

प्रदेश लोक सेवा आयोग

कोशी प्रदेश, विराटनगर

प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा अन्तर्गत प्राविधिक तर्फ स्वास्थ्य सेवा, नर्सिङ समूह, जनरल नर्सिङ उपसमूह, सहायकस्तर पाँचौ तह, स्टाफ नर्स वा सो सरह पदको खुला प्रतियोगितात्मक लिखित परीक्षा

KEY: [D]

पत्र: प्रथम पत्र

मिति:- २०८२/०१/०४

समय: ४५ मिनेट

विषय: सेवा सम्बन्धी

पूर्णाङ्क: १००

उत्तरपुस्तिकामा प्रश्नपत्रको KEY अनिवार्य रूपले उल्लेख गर्नुपर्नेछ। KEY उल्लेख नगरेमा उत्तरपुस्तिका रद्द हुनेछ। परीक्षामा मोबाइल, क्याल्कुलेटर लगायतका विद्युतीय उपकरणहरू प्रयोग गर्न पाइने छैन।

वस्तुगत बहुवैकल्पिक प्रश्नहरू (५० x २ अङ्क)

- In fetal circulation, the ductus arteriosus connects.....
 - The left atrium to the right atrium
 - The aorta to the pulmonary artery
 - The umbilical vein to the inferior vena cava
 - The right atrium to the left atrium
- Ovulation is the process in which an egg is released from an ovary. Which hormone is responsible for ovulation?
 - Estrogen
 - Progesterone
 - Luteinizing Hormone (LH)
 - Follicle Stimulating Hormone (FSH)
- In which of the following circumstances abortion is allowed up to 28 weeks in Nepal?
 - If the woman is below 18 years
 - If there is a risk to the mother's health or fetal abnormality
 - If the woman has had two previous abortions
 - If the pregnancy is unwanted
- Contraindication for medical abortion is
 - Severe anemia
 - Asthma
 - Hypertension
 - Ectopic pregnancy
- Which type of HPV is most commonly associated with cervical cancer?
 - HPV 16 and 18
 - HPV 6 and 11
 - HPV 1 and 2
 - HPV 31 and 45
- An abnormal opening between the bladder and the vaginal wall is called.....
 - Vesicovaginal fistula
 - Rectovaginal fistula
 - Ureterovaginal fistula
 - Enterovaginal fistula
- The most appropriate nursing intervention for a patient with menorrhagia (excessive menstrual bleeding) is
 - Administering iron supplements
 - Encouraging the use of tampons over pads
 - Teaching relaxation techniques
 - Providing a heating pad for comfort
- A nurse is caring for a child with measles. What is the most important intervention?
 - Providing Vitamin A supplementation and symptomatic care
 - Withholding food and fluids
 - Giving antibiotics for all cases
 - Keeping the child in a cold environment
- Which of the following disease is NOT included in the CBIMNCI package?
 - Pneumonia
 - Diarrhea
 - Malaria
 - Cancer

D-2 स्वास्थ्य सेवा, नर्सिङ, जनरल नर्सिङ, पाँचौ, स्टाफ नर्स वा सो सरह, प्रथम पत्र

10. Which disease, caused by a bacterial infection, is a major cause of neonatal mortality in Nepal?
A. Hepatitis
 C. Neonatal sepsis
B. Tuberculosis
D. Measles
11. Which factor is most critical for promoting a child's social development?
A. Encouraging independence without social interactions
B. Providing opportunities for play and peer interaction
C. Teaching children to avoid group activities
D. Limiting contact with peers to prevent conflicts
12. According to Erikson's psychosocial development, during which age does the psychosocial stage of autonomy vs shame and doubt develop?
A. Early childhood
C. Infancy
 B. Toddler
D. Adolescence
13. A patient with schizophrenia often exhibits.....
A. Clear and logical thinking
B. Delusions, hallucinations and disorganized speech
C. Excessive energy and no need for sleep
D. Constant feelings of happiness
14. A client tells the health worker "That man on television is responsible for my being sick." You recognize that is
A. A delusion
C. A hallucination
B. An illusion
D. Autistic thinking
15. A common characteristic of a person with Generalized Anxiety Disorder (GAD) is
A. Persistent fear of social situations
 B. Excessive worry about a various life events
C. Recurrent episodes of depression
D. A need to perform rituals or compulsive behaviors
16. Which of the following SDGs focuses on ensuring healthy lives and promoting well-being for all ages?
A. SDG 2
B. SDG 3
C. SDG 4
D. SDG 5
17. The concept of "Health Equity" in health planning describes as
A. Ensuring that healthcare services are distributed equally regardless of population needs
B. Providing equal resources to all health programs, regardless of their impact
C. Ensuring that all individuals have access to the same level of healthcare services, regardless of their social or economic status
D. Focusing only on providing healthcare to the most marginalized groups
18. The leadership style in which the leader shares decision-making power to the group members is known as.....
A. Autocratic leadership style
 C. Democratic leadership style
B. Benevolent autocratic leadership style
D. Laissez-faire leadership style

D-3 स्वास्थ्य सेवा, नर्सिङ, जनरल नर्सिङ, पाँचौ, स्टाफ नर्स वा सो सरह, प्रथम पत्र

19. Characteristics of an effective management process is.....
- A. Avoiding employee involvement in the process
 - B. Assigning all decision-making authority to top management only
 - C. Strict adherence to initial plans without adjustments
 - D. Flexibility in planning to adapt to changing circumstances
20. Which functions involves monitoring performance and making necessary adjustments?
- A. Planning
 - B. Organizing
 - C. Controlling
 - D. Leading
21. What is the mode of action of salbutamol (albuterol)?
- A. Beta-2 adrenergic agonist
 - B. Beta-blocker
 - C. Anticholinergic
 - D. Calcium channel blocker
22. The microorganism which is most commonly associated with Urinary Tract Infections (UTIs) is
- A. Mycobacterium tuberculosis
 - B. Staphylococcus aureus
 - C. Escherichia coli
 - D. Streptococcus pneumoniae
23. Which of the following is a potential complication of excessive fluid intake during rehydration therapy?
- A. Hyperkalemia
 - B. Fluid overload and edema
 - C. Increased urination
 - D. Hypovolemia
24. How does gravity contribute to the development of pressure ulcers in immobile patients?
- A. Gravity helps prevent pressure ulcers by improving blood flow
 - B. Gravity decreases the pressure on bony prominences
 - C. Gravity causes increased pressure on the skin and body prominences, leading to tissue breakdown
 - D. Gravity has no pressure ulcers
25. What is the term used to describe an enlargement of the heart muscle?
- A. Cardiomegaly
 - B. Cardiomyopathy
 - C. Myocarditis
 - D. Pericarditis
26. The appropriate first aid treatment for a sprained ankle is
- A. Encourage the patient to walk and stretch the ankle
 - B. Massage the ankle to improve circulation
 - C. Keep the foot elevated and apply ice to the injury
 - D. Apply heat immediately to reduce swelling
27. Which of the following is NOT a process in Selye's (1974) model of stress-the general adaptation model?
- A. Stage of confrontation
 - B. Resistance stage
 - C. Stage of exhaustion
 - D. Alarm reaction
28. During administering oxygen therapy to a patient with COPD, the nurse should
- A. Use the highest possible flow rate
 - B. Limit oxygen flow to prevent respiratory depression
 - C. Use a rebreather mask
 - D. Encourage deep breaths only
29. Which action should the nurse take first after completing the nursing diagnosis phase?
- A. Begin implementation of care
 - B. Evaluate the patient's progress
 - C. Develop a care plan with goals and interventions
 - D. Collect more data on the patient

D-4 स्वास्थ्य सेवा, नर्सिङ, जनरल नर्सिङ, पाँचौ, स्टाफ नर्स वा सो सरह, प्रथम पत्र

30. According to Maslow's hierarchy of needs, which of the following is a basic physiological need of a client?
- A. Self-esteem
C. Food, clothing and shelter
B. Love and belonging
D. Safety and security
31. A condition that causes damage to the optic nerve, often due to increased intraocular pressure is called:
- A. Cataract
C. Retinal detachment
B. Glaucoma
D. Macular degeneration
32. The most common complication of severe burns is.....
- A. Hypothermia
B. Infection
C. Diabetes
D. Hypertension
33. The most important nursing intervention for a patient with Diabetes Insipidus (DI) is.....
- A. Restricting fluid intake to prevent fluid overload
B. Monitoring the patient's urine output and specific gravity
C. Encouraging high-protein foods to manage electrolyte imbalances
D. Administering potassium supplements to prevent hypokalemia
34. Which of the following is a common clinical manifestation of rheumatic heart disease?
- A. Sudden weight loss and diarrhea
B. Heart murmur, fatigue and shortness of breath
C. Fever and jaundice
D. Severe abdominal pain and vomiting
35. This is a risk factor for developing kidney stones:
- A. Low salt diet
B. High fluid intake
C. Dehydration
D. Lack of exercise
36. Regarding the cardinal signs of appendicitis, which of the following is best suited if the pain is felt in the right lower abdomen upon palpation of the left side of the abdomen?
- A. Rovsing's sign
B. Psoas sign
C. Obturator's sign
D. Brudzinski's sign
37. Common complication of pneumonia is.....
- A. Asthma exacerbation
B. Emphysema
C. Pulmonary embolism
D. Pleural effusion
38. The most appropriate intervention for a patient with a recent diagnosis of Guillain-Barre syndrome is.....
- A. Administering corticosteroids to reduce inflammation
B. Monitoring respiratory function and oxygenation
C. Encouraging oral intake of fluids to prevent dehydration
D. Immediate initiation of physical therapy
39. Which of the following is a primary goal in the nursing management of a patient with osteomyelitis?
- A. Administering corticosteroids
B. Relieving pain and promoting comfort
C. Promoting mobility and exercise
D. Encouraging high-fat diet
40. According to Freud's Psychosexual Theory, which stage focuses on pleasure derived from oral activities such as sucking and biting?
- A. Anal stage
B. Phallic stage
C. Oral stage
D. Latency stage

D-5 स्वास्थ्य सेवा, नर्सिङ, जनरल नर्सिङ, पाँचौ, स्टाफ नर्स वा सो सरह, प्रथम पत्र

41. Which contraceptive method requires a woman to visit a healthcare provider for insertion?
A. Oral contraceptives
B. Condoms
C. Intrauterine devices (IUD)
D. Implants
42. The number of deaths from all causes per 1000 estimated mid-year population in a year in a given place is called.....
A. Specific death rate
B. Crude death rate
C. Case fatality rate
D. Proportional mortality rate
43. The causative agent of malaria is
A. Virus
B. Bacteria
C. Protozoa
D. Fungus
44. Under the National Immunization Program, BCG vaccine is given soon after birth with the dose of ...
A. 0.05 ml
B. 0.1 ml
C. 0.3 ml
D. 0.5 ml
45. A common symptom of vitamin A deficiency is
A. Swelling of the gums
B. Loss of appetite
C. Dryness of the eyes
D. Poor wound healing
46. Which of the following is an example of primary prevention?
A. Administering vaccines to prevent disease
B. Conducting breast cancer screening
C. Providing rehabilitation services to stroke patients
D. Treating hypertension in patient
47. Basic healthcare includes the following aspects.....
A. Primary health services that are culturally appropriate and accessible
B. High-cost medical illness for all illness
C. Access to advance diagnostic equipment for everyone
D. Complex hospital treatment for rare diseases
48. The following part should be a part of education provided to pregnant women regarding birth preparedness is
A. How to delay delivery to avoid complications
B. How to recognize signs of labor and when to go to the health facility
C. How to perform self-exams to detect complications
D. How to deliver the baby without assistance
49. During pregnancy, the total blood volume.....
A. Increases by 30-50%
B. Increases by 20-30%
C. Increases by 10-20%
D. Remains the same
50. Purpose of the urine test during antenatal visits is to detect
A. Hemoglobin levels
B. Glucose and protein
C. Platelet count
D. Calcium levels

<<The End>>

उत्तरपुस्तिकामा प्रश्नपत्रको KEY अनिवार्य रूपले उल्लेख गर्नुपर्नेछ । KEY उल्लेख नगरेमा उत्तरपुस्तिका रद्द हुनेछ ।

01/10/2025

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