

# FINAL ANSWER KEY

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Alphacode	A

Question1:-What is the meaning of community?

- A:-to come together
- B:-to participate together
- C:-to serve together
- D:-to enjoy together

Correct Answer:- Option-C

Question2:-What is the exchange of information between individuals of same status or designation?

- A:-Horizontal Communication
- B:-Upward Communication
- C:-Downward Communication
- D:-Non-verbal Communication

Correct Answer:- Option-A

Question3:-What is the population of a corporation?

- A:-Population below 1 lakh
- B:-Population below 2 lakh
- C:-Population above 1 lakh
- D:-Population above 2 lakh

Correct Answer:- Option-C

Question4:-Which is the word used for converting contents into codes?

- A:-Feedback
- B:-Decoding
- C:-Source
- D:-Encoding

Correct Answer:- Option-D

Question5:-Which concept is based on the definition of health given by World Health Organization

- A:-Biomedical concept
- B:-Concept of ecology
- C:-Concept of well being
- D:-Psycho social concept

Correct Answer:- Option-C

Question6:-What is the tool for the community oriented case?

- A:-Evaluation
- B:-Survey
- C:-Community study
- D:-Community health nursing process

Correct Answer:- Option-D

Question7:-Which is series of speeches on the selected subject by experts?

- A:-Panel Discussion
- B:-Role play
- C:-Symposium
- D:-Workshop

Correct Answer:- Option-C

Question8:-Which is the major cause of nutritional blindness in children usually between 1 - 3 years of age.

- A:-Scurvy
- B:-Keratomalacia
- C:-Aneamia
- D:-Dandruff

Correct Answer:- Option-B

Question9:-Who is the chief technical advisor to the government on all matters relating to medical case and public health at the centre?

- A:-Health Secretary
  - B:-Health Minister
  - C:-Director of Health Services
  - D:-Director General of Health Services
- Correct Answer:- Option-D

Question10:-What is the another name for the two-way communication?

- A:-Work shop
  - B:-Socratic Method
  - C:-Didactic Method
  - D:-Simulation Excercise
- Correct Answer:- Option-B

Question11:-Who is the ex-officio secretary of Panchayat Samitti?

- A:-Block development officer
  - B:-Block medical officer
  - C:-Collector
  - D:-District medical officer
- Correct Answer:- Option-A

Question12:-The government of India set up "Multipurpose Workers Committee" in which year?

- A:-1948
  - B:-1950
  - C:-1970
  - D:-1972
- Correct Answer:- Option-D

Question13:-Another name for Target Free Approach?

- A:-ASHA
  - B:-CNAA
  - C:-IMNCI
  - D:-C.S.S.M
- Correct Answer:- Option-B

Question14:-What is the new strategy, a unique concept of WHO, to provide universal coverage of rehabilitation to all segments of society?

- A:-Occupational Rehabilitation
  - B:-Medical Rehabilitation
  - C:-Community based Rehabilitation
  - D:-Institutional based Rehabilitation
- Correct Answer:- Option-C

Question15:-What is the best quality of a good counsellor?

- A:-good listener
  - B:-good teacher
  - C:-good speaker
  - D:-good advocate
- Correct Answer:- Option-A

Question16:-Enlist 4 village level health workers?

- A:-ASHA, FHW, MHW DAI
  - B:-AWW, FHW, DAI, VHG
  - C:-AWW, ASHA, DAI, VHG
  - D:-ASHA, DAI, MHW, VHG
- Correct Answer:- Option-C

Question17:-Which is the common media used by villagers in India?

- A:-Newspaper
  - B:-Radio
  - C:-Television
  - D:-Computer
- Correct Answer:- Option-B

Question18:-The size of the uterus is --

- A:-7.5 mm x 5 mm x 2.5 mm
- B:-7.5 cm x 5 cm x 2.5 cm

C:-7 cm x 5 cm x 2 cm  
D:-7 mm x 5 mm x 5 mm  
Correct Answer:- Option-B

Question19:-The type of nerves responsible for Flight or Flight response is--

A:-Spinal  
B:-somatic  
C:-sympathetic  
D:-para-sympathetic  
Correct Answer:- Option-C

Question20:-Smooth long, long up and down strokes in massaging are--

A:-Brush stroke  
B:-tapping  
C:-effleurage  
D:-petrissage  
Correct Answer:- Option-C

Question21:-A normal BMI can be maintained by --

A:-exercise  
B:-posture  
C:-balanced diet  
D:-recreation  
Correct Answer:- Option-C

Question22:-The cheapest source of vitamin D is --

A:-diet  
B:-sunlight  
C:-fish  
D:-egg  
Correct Answer:- Option-B

Question23:-Pernicious anaemia is caused by--

A:-vitamin A  
B:-iron  
C:-niacin  
D:-vitamin B 12  
Correct Answer:- Option-D

Question24:-Weaning started at the age of--

A:-3 months  
B:-6 months  
C:-8 months  
D:-1 year  
Correct Answer:- Option-B

Question25:-Road to Health Card is designed by --

A:-David Morley  
B:-Hippocrate  
C:-James Simpson  
D:-Kuhn  
Correct Answer:- Option-A

Question26:-A pregnant lady gains weight from--

A:-5 - 6 kg  
B:-7 - 8 kg  
C:-9 - 12 kg  
D:-13 - 15 kg  
Correct Answer:- Option-C

Question27:-Infectious disease hospital floor space should be--

A:-90 sq. ft.  
B:-100 sq. ft.  
C:-120 sq. ft.  
D:-144 sq. ft.  
Correct Answer:- Option-D

Question28:-Amount of bleaching powder used for disinfection of well is -

A:-2.5 gm for 500 ml of water

- B:-5 gm for 500 ml of water
  - C:-2.5 gm for 1000 L of water
  - D:-5 gm for 1000L of water
- Correct Answer:- Option-C

Question29:-The Bore Hole Latrine should be atleast ----- feet away from source of water

- A:-50
- B:-100
- C:-150
- D:-200

Correct Answer:- Option-A

Question30:-The temperature of the incinerator is --

- A:-1200 c
- B:-1300 c
- C:-1500 c
- D:-1800 c

Correct Answer:- Option-B

Question31:-Fracture in old age is mainly due to --

- A:-fall
- B:-poor diet
- C:-menopause
- D:-osteoporosis

Correct Answer:- Option-D

Question32:-ECT discovered by --

- A:-Duvall
- B:-Cerletti & Bini
- C:-Aristotle
- D:-Soranus

Correct Answer:- Option-B

Question33:-Face saving defense in defense mechanism is ---

- A:-compensation
- B:-projection
- C:-rationalisation
- D:-regression

Correct Answer:- Option-C

Question34:-Early signs of maladjustments can be detected by --

- A:-peer groups
- B:-adolescents
- C:-health worker
- D:-school teacher

Correct Answer:- Option-D

Question35:-The disease affecting a large proportion of population in a wide geographic area is known as

- A:-Epidemic
- B:-Sporadic
- C:-Pandemic
- D:-Endemic

Correct Answer:- Option-C

Question36:-An adverse effect of a preventive, therapeutic or diagnostic procedure which causes disability or death

- A:-Nosocomial infection
- B:-Iatrogenic disease
- C:-Opportunistic infection
- D:-Sequelae

Correct Answer:- Option-B

Question37:-Koplik's spot is a characteristic lesion of

- A:-Rubeola
- B:-Rubella
- C:-Varicella
- D:-Herpes

Correct Answer:- Option-A

Question38:-In which year WHO launched new "Stop TB strategy"?

A:-1996

B:-2006

C:-1995

D:-2005

Correct Answer:- Option-B

Question39:-The anti TB drug which cause peripheral neuropathy is

A:-Ethambutol

B:-Thioacetazone

C:-Rifampicin

D:-INH

Correct Answer:- Option-D

Question40:-The level of prevention in which the emergence of risk factors of a chronic disease in a population is prevented

A:-Primary prevention

B:-Primordial prevention

C:-Secondary prevention

D:-Tertiary prevention

Correct Answer:- Option-B

Question41:-The simplest and most effective technique of barrier nursing

A:-Use of PPE

B:-Disinfection

C:-Hand washing

D:-Sterilization

Correct Answer:- Option-C

Question42:-Biomedical waste management and handling rules came into force in India on

A:-28th July 1998

B:-28th June 1998

C:-28th July 1999

D:-28th June 1999

Correct Answer:- Option-A

Question43:-Sudden attack of shivering accompanied by rapid rise of body temperature is known as

A:-Crisis

B:-Rigor

C:-Lysis

D:-Heat exhaustion

Correct Answer:- Option-B

Question44:-Normal Serum sodium level is -----

A:-135-145 meq/l

B:-130-140 meq/l

C:-125-135 meq/l

D:-130-150 meq/l

Correct Answer:- Option-A

Question45:-Total number of vitamin A doses given to baby up to 3 Years of age

A:-3

B:-4

C:-5

D:-6

Correct Answer:- Option-C

Question46:-Which is the vaccine that should not be given to the baby of HIV positive mother

A:-Rubella

B:-Hepatitis B

C:-DPT

D:-BCG

Correct Answer:- Option-D

Question47:-As per 2015 American Heart Association Guideline, the compression ventilation ratio while performing cardiopulmonary resuscitation is

A:-15:2

B:-30:2

C:-15:1

D:-30:1

Correct Answer:- Option-B

Question48:-Diclofenac sodium is an -----

- A:-Anti hypertensive
- B:-Oral hypoglycaemic
- C:-Anti-inflammatory analgesic
- D:-Antipyretic

Correct Answer:- Option-C

Question49:-Coronary Artery Disease which relieved by rest and nitroglycerine

- A:-Myocardial infarction
- B:-Angina
- C:-Arrhythmia
- D:-Heart block

Correct Answer:- Option-B

Question50:-Excessive thirst and frequent and urgent urination is the feature of

- A:-Kidney failure
- B:-Nephrotic Syndrome
- C:-Hyperglycemia
- D:-Heart failure

Correct Answer:- Option-C

Question51:-The formation and excretion of urine less than 500 ml in 24 hours is termed as

- A:-Anuria
- B:-Polyuria
- C:-Oliguria
- D:-Pyuria

Correct Answer:- Option-C

Question52:-Which is the technique used to dislodge the impacted foreign body from upper respiratory tract to clear the airway is?

- A:-Vasalva manoeuvre
- B:-Heimlich manoeuvre
- C:-Carotid sinus massage
- D:-Vagal manoeuvre

Correct Answer:- Option-B

Question53:-The process in which there is continuous scrutiny of factors that determines the occurrence and distribution of disease is termed as

- A:-Controlling
- B:-Virulence
- C:-Monitoring
- D:-Surveillance

Correct Answer:- Option-D

Question54:-Bluish discolouration of skin and mucous membrane due to poor oxygenation is termed as

- A:-Pallor
- B:-Cyanosis
- C:-Erythema
- D:-Jaundice

Correct Answer:- Option-B

Question55:-Which of the following disease is caused only by energy deficiency?

- A:-Kwashiorkor
- B:-Marasmus
- C:-Marasmic Kwashiorkor
- D:-Nutritional Marasmus

Correct Answer:- Option-B

Question56:-Find out the most heat sensitive vaccine among the following?

- A:-Measles
- B:-Tetanus
- C:-Pentavalent
- D:-BCG

Correct Answer:- Option-A

Question57:-Which among the following deficiency is due to vitamin `B\_(5)`?

- A:-Beriberi

- B:-Rickets
- C:-Pellagra
- D:-Scurvy

Correct Answer:- Option-C

Question58:-What is the psychosocial developmental stage of a preschooler?

- A:-Initiative Vs Guilt
- B:-Industry Vs Inferiority
- C:-Trust Vs Mistrust
- D:-Autonomy Vs Shame

Correct Answer:- Option-A

Question59:-In which year UN adopted the "Declaration of the Rights of the Child"?

- A:-1956
- B:-1957
- C:-1958
- D:-1959

Correct Answer:- Option-D

Question60:-Identify the reaction of a toddler towards hospitalization?

- A:-Despair
- B:-Repression
- C:-Projection
- D:-Displacement

Correct Answer:- Option-A

Question61:-What percentage is the ideal weight gain during adolescence?

- A:-30
- B:-60
- C:-50
- D:-40

Correct Answer:- Option-C

Question62:-Which infection in early intrauterine period causes miscarriage?

- A:-Measles
- B:-Varicella Zoster
- C:-Rubella
- D:-Toxoplasmosis

Correct Answer:- Option-D

Question63:-NPAG stands for

- A:-National Program for Adolescent Girls
- B:-New Program for Adolescent Girls
- C:-Nutritional Program for Adolescent Girls
- D:-National Program for Adolescent Group

Correct Answer:- Option-C

Question64:-At what age birth weight doubles?

- A:-24 months
- B:-30 months
- C:-36 months
- D:-48 months

Correct Answer:- Option-D

Question65:-The milk which is produced after colostrum is

- A:-Preterm Milk
- B:-Mature Milk
- C:-Transitional Milk
- D:-Fore Milk

Correct Answer:- Option-C

Question66:-Chest compression ventilation ratio in infant and child CPR with two rescuer is

- A:-15:2
- B:-30:1
- C:-30:2
- D:-15:1

Correct Answer:- Option-A

Question67:-What is the typical play for a schooler?

- A:-Associative play
- B:-Co-operative Play
- C:-Parallel Play
- D:-Unoccupied play

Correct Answer:- Option-B

Question68:-Normal weight gain in single term pregnancy in an average Indian women?

- A:-15 kg.
- B:-20 kg.
- C:-9 kg.
- D:-11 kg.

Correct Answer:- Option-D

Question69:-WHO recommendation of iron and folic acid for pregnant woman is

- A:-Elemental iron 60mg and 0.4 mg folic acid per day
- B:-Elemental iron 100 mg and 0.6mg of folic acid per day
- C:-Elemental iron 100 mg and 100mg of folic acid per day
- D:-Elemental iron 30 mg and 0.3 mg of folic acid per day

Correct Answer:- Option-A

Question70:-Which one is a cause of physiological anaemia in pregnancy

- A:-Poor iron intake
- B:-Haemodilution
- C:-Vomiting
- D:-Blood loss

Correct Answer:- Option-B

Question71:-Absence of spermatozoa in semen is called

- A:-Azoospermia
- B:-Oligospermia
- C:-Polyspermia
- D:-Chromospermia

Correct Answer:- Option-A

Question72:-Basal body temperature is increased by ..... °F at the time of ovulation

- A:-2
- B:-1
- C:-3
- D:-0.5

Correct Answer:- Option-B

Question73:-The fetal part which lies at the pelvic brim is called

- A:-Lie
- B:-Attitude
- C:-Presentation
- D:-Position

Correct Answer:- Option-C

Question74:-Contraction without regularity, rhythm and progressive lengthening in duration is known as

- A:-Show
- B:-Braxton hicks contraction
- C:-Axis pressure contraction
- D:-Continues contraction

Correct Answer:- Option-B

Question75:-Average number of cotyledons in a fully matured placenta is

- A:-15-25
- B:-30-35
- C:-10-15
- D:-25-45

Correct Answer:- Option-A

Question76:-Menopause belongs to which type of amenorrhoea

- A:-Primary amenorrhoea
- B:-Oligomenorrhoea
- C:-Secondary amenorrhoea
- D:-Dysmenorrhoea

Correct Answer:- Option-C

Question77:-When umbilical cord inserted to membrane some distance from placental edge is called

- A:-Battledore placenta
  - B:-Circumvillate placenta
  - C:-Bipirate placenta
  - D:-Valementous placenta
- Correct Answer:- Option-D

Question78:-Pregnant endometrium is called

- A:-Decidua
  - B:-Myometrium
  - C:-Secretory endometrium
  - D:-Proliferative endometrium
- Correct Answer:- Option-A

Question79:-How many vertebrae are fused to form Coccyx

- A:-2
  - B:-3
  - C:-4
  - D:-5
- Correct Answer:- Option-C

Question80:-The narrow space of uterus between the cavity and cervix which forms the lower uterine segment during pregnancy is

- A:-Neck of uterus
  - B:-Corpus of uterus
  - C:-Cornua
  - D:-Isthmus
- Correct Answer:- Option-D

Question81:-Anti D vaccines given at which weeks of gestation

- A:-24 weeks
  - B:-30 weeks
  - C:-36 weeks
  - D:-28 weeks
- Correct Answer:- Option-D

Question82:-Golden colour amniotic fluid is an indication of

- A:-Fetal distress
  - B:-Obstructed labour
  - C:-Rh incompatibility
  - D:-Large baby
- Correct Answer:- Option-C

Question83:-All of the following conditions may cause cord prolapse except one

- A:-Multiparty
  - B:-Engagement of head
  - C:-Breech presentation
  - D:-Polyhydramnios
- Correct Answer:- Option-B

Question84:-A neonate should void at birth or within ..... hours following birth

- A:-48 hours
  - B:-72 hours
  - C:-12 hours
  - D:-24 hours
- Correct Answer:- Option-A

Question85:-Bluish black skin present on skin of new born usually over the sacral area is

- A:-Rashes
  - B:-Erythma
  - C:-Navy spots
  - D:-Mongolian spots
- Correct Answer:- Option-D

Question86:-Which one is not an indication of fetal well being

- A:-Increase in maternal weight and uterine size according to gestational age
- B:-Fetal movements appreciated by mother follows a regular pattern throughout pregnancy
- C:-Increase in fetal kicks with increase in gestational age

D:-Fetal heart rate between 110-160 beats per minute

Correct Answer:- Option-C

Question87:-Hard, swollen and painful breast with stasis of milk is an indication of

A:-Breast Engorgement

B:-Mastitis

C:-Breast abscess

D:-Breast infection

Correct Answer:- Option-A

Question88:-Name the condition when uterus fails to contract in order to compress blood vessels and control bleeding.

A:-Inversion of uterus

B:-Cricket ball uterus

C:-Atonic uterus

D:-Hypotonic uterus

Correct Answer:- Option-C

Question89:-Swelling due to collection of fluid in the layers beneath the scalp is called

A:-Cephal hematoma

B:-caput succedaneum

C:-subgaleal hematoma

D:-subdural hematoma

Correct Answer:- Option-B

Question90:-The largest antero-posterior diameter in a fetal skull is

A:-Biparietal diameter

B:-Occipito mental diameter

C:-Suboccipito bregmatic diameter

D:-mento vertical diameter

Correct Answer:- Option-D

Question91:-normal pregnancy period in human being is

A:-250 days

B:-270 days

C:-280 days

D:-300 days

Correct Answer:- Option-C

Question92:-Signs of placental separation are the following except

A:-Rise of temperature

B:-Lengthening of umbilical cord at vulva

C:-Shivering

D:-Gush of blood

Correct Answer:- Option-A

Question93:-The first pill of oral contraceptives starts on which day after starting of menstruation

A:-1st day

B:-3rd day

C:-5th day

D:-7th day

Correct Answer:- Option-C

Question94:-Which one is not a natural method of contraception

A:-Basal body temperature monitoring

B:-Safe period

C:-Rhythm method

D:-Foam tablets

Correct Answer:- Option-D

Question95:-The institution provides primary health care at grass root level in the community

A:-PHS

B:-Subcentre

C:-CHC

D:-FHC

Correct Answer:- Option-B

Question96:-Pulse Polio Immunization Programme was launched in India..

A:-1993

B:-1997

C:-1994

D:-1995

Correct Answer:- Option-D

Question97:-The theme of World Health Day 2019

A:-Health for All

B:-Blood save lives

C:-Universal health coverage, everyone, everywhere

D:-Make hospitals safe in emergencies

Correct Answer:- Option-C

Question98:-The organizer for activities of PHC.

A:-Medical officer

B:-Health Supervisor

C:-Public health nurse

D:-Health inspector

Correct Answer:- Option-A

Question99:-A note book carried by a health worker during home visit and the information written in the proper record on return to health centre.

A:-Incidental report

B:-Family folder

C:-Village record

D:-Daily diary

Correct Answer:- Option-D

Question100:-A new initiative for child health screening and early intervention for birth defects, disease, deficiency and developmental delays.

A:-NSSK

B:-RBSK

C:-JSSK

D:-JSY

Correct Answer:- Option-B