

प्रदेश लोकसेवा आयोग  
कोशी प्रदेश

स्वास्थ्य सेवा, हेल्थ इन्स्पेक्सन समूह, सहायक स्तर चौथो तथा पाचौ पदको प्रतिस्पर्धात्मक लिखित परीक्षा नमूना प्रश्न पत्र

**KEY (B)**

पूर्णांक : १००

समय : ४५ मिनेट

वस्तुगत बहुवैकल्पिक प्रश्न (Multiple Choice Questions) (५० × २ = १००)

उत्तरपुस्तिकामा प्रश्नको KEY उल्लेख गर्ने ठाउँमा "गोलोघेरा" गर्नुहोस्। KEY उल्लेख नगरेमा उत्तरपत्रिका रद्द हुनेछ। साथै परीक्षामा Calculator, Mobile, Smart watch वा त्यस्तै प्रकारका कुनै विद्युतीय उपकरणको प्रयोग गर्न पाइने छैन।

1. Anatomy and Physiology

1. Which of the following is NOT a function of the skeletal system?

- A) Support
- B) Protection
- C) Hormone production
- D) Blood cell formation

**Answer: C) Hormone production**

**Explanation:** The skeletal system supports the body, protects organs, and produces blood cells, but it does not produce hormones.

2. Which type of muscle is involuntary and found in the walls of hollow organs?

- A) Skeletal
- B) Cardiac
- C) Smooth
- D) Striated

**Answer: C) Smooth**

**Explanation:** Smooth muscles are involuntary and found in organs like the stomach and blood vessels.

3. Where does most nutrient absorption occur in the digestive system?

- A) Stomach
- B) Small intestine
- C) Large intestine
- D) Esophagus

**Answer: B) Small intestine**

**Explanation:** The small intestine is the primary site for nutrient absorption due to its large surface area.

4. Which blood vessel carries oxygenated blood away from the heart?

- A) Vein
- B) Artery
- C) Capillary
- D) Venule

**Answer: B) Artery**

**Explanation:** Arteries carry oxygenated blood away from the heart, while veins carry deoxygenated blood back.

5. What is the functional unit of the kidney?

- A) Neuron
- B) Alveolus
- C) Nephron
- D) Hepatocyte

**Answer: C) Nephron**

**Explanation:** Nephrons are the filtering units of the kidney responsible for urine formation.

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2. Fundamentals of Nursing

6. Which step of the nursing process involves setting goals and selecting interventions?

- A) Assessment
- B) Diagnosis
- C) Planning
- D) Evaluation

**Answer: C) Planning**

**Explanation:** Planning involves setting goals and selecting interventions to address the patient's needs.

7. **What is the normal range for adult blood pressure?**  
 A) 90/60 mmHg  
 B) 120/80 mmHg  
 C) 140/90 mmHg  
 D) 160/100 mmHg  
**Answer: B) 120/80 mmHg**  
**Explanation:** 120/80 mmHg is considered the normal range for adult blood pressure.
8. **Which of the following is the highest priority in Maslow's hierarchy of needs?**  
 A) Self-esteem  
 B) Safety  
 C) Physiological needs  
 D) Love and belonging  
**Answer: C) Physiological needs**  
**Explanation:** Physiological needs like food, water, and oxygen are the most basic and highest priority.
9. **Which of the following is a key principle of infection prevention?**  
 A) Hand hygiene  
 B) Sharing needles  
 C) Reusing gloves  
 D) Skipping sterilization  
**Answer: A) Hand hygiene**  
**Explanation:** Hand hygiene is the most effective way to prevent the spread of infections.
10. **What is the first step in managing a patient with a fracture?**  
 A) Administer painkillers  
 B) Immobilize the affected area  
 C) Apply heat  
 D) Massage the area  
**Answer: B) Immobilize the affected area**  
**Explanation:** Immobilization prevents further injury and reduces pain.

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### 3. Management of Common Diseases

11. **Which of the following is a symptom of tuberculosis?**  
 A) Persistent cough for more than 2 weeks  
 B) Sudden weight gain  
 C) Increased appetite  
 D) Low-grade fever only  
**Answer: A) Persistent cough for more than 2**

**weeks**

**Explanation:** A persistent cough is a hallmark symptom of tuberculosis.

12. **What is the first-line treatment for hypertension?**  
 A) Antibiotics  
 B) Antihypertensive drugs  
 C) Antipyretics  
 D) Anticoagulants  
**Answer: B) Antihypertensive drugs**  
**Explanation:** Antihypertensive drugs are used to manage high blood pressure.
13. **Which of the following is a non-communicable disease?**  
 A) Tuberculosis  
 B) Diabetes  
 C) Cholera  
 D) Malaria  
**Answer: B) Diabetes**  
**Explanation:** Diabetes is a chronic, non-communicable disease.
14. **What is the primary cause of diarrhea in children?**  
 A) Bacterial infection  
 B) Viral infection  
 C) Parasitic infection  
 D) All of the above  
**Answer: D) All of the above**  
**Explanation:** Diarrhea can be caused by bacteria, viruses, or parasites.
15. **Which vaccine is given at birth in Nepal?**  
 A) BCG  
 B) DPT  
 C) Measles  
 D) Polio  
**Answer: A) BCG**  
**Explanation:** The BCG vaccine is given at birth to protect against tuberculosis.

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### 4. Maternal and Child Health

16. **What is the recommended duration of exclusive breastfeeding?**  
 A) 3 months  
 B) 6 months  
 C) 9 months

D) 12 months

**Answer: B) 6 months**

**Explanation:** WHO recommends exclusive breastfeeding for the first six months.

17. **Which of the following is a major killer disease in children?**

- A) Pneumonia
- B) Hypertension
- C) Diabetes
- D) Arthritis

**Answer: A) Pneumonia**

**Explanation:** Pneumonia is a leading cause of death in children under five.

18. **What is the purpose of a Vaccine Vial Monitor (VVM)?**

- A) To measure vaccine dosage
- B) To indicate vaccine potency
- C) To track vaccine administration
- D) To monitor side effects

**Answer: B) To indicate vaccine potency**

**Explanation:** VVMs show whether a vaccine has been exposed to heat and is still effective.

19. **Which nutrient is essential for preventing neural tube defects in pregnancy?**

- A) Iron
- B) Folic acid
- C) Calcium
- D) Vitamin C

**Answer: B) Folic acid**

**Explanation:** Folic acid is crucial for preventing neural tube defects like spina bifida.

20. **What is the first sign of dehydration in a child with diarrhea?**

- A) Sunken eyes
- B) Dry mouth
- C) Reduced urine output
- D) All of the above

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

**Explanation:** Sunken eyes, dry mouth, and reduced urine output are early signs of dehydration.

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#### 5. Community Health Nursing

21. **Which of the following is a determinant of health?**

A) Socioeconomic status

B) Genetics

C) Environment

D) All of the above

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

**Explanation:** Health is influenced by socioeconomic status, genetics, and environmental factors.

22. **What is the primary mode of transmission for cholera?**

- A) Airborne
- B) Waterborne
- C) Vector-borne
- D) Direct contact

**Answer: B) Waterborne**

**Explanation:** Cholera is transmitted through contaminated water.

23. **Which family planning method is permanent?**

- A) Condoms
- B) Oral pills
- C) Sterilization
- D) IUD

**Answer: C) Sterilization**

**Explanation:** Sterilization is a permanent method of family planning.

24. **What is the primary goal of health education?**

- A) To treat diseases
- B) To promote healthy behaviors
- C) To diagnose illnesses
- D) To prescribe medications

**Answer: B) To promote healthy behaviors**

**Explanation:** Health education aims to encourage healthy lifestyles and prevent diseases.

25. **Which of the following is a barrier to effective communication?**

- A) Language differences
- B) Active listening
- C) Empathy
- D) Clear speech

**Answer: A) Language differences**

**Explanation:** Language differences can hinder effective communication.

6. Professional Organizations and Ethics

26. **Which organization sets global nursing standards?**  
A) Nepal Nursing Council  
B) Nursing Association of Nepal  
C) International Council of Nursing (ICN)  
D) World Health Organization (WHO)  
**Answer: C) International Council of Nursing (ICN)**  
**Explanation:** The ICN sets global standards for nursing practice.
27. **What is the primary role of the Nepal Nursing Council?**  
A) To regulate nursing practice  
B) To provide free drugs  
C) To conduct research  
D) To train doctors  
**Answer: A) To regulate nursing practice**  
**Explanation:** The Nepal Nursing Council regulates nursing education and practice in Nepal.
28. **Which ethical principle requires nurses to keep patient information confidential?**  
A) Beneficence  
B) Non-maleficence  
C) Autonomy  
D) Confidentiality  
**Answer: D) Confidentiality**  
**Explanation:** Confidentiality ensures that patient information is kept private.
29. **What is the first step in ethical decision-making?**  
A) Identify the problem  
B) Consult a lawyer  
C) Ignore the issue  
D) Make a quick decision  
**Answer: A) Identify the problem**  
**Explanation:** The first step in ethical decision-making is to identify the problem.
30. **Which of the following is a legal responsibility of nurses?**  
A) Administering medications correctly  
B) Ignoring patient complaints  
C) Sharing patient information publicly  
D) Skipping documentation  
**Answer: A) Administering medications correctly**

**Explanation:** Nurses are legally responsible for administering medications safely and accurately.

7. First Aid and Emergency Care

31. **What is the first step in managing a burn?**  
A) Apply ice  
B) Cool with water  
C) Pop blisters  
D) Apply butter  
**Answer: B) Cool with water**  
**Explanation:** Cooling a burn with water helps reduce pain and prevent further damage.
32. **What is the correct position for a patient in shock?**  
A) Sitting upright  
B) Lying flat with legs elevated  
C) Standing  
D) Prone position  
**Answer: B) Lying flat with legs elevated**  
**Explanation:** Elevating the legs helps improve blood flow to vital organs.
33. **What is the first aid treatment for epistaxis (nosebleed)?**  
A) Tilt the head back  
B) Pinch the nose and lean forward  
C) Apply heat  
D) Blow the nose forcefully  
**Answer: B) Pinch the nose and lean forward**  
**Explanation:** Pinching the nose and leaning forward helps stop the bleeding.
34. **What is the first step in managing a snake bite?**  
A) Apply a tourniquet  
B) Immobilize the affected limb  
C) Cut the wound to suck out venom  
D) Run to the hospital  
**Answer: B) Immobilize the affected limb**  
**Explanation:** Immobilizing the limb slows the spread of venom.
35. **What is the first aid treatment for choking?**  
A) Heimlich maneuver  
B) CPR  
C) Back blows only  
D) Give water  
**Answer: A) Heimlich maneuver**

**Explanation:** The Heimlich maneuver is used to dislodge an obstruction in the airway.

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#### 8. Miscellaneous

36. **Which of the following is a micronutrient deficiency?**

- A) Vitamin A deficiency
- B) Protein-energy malnutrition
- C) Obesity
- D) Hypertension

**Answer: A) Vitamin A deficiency**

**Explanation:** Vitamin A deficiency is a micronutrient deficiency that can cause night blindness.

37. **What is the primary function of the endocrine system?**

- A) To regulate hormones
- B) To pump blood
- C) To digest food
- D) To filter waste

**Answer: A) To regulate hormones**

**Explanation:** The endocrine system regulates hormones that control various bodily functions.

38. **Which of the following is a function of the respiratory system?**

- A) Gas exchange
- B) Blood filtration
- C) Hormone production
- D) Nutrient absorption

**Answer: A) Gas exchange**

**Explanation:** The respiratory system facilitates the exchange of oxygen and carbon dioxide.

39. **What is the primary role of the nervous system?**

- A) To control voluntary and involuntary actions
- B) To digest food
- C) To pump blood
- D) To filter waste

**Answer: A) To control voluntary and involuntary actions**

**Explanation:** The nervous system controls both voluntary and involuntary actions.

40. **Which of the following is a function of the reproductive system?**

- A) Producing gametes
- B) Filtering blood

- C) Digesting food
- D) Pumping blood

**Answer: A) Producing gametes**

**Explanation:** The reproductive system produces sperm and eggs for reproduction.

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#### 9. Nursing Procedures

41. **What is the correct technique for hand hygiene?**

- A) Wash hands for at least 20 seconds
- B) Use hand sanitizer only
- C) Skip handwashing if gloves are worn
- D) Wash hands for 5 seconds

**Answer: A) Wash hands for at least 20 seconds**

**Explanation:** Proper hand hygiene requires washing hands for at least 20 seconds.

42. **What is the correct position for inserting a nasogastric tube?**

- A) Supine
- B) Prone
- C) High Fowler's
- D) Trendelenburg

**Answer: C) High Fowler's**

**Explanation:** High Fowler's position facilitates the insertion of a nasogastric tube.

43. **What is the primary purpose of an enema?**

- A) To relieve constipation
- B) To administer medications
- C) To measure urine output
- D) To monitor blood pressure

**Answer: A) To relieve constipation**

**Explanation:** An enema is used to stimulate bowel movements and relieve constipation.

44. **What is the correct route for administering insulin?**

- A) Oral
- B) Subcutaneous
- C) Intramuscular
- D) Intravenous

**Answer: B) Subcutaneous**

**Explanation:** Insulin is typically administered subcutaneously.

45. **What is the primary purpose of sterilization?**

- A) To clean surfaces
- B) To kill all microorganisms
- C) To disinfect hands

D) To remove dirt

**Answer: B) To kill all microorganisms**

**Explanation:** Sterilization eliminates all forms of microbial life.

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10. *Professional Development*

46. **What is the primary role of the Nursing Association of Nepal (NAN)?**

- A) To regulate nursing education
- B) To advocate for nurses' rights
- C) To provide free drugs
- D) To conduct medical research

**Answer: B) To advocate for nurses' rights**

**Explanation:** NAN advocates for the rights and welfare of nurses in Nepal.

47. **What is the primary purpose of continuing education for nurses?**

- A) To maintain licensure
- B) To increase workload
- C) To reduce patient care
- D) To avoid professional growth

**Answer: A) To maintain licensure**

**Explanation:** Continuing education helps nurses stay updated and maintain their licensure.

48. **What is the primary goal of the International Council of Nursing (ICN)?**

- A) To set global nursing standards
- B) To provide free healthcare
- C) To train doctors
- D) To conduct research

**Answer: A) To set global nursing standards**

**Explanation:** The ICN sets global standards for nursing practice and education.

49. **What is the primary role of a nurse in patient advocacy?**

- A) To support the patient's rights
- B) To ignore patient concerns
- C) To make decisions for the patient
- D) To avoid communication

**Answer: A) To support the patient's rights**

**Explanation:** Nurses advocate for patients by supporting their rights and preferences.

50. **What is the primary purpose of a nursing care plan?**

- A) To provide individualized care

B) To increase workload

C) To reduce patient interaction

D) To avoid documentation

**Answer: A) To provide individualized care**

**Explanation:** A nursing care plan ensures that care is tailored to the patient's specific needs.