Dwarfism
- d) Rickets

Answer: b) Hypothyroidism (Iodine Deficiency)

Explanation: Severe iodine deficiency in utero leads to mental and physical retardation.

434. The “Demographic Dividend” refers to:

- a) High death rate
- b) Economic growth potential when the working-age population is larger
- c) Government bonus
- d) Decrease in population

Answer: b) Economic growth potential when the working-age population is larger

Explanation: A “window of opportunity” for economic boost.

435. “Emergency Contraception” (Pills) works primarily by:

- a) Causing abortion
- b) Delaying or inhibiting ovulation
- c) Killing sperm
- d) Removing the uterus

Answer: b) Delaying or inhibiting ovulation

Explanation: It prevents the egg from being released.

436. “Vitamin B1” (Thiamine) deficiency causes:

- a) Pellagra
- b) Beri-Beri
- c) Scurvy
- d) Night Blindness

Answer: b) Beri-Beri

Explanation: “Wet” Beri-Beri affects the heart; “Dry” affects the nerves.

437. Which country has the highest “Life Expectancy”?

- a) USA
- b) Japan
- c) Nepal
- d) India

Answer: b) Japan

Explanation: Japan consistently ranks among the highest.

438. “Kangaroo Mother Care” (KMC) includes Skin-to-skin contact, Exclusive breastfeeding, and:

- a) Early discharge/Follow-up
- b) Incubator use
- c) Antibiotics
- d) Oxygen therapy

Answer: a) Early discharge/Follow-up

Explanation: KMC allows for earlier discharge from the hospital.

439. "Aflatoxin" found in moldy peanuts/corn is a risk factor for:

- a) Stomach Cancer
- b) Liver Cancer
- c) Lung Cancer
- d) Brain Tumor

Answer: b) Liver Cancer

Explanation: Produced by Aspergillus fungus.

440. The "Census" uses which method of enumeration?

- a) De facto
- b) De jure
- c) Modified De jure
- d) Estimation

Answer: c) Modified De jure

Explanation: Nepal typically uses a Modified De Jure method.

441. "Eutrophication" leads to the death of aquatic life due to:

- a) Lack of Food
- b) Lack of Oxygen (Hypoxia)
- c) Cold water
- d) Excess salt

Answer: b) Lack of Oxygen (Hypoxia)

Explanation: Algal blooms consume oxygen.

442. The "Kyoto Protocol" targets the reduction of:

- a) Ozone depleting substances
- b) Greenhouse Gases
- c) Hazardous Waste
- d) Plastic Waste

Answer: b) Greenhouse Gases

Explanation: Signed to fight Global Warming.

443. "Ergonomics" relates to preventing:

- a) Infectious disease
- b) Musculoskeletal Disorders (MSDs)
- c) Mental stress
- d) Chemical poisoning

Answer: b) Musculoskeletal Disorders (MSDs)

Explanation: Designing the workspace to fit the worker.

444. "Hardness" of water is NOT removed by boiling if it is:

- a) Temporary Hardness
- b) Permanent Hardness
- c) Muddy water
- d) Bacteria

Answer: b) Permanent Hardness

Explanation: Permanent hardness requires chemical treatment.

445. Which of the following is a "Cold Chain" breach?

- a) Keeping DPT at +4°C
- b) Keeping Measles at +4°C
- c) Freezing DPT/Pentavalent vaccine
- d) Freezing Polio vaccine

Answer: c) Freezing DPT/Pentavalent vaccine

Explanation: T-series vaccines are damaged by freezing.

446. "Health Education" vs "Propaganda": Propaganda is:

- a) Two-way communication
- b) Voluntary
- c) One-way, biased, and forced
- d) Based on facts

Answer: c) One-way, biased, and forced

Explanation: *Propaganda aims to manipulate.*

447. "Biomedical Waste" Management Rules require "Sharps" to be treated by:

- a) Composting
- b) Autoclaving/Shredding or Encapsulation
- c) Throwing in river
- d) Burning in open air

Answer: b) Autoclaving/Shredding or Encapsulation

Explanation: *Needles should be disinfected or encapsulated.*

448. "Silicosis" is also known as:

- a) Grinder's Disease / Potter's Rot
- b) Farmer's Lung
- c) Monday Fever
- d) Black Lung

Answer: a) Grinder's Disease / Potter's Rot

Explanation: *Associated with stone cutting and pottery.*

449. The "WHO Guidelines for Drinking Water" state that E. coli count per 100ml should be:

- a) 0
- b) < 10
- c) < 50
- d) < 100

Answer: a) 0

Explanation: *There should be zero fecal coliforms in drinking water.*

450. "Group Discussion" is most effective when the group size is:

- a) 2-3 people
- b) 6-12 people
- c) 20-30 people
- d) 50+ people

Answer: b) 6-12 people

Explanation: *This size allows everyone to participate.*