

200 Questions

Que. 1 A nurse is preparing to give bath to admitted patient with perineal problem. Which of the following will help the patient?

1. Bed bath
2. Therapeutic bath
3. Self-bath with minimal help
4. None of the above

Correct Option - 2

Concept:

- Therapeutic bath: the bath which is given for a treatment purpose
- Sitz bath : a type of therapeutic bath where the patient is allowed to sit in a tub with hot water to treat perineal issues and hemorrhoids
- Complete bath, partial bath, tub bath, shower bath are the types

Explanation:

- Therapeutic bath = Balneotherapy
- Complete bath: given to a person who cannot take bath by himself and who is confined to bed
- Partial bath: Here the client needs assistance
- Tub bath: bath given in tubs
- Shower bath: similar to regular baths under the shower



Additional Information

- Patient classification system includes first category, second category, third and fourth category where the 3rd and 4th category patients are in need of basic hygienic procedures
- Hygienic procedures includes : Bed bath, Oral hygiene, Hair wash, etc.

Que. 2 In the absence of nurse from floor, patient fall from bed. This type of injury belongs to:

1. Battery
2. Negligence
3. Tort
4. None

Correct Option - 2

Concept:

- Ethics of nursing includes
 - Justice - Being Fair with the client regarding their condition
 - Beneficence - Doing good
 - Non maleficence - not harming the patient
 - Veracity - Honest interaction
 - Fidelity - Remains true with the professional promises
 - Autonomy- Freedom to work
- Negligence: when the nurses fails to meet the required standards
- This includes, failing to give medicine, failed to respond to patient, failed to update the report, failed to provide comfortable measures etc.,

Explanation:

- Battery : Intentional act of causing harm to the patient
- Tort: Touching of a patient without consent and causing harm to them
- Tort can be unintentional and intentional
- Intentional torts are: assault, battery, invasion of privacy, false imprisonment, fraud
- Unintentional torts are: Malpractice, negligence



Additional Information

- Nursing malpractice: medical errors, failure to follow physician orders, delayed patient care, incorrect procedure, documentation error
- Causing death due to negligence will be punishable under 304A IPC
- This includes imprisonment for 2 years and fine sometimes both

Que. 3 Patient's Medical record with all essential information is responsibility of:

1. Patient
2. Director
3. Treating doctor
4. Medical superintendent

Correct Option - 4

Concept:

- Organization of hospital includes
 - Nursing superintendent -> head nurse -> ward in charges -> floor in charge -> staff nurse -> student nurse -> helping people
 - Nursing superintendent is responsible for
 - Rotations, work allotment, patient records, managing legal issues etc.
- MRD - the section of hospital which stores the medical records of a patient for future purpose Medical record department

Explanation:

- Patient - who is responsible for their belongings, and should follow the given instructions and protocols of hospital
- Director the superior authority of the organization, corporate hospitals will have director or dean
- Doctor responsible for treating a patient, prescription, medication administration, follow up care



Additional Information

- Patient medical record includes
 - Identification data
 - Medical history
 - Medication history / treatment history
 - Family history
 - Medical directives
 - Lab forms
 - Consent forms
 - Progress notes
 - Financial information
 - Now electronic patient records are available in the hospital where the software system stores the information and can be reviewed even after years
 - MLC - medico legal cases like assault, injury, murder, rape etc., these case files will be segregated and stored safely for future legal reference and which can be used as evidence
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Que. 4 Post-partum women having bleeding after 24 hours of the delivery is called as:

1. Primary PPH
2. Secondary PPH
3. Third stage hemorrhage
4. True post-partum hemorrhage

Correct Option - 2

Concept:

- PPH - Post partum hemorrhage - occur after delivery up to 12 weeks
- Symptoms - dizziness, fainting, severe vaginal bleeding, blurred vision, low blood pressure and even death
- Causes : loss of tone of uterus, bleeding disorders, Placental tear or falling
- Treatment: massage, Blood transfusion, Medications - Hormones (Oxytocin, Misoprostol, Methyl ergonovine malate) used to stop bleeding
- Medical procedures :
 - Uterine compression: Pressing or massaging the uterus to shrink and to stop the bleeding
 - Dilatation and curettage: Surgical removal of uterine lining
 - Balloon tamponade: using an inflated balloon bleeding will be stopped

Explanation:

- Primary PPH - this occurs within 24 hours of delivery
- Secondary PPH - 24 hours to 12 weeks
- Common 4 T's for PPH Tone, Tissue, Trauma, Thrombosis
- True post partum hemorrhage : Excessive vaginal bleeding after the child birth



Additional Information

- Postpartum psychosis: Serious mental illness that affects the women immediately after birth due to history of BPAD, familial history
- Postpartum depression: It is a complex mix of physical, emotional and behavioural changes that occurs after the birth of a child
- Postpartum complications : Cardio vascular disorders, infections, sepsis, pre existing illness, PPH, cardiomyopathy.

Que. 5 In which condition distal pulse is preferred rather than apical pulse?

1. Arrhythmia
2. Shock
3. Hypertension
4. Heart block

Correct Option - 2

Concept:

- Sites of pulse includes temporal, carotid, apical, radial, ulnar, brachial, femoral, tibial, popliteal, posterior tibial, dorsalis pedis
- Carotid and apical pulse are central sites the remaining are peripheral sites
- Shock: sudden drop of blood flow to the major organs
- During respiratory, cardiac arrest central pulses are referred especially apical
- During shock peripheral pulses are referred

Explanation:

- Cardiogenic: the shock is due to cardiac related disorders like myocardial infarction, cardiomyopathies
- Neurogenic: due to neurological impairment

- Septic: shock due to infection
- Anaphylactic shock: due to abnormal immune response
- Hypovolemic: due to reduce fluid volume



Additional Information

- Arrhythmia: abnormal heart beat it includes premature heart beat, supra ventricular arrhythmia, ventricular arrhythmia
- Hypertension: High blood pressure above 140/90 mm of Hg, treatment includes ACE inhibitors, Beta blockers, calcium channel blockers, vasodilators, anti hypertensive drugs
- Heart block: abnormally low heart beat due to coronary artery disease it is also called as AV block or conduction disorder

Que. 6 A pre-eclampsia woman's baby is lying with her mother. Neonate born in 37 weeks. After 57 hours, when nurse monitoring vital signs of baby, temperature is low 35°C. What will be the intervention?

1. Give punishment for mother for not caring baby
2. Separate the baby from mother
3. Place baby under radiant warmer
4. Cover the baby and check the vitals after 30 minutes

Correct Option - 4

Concept:

- Pre eclampsia - gestational hypertension starts usually above 20 weeks of pregnancy ranges above 140/90 mm of Hg
- Causes: gestational diabetic, renal diseases, family history, auto immune disorders, invitro fertilization, chronic blood pressure
- Symptoms : proteinuria, thrombocytopenia, hypertension, blurred vision, increased blurred vision
- It can damage liver, heart, brain, pre term labor, low birth weight, placental abruption can occur

Explanation:

- Since the neonate is 37 weeks old and mentioned temperature is 35°C.
- The primary priority is Maintain and Monitor the vital signs of the baby [Temperature]
- Nursing alert while taking care of women with pre eclampsia
 - Monitor regular BP
 - Assess fetal heart rate
 - Urine and blood for testing
 - Monitor for seizures and prevent the occurrence
 - Monitor the reflexes while administering magnesium sulfate
 - Adequate bed rest and instruct to raise the legs while sleeping



Additional Information

- Hypothermia - low temperature than normal, if it occurs in newborn children they will be kept under radiant warmer
- KMC - kangaroo mother care can be given to low birth weight and pre term babies and low birth weight babies
- Cover and place the child in warm place

Que. 7 A woman with 3rd day postpartum has complaint of engorgement in both breasts. What is cut off temperature for fever in postpartum woman?

1. 37°Celsius

2. 38°Celsius
3. 39°Celsius
4. 34°Celsius

Correct Option - 2

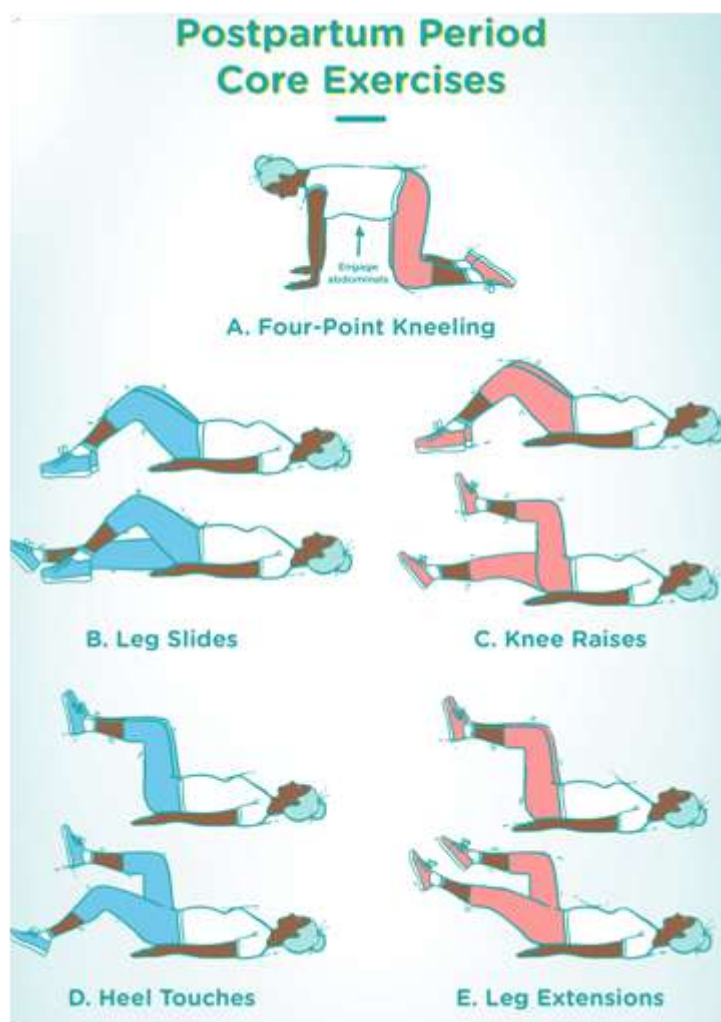
Concept:

- Breast engorgement - breast tissue overflows with milk
- Inability of a mother to feed a baby can lead to breast engorgement
- Application of warm water, compress and massaging can reduce the engorgement

Explanation:

Criteria of fever in postpartum woman:-

- Postpartum fever is defined as a temperature of 38.7 degrees C (101.6 degrees F) or greater for the first 24 hours.
- Greater than 38.0 degrees C (100.4 degrees F) on any two of the first 10 days postpartum



- The above are the post partum exercises which can help the women to gain normal uterine health
- Postpartum women should be kept in the normal room temperature

 Additional Information

- Mastitis: infection and inflammation of breast tissue
 - Symptoms include swelling, pain and redness chills and fever
 - Antibiotics, anti-inflammatory drugs, analgesics, penicillin can reduce this
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Que. 8 Universal blood donor?

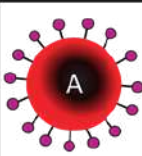
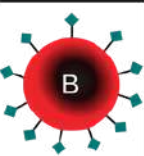
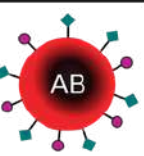
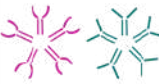
- 1. O
- 2. AB
- 3. A
- 4. B

Correct Option - 1

Concept:

- Blood grouping can be identified by using antigens and antibodies in the serum and blood
- Rh factor represents the positive or negative of the blood group
- Universal donor is o positive - absence of antigens
- Universal receiver is AB positive - due to lack of antibodies

Explanation:

	Group A	Group B	Group AB	Group O
Red blood cell type				
Antibodies in plasma	 Anti-B	 Anti-A	None	 Anti-A and Anti-B
Antigens in red blood cell	 A antigen	 B antigen	 A and B antigens	None

 Additional Information

Compatibility of Blood		Donor							
Types		O-	O+	B-	B+	A-	A+	AB-	AB+
Recipient	AB+								
	AB-								
	A+								
	A-								
	B+								
	B-								
	O+								
	O-								

- Karl landsteiner invented the blood groups
- AB negative is the rarest blood group which can be seen only in 1% of people
- Rh null is the rarest blood group and it is called as golden blood group

Que. 9 WHO Hand wash time with soap?

1. 40 to 60 seconds
2. 20 to 30 seconds
3. 2 minutes
4. 5 minutes

Correct Option - 1

Concept:

- Hand washing will reduce the transmission of infections
- Medical Asperis - used for all basic procedures and surgical asepsis - used before performing surgery
- 40 to 60 seconds can be advised for medical asepsis

Explanation:

- Surgical hand antisepsis takes -> 2 to 6 minutes
- Medical scrubbing can be done with alcohols for -> 15 to 30 seconds
-
-
-
-
-
-
-

Steps of Hand Hygiene:

- Step 1: Wet Hands. Wet your hands and apply enough liquid soap to create a good lather
- Step 2: Rub Palms Together
- Step 3: Rub the Back of Hands
- Step 4: Interlacing and Interlocking of the Fingers
- Step 5: Cup the Fingers
- Step 6: Clean the Thumbs
- Step 7: Rub Palms with Your Fingers
-
-
-
-
-
-
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- Reduces number of pathogens
- Referred to as "Clean techniques"
- Used in administration of:
Medications
Enemas
Tube feedings
Daily hygiene

★ Handwashing is number 1 ★

MEDICAL ASEPSIS



- Eliminates all pathogens
- Referred to as "Sterile technique"
- Used in:
Dressing changes
Catheterizations
Surgical Procedures

SURGICAL ASEPSIS

Additional Information

- Anti septic -> Which kills the live bacteria
- Anti bacterial -> Against the bacteria and kills the bacteria
- Sterilization -> Completely free from microbial organisms
- Disinfection -> Free from infectious agents

Que. 10 Why is it necessary to remove dark colored nail paint before surgery?

1. Nail paint interfere with SPO_2 monitoring and we cannot assess Capillary Refill time (CRT)
2. To prevent burns from cautery
3. Nail paint increases chances of infections
4. To follow OT ethics

Correct Option - 1

Concept:

- Before surgery the patient must be inspected for the entire body to remove ornaments
- This will help to reduce the infection spread and to observe the nails for Spo_2 levels
- Spo_2 levels indicate the saturation of oxygen in the blood
- Capillary refill is the amount of blood return to the nails after applying pressure

Explanation:

- The dark colored nail paint will interfere with the Spo_2 readings and will provide false reading that will alter the treatment course.
- Hence to avoid the confusion the nail paints are removed

Normal Blood Gas Values

	Arterial	Venous	Capillary
pH	7.35 - 7.45	7.31-7.41	7.35-7.45
pCO₂	35 - 45 mm Hg	40-50	Same
pO₂	75 - 100 mm Hg	36-42	< than arterial
HCO₃	22-26 meQ/L	Same	Same
BE	-2 to +2	Same	Same
Oxygen Saturation	>95%	60-80	< than arterial

Additional Information

- Preoperative preparation includes checking their vitals, medical reports, and lab investigations
- IV cannulation should be done
- NBM status should be maintained
- Preoperative notes should be taken before the patient sent to operation theater

Que. 11 Patient with MASA admitted in MICU, the nurse has to provide colostomy care to patient. Which PPE should the nurse use?

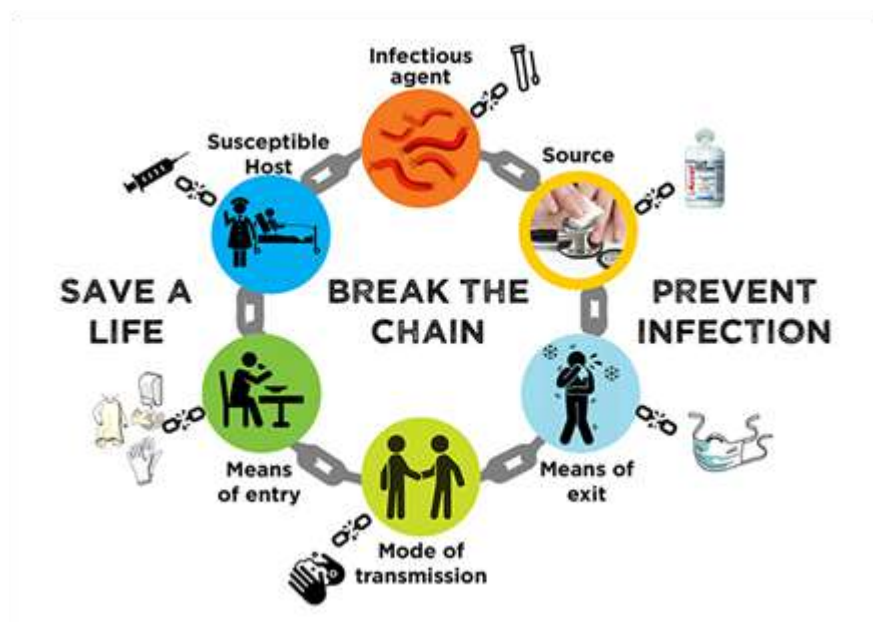
1. Gloves, Gown, Mask
2. Gloves only
3. Gloves and mask
4. Gloves and shoe cover

Correct Option - 1

Concept:

- MICU - Medical Intensive Care unit where the patient will be in critical position
- All the medical emergencies will be admitted here
- PPE - Personal Protective Equipment which includes gloves, gown, mask, cap and eye shield
- Use of this will reduce the risk of transmission of infection

Explanation:



- Gloves -> reduce the spread of contact infection transmission
- Mask -> reduces the spread of airborne infection transmission
- Gown -> reduces the transmission of overall infection spread

Additional Information

- Common procedures to be done in MICU - ventilator care, suction care, basic hygiene care
- Mode of transmission: airborne, waterborne, contact transmission
- Portal of entry: inhalation, touching and transmission of blood
- Host: human and animals can act as host

Que. 12 Which Leopold maneuver is used to assess the fetal attitude during abdominal palpation of an ANC mother?

1. First
2. Second
3. Third
4. Fourth

Correct Option - 4

Concept:

- Leopold maneuver used to palpate the uterus levels for assessing the gravida
- This will be done in the after 36 weeks of pregnancy
- This includes first, second, third and fourth Leopold maneuver

Explanation:



First maneuver:

The superior surface of the fundus is palpated to determine consistency, shape, and mobility.



Second maneuver:

Both sides of the uterus are palpated to determine the direction the fetal back is facing.



Third maneuver:

This step determines the part of the fetus at the inlet and its mobility.



Fourth maneuver:

This step determines the fetal attitude and degree of fetal extension into the pelvis.

 Additional Information

- Fundal grip : used to assess the uterine height and fetal pole
- Pavlic grip: the midwife will hold the lower abdominal part to know the presenting part of the baby
- Lie - the relation between the long axis of fetus to the long axis of mother

Que. 13 Self-care deficit theory proposed by

1. D Orem's
2. Rogers
3. Betty Newman
4. Leininger

Correct Option - 1

Concept:

- Orem gave the self care theory, he believed that health can be attained by self care
- He focused on self care, self care demand, self care agency and nursing care
- This theory was developed between 1959 to 2001

Explanation:



Relationship of Orem’s concept to the three theories		
Theory of self - care	Theory of self- care deficit	Theory of nursing system
Self-care	When therapeutic self-care demand exceeds self-care agency, a self-care deficit exists and nursing is needed.	Nursing agency
Self-care agency		Nursing systems
Self care requisites		Wholly compensatory
Universal		Partly compensatory
Developmental		Supportive education
Health		
Deviation		
Therapeutic self- care demand		

 Additional Information

- Rogers - given that nursing is an art and science that is humanistic and humanitarian
- Betty Newman - given that nursing is based on persons response to stress and reconstitution factors that is progressive in nature
- Leininger - attempts to provide culturally congruent nursing care

Que. 14 Patient with Anorexia nervosa taking food correctly as per her diet plan, but there was no increase in weight observed. What will be nursing intervention for the above patient?

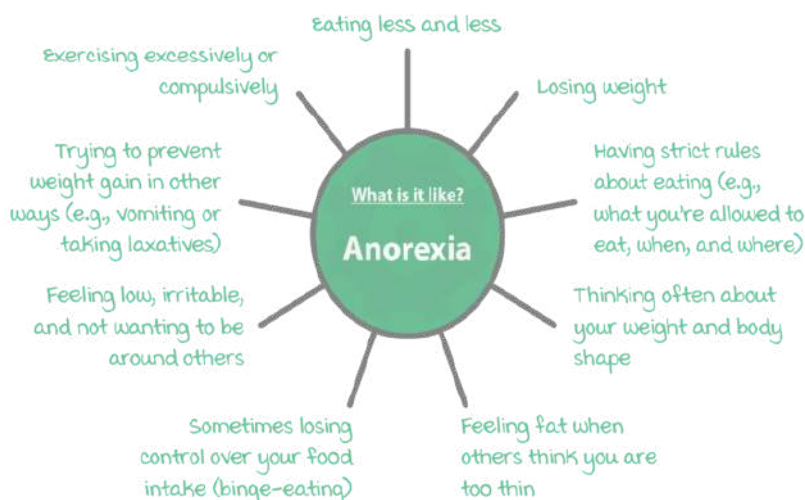
1. Observe patient while taking meal and after up to 2 hours
2. Increase calorie of food from 1500 to 2000
3. Add vitamin tablet to her medications
4. Engage them in other activities

Correct Option - 1

Concept:

- Anorexia nervosa - behavioural disorder where the person will not eat properly out of their body image consciousness
- Bulimia nervosa - excessive eating or binge eating followed by vomiting
- Obsession with food, changes in mood, weakness, lethargy, bradycardia etc.

Explanation:



- Being a nurse they should observe the patient before and after eating atleast for 2 hours so that induced vomiting can be minimized and the patient can gain weight
- In the absence of staff nurse any other family member can be given the same responsibility



Additional Information

- Anorexia nervosa - lack of food intake
- Bulimia nervosa - excessive eating followed by induced vomiting
- Pica - eating non nutritive substance
- Rumination disorder - regurgitation of previously chewed and swallowed food and again they rechew it and re swallow it or sometimes they may spit it
- Avoidance or restrictive food - people will not have interest to take food

Que. 15 What is the difference in Regular ECT and Modified ECT?

1. Low Volt shock is provided
2. Anesthesia is given
3. Muscle relaxant is given

4. Pain killer is provided

Correct Option - 2

Concept:

- Electro convulsant therapy - used to treat mental illness such as depression
- It is used for administration of anesthesia, muscle relaxant, and seizure eliciting electrical stimulus
- Direct ECT - psychiatric treatment where the direct seizures is induced to treat refractory mental disorders
- Modified ECT - Administration of muscle relaxant, anesthesia, seizure eliciting electrical stimulus

Explanation:

Basic difference between Regular ECT and Modified ECT

Note -> Use of Anesthesia

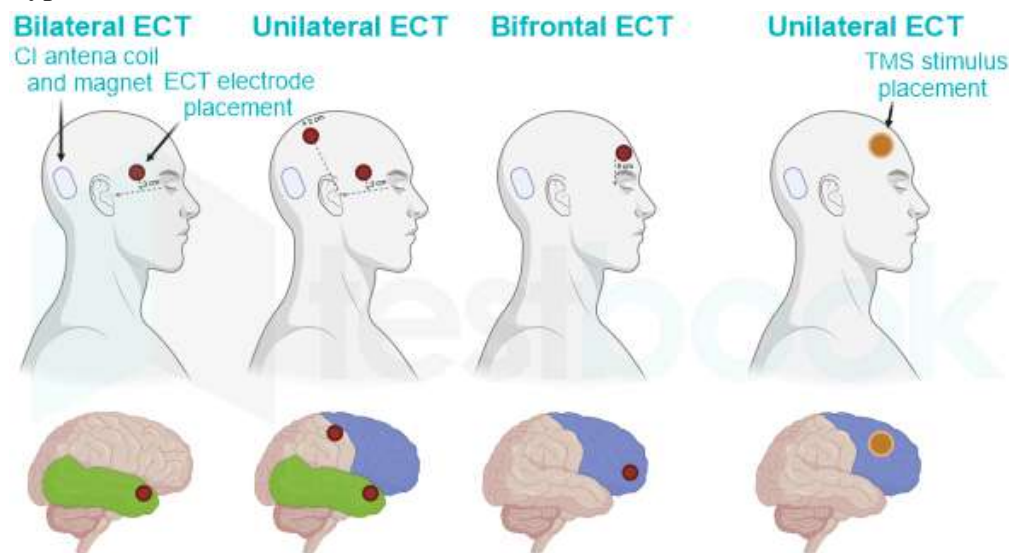
- Nursing responsibilities vary from patient preparation to after care of patient:
 - Patient preparation
 - Neuroimaging prior to ECT
 - Pharmacotherapy
 - Setting up necessary equipments and emergency apparatus for procedure
 - Post therapy monitoring

Parameters

- **Voltage** 70-120 volts.
- **Duration** 0.7-1.5 seconds.
- **Frequency:** 3 times per week or as indicated.
- Total number: 6 -10 up to 25 may be preferred as indicated.
- Indications - severe major depression or bipolar disorder

Additional Information

Types of ECT:



Que. 16 All are crystalloid solutions except:

1. Normal saline
2. Ringer lactate
3. 5% Dextrose
4. HES

Correct Option - 4

Concept:

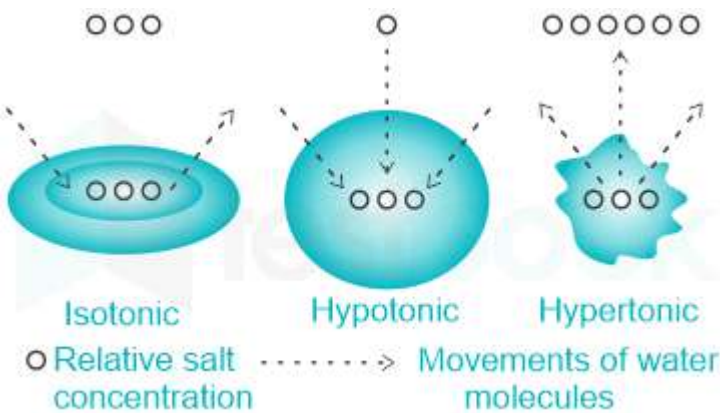
- Crystalloids are aqueous solution of mineral salts and other small water soluble molecules
- 0.9% NACL is the most common crystalloid solution, RL and 5% dextrose also included in this
- Given in fluid resuscitation, hypovolemia, hemorrhage, sepsis, dehydration etc.

Explanation:

- Isotonic solution -> Tonicity same as blood plasma
- Hypotonic solution -> Tonicity lower than blood plasma
- Hypertonic solution -> Tonicity greater than blood plasma

TYPES OF I.V. FLUIDS	
1. Crystalloids vs. Colloids	
CRYSTALLOIDS	COLLOIDS
Normal (0.9%) saline	Human Albumin
Ringer's lactate solution (Hartmann's solution)	Gelatin solutions (Haemaccel®, Gelafundin®)
5% Dextrose	Dextran
	Hydroxyethyl starches (Hetastarch®)

Additional Information



- Colloids: Substance containing particles larger than atoms
- Gelatin, butter, blood, colored gases are few examples of colloids
- Dehydration and kidney failure patients will be given with colloid solutions to treat

Que. 17 An antenatal mother is admitted with complaints of eclampsia. What will be the loading dose of MgSO₄ given to patient?

1. 4 ml in 16 ml NS
2. 8 ml in 12 ml of NS
3. 6 ml in 14 ml of NS
4. 2 ml in 18 ml of NS

Correct Option - 2

Concept:

- Eclampsia - Pregnancy induced hypertension along with seizures which is called as pre eclampsia
- Blood pressure above 140/90 mm of Hg is considered to be eclampsia
- Magnesium sulfate is given to treat active seizures

- 8ml in 12ml of NS is given as per order
- Complete bed rest is advised for the mother to treat the condition

Explanation:

- Loading dose -> It is an initial higher dose of a drug.
- 8 ml in 12 ml of NS is used when treatment starts.

Preeclampsia:

dBP $\geq$ 90–109 + proteinuria

Severe preeclampsia:

dBP $\geq$ 110 or PE + 1 danger sign

Eclampsia:

dBP $\geq$ 90 + convulsions or unconscious

Danger signs:

- Headache
- Blurred vision
- Upper abdominal pain



Additional Information

- Complications include: Fetal growth restriction, pre term labor, Placental abruption, HELLP syndrome, other organ damage etc.
- HELLP syndrome: Hemolysis elevated liver enzymes, low platelet count
- Complications include placental abruption, renal failure, liver failure etc.

Que. 18 Which among Measures of dispersion?

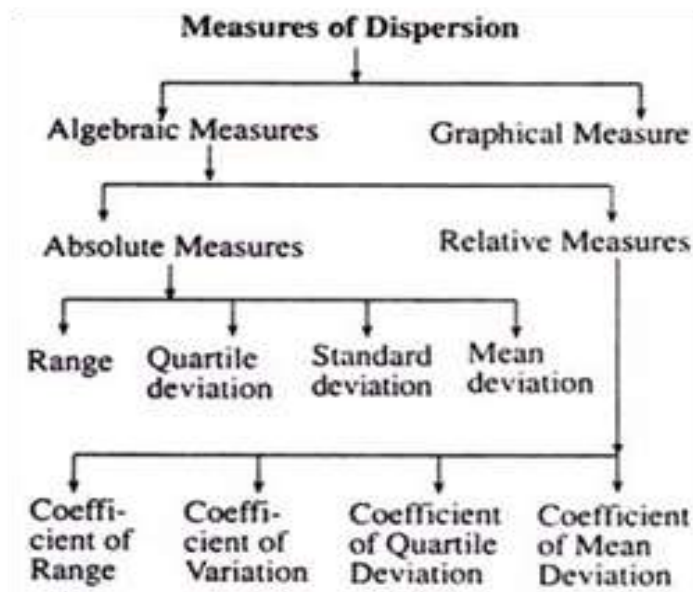
1. Mean
2. Range
3. Mode
4. Median

Correct Option - 2

Concept:

- Measures of dispersion is used to calculate validity, to know how much homogenous or heterogenous data
- Standard deviation is the most common type of dispersion
- Range -> The difference between upper limit and lower limit

Explanation:



Additional Information

- Quartile deviation -> Half of the difference between upper and lower quartile
- Standard deviation -> Measure of how disperse the data in relation to mean
- Mean deviation -> Used to measure average deviation from the mean of given data

Que. 19 A patient was brought to ED with complaint of chest pain from last 1 hour. Which test is done to detect myocardial infarction?

1. Serum electrolyte
2. Check ABG
3. Check CBC
4. Troponin T

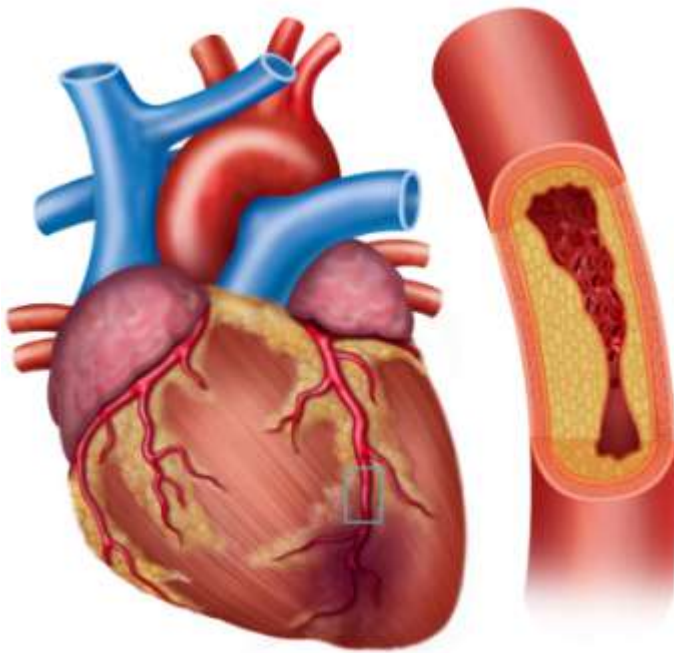
Correct Option - 4

Concept:

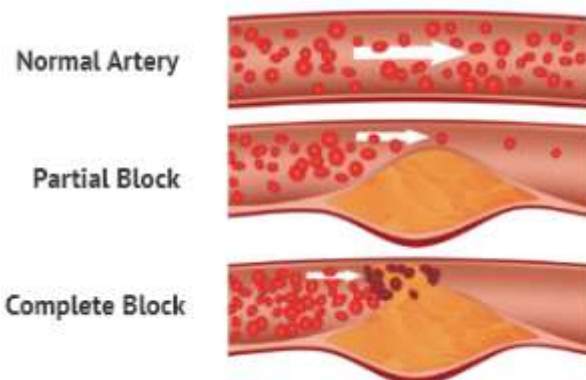
- ED - Emergency Department which is situated in front of hospital
- Myocardial infarction - cardiac arrest where the person heart will not pump blood adequately
- ST elevated myocardial infarction - where the ST segment will rise in ECG
- Non ST elevated MI - where there is no ST elevation

Explanation

- **Myocardial Infraction** - an irreversible damage to the cardiac tissues due to lack of oxygen
- Troponin T and Trponin I are the proteins present in blood which will be released when the cardiac muscle damages
- Hence Troponin T is key marker of Myocardial Infraction.



- Artery blockage contribute to MI
- Causes
 - Age
 - Family History
 - Smoking
 - High cholesterol levels
 - Diabetes
 - Obesity



Additional Information

- ABG - Arterial blood gas analysis where the arterial blood is taken and the gaseous analysis will be done
- Serum electrolytes - the electrolytes like sodium, potassium, calcium and magnesium will be analyzed
- CBC - complete blood count where the blood cells and other components will be analyzed

Que. 20 Which of the psychiatric drug does not need any test dose before starting routine dose?

1. Haloperidol
2. Risperidone
3. Clozapine
4. Quetiapine

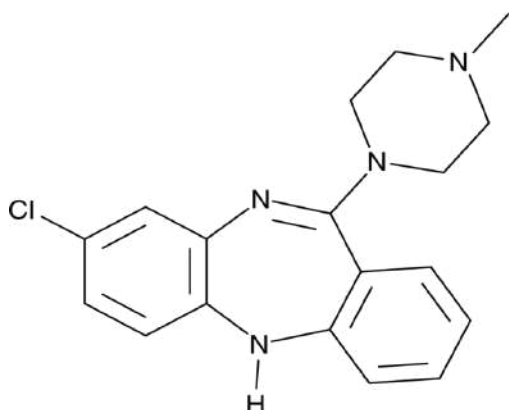
Correct Option - 3

Concept:

- Psychiatric drugs will be given to treat psychiatric conditions like mania, depression, eating disorders, sleeping disorders etc.
- It includes anti psychotics, anti depressants, tranquilizers, mood stabilizers etc.
- Clozapine - anti psychotic drug which can be given without testing dose as it is a natural substance present in brain
- Clozapine is used to treat hallucinations and prevent suicidal tendencies

Explanation:

- Clozapine -> The first atypical antipsychotic
- Also known as second-generation antipsychotic
- Atypical antipsychotic do not produce EPS [Extra Pyramidal Symptoms]
- Primarily used to treat schizophrenia and schizoaffective disorders
- Clozapine is regarded as the gold-standard treatment when other drugs are ineffective



Additional Information

- Haloperidol: anti psychotic drug used to treat schizophrenia, hallucinations and delusions
- Risperidone: used to treat schizophrenia
- Quetiapine: used to treat bipolar disorders and schizophrenia

Que. 21 A patient admitted in a ward with the diagnosis of delirium. In first 24 to 48 hours what nurse plan according to priority

1. Orientation to person, place and environment
2. To restore bladder and bowel function
3. Correct the wake and sleep cycle
4. To improve nutritional status

Correct Option - 1

Concept:

- Delirium - serious disturbance in mental status results in confused thinking, reduced awareness of surroundings
- Symptoms include unable to think and speak, disoriented, hallucinations, delusions etc.
- Causes include chronic illness, metabolic imbalance, medication, infection, alcohol or drug intoxication

Explanation:

- **Difference between Delirium and Dementia:**

Characteristic	Delirium	Dementia
Onset	Acute	Insidious
Course	Fluctuating	Gradual deterioration
Awareness	Impaired	Often clear until advanced stages
Attention	Disturbed	Often good until advanced stages
Memory	Poor working memory and immediate recall	Poor short-term memory
Delusions	Often short-lived or changing	More fixed
Sleep disturbances	Fragmented sleep	Sleep-wake reversal

- As we can see there is marked disorientation in awareness, So the initial treatment includes orientation to person, place and environment
- Delirium is involved in confused thinking the nurse should assess the orientation of person, place and environment
- This can be done by asking questions like where are you, what is the time now, etc.



Additional Information

- Hyper active delirium : the person will have rapid mood changes, hallucinations, agitation and restlessness
- Hypoactive delirium: inactive, reduced motor activity, abnormal drowsiness
- Mixed: will have the symptoms of both

Que. 22 A patient posted of surgery advised to remove Jewelry because?

1. To maintain OR ethics
2. It causes burns to patient with use of cautery
3. To prevent theft
4. To prevent disturbance to surgeon

Correct Option - 2

Concept:

- Preoperative preparation includes
 - History collection
 - Physical examination
 - Investigations
 - NBM
 - Skin preparation
 - Cessation of smoking and alcoholism
- IV cannulation and cathetarization should be done
- Removal of jewelry will reduce the risk of transmission of infection.

Explanation:

Infection prevention and control

Standard Precautions:

1. Hand hygiene
2. PPE
3. Aseptic technique- Prevention of needle stick injury
4. Environmental Cleaning
5. Instruments reprocessing
6. Waste management

Universal precautions:

Blood spillage management/ blood and body fluid post exposure management

Que. 23 At what time ward census done?

1. Day time
2. Morning shift
3. Evening shift
4. None of the above

Correct Option - 4

Concept:

- Census - every ward will have its own census based on the patient inflow
- Ward incharge and ward sisters will collect the census based on their convenience
- It includes collecting, compiling and publishing the data

Explanation:

- Hospitals includes mainly medical wards, surgical wards, ICUs, emergency, and laboratories and other areas which will help the patient to get proper treatment
- Ward census will include the number of patients admitting into the ward
- On basis of this further management is planned for improving hospitals



Additional Information

- BD - twice in a day
- TID - thrice in a day
- QID - four times a day
- NBM - nil per oral

Que. 24 Adrenaline dose in anaphylactic shock is

1. 1 : 1000 (0.5 ml)
2. 1 : 10000 (0.5 ml)
3. 1 : 1000 (1 ml)
4. 1 : 10000 (1 ml)

Correct Option - 1

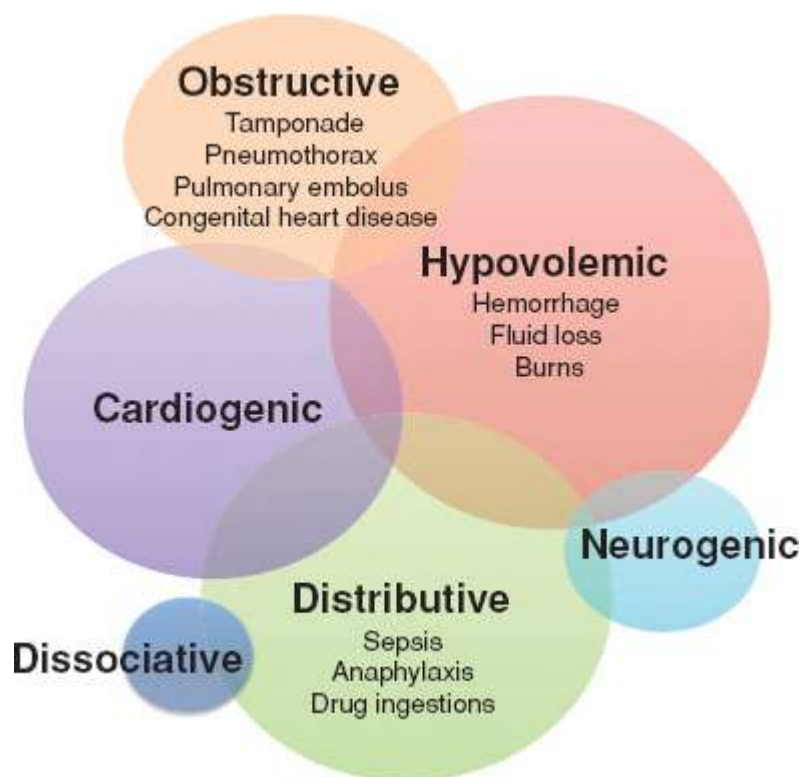
Concept:

- Shock - sudden drop of blood flow to the vital organs

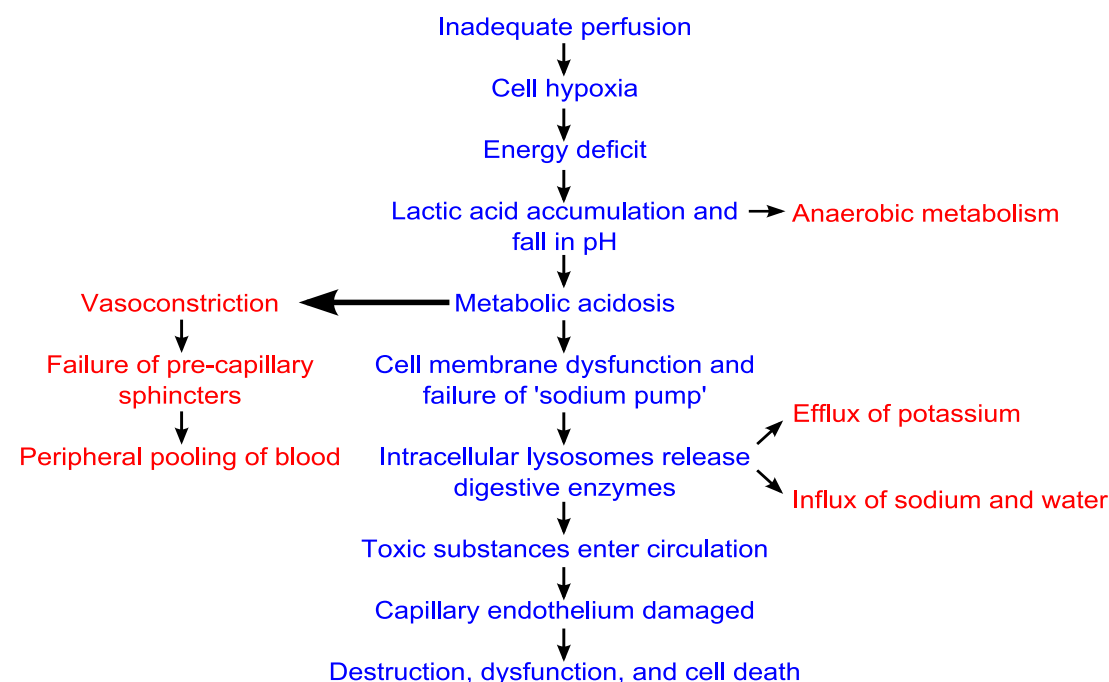
- Types
 - Anaphylactic - due to allergic reactions
 - Neurogenic - nervous injuries
 - Cardiogenic - cardiac related conditions can lead to shock
 - Hypovolemic - due to less amount of fluid
- Low blood pressure, rapid breathing, weak pulse, decreased urine output.
- **Adrenaline** is the first line treatment for shock where for anaphylactic shock we give **0.5ml** to treat it

Explanation:

- Adrenaline rapidly reverses the effects of anaphylaxis.



 Additional Information



- Supine
- Fowlers
- Reverse Trendelenburg
- Side lying

Correct Option - 2

Concept:

- Feeding tube is inserted for those who cannot consume food by mouth
- Who is having oral surgeries, NBM stats, gastric related infections or poisonous conditions
- Ryles tube is available in various sizes and shapes

Size in FG	Colour	Funnel	Cap
		CODE: FL	CODE: CP
6	Light Green		
8	Blue		
10	Black		
12	White		
14	Green		
16	Orange		
18	Red		
20	Yellow		
22	Violet		
24	Light Blue		

Explanation:

- Fowlers or semi fowlers position is used to insert NG tube
- The position can be tested by using simple 3 tests like water in a bowl, syringe and air, gastric aspiration
- Gastric juice can be removed based on the doctors order for analysis

Additional Information

- Supine - used for all common procedures and supervision or physical examination of patient
- Reverse Trendelenburg - head is raised than foot
- Side lying: used for gastric wash or bowel wash, spinal tapping and other procedures

Que. 26

Normally enteral feedings are flushed with water to open blocked tube and ease feeding. In which area It is done with air?

- NICU
- Operation unit
- Rehabilitation unit
- Critical care unit

Correct Option - 1

Concept:

- Enteral feeding - Feeding given through GI tract

- Parenteral feeding - Feeding which is given apart from GI like TPN used for chronically ill patients in ICU
- NICU - For neonates as their gastric capacity is minimal the tube is cleared by using air instead of water

Explanation:

- The gastric capacity of newborns is minimal so air is used
- When water is used water will occupy more space and will alter with nutrition of newborn as it totally relies on breastfeed.
- In case of adult patients in operation unit there is greater gastric capacity and water used will not alter any of nutritional status



Additional Information

- Operation unit - where the surgeries are performed usually minor and major OT can be seen in hospitals
- Rehabilitation - care given for the patient to prevent adverse complications
- Hospice care - focuses on comfort and quality of life of patient who is having serious illness

Que. 27 19-year-old unmarried girl came to gynae OPD for vaccination against cervical cancer. Which vaccine will be administered to the client?

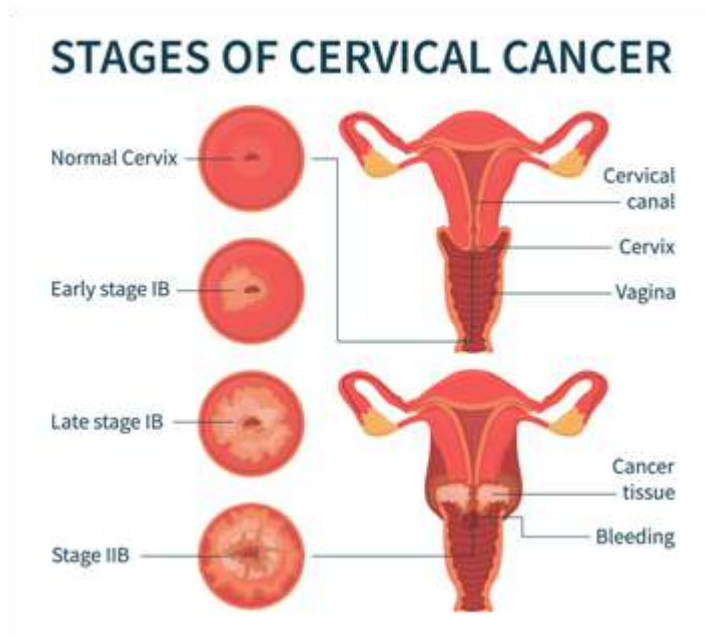
1. Gardasil
2. TCV
3. Bexsero
4. HBV

Correct Option - 1

Concept:

- Vaccine - acts by creating antibodies in the body and fights against the infection
- Live vaccines - where the live particle of a bacteria or virus will be given to induce the antigens
- Dead vaccines - a part of bacteria which is capable of producing virulence will be used to create antibodies in the body
- Gardasil 9 is a HPV vaccine which is approved by US food and drug administration which can be given for both boys and girls

Explanation:



-
- The most common type of cancer which we observe among women the 2nd common type is breast cancer
- Among men prostate cancer is the common type

Additional Information

- HBV - against hepatitis -B vaccine - as soon as after birth
- Bexsero - against meningococcal infection - should be given before 2 months of age
- TCV - against typhoid - given any time after 2 years

Que. 28 Patient in emergency department diagnosed to have fluid and air present in lung. What is the above-mentioned condition known as?

1. Hemothorax
2. Hydropneumothorax
3. Heamopneumothorax
4. Pneumothorax

Correct Option - 2

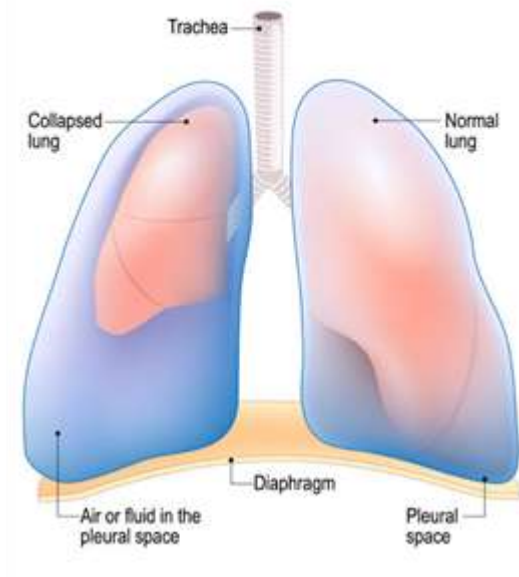
Concept:

- Hydro thorax - lungs filled with water - cardiac failure can cause this
- Hydropneumothorax - blunt or penetrating injuries, damaged lungs can lead to this condition
- People may experience pain in the chest, shortness of breath, coughing

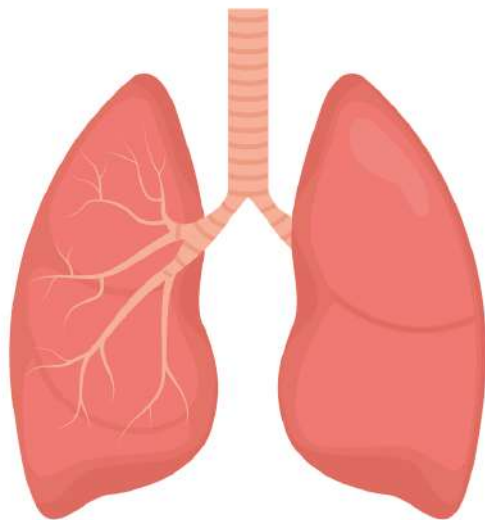
Explanation:

- Hydropneumothorax -> Fluid + Air in Lungs

Pleural Effusion



Normal Lungs



Additional Information

- Hemothorax - lungs filled with blood - tissue plasminogen activators can be used to treat it
- Pneumothorax - lungs filled with air - insertion of needle and removal of excess air
- Hemopneumothorax - lungs filled with blood and air - chest tube thoracotomy

Que. 29 Lignocaine and adrenaline not used for repair of injury to digitalis because?

1. Adrenaline causes vasoconstriction of blood vessels supplying digitalis which may lead to decreased tissue perfusion and necrosis
2. Adrenaline decreases the effect of lignocaine
3. Adrenaline causes systemic effect
4. Adrenaline causes vasodilation which may lead to increased bleeding.

Correct Option - 1

Concept:

- Digitalis toxicity - lack of appetite, nausea, vomiting, restlessness, changes in vision, confusion, hallucination

- Digoxin specific antigen binding fragments can be given as antidote
- Lignocaine - local anesthetic agent
- Adrenaline - activates the nervous system

Explanation:

- Lignocaine -> Local anesthetic
- Adrenalin -> Hormone and medication used in anaphylaxis
- These drugs cause vasoconstriction of blood vessels that lead to decreased tissue perfusion
- Finally there is necrosis

Additional Information

- Adrenalin toxicity : causes brady cardia followed by tachycardia and eventually cardiac failure - antidote Labetalol
- Paracetamol antidote - intravenous acetyl cystine
- Dopamine antidote - phentolamine

Que. 30 Patient with DVT is advised Low molecular heparin. At which site Nurse will administer this?

1. SC
2. IM
3. Oral
4. IV

Correct Option - 1

Concept:

- DVT -> Deep vein thrombosis.
- DVT -> Presence of a thrombus in the deep veins.
- It occurs mostly in lower extremities and had a less chance to occur in upper extremities.
- Treatment -> Anticoagulants and compression stockings.

Explanation:

- Low molecular weight heparin -> Anticoagulant.
- It is administered subcutaneously (SC).
- Dose -> 1 mg/Kg body weight. (Average - 40 mg), once daily.
- Sites of injection -> Abdomen, outer thigh, buttocks and the outer upper arm.
- LMWH prevents the formation of new blood clots and existed clots from getting larger.



Additional Information

- Low molecular weight heparin is having less bleeding risk than other types of heparin.
- Platelet count routine monitoring is necessary to avoid heparin induced thrombocytopenia.

Que. 31 Glove papers are discarded in which BMW dustbin?

1. Black dustbin
2. Red dustbin
3. Yellow dustbin
4. Blue dustbin

Correct Option - 1

Concept:

- Biomedical waste -> Waste generated during diagnosis, testing, treatment, research or production of biological products for humans or animals.
- BMW management is important to protect environment, people and health care staff etc.
- Aim of BMW management :
 - Avoiding generation of waste or recovering the waste as much as possible, rather than disposing.

Explanation:

- Classification of biomedical waste:
 - Infectious -> Waste contaminated with blood & other body fluids, cultures, swabs and bandages etc.
 - Pathological -> Human tissues, organs or fluids, body parts & contaminated animal dead bodies.
 - Sharps -> Syringes, needles, disposable scalpels and blades.
 - Chemical waste -> Solvents, reagents in labs, disinfectants etc.
 - Pharmaceutical waste -> Expired, unused and contaminated drugs and vaccines.
 - Cytotoxic waste -> Cytotoxic drugs used in cancer treatment and their metabolites.
 - Radioactive waste -> Radioactive diagnostic and therapeutic materials.
 - **General waste -> papers, food, garbage etc.**
- **Glove papers coming under the category of general waste.**
- **General waste should be discarded in black dustbin.**



Additional Information

- Red dustbin -> IV sets, urine bags, catheters, gloves etc.
- Yellow dustbin -> Infectious, pathological, chemical, pharmaceutical, cytotoxic waste.
- Blue dustbin -> Sharps including metals.

Que. 32 BMW management of vial and broken ampule discarded in

1. Blue dustbin
2. Red dustbin
3. Black dust bin

4. Blue cardboard box

Correct Option - 4

Concept:

- Biomedical waste -> Waste generated during diagnosis, testing, treatment, research or production of biological products for humans or animals.
- BMW management is important to protect environment, people and health care staff etc.
- Aim of BMW management :
 - Avoiding generation of waste or recovering the waste as much as possible, rather than disposing.

Explanation:

- Classification of biomedical waste:
 - Infectious -> Waste contaminated with blood & other body fluids, cultures, swabs and bandages etc.
 - Pathological -> Human tissues, organs or fluids, body parts & contaminated animal dead bodies.
 - Sharps -> Syringe needles, disposable scalpels and blades.
 - Chemical waste -> Solvents, reagents in labs, disinfectants etc.
 - Pharmaceutical waste -> Expired, unused and contaminated drugs and vaccines.
 - Cytotoxic waste -> Cytotoxic drugs used in cancer treatment and their metabolites.
 - Radioactive waste -> Radioactive diagnostic and therapeutic materials.
 - General waste -> Papers, food, garbage etc.
- **Glassware items like broken or discarded ampoules, vials should be discarded in blue cardboard box.**



 Additional Information

- Red dustbin -> IV sets, urine bags, catheters, gloves etc.
- Yellow dustbin -> Infectious, pathological, chemical, pharmaceutical, cytotoxic waste.
- Blue dustbin -> Sharps including metals.
- Black dustbin -> General waste like food and papers etc.

Que. 33 Sharp blades and needle to be discarded in which of following?

1. Black cardboard
2. Red
3. White container
4. Blue

Correct Option - 3

Concept:

- Biomedical waste -> Waste generated during diagnosis, testing, treatment, research or production of biological products for humans or animals.
- BMW management is important to protect environment, people and health care staff etc.

- Aim of BMW management :
 - Avoiding generation of waste or recovering the waste as much as possible, rather than disposing.

Explanation:

- Classification of biomedical waste:
 - Infectious -> Waste contaminated with blood & other body fluids, cultures, swabs and bandages etc.
 - Pathological -> Human tissues, organs or fluids, body parts & contaminated animal dead bodies.
 - Sharps -> Syringe needles, disposable scalpels and blades.
 - Chemical waste -> Solvents, reagents in labs, disinfectants etc.
 - Pharmaceutical waste -> Expired, unused and contaminated drugs and vaccines.
 - Cytotoxic waste -> Cytotoxic drugs used in cancer treatment and their metabolites.
 - Radioactive waste -> Radioactive diagnostic and therapeutic materials.
 - General waste -> Papers, food, garbage etc.
- **Sharps like blades, needles and disposable scalpels should be discarded in white container.**



Additional Information

- White container will be present with blue color lid.

Que. 34 Vicryl 3.0 is

1. Natural absorbable
2. Synthetic non absorbable
3. Synthetic absorbable
4. Natural non absorbable

Correct Option - 3

Concept:

- Suture material -> Strand of material used to ligate blood vessels or approximate tissues.
- Classification:
 - Absorbable -> Vicryl, PDS, Monocryl.
 - Non - absorbable -> Nylon, prolene, silk.

Explanation:

- Vicryl -> Absorbable, synthetic, braided suture material made by copolymerization of lactide & glycolide.
- Uses -> To suture small and large intestine, peritoneum, fascia, muscle, subcutaneous tissue and skin.
- Sizes -> 0, 1, 2, 2-0, 3-0, 4-0, 5-0, 6-0, 7-0.



Additional Information

- Vicryl 3-0 is used for general soft tissue approximation or ligation.
- It takes 56 - 70 days to get dissolve.

Que. 35 Doctor prescribed pediatric child as follows, 50 ml fluid transfused over 10 minutes at drop rate of 15 ml per hours. In 30 minutes, what will be the flow rate?

1. 20
2. 50
3. 25
4. 30

Correct Option - 3

Concept:

- Flow rate -> The volume per unit time usually expressed in ml/hr, ml/min, ml/sec etc.
- Drip rate -> Number of drops per unit time (drops/min).
- Drop factor -> Number of drops per unit volume (drops/ml).

Explanation:

$$\frac{\text{Volume (mL)}}{\text{Minutes}} \times \text{Drop Factor (gtt/mL)} = \text{Flow Rate (gtt/min.)}$$

- Flow rate = Volume (ml) x Drop factor ÷ Time
- Flow rate = 50 (ml) x 15 ÷ 30 (min)

- Flow rate = 25

Additional Information

- In pediatric fluid calculations, drip rate and flow rate remains same.

Que. 36 Nurse asked in give 1000 ml of normal saline at flow rate of 125 ml per hour. How much time it will take to complete this fluid?

1. 8 hours
2. 6 hours
3. 10 hours
4. 12 hours

Correct Option - 1

Concept:

- Flow rate -> The volume per unit time usually expressed in ml/hr, ml/min, ml/sec etc.
- Drip rate -> Number of drops per unit time (drops/min).
- Drop factor -> Number of drops per unit volume (drops/ml)

Explanation:

- Flow rate (ml/hr) = Total volume (ml) ÷ Infusion time (hr)
- Infusion time (hr) = Total volume (ml) ÷ Flow rate (ml/hr)
- Infusion time (hr) = $1000 / 125 = 8$ hrs
- To transfuse 1000 ml of NS at the flow rate of 125 ml / hour, 8 hours are required.

Additional Information

- Total volume (ml) = Flow rate (ml/hr) x Infusion time (hr).

Que. 37 Nurse on PICU advised to give 400 ml fluid to be given on 8 hours, drop factor is 60 drop per minute. Nurse will run this fluid at what flow rate?

1. 13 drops per minute
2. 50 drops per minute
3. 17 drops per minute
4. 30 drops per minute

Correct Option - 2

Concept:

- Flow rate -> The volume per unit time usually expressed in ml/hr, ml/min, ml/sec etc.
- Drip rate -> Number of drops per unit time (drops/min).
- Drop factor -> Number of drops per unit volume (drops/ml).

Explanation:

$\frac{\text{Volume (mL)}}{\text{Minutes}} \times \text{Drop Factor (gtt/mL)} = \text{Flow Rate (gtt/min.)}$
--

- Flow rate = Volume (ml) x Drop factor ÷ Time
- Flow rate = $400 \times 60 \div 8 \times 60 = 50$ drops per minute.



Additional Information

- Hours should be converted into minutes.
- So, 8 hours = $4 \times 60 = 480$ minutes.

Que. 38 All of the following are incorrect regarding stoma formation except:

1. Stoma is created near the bony prominence
2. Stoma should be created away from bony prominence
3. Stoma is created in lower abdomen in fatty region
4. Stoma can be done anywhere

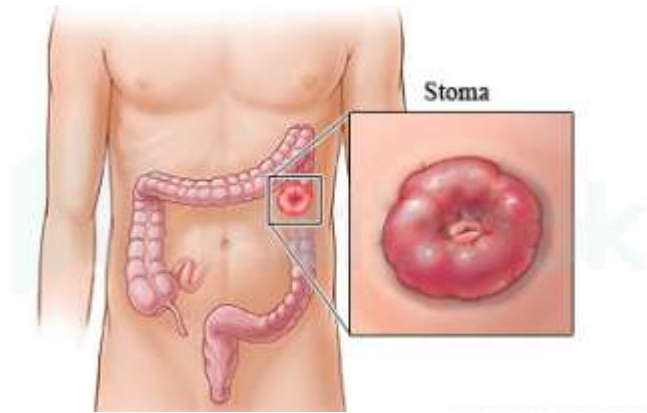
Correct Option - 2

Concept:

- Stoma -> An opening in the body.
- Natural stoma -> Mouth, nose and anus.
- Artificial stoma -> Hollow organ can be made artificial opening.
- Example -> Esophagus, stomach, duodenum, ileum, colon, pleural cavity, ureters, bladder and renal pelvis.

Explanation:

- Pre-operative stoma site marking is done to select an appropriate location.
- A poorly located stoma results in pouching problems like:
 - Increased risk for leakage
 - Place undue hardship
 - Emotional trauma on the patient.
- **The stoma site should be 5 cm away from skin folds, prior scars or bony prominences and belt line.**
- **It allows for proper fitting.**



Additional Information

- Stoma should not be created near bony prominence.
- In case of obese patients stoma should be created in upper abdomen.

Que. 39 ECG of the patient is showing ST depression, Prominent U wave and inverted T wave. Which of the electrolyte imbalance present?

1. Potassium 2.2 mEq/L
2. Calcium 8.2 mEq/L
3. Magnesium 1.8 mg/dl
4. Sodium 133 mEq/L

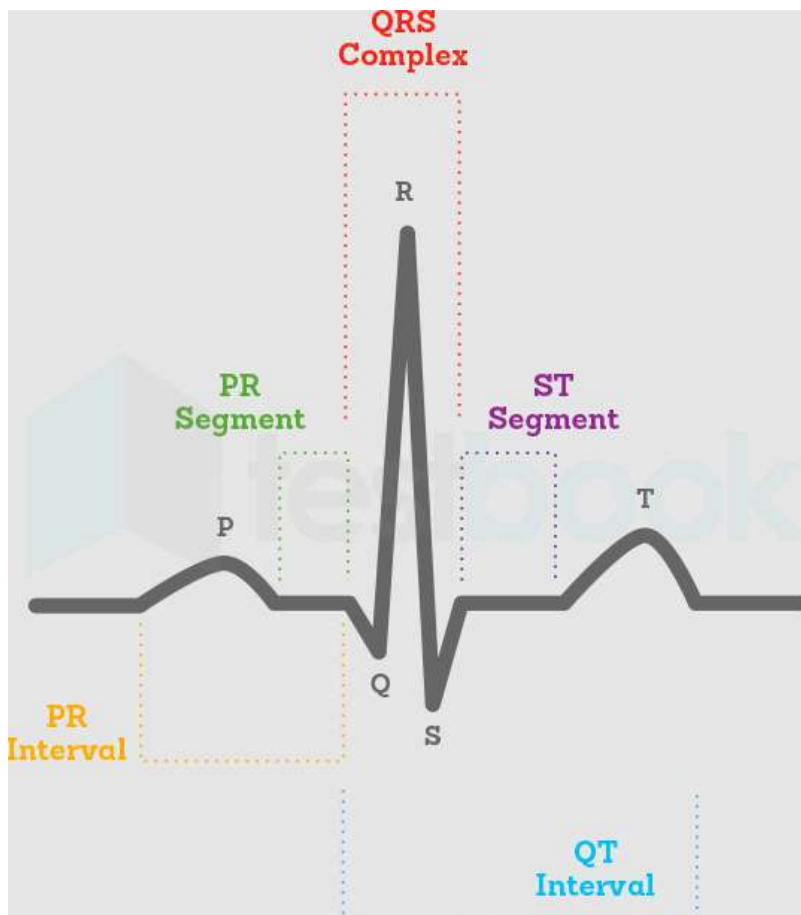
Correct Option - 1

Concept:

- ECG -> A test used to check heart's rhythm and electrical activity.
- Leads are attached to the skin to detect electrical signals produced by heart when it beats.
- Uses:
 - Diagnose and monitor heart problems
 - Electrolyte imbalances are identified.

Explanation:

- **ECG findings of ST depression, flat or inverted T wave and prominent U wave indicates hypokalemia.**
- **Hypokalemia -> Decreased potassium level less than 3.5 mEq/L.**
- **But, ECG changes can be seen when potassium level less than 2.7 mEq/L.**
- Complications-> Arrhythmias and cardiac arrest.
- Treatment -> Oral or intravenous potassium supplementation.



Additional Information

- Sodium, calcium and magnesium levels are in normal levels.
- Normal values:
 - Potassium -> 3.5 - 5 mEq/L
 - Calcium -> 8.5 - 10.5 mEq/L
 - Magnesium -> 1.3 - 2.5 mg/dl
 - Sodium -> 135 - 145 mEq/L

Que. 40 Patient is undergoing blood transfusion and suddenly patient shows complaints of transfusion reaction. What will be the priority nursing intervention?

1. Stop the infusion and remove cannula
2. Stop the infusion and flush with NS
3. Complete the transfusion and administer injection avil
4. Complete the transfusion and discard the bag

Correct Option - 2

Concept:

- Transfusion reactions -> Adverse events associated with the transfusion of whole blood or one of its components.
- Types of reactions:
 - Hemolytic reaction
 - Simple allergic reaction
 - Anaphylactic reaction
 - Transfusion-related acute lung injury
 - Transfusion-associated circulatory overload
 - Febrile non-hemolytic reactions
 - Septic reactions

Explanation:

- Immediate management:
 - **Stop the infusion and flush with NS**
 - Complete cardiovascular and vital signs assessment
 - Contact physician about medical assessment and to inform about reaction
 - Check vital signs every 15 minutes
 - Obtain blood and urine sample as soon as possible
 - Check all the labels, tags, forms, blood order and patient ID etc to find out the clerical discrepancy
 - Documentation
- **Stop the infusion immediately because severity of transfusion reaction depends on amount of blood transfused.**
- **Flush with NS is to be done to keep the IV line patent to administer emergency medications.**

Additional Information

- Prevention:
 - Administration of premedication like antipyretic (paracetamol) and anti-histamine (Diphenhydramine) as per doctor's order.
 - Do patient identification, blood products verification properly prior to transfusion.

Que. 41 Nurse taking care of child who is having epilepsy. What nurse should do immediately?

1. Airway management and provide side lying position
2. Administer oxygen to child
3. Do nothing and record the epilepsy type and duration
4. Inform doctor about epilepsy and record in nurse's chart

Correct Option - 1

Concept:

- Epilepsy -> A nervous system disorder that causes child to have seizures or fits.
- Causes:
 - Idiopathic (Unknown)
 - Stroke
 - Brain tumor
 - Severe head injury
 - Drug or alcohol abuse
 - Brain infection
 - Lack of oxygen during birth

Explanation:

- Immediate management:
 - **Airway management and provide side lying position.**
 - Clear the area around the person to avoid injury.
 - Put something soft and flat, like a folded cloth under his/her head.
 - Remove eyeglasses.
 - Loosen ties or anything around the neck for easy breathe.
 - Note down the time of seizures affect and call for medical help.
- **Airway management and side lying position helps the person for ease breathe.**

Additional Information

- Do not start mouth-to-mouth breathing like CPR.

- Patient usually starts breathing again on their own after seizure.
- Do not try to stop the person movements.
- Do not try to keep anything in the mouth to avoid injury.
- Do not offer water or food until the patient becomes fully alert.

Que. 42 What advise should a nurse give to a patient on lithium therapy?

1. Drink lot of water
2. Take medicine after meal
3. Take medicine on empty stomach
4. Take high calorie diet

Correct Option - 1

Concept:

- Lithium -> Mood stabilizer.
- First line of treatment for mania.
- Dose -> 900 - 2100 mg/day in 2-3 divided dose.

Explanation:

- Serum therapeutic levels -> 0.8-1.2 mEq/L.
- Prophylactic level -> 0.6-1.2 mEq/L.
- **Toxic lithium level -> More than 2.0 mEq/L.**
- Lithium toxicity leads to:
 - **Persistent nausea and vomiting, polyurea**
 - Severe hand tremors
 - Confusion, vision changes
 - Unsteadiness while standing or walking.
- **Nurse should advise to drink lot of water when patient is on lithium therapy to avoid lithium toxicity.**
- The client should drink 6-8 large glasses of water each day and avoid excessive use of beverages containing caffeine.
- Do not drive or operate dangerous machinery until lithium levels are stabilized.



Additional Information

- Lithium should be taken along with food.
- Diet should contain adequate salt.
- Patient should take low calorie diet to prevent weight gain.

Que. 43 All of the following are sesamoid bone except:

1. Patella
2. Fabella
3. Calcaneum
4. Cyamella

Correct Option - 3

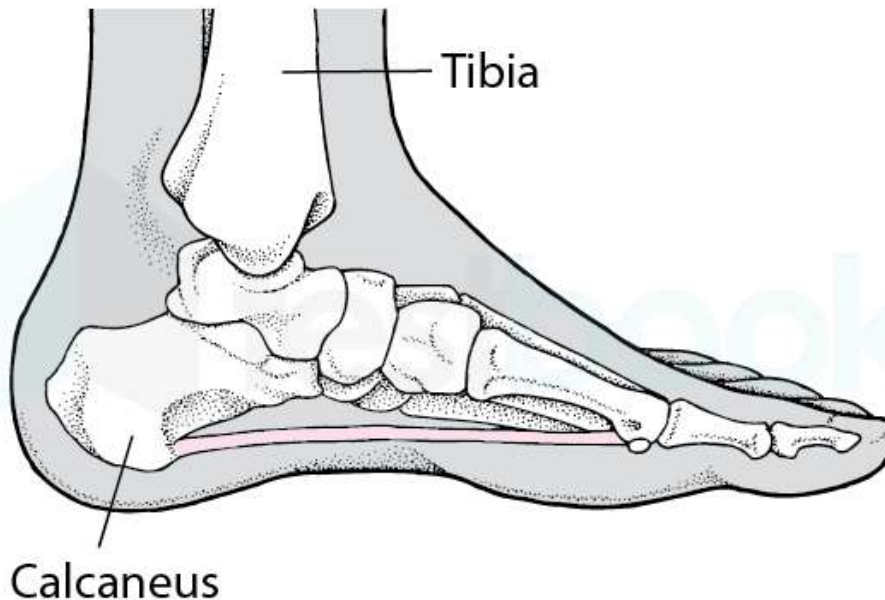
Concept:

- Bones -> There are 206 bones in human body.
- 80 bones are the part of axial skeleton and 126 bones are the part of appendicular skeleton system.
- Classification: 6 types based on shape
 - Long bones
 - Short bones

- Flat bones
- Irregular bones
- Pneumatic bones
- **Sesamoid bones**

Explanation:

- Sesamoid bones -> Bones embedded in tendons.
- Small, round bones commonly found in tendons of the hands, knees and feet.
- Function: Protect tendons from stress.
- Examples -> **Patella, fabella, cyamella** and pisiform bones.
- **Calcaneus -> A large strong bone that forms the back of the foot.**



Additional Information

- Patella -> Kneecap most easily found sesamoid bone and embedded within patellar tendon that attaches the quadriceps to the tibia.
- Fabella -> Sesamoid bone that is embedded in the lateral head of the gastrocnemius muscle.
- Cyamella -> A rare, generally asymptomatic, knee sesamoid bone located in the proximal tendon of the popliteal muscle.

Que. 44 How frequently will you conduct blood test while patient is on regular clozapine?

1. Twice a week
2. Weekly
3. Monthly
4. Fortnight

Correct Option - 2

Concept:

- Antipsychotics -> Neuroleptics, major tranquilizers, D2 receptor blockers or anti schizophrenic drugs.
- Classification-> Typical and atypical antipsychotics.
- Clozapine -> Atypical antipsychotic drug.

Explanation:

- **Clozapine major side effects are agranulocytosis and hypersalivation.**

- **Weekly or biweekly blood investigation (CBC) should be done for the patient who is on regular clozapine.**
- But, it is effective in treating treatment resistant schizophrenia.

Additional Information

- Clozapine dose-> 300 - 900 mg.
- It is a second generation drug, discovered in 1950 and introduced clinically in 1970.

Que. 45 What is key unit nation

1. Constitution
2. Law
3. People
4. None

Correct Option - 3

Concept:

- Nation -> Community of people formed on the basis of a combination of shared features.
- The features are language, history, ethnicity, culture and/or territory.

Explanation:

- People are the key unit of nation.
- As it is a collective identity of a group of people.
- The defined features are belongs to the people.

Additional Information

- Constitution -> The body of doctrines and practices that forms fundamental principles of political state.
- Law -> A rule adopted by an organization chiefly for governing people.

Que. 46 Injection Morphine is given intrathecal during procedure for pain relief. After procedure which of following analgesic you will not administer?

1. Paracetamol
2. Diclofenac
3. Tramadol
4. Fentanyl

Correct Option - 4

Concept:

- Opioids -> A broad group of pain relieving drugs that work by interacting with opioid receptors.
- Morphine is an opioid drug made from the poppy plant.
- Morphine effect lasts for 24 hours.

Explanation:

- When Inj. morphine is given intrathecal during procedure for pain relief and for sedation.
- Fentanyl is avoided in post - operative pain relief because fentanyl is a synthetic opioid.
- When it is administered there is a chance of opioid toxicity.
- Main complication is respiratory depression.



Additional Information

- Tramadol also a synthetic opioid. But, fentanyl is proved to be superior to tramadol.
- Paracetamol can be administered in post operative pain relief.
- Diclofenac is avoided in case of patient with asthma.

Que. 47 Patient with anorexia nervosa will have

1. Tachycardia, Hypertension, Hypothermia
2. Bradycardia, Hypotension, Hypothermia
3. Tachycardia, Hypotension, Hypothermia
4. Bradycardia, Hypertension, Hypothermia

Correct Option - 2

Concept:

- Anorexia nervosa -> An eating disorder characterized by:
 - Low weight
 - Food restriction
 - Body image disturbance
 - Great desire to be thin
- Types:
 - Restrictive -> Starvation due to fear of weight gain.
 - Purging ->

Explanation:

- Patient with anorexia nervosa will have the physical symptoms of:
 - Dizziness / fainting / feeling tired
 - **Bradycardia, Hypotension and Hypothermia**
 - Poor concentration and focus
 - Feeling cold all the time
 - Amenorrhea / irregular periods
 - SOB
 - Bloating /abdominal pain
 - Dry skin, brittle nails
 - Muscle weakness & frequent illness
- **These physical symptoms occurs due to starvation and malnutrition.**



Additional Information

- Treatment:
 - Pharmacotherapy :
 - Neuroleptics
 - Appetite stimulants and antidepressants.
 - Psychological therapies:
 - Individual psychotherapy
 - Behavior therapy
 - Cognitive behavior therapy
 - Family therapy

Que. 48 Patient is suffering from dyspnea. Which position will you provide for patient to relieve?

1. Supine
2. Prone

- 3. Trendelenburg
- 4. Fowler's

Correct Option - 4

Concept:

- Dyspnea -> Difficult, painful breathing or shortness of breath.
- Causes:
 - Asthma, COPD
 - Pneumonia
 - Heart failure
 - Interstitial lung disease
 - Psychogenic problems linked to anxiety
- Other causes in healthy person:
 - Very strenuous exercise
 - Extreme temperature
 - Obesity, higher altitude

Explanation:

- Fowler's



- Symptoms:
 - Heart palpitations
 - Breathing difficulty
 - Weight loss
 - Crackling in the lungs
 - Wheezing and night sweats
 - Labored breathing when lying flat
 - Swollen ankles and feet, high fever
- Management of dyspnea:
 - **Provide Fowler's position to the client.**
 - **In Fowler's position, gravity pulls the diaphragm downward, allows greater chest and lung expansion.**
 - **Also facilitates the relaxation of tension of abdominal muscles and improves breathing.**
 - Administer oxygen.
 - Treat the underlying cause with medications.
 - Avoid sedentary life style.

 Additional Information

- In immobile patients and infants, this position alleviates compression of the chest that occurs due to gravity.

Que. 49 Needle stick injury can result in all of following except:

1. HIV
2. HBV
3. HCV
4. Malaria

Correct Option - 4

Concept:

- NSI -> Needle stick injuries.
- Needle stick injury -> Wounds that are caused by needles that are in contact with blood, tissue or other body fluids before the exposure and accidentally puncture the skin.
- NSI occurs for the people who work with hypodermic syringes and other needle equipment.

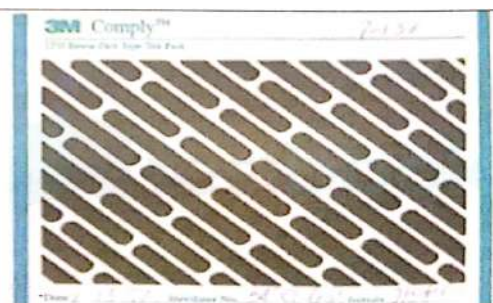
Explanation:

- Needle stick injuries can lead to transmission of blood-borne diseases.
- **As NSI injuries have the potential to transmit bacteria, protozoa, viruses and prions, the risk for HBV, HCV and HIV is the highest.**
- Management:
 - Do not panic or put the finger in mouth or do not squeeze.
 - Wash the area with soap and water.
 - Flush splashes to the nose, mouth, or skin with water.
 - Irrigate eyes with clean water, saline.
 - Report the incident to your supervisor and infection control nurse.
 - Immediately seek medical treatment (Post exposure prophylaxis with hepatitis immunoglobulin within 24 hours).
 - Follow up with investigations and treatment to prevent blood borne infections.
- Prevention:
 - Avoid unnecessary use of needles
 - Use devices with safety measures
 - Promote education and safe work practices for handling needles.
 - Avoid recapping and use safe disposable measures.

Additional Information

- Malaria-> A disease caused by Plasmodium parasites and spread to humans through mosquito bite.

Que. 50 Nurse on duty find following color autoclave label on instrument set. What may be expected action?



1. Set is not sterile and other set should be used in surgery
2. Set is partially sterile
3. Set is sterile and can be used in surgery

4. None of the above.

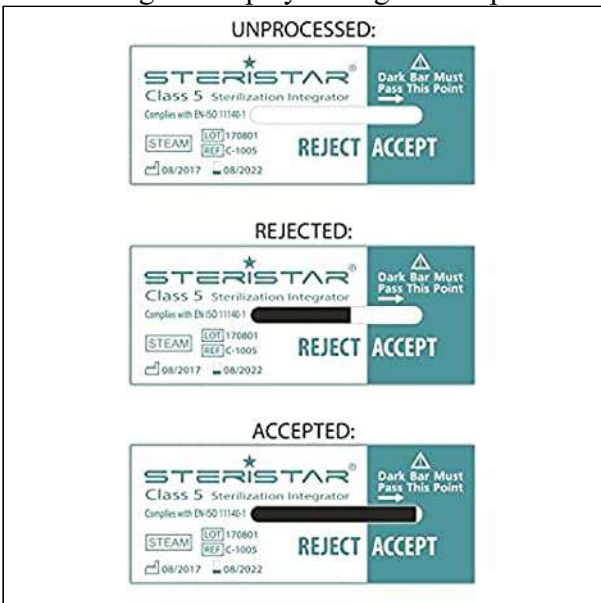
Correct Option - 3

Concept:

- Autoclave -> A machine that uses steam under pressure to kill micro-organisms on items placed inside a pressure vessel.
- The items are heated to an appropriate temperature for a given time period.
- The moisture in the steam efficiently transfers heat to the items to destroy protein structure of micro organisms.

Explanation:

- The two common steam-sterilizing temperatures are 121⁰C and 132⁰C and time period is 15 minutes.
- Chemical indicator is placed inside every package to check:
 - The sterilizing agent has penetrated the package
 - And reached the instruments inside.
- Color change or displayed diagonal stripes indicates that the sterilization is done.



Additional Information

- The image given in the question is an example of diagonal stripes.
- Before using the set for any procedure, first should check for sterilization status.

Que. 51 Which of the following combination is in compatible?



1. A only
2. A and B
3. A and C

4. None of the above

Correct Option - 2

Concept:

- Drug incompatibility -> Physical & chemical reactions that occur outside the body between two or more drugs when the drugs are combined in the same syringe, tube or bottle.
- It results in interrupted therapeutic efficacy of the medications and patient safety, change in color of solution, precipitation or turbidity.

Explanation:

- Normal saline and RL injections are suitable diluents for the intravenous administration of phenytoin.
- Factors other than pH and co-solvent concentration may affect the stability of phenytoin in dextrose solutions.
- **DNS contains dextrose. So, when phenytoin is mixed in DNS it forms precipitation.**
- **The Amphotericin B should not be mixed with NS as it will precipitate.**
- The IV line which is used for Amphotericin-B should not be used for any other drug administration.
- So, option A and B are correct.

Additional Information

- TPN is a mixture of separate components like:
 - **Lipid emulsions**
 - Dextrose
 - Amino acids
 - **Vitamins**
 - Electrolytes
 - Minerals
 - Trace elements
- In TPN ,1 ampule of MVI injection is added to the lipid emulsion (Intralipid 20%) and all other components.

Que. 52 Identify following instrument in image



1. Otoscope
2. Tonometer
3. Ophthalmoscope
4. None

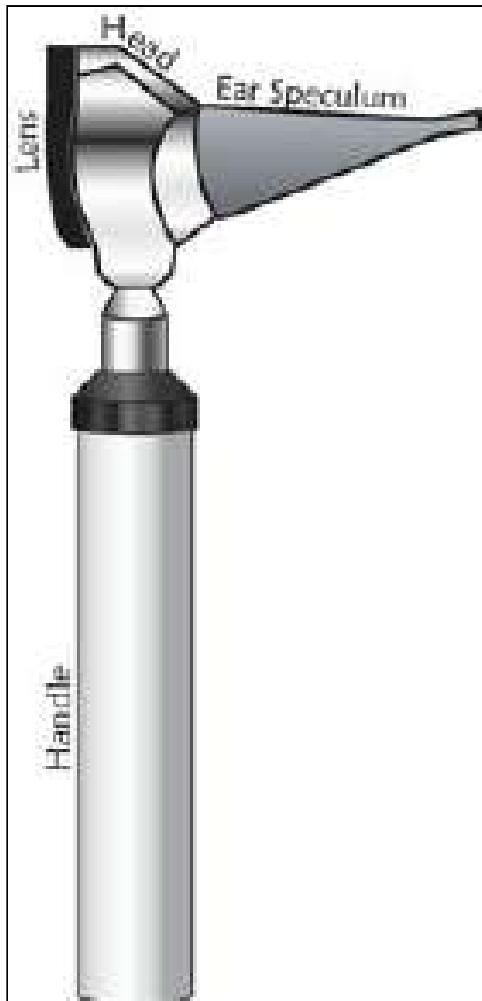
Correct Option - 1

Concept:

- Otoscope -> A tool or instrument used to visualize and examine the condition of ear canal and eardrum.
- Otoscopy -> Clinical procedure used to examine the structures of the ear.
- Uses:
 - To reveal cause of earache, the ear feeling full or hearing loss.

Examination:

- Parts of otoscope:



- Handle, lens, head, ear speculum.
- Handle is where the power source is located.

Additional Information

- If otoscope is inserted too far into the ear canal, it may damage the eardrum.
- Do not move the otoscope forward if it feels hard or something blocking it.

Que. 53 This is solution used in hospitals after how many days, you will change this solution?



1. 7 days
2. 28 days
3. 14 days
4. 21 days

Correct Option - 3

Concept:

- Cidex -> Brand name of Glutaraldehyde.
- It is a disinfectant, medication, preservative and fixative.
- Disinfectant -> Used for sterilization of surgical instruments and other areas of hospital.

- Medication -> Used for the treatment of warts on the feet.

Explanation:

- Glutaraldehyde is used as a liquid and greenish yellow in color.
- It is effective against bacteria, fungi, viruses and spores.
- **This solution is effective up to 14 days and later need to be changed.**
- **For disinfection, immerse the instruments for 10-15 minutes and rinse thoroughly.**
- **For sterilization, immerse instruments for 6-8 hours and rinse thoroughly.**



Additional Information

- Glutaraldehyde can cause the side effect of skin irritation.
- If exposed for large amounts, it may cause nausea, headache and SOB.
- Protective equipment is recommended to wear to avoid side effects.

Que. 54 Following is the picture of sterile sponge used in emergency. It has a blue color thread. What is the purpose of the blue color thread?



1. Blue line is radiopaque
2. Blue color is easily visible when soiled in blood
3. No specific purpose
4. Design of gauze piece

Correct Option - 1

Concept:

- Sterile gauze sponges -> Highly absorbent gauze pads that quickly absorb fluids and resist sticking to the wound.
- Purpose:
 - Hemostasis
 - Protection
 - Retraction
 - Blunt dissection
 - Wound cleaning

Explanation:

- **Sterile sponges contains a plurality of radio-opaque (blue) line.**
- It have high radio graphic density & a distinctive, visually recognizable shape.
- During the surgeries, there is a chance to leave the sponges inside the surgical site.
- Methods for prevention of sponges being left in site:
 - Counting surgical sponges
 - Using sponges with radio-opaque line.

- Radio- opaque line helps us to detect easily through X-ray because of its high contrast and shape i.e. easily recognizable.

Additional Information

- Blue color is not visible when it is soiled in the blood.
- But only through X-ray, it is highly visible.

Que. 55 A primigravida with O negative blood group delivered a baby with O positive blood group. While DCT was negative. What should be done next?

1. Repeat DCT
2. Give 300 mcg of Anti-D to mother
3. Give 150 mg of Anti-D to mother
4. No need to give Anti-D to mother

Correct Option - 2

Concept:

- Rh incompatibility -> A condition which develops when there is difference in Rh blood type between mother (Rh -) and fetus (Rh +).
- Antibodies from Rh -ve mother may enter into the blood stream of Rh +ve blood of unborn baby and may damage the RBC cells.
- As preventive measure anti D should be given.

Explanation:

- Rh incompatibility affects the baby and can cause hemolytic anemia.
- The effects of hemolytic anemia can range from mild to severe.
- DCT (Direct coombs test) is done to detect the hemolysis.
- When DCT is negative 300 mcg of Anti-D is to be administered to mother to prevent hemolysis in subsequent pregnancies.

Additional Information

- Anti - D injection 1500 IU (300 mcg) is administered through IV / IM at 28-30 weeks of pregnancy.
- Another dose administered within 72 hours after delivery if the baby is Rh +ve.
- Immediate cord ligation is done.

Que. 56 Which of following component not present in normal saline?

1. Na^+ 154 mEq/L
2. Cl^- 154 mEq/L
3. K^+ 52 mEq/L
4. None of the above

Correct Option - 3

Concept:

- IV fluids -> Fluids that are injected into the veins of a person through IV canula.
- IV fluids helps in prevention & treatment of dehydration and electrolyte imbalance.
- Types:
 - **Crystalloids** -> Normal saline, D5 and RL.
 - **Colloids** -> Albumin, dextran, hetastarch etc.

Explanation:

- Normal saline is a crystalloid isotonic solution which can easily pass from bloodstream to cells.
- 0.9% sodium chloride solution (Normal Saline) contains Na^+ , Cl^- and water.
- Solution contains Na^+ 154 mEq/L and Cl^- 154mEq/L.

**Additional Information**

- RL and Plasma - Lyte A contains potassium (K^+).

Que. 57 Patient is allergic to B-lactamase and which of following drug is safe to administer?

1. Amoxicillin
2. Penicillin
3. Vancomycin
4. Cefazoline

Correct Option - 3

Concept:

- Beta-lactamases -> Enzymes produced by bacteria that provide multi-resistance to beta-lactum antibiotics.
- Beta-lactum antibiotics -> Pencillins, Cephalosporins, Cephamycins, Monobactams and Carbapenems.
- When the patient is allergic to beta-lactamase, vancomycin is safe to administer.

Explanation:

- Vancomycin -> Narrow - spectrum bactericidal antibiotic used for the treatment of serious staphylococcal infections.
- It is a glycopeptide antibiotic.
- **Vancomycin is the alternative drug of choice when pencillins and cephalosporins cannot be used.**

**Additional Information**

- Amoxicillin and pencillin are beta-lactum antibiotics.
- Cefazoline is under the classification of cephalosporins.

Que. 58 Patient came to ED with uncontrolled diabetes, urine test showed ketone positive. ABG reports showed pH 7.25 pCO_2 - 39 pO_2 - 55 and blood glucose is 600 mg/dl. Which of the following condition is present?

1. Respiratory acidosis
2. Respiratory alkalosis
3. Metabolic acidosis
4. Metabolic alkalosis

Correct Option - 3

Concept:

- Blood gas analysis -> Diagnostic tool to evaluate the partial pressure of gas (O_2 & CO_2) in blood and acid-base content.
- Use: Used for the interpretation of respiratory, circulatory and metabolic disorders.
- Blood gas analysis can be performed on blood which is obtained from artery, vein or capillary.
- But, ABG test compulsory blood should be drawn from an artery.

Explanation:

- Normal values:
 - pH - 7.35 - 7.45
 - PaO₂ - 75-100 mm Hg
 - PaCO₂ - 35 - 45 mm Hg
 - HCO₃ - 22 - 26 mEq/L
 - Blood glucose - 70 - 120 mg/dl
- Metabolic acidosis -> A condition in which there is too much acid in the body fluids.
 - pH decreases and HCO₃ decreases.
- In the above question, metabolic acidosis associated with hyperglycemia and excessive ketone level (DKA).
- Positive ketone urine test indicates that the patient is suffering with uncontrolled diabetes where the body is unable to produce enough oxygen.
- Treatment -> Insulin, diabetic medication, correction of fluid and electrolyte imbalance.

ACID BASE MNEMONIC (ROME)	
R	Respiratory
	Opposite
O	pH ↑ PCO ₂ ↓ Alkalosis
	pH ↓ PCO ₂ ↑ Acidosis
M	Metabolic
	Equal
E	pH ↑ HCO ₃ ↑ Alkalosis
	pH ↓ HCO ₃ ↓ Acidosis



Additional Information

- Respiratory acidosis -> It occurs when the lungs cannot remove all of the CO₂ the body produces.
 - pH decreases and PCO₂ increases.
- Respiratory alkalosis -> A condition marked by low level of carbon dioxide in the blood due to excessive breathing.
 - pH will increase and PCO₂ will decrease.
- Metabolic alkalosis -> A condition where the pH is elevated to greater than 7.45.
 - pH increases and HCO₃ increases.

Que. 59 Which of following glove is of largest size?

1. 6.0 glove
2. 6.5 glove
3. 7.0 glove
4. None

Correct Option - 3

Concept:-

- Gloves are disposable gloves used during medical examinations and procedures to help prevent cross-contamination between caregivers and patients

- There are two main types of medical gloves:
 - examination and surgical.
- Surgical gloves have more precise sizes with better accuracy and sensitivity and are made to a higher standard.
- Examination gloves are available as either sterile or non-sterile, whereas surgical gloves are usually sterile.
- To find glove size, measure around the hand with a tape measure on the palm. You should use your dominant hand, if you are right-handed then use the right hand and if you are left-handed then use the left hand.

★ Important Points

- The size of surgical gloves is based on the circumference (excluding the thumb) measured around the palm in inches, at a level slightly above the suture of the thumb.
- Typical sizes range from **5.5 to 9.0 in increments of 0.5**. Some brands may also offer a size 5.0 which is particularly relevant to female physicians.
- **Research on a group of surgeons found that the most common surgical glove size for men is 7.0, followed by 6.5; and 6.0 for women and 5.5 onwards**

Que. 60

The nurse has given the following glove to the surgeon. What could be the possible reason?



1. They are cheap
2. Because of allergic tendency of surgeon
3. Just because they are only available
4. None of the above.

Correct Option - 2

Concept:-

- The surgical glove is a sterile, single-use glove.
- These gloves are non-irritant and allergic free which makes them safe to wear.
- It is made with high tensile strength and provides you with a superior tool grip.

Key Benefits

- Non Irritant gloves.
- Safe and pinhole-free.
- Sterile.
- Comfortable to wear.
- Size- 7

Directions for Use

- Wear surgicare gloves at the time of surgery or as per requirement.

Safety Information

- Store in closed, cool, and clean places.
- Discard after a single-use.
- Store away from sunlight.

Que. 61 An antenatal mother came to OPD with Hb- 8.5 gm% which of the following is true?

1. Mild anemia
2. Moderate anemia
3. Severe anemia
4. No anemia

Correct Option - 2

Concept:-

Anemia:

- A deficiency in the size or number of red blood cells or in the amount of hemoglobin a red blood cell contains.
- Decrease in blood hemoglobin below a person's physiological need.
- Hemoglobin concentration is below the 95th percentile of the healthy reference population.

WHO grading of anemia:

- Grade 1 (mild anemia): 10g/dl
- Grade 2 (moderate anemia): 7 – 10 g/dl
- Grade 3 (severe anemia): below 7g/dl

Nursing interventions:

- Measure temperature of bath water with thermometer because anemia may cause poor circulation.
- Provide blankets and warm clothing to increase comfort and aid circulation.
- Notify the physician if excessive vomiting, coughing, or straining at stools occurs so that medication can be prescribed to alleviate symptoms.
- Avoid aspirin-containing products to prevent bleeding.
- Avoid forceful blowing.

Que. 62 Patient has undergone donor nephrectomy. The drug will not be given?

1. Morphine
2. Fentanyl
3. Paracetamol
4. Diclofenac

Correct Option - 4

Concept:-

Nephrectomy:

- It is the surgical removal of a kidney (nephron = kidney and ectomy = removal).
- The procedure is done to treat kidney cancer as well as other kidney diseases and injuries.
- **Nephrectomy is also done to remove a healthy kidney from a donor for transplantation.**
- Normal kidneys produce a hormone called prostaglandins that are used to protect the kidney from stress.

Important Points

- **Diclofenac** and **other non-steroidal anti-inflammatory drugs** (NSAIDs) cause the kidney to lose the capacity to make these protective hormones and over time, can result in progressive kidney damage.
- **Diclofenac** has analgesic, antipyretic and anti-inflammatory activities.

Diclofenac is used to treat pain:

- Ocular inflammation
 - Osteoarthritis
 - Rheumatoid arthritis
 - Spondylitis
- Side effects of diclofenac:**
- feeling sick (nausea)
 - being sick (vomiting) or having diarrhea.
 - feeling dizzy or vertigo.
 - headaches.
 - stomach ache, wind, or loss of appetite.
 - mild rash.

Que. 63

In an immunocompromised patient, the nurse should take infection prevention methods when WBC is

1. 11000
 2. 5800
 3. 7000
 4. 2000

Correct Option - 4

Concept:-

Immunocompromised host:

- It is a patient who does not have the ability to respond normally to an infection due to an impaired or weakened immune system.
- This inability to fight infection can be caused by a number of conditions including illness and disease, malnutrition, and drugs.
- In an immunocompromised patient, the nurse should take infection prevention methods when WBC is **2000**.
- If your WBC falls below 2,000 or your ANC is 1.0 (1,000) or lower, you are at increased risk for infection.

Neutrophil Count	Absolute Neutrophil Count	Risk of Infection
10.0 (10,000)	5.0 (5,000)	Normal
5.0 (5,000)	2.5 (2,500)	Low
2.0 (2,000)	1.0 (1,000)	Moderate or Increased
1.0 (1,000)	0.5 (500)	High
0	0	0 0 Very High or Extreme

Infection prevention:

- It refers to policies and procedures used to minimize the risk of spreading infections, especially in hospitals and human or animal health care facilities.

Ways of infection prevention:

- Hand Washing.
- Infection control standard, contact, droplet, and airborne precautions.
- Procedures for decontamination of persons and disinfection of equipment and the environment.
- Quarantine of contacts (if necessary)
- Prophylaxis of exposed individuals.
- Control of the vectors of infection.

Que. 64 Patient came to emergency with alcohol withdrawal symptoms what symptoms will you observe?

1. Tremor, sweating, restlessness
2. Fever, nausea vomiting, hyperactivity
3. Hypertension, sweating, rhinorrhea
4. Deep coma, lacrimation, tears

Correct Option - 1

Concept:-

- Withdrawal symptoms start within 6 - 48 hours and peak about 24 - 38 hours after the last drink.
- During this period of time, the inhibition of brain activity caused by alcohol is suddenly reversed.
- Stress hormones are overproduced and the central nervous system becomes overexcited.

Alcohol withdrawal symptoms:

- Symptoms that occur when someone stops using alcohol after a period of heavy drinking.
- Symptoms of alcohol withdrawal can vary widely in severity. In severe cases, the condition can be life-threatening.
- Symptoms may occur from two hours to four days after stopping alcohol.
- Withdrawal symptoms include:
 - **Anxiety**
 - **Shakiness/ Tremor**
 - **Nausea**
 - **Sweating**

Other Signs and symptoms can be:

- Agitation
- Tremor of hands, tongue.
- Restlessness
- Delirium
- Convulsions
- Hypertension
- Insomnia
- Tachycardia

Que. 65 Patient came to emergency department unconscious with pinpoint pupil, lacrimation and history of substance abuse. Which of drug will be administered?

1. Flumazenil
2. Naloxone
3. Lorazepam
4. Naltrexone

Correct Option - 2

Concept:-

- Miosis is the medical term for narrowed or pinpoint pupils of the eye. It is normal for the pupil to shrink in bright light, but when the pupil does not respond normally to light levels and remains small, it can be a sign of a medical problem. Symptoms of 'opioid overdose triad' is pinpointed pupils, respiratory depression and unconsciousness.
- In the event of an opioid overdose, emergency staff may use a drug called naloxone to reverse the life-threatening effects of the opioid.

Naloxone:

- Naloxone, the antidote for opioid overdose, is a competitive mu-opioid receptor antagonist that reverses all signs of opioid intoxication.
- The onset of action is < 2 minutes when naloxone for adults is administered intravenously and its apparent duration of action is 20 to 90 minutes, a much shorter period than that of many opioids.
- It is active when the parenteral intranasal or pulmonary route of administration is used but has negligible bioavailability after oral administration because of extensive first-pass metabolism.

Side effects:

- Aches,
- A fever,
- Sweating,
- Runny nose,
- Sneezing,
- Goosebumps,
- Yawning,
- Weakness



Additional Information

- **Flumazenil** is indicated for a complete or partial reversal of the sedative effects of benzodiazepines in conscious sedation and general anesthesia in adult and pediatric populations.
- **Lorazepam** belongs to a group of medicines called benzodiazepines. It's used to treat anxiety and sleeping problems that are related to anxiety.
- **Naltrexone** is a medication approved by the Food and Drug Administration (FDA) to treat both alcohol use disorder (AUD) and opioid use disorder (OUD).

Que. 66 In rehabilitation center, which of the following drug is used as opioid substitute in substance abuse patient?

1. Buprenorphine
2. Bupinone
3. Haloperidol
4. Quitepine

Correct Option - 1

Concept:-

- Substance abuse, also known as drug abuse, is the use of a drug in amounts or in ways that are harmful to a person or others. It is a form of substance-related disorder.
- **Buprenorphine** is an opioid partial agonist. It produces effects such as euphoria or respiratory depression at low to moderate doses.
- With buprenorphine, however, these effects are weaker than full opioid agonists such as methadone and heroin.
- When taken as prescribed, buprenorphine is safe and effective.

Side effects:

- Headache.
- Stomach pain.
- Constipation.
- Difficulty falling asleep or staying asleep.
- Mouth numbness or redness.
- Tongue pain.
- Blurred vision.



Additional Information

- **Haloperidol** is a first-generation (typical) antipsychotic medication used widely around the world. It is a typical antipsychotic because it works on positive symptoms of schizophrenia, such as hallucinations and delusions.
- **Quetiapine**: tablets may be used as part of a treatment program to treat bipolar disorder and schizophrenia in children and teenagers.

Que. 67 How will you differentiate clinical depression with normal grief?

1. Persistent anhedonia in clinical depression
2. Normal grief, sense of guilt is present in every situation
3. Often opens up angry
4. Feels temporary loss of self-esteem

Correct Option - 1

Concept:-

- Grief is a natural response to losing something important.
- Grief is universal.
- There are five stages of grief.
- Denial, Anger, Bargaining, Depression, and Acceptance are the stages.
- Denial is the primary stage in the process of grief.

Clinical depression:

- It is the more severe form of depression, also known as major depression or major depressive disorder.
- The term clinical depression is commonly used to at least differentiate the illness from depression.

Signs and symptoms:

- Anhedonia
- Sleep problems.
- Loss of appetite or other eating issues.
- Lack of energy.
- Loss of concentration.
- Problems with self-image or confidence.

Explanation:

Anhedonia:

- loss of the capacity to experience a pleasure. the inability to gain pleasure from normally pleasurable experiences.
- Anhedonia is a core clinical feature of depression, schizophrenia, and some other mental illnesses.
- An anhedonic mother finds no joy in playing with her baby.
- An anhedonic football fan is not excited when his team wins.

Signs and symptoms:

- a lack of relationships or withdrawal from previous relationships
- negative feelings toward yourself and others.
- reduced emotional abilities, including having less verbal or nonverbal expressions.
- difficulty adjusting to social situations.
- a loss of libido or a lack of interest in physical intimacy.
- persistent physical problems, such as being sick often.

Que. 68 Which of following patient at risk of fluid volume deficit?

1. Patient with wound irrigation
2. Ileostomy
3. Patient with cardiac disease
4. None

Correct Option - 2

Concept:-

Fluid volume deficit:

- It occurs when the fluid intake of the body is not sufficient to meet the fluid needs of the body.
- Fluid volume deficit should not be confused with the term dehydration, which refers to loss of water along with increased serum sodium levels.
- It may occur alone or in combination with other imbalances.

Explanation:

Ileostomy:

- It is an opening made between the small intestine and the abdominal wall usually by using the distal ileum but sometimes more proximal to the small intestine.
- An ileostomy, also known as an enterostomy, is a surgical procedure used to create an artificial exit for bodily waste when the lower portion of the digestive system is not functioning properly.
- Can be created for either short- or long-term use, depending on the individual's condition.
- An ileostomy can cause **dehydration**.
- Therefore, a nurse must emphasize **increasing fluid intake to prevent dehydration**.

The technique of ileostomy:

- The ileostomy opening should be 5 cm lateral to the umbilicus and brought out through the lateral edges of the rectus abdominus muscle.
- It is usually made in the right iliac fossa. It should be spouted.

Que. 69 Patient will be positioned as followed for vaginal examination:-

1. Prone
2. Left lateral
3. Supine
4. Dorsal recumbent

Correct Option - 4

Concept:-

Dorsal recumbent position:

- The patient lies on their back, knees fully flexed, thighs flexed, and extremally rotated feet flat on the bed.
- in this position clients with painful disorders are more comfortable with their knees flexed.
- this position should not be used for abdominal assessment because it promotes contraction of abdomen muscles.

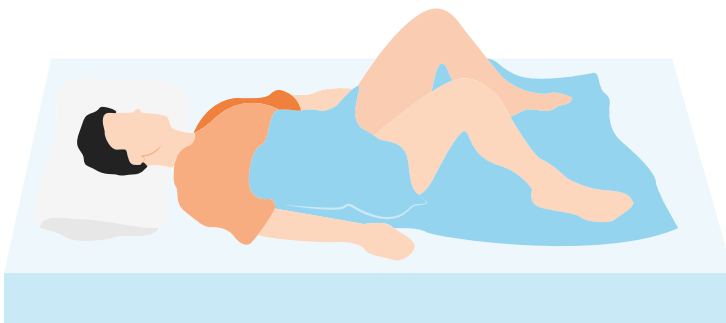
Uses:

- Repair of lesions parturition,
- Vaginal examination,
- Bimanual palpation.

**Additional Information**

- **Prone position:** it is a body position in which the person lies flat with the chest down and the backup.
- **Left lateral position:** it is the opposite of the right lateral recumbent position. In this position, the individual is lying on their left side.
- **Supine position:** it means lying horizontally with the face and torso facing up, as opposed to the prone position, which is face down.

Dorsal recumbent position



Que. 70 Patient on the postpartum period of 72 hours, A purpura developed fever with decreased skin integrity due to fluid loss and excessive vaginal secretions may indicate development of sepsis. In the above scenario, the body temperature supporting sepsis is

1. 36°C
2. 37°C
3. 38°C
4. 40°C

Correct Option - 4

Concept:-

- Postpartum is a recovery period after the delivery where a mother's body takes time to adjust and change into a non-pregnancy state and also to maintain a bond with a newborn baby.

Purpura:

- it is the term used to describe the skin lesions that develop when red blood cells extravasate from capillaries.
- purpura refers to either pinpoint lesions called petechiae or more widespread lesions known as ecchymoses.
- it can be differentiated from other erythematous lesions by the use of diascopy, which is the application of a glass slide to the border of the lesions.

Explanation:**Sepsis:**

- it is a potentially life-threatening condition that occurs when the body's response to an infection damages its own tissues.
- **A temperature of 40 degrees Celsius** should be achieved for patients with severe sepsis and septic shock.
- Puerperal sepsis was defined as a genital tract infection occurring at any time between the onset of rupture of membranes or labor, and the 42nd day postpartum in which two or more of the following are present:
 - Fever (oral temperature 38.5°C/101.3°F or higher on any occasion).
 - pelvic pain.
 - Abnormal vaginal discharge, eg. presence of pus.
 - Unusual odor / foul odor of the discharge.

Signs and symptoms:

- Rapid breathing and heart rate.
- Shortness of breath.
- Confusion or disorientation.
- Extreme pain or discomfort.
- Fever, shivering, or feeling very cold.
- Clammy or sweaty skin.

Que. 71 Identify blade used



1. 11
2. 15
3. 21
4. 22

Correct Option - 1

Concept:-

- The scalpel is an essential dermatological tool that has been used since the beginning of "modern" surgery to "make skin incisions, tissue dissections, and a variety of surgical approaches."
- Scalpel blades come in a variety of sizes, designated by blade number. are recognized, and each serves a different purpose.

Surgical blade No. 11:

- it is an elongated triangular blade sharpened along the hypotenuse edge and with a strong pointed tip making it ideal for stab incisions.

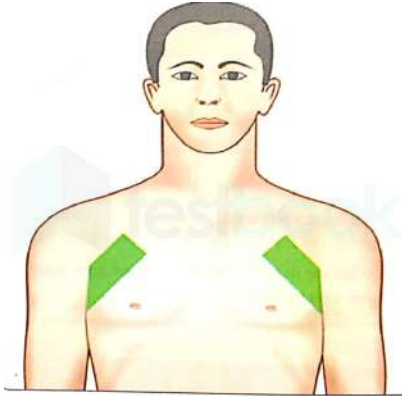
Used in various procedures such as;

- The creation of incisions for chest drains,
- Opening coronary arteries,
- Opening the aorta
- Removing calcifications in the aortic or mitral valves.

Additional Information

- **Surgical Blade No 15:** has a small curved cutting edge and is the most popular blade shape ideal for making short and precise incisions.
- **Surgical Blade No 22:** it is a large version of the No.10 blade with a curved cutting edge and an unsharpened back edge.

Que. 72 The marked area shown in the following image is



1. Axillary region
2. Cubital region
3. Thoracic region
4. None of the above

Correct Option - 1

Concept:-

Axillary region:

- The pyramidal region between the upper thoracic wall and the upper limb.
- It is a base formed by the skin.
- Apex bounded by the approximation of the clavicle, coracoid process, and the first rib;
- It contains axillary vessels, the brachial plexus of nerves, many lymph nodes, and loose areolar tissue.

Contents of the axillary region:

- Cords and branches of the brachial plexus.
- Axillary artery and it is branched.
- Axillary vein and it is tributaries.
- Axillary lymph nodes.
- Axillary lymphatic vessels.
- Axillary fat.
- loose connective tissue.

Boundaries of the axillary region:

It is bounded by 3 bones:

- Clavicle anteriorly
- The upper border of the scapula posteriorly
- The outer border of the first rib medially.

Que. 73 Identify the instrument shown in the following image



1. Laryngoscope
2. Bronchoscope
3. Videoscope
4. Endoscope

Correct Option - 1

Concept:-

Laryngoscope:

- It is the leading source of information on advances in the diagnosis and treatment of head and neck disorders.
 - Laryngoscope -> instrument used to visualize the larynx
 - Used during ET intubation, surgeries related to throat, and larynx
 - Will have different sizes of blades based on the age of the children

Types of laryngoscope

- Indirect Laryngoscopy
- Direct Fiber-Optic Laryngoscopy
- Direct Laryngoscopy
- Indirect Laryngoscopy
- Direct Laryngoscopy

Parts of laryngoscope:

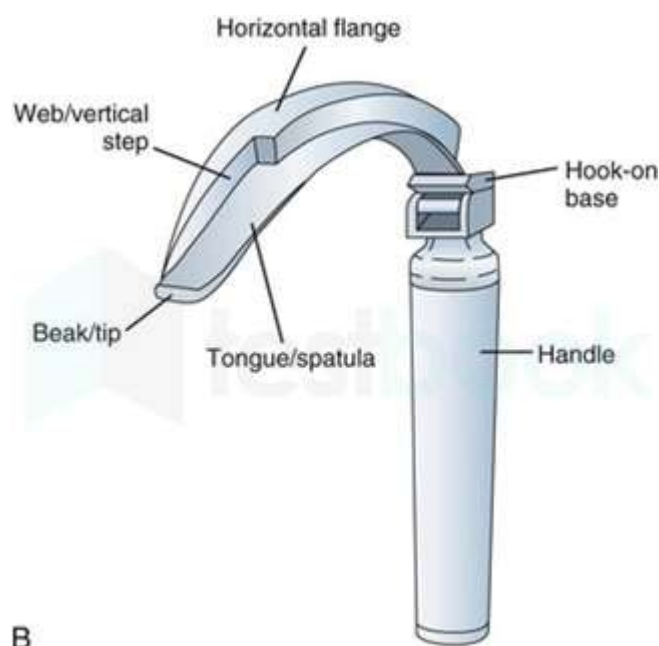
1. handle
2. base
 - base
 - heel
 - tongue
 - flange
 - web
 - tip
 - light source
3. The hook-on connection between the handle and blade.

Uses:

The following structures are examined serially:

1. base of tongue
2. right and left vallecula
3. epiglottis

4. right and left pyriform sinuses
5. aryepiglottic folds
6. arytenoids
7. post cricoid region
8. anterior and posterior commissure



Que. 74 Identify the following tube in the image



1. Nasogastric tube
2. Orogastric tube
3. NJ tube
4. Feeding tube

Correct Option - 1

Concept:-

- **The nasogastric tube** is passed through the nose and down through the nasopharynx and esophagus into the stomach.
- It can be used to remove the contents of the stomach, including air, to decompress the stomach, or to remove small solid objects and fluid, such as poison from the stomach.

Explanation:

- A plastic tube is inserted via the mouth through the chest and upto the stomach.
- They are between 12-18 Fr (4-6 mm outer diameter) and around 100 cm long.
- Some more advanced NG tubes have attachments that prevent liquid reflux of gastric contents.

Indication:

- Aspiration of gastric juice.
- lavage: in cases of poisoning or overdose medication
- Feeding

The complication of NG tube:

- Epistaxis
- Aspiration
- Erosions in the nasal cavity and nasopharynx.

**Additional Information**

- **Orogastric tube:** it is inserted to prevent vomiting and aspiration, to improve ventilation, to decrease intestinal distention, and to facilitate visceral reduction.
- **NJ tube:** it is a small tube that is passed through the nose and into the small bowel to feed children who cannot get enough nutrients by eating.
- **Feeding tube:** it supplies nutrients to people who cannot get enough nutrition through eating.

Que. 75 Identify the following instrument



1. Monopolar cautery pencil
2. Bipolar cautery pencil
3. Electric pencil
4. None of the above

Correct Option - 1

Concept:-

- Electrocauterization (or electrocautery) is often used in surgery to remove unwanted or harmful tissue.
- Cauterization uses a high-frequency electrical current passed from one electrode to another.
- It is used in electrosurgery procedures, cutting biological tissue, and controlling bleeding through radio frequency alternating current.

Monopolar cautery pencil:

- It is a medical device used to fulgurate, coagulate, cut or dissect biological tissue by applying an electric current.
- It uses Radio Frequency Alternating Current or RFAC.
- Electrosurgical pencils are versatile and can suit all operating needs as they come with a universal size connector that makes them compatible with most branded electrode tips.
- These pencils are used in all surgical disciplines. Some of them are – Cardiothoracic, Neurological, Gynecological, Orthopedic, Cosmetic, and as well as certain Dental Procedures.
- Cautery electrodes are available in different shapes and sizes depending on the surgeon's requirement.
- Electrosurgical pencils can be operated either by hand or foot and are reusable and also come in disposable variants.
- ESU Pencils give surgeons the ability to control cutting and coagulation settings by buttons or switches.

Que. 76 Identify the following instrument which used in diagnostic procedures



1. Trucut biopsy needle
2. Lumbar puncture needle
3. Punch biopsy
4. Pleural tapping needle

Correct Option - 1

Concept:-

Trucut needle biopsy:

- it consists of a wide bore of 14 G consisting of a long 15.2 cm cannula and trocar with a 2 cm notch at the tip of the trocar.
- 'True-cut' needles have an internal solid needle, obturator, and an external hollow needle cannula. the receiver has a pointed tip tissue penetration and right behind it is a notch for the biopsy specimen. the cannula works as a cutting sheath.

Technique:

- L.A.
- stab incision with a scalpel
- The cannula is inserted with the trocar fully retracted until the specimen notch is within the tissue to be biopsied.

Uses:

- True-cut needle biopsy is a well-tolerated and reliable procedure to provide a tissue diagnosis of malignancy prior to definitive treatment and eliminates the need for formal excisional biopsy of lesions that require a low index of suspicion.
- Used to take histological specimens from lesions e.g. – breast lumps or liver.
- The procedure can be performed under local anesthetic

Que. 77 Identify which of the following retractors is used in abdominal surgery?



1. Vaginal surgery
2. Thoracotomy
3. Cesarean section
4. None

Correct Option - 3

Concept:-

- LSCS stands for lower segment cesarean section.
- The above instrument is the Doyen retractor used to widen the surgical field by pulling the soft tissues.
- It is commonly used in laparotomies and pelvic surgeries.

Doyen Retractor:

- Used for retraction of the abdominal wall.
- Used for retraction of the bladder during caesarian section (CS) and hysterectomy.
- A broad retracting surface achieves good retraction.
- Decreases blood loss by compression.
- This particular retractor features a 90-degree angled, blunt, 1-3/4" wide blade.

Indications:

- CS
- laparotomy
- TAH
- Prolapse repair
- Stress urinary incontinence repair surgeries

 testbook



Que. 78 Identify Procedure done by health care professionals in the image below:



1. Cerebrospinal fluid
2. Pleural fluid
3. Cerebral fluid
4. Peritoneal fluid

Correct Option - 1

Concept:-

CSF:

- The serum-like fluid circulates through the ventricles of the brain, the cavity of the spinal cord, and the subarachnoid space.
- Since the brain floats in CSF, the brain from some 1000 g to about 50 g, and also protects the brain from knocks on the head.

Lumbar puncture

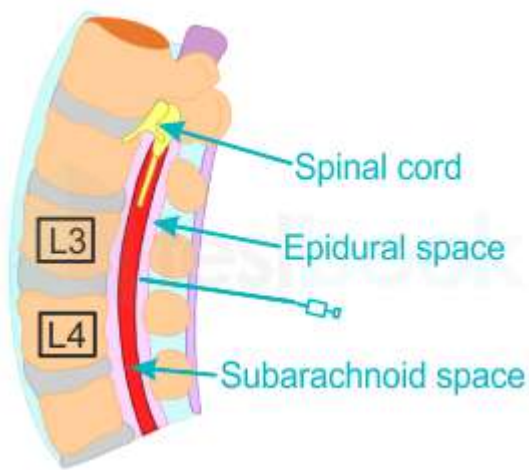
- **It** is the removal of spinal fluid from the spinal canal; the fluid is withdrawn through a needle and examined in a laboratory.

Purposes:

- To obtain CSF for analysis and diagnosis of:
 - Meningitis
 - Meningoencephalitis
 - Subarachnoid hemorrhage
 - Malignancy – diagnosis and treatment
 - Other neurological syndromes
- To drain CSF and reduce intracranial space
- To instill medications

Explanation:

- **Subarachnoid space:**
- **Position:** lies between pia and arachnoid maters containing cerebrospinal fluid.

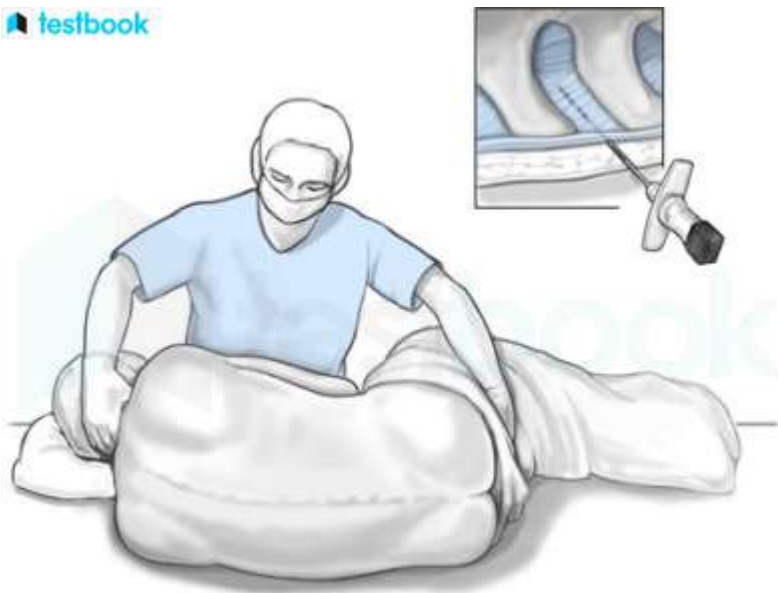


Positioning

- Sitting
- Lateral decubitus
- Prone

testbook





Que. 79 The nurse advised giving an injection of vitamin K to a newborn baby. The route and dose of Vitamin K is

1. Vitamin K 1 mg IM
2. Vitamin K 1 mg SC
3. Vitamin K 0.5 ID
4. Vitamin K 10 mg IV

Correct Option - 1

Concept:-

- Immediately after the birth of the newborn Injection, vitamin K will be administered to the newborn in order to prevent bleeding.
- Neonate has low plasma concentrations and low levels of vitamin K-dependent clotting factors.

Vitamin K

- **Vitamin K** is called antihemorrhagic.
- It is found in the green leaves of plants, as well as in those parts of plants that contain chlorophyll, a lot of it in berries of mountain ash, as well as in the liver.
- Vitamin K is needed for the posttranslational modification of proteins required for blood coagulation.
- Vitamin K is involved in metabolism pathways, bone mineralization, cell growth, and metabolism of the blood vessel wall.

Vitamin K injection:

- it is used to treat bleeding (hemorrhage or threatened hemorrhage) associated with a low blood level of prothrombin or factor VII.
- It is recommended that vitamin K be given IV, and not IM until coagulation parameters normalize to minimize the risk of hematoma at the injection site.
- **1 mg** IM/subcutaneous is the FDA-approved dosage.

Que. 80 Normal hemoglobin level in adult is

1. 12 to 15 gm%
2. 12 to 15 mg%
3. 10 to 18 gm%
4. 10 to 18 mg%

Correct Option - 1

Concept:-

Hemoglobin:

- it is a red pigment.
- present in RBC of blood.
- it is a conjugated protein and chromoprotein.
- it is made up of iron and protein.
- **The normal range for hemoglobin is:**
 - For **men, 13.5 to 17.5 grams per deciliter.**
 - For **women, 12.0 to 15.5 grams per deciliter.**

Structure:

- Hemoglobin is a protein (Heme + protein).

Types of proteins are

- Globular proteins
- linear proteins
- there are four iron atoms in each molecule of hemoglobin, which accordingly, can bind four atoms of oxygen.

Hb is considered of globular protein.

Mature RBCs do not synthesize Hb, while immature RBCs synthesize Hb.

Mitochondria is very important for Heme synthesis.

Functions of hemoglobin:

- Imparts red color to the blood.
- Helps to carry out the oxygen and other gases assisting the respiratory system.
- It buffers the blood pH and maintains it to tolerable limits.
- Source of physiological active catabolites.
- Genetic resistance to malaria etc.

Que. 81 Identify the following procedure that which nurse doing in the following image



1. TPN
2. Dialysis
3. Hydration
4. Lavage solution

Correct Option - 1

Concept:-

Total parenteral nutrition:

- also called central parenteral nutrition or hyperreal (hyperialimentation). The term hyperalimentation is a misnomer because it incorrectly implies that nutrients are supplied in excess of needs).
- large amounts of nutrients in a hypertonic solution can be supplied via TNP. The catheter is surgically placed into the superior vena cava.

- The reason that larger amounts of nutrients in a hypertonic solution can be supplied via the superior vena cava than with peripheral parenteral nutrition is that the superior vena cava has a much larger diameter and a higher blood flow rate, both of which quickly dilute the TPN solution.

Components of TPN:

- lipids emulsions,
- proteins
- dextrose.

Additional Information

- **Dialysis:** it is a procedure to remove waste products and excess fluid from the blood when the kidneys stop working properly. It often involves diverting blood to a machine to be cleaned.
- **Lavage solution** is used for gut cleansing in preparation for colonic procedures, and can be an effective agent in the treatment of chronic constipation.
- **Hyperhydration** is a state of being in positive water balance (a water excess) and hypohydration is the state of being in negative water balance (a water deficit).

Que. 82 Identify milky white solution which is widely used in OT for sedation and anesthesia based on the following image



1. Propofol
2. Midazolam
3. Ketamine
4. Rocuronium

Correct Option - 1

Concept:-

Propofol:

- Propofol is famously called “Milk of amnesia”.
- The most common intravenous agent used for induction and maintenance of anesthesia.
- The preferred drug in daycare surgeries.
- Also used for sedation in intubated and mechanically ventilated patients in ICU.
- Propofol does not dissolve in water so it comes in a white, oily solution and must be refrigerated before use.

Mechanism of action:

- Widespread inhibition of NMDA (N-methyl -D- aspartate) receptor through sodium channel gating acts on GABA and glycine receptors on the dorsal horn of the spinal cord and inhibits excitatory action.
- Increases dopamine concentration in the nucleus accumbens which is responsible for the sense of well-being, drug abuse potential, and pleasure-seeking behavior.
- Decreases serotonin levels in area postrema-anti emetic effect.

Adverse effects of propofol:

- Copious secretions
- Laryngospasm
- Apnea, respiratory depression
- Hiccough
- Bronchospasm
- Hypotension

Additional Information

- **Midazolam** injection is used to produce sleepiness or drowsiness and relieve anxiety before surgery or procedure.
 - This medication is also used to help in anesthesia or sedate people.
- **Ketamine** is frequently described as a “unique drug” because it has hypnotic, analgesic, and amnesic effects- no other drug used in clinical practice combines these three important features.
- **Rocuronium** injection is used with general anesthesia medications for rapid sequence intubation and routine tracheal intubation.
 - This medication is also used to help relax muscles during surgery or mechanical ventilation.

Que. 83 The nurse is posted in ED and the patient comes with a seizure. The priority management of seizure patients is

1. Airway management by side lying position and head turn
2. Controlling seizure with medications
3. Circulation management with IV fluids
4. None of the above

Correct Option - 1

Concept:-

Seizure:

- A seizure can be defined as abnormal, uncontrolled electrical activity in brain cells.
- Nerve cells transmit signals to and from the brain in two ways by-
 1. Altering the concentrations of salts within the cell.
 2. Releasing chemicals called neurotransmitters (gamma-aminobutyric acid).

Causes of seizures:

- Abnormal levels of sodium or glucose in the blood.
- Brain infection, including meningitis and encephalitis.
- Brain injury that occurs to the baby during labor or childbirth.
- Brain problems that occur before birth.
- Brain tumor

Nursing management:

- Seizures can affect both respiration and upper airway protection. Patients may stop breathing at the onset of convulsive seizures as muscles contract so **Airway management by side-lying position and head turn is the primary management.**
- Maintaining safety during an episode,
- Imparting knowledge and understanding about the condition.

Que. 84 Identify the red waveforms in the following image



1. IABP
2. CVP
3. NIBP
4. None of the above

Correct Option - 1

Concept:-

IABP (Intra -Aortic Balloon Pump):

- IABP gives temporary support to the left ventricle by mechanically displacing blood within the aorta.
- It is the most common and widely available method of mechanical circulatory support.
- Traditionally used in surgical and non-surgical patients with cardiogenic shock.

Principles of IABP:

- A **flexible catheter** is inserted into the femoral artery and passed into the descending aorta.
- Correct positioning is critical in order to avoid blocking off the subclavian, carotid, or renal arteries.
- When inflated, the balloon blocks 85-90% of the aorta. Complete occlusion would damage the walls of the aorta, red blood cells, and platelets.

Contraindications:

Absolute:

- Significant aortic regurgitation
- Aortic dissection
- Aortic stents

Relative:

- Abdominal aortic aneurysm
- Uncontrolled septicemia
- Uncontrolled bleeding diathesis
- Severe bilateral peripheral vascular disease



Additional Information

- **CVP:** it is a measure of pressure in the vena cava, and can be used as an estimation of preload and right atrial pressure.
- **NIBP:** it gives you the ability to capture continuous blood pressure data over long sampling periods easily, and with increased comfort for your subject.

Que. 85 Identify the use of the following machine pneumatic compression device used in



1. DVT
2. Pulmonary Embolism
3. Varicose vein
4. Leg pain

Correct Option - 1

Concept:-

DVT (Deep vein thrombosis):

- A pulmonary embolism (PE) usually occurs when a blood clot called a deep vein thrombosis (DVT), often in the leg, travels to the **lungs** and blocks a **blood vessel**.
- The most serious complication of DVT is **pulmonary embolism**.
- DVT refers to **blood clots formed in deep veins of lower limbs**.
- When a **clot travels** from the deep veins to the **lungs** through blood, it is termed a pulmonary embolism.

Signs and symptoms:

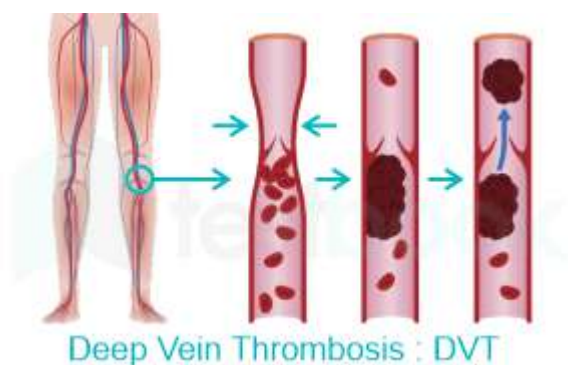
- Sudden shortness of breath.
- Chest pain
- Feeling lightheaded or dizzy.
- Fainting.
- Rapid pulse.
- Rapid breathing.

Risk factors:

- Age.
- Lack of movement.
- Injury or surgery.
- Pregnancy.
- Birth control pills
- Being overweight or obese

Additional Information

- **Pulmonary embolism:** it is a blockage in one of the pulmonary arteries in your lungs.
- **Varicose veins:** are twisted, enlarged veins. Any vein that is close to the skin's surface (superficial) can become varicose.



Que. 86 Identify airway used in emergency in following image



1. Oropharyngeal airway
2. Nasopharyngeal airway
3. Nasogastric tube
4. None

Correct Option - 1

Concept:-

Oropharyngeal airway:

- It is a curved plastic tube, flanged and reinforced at the oral end with a flattened shape to ensure that it fits neatly between the tongue and hard palate.
- It is available in sizes suitable for small and large adults.
- An estimate of the size required may be obtained by selecting an airway with a length corresponding to the vertical distance between the patient's incisors and the angle of the jaw.
- The most common sizes are 2, 3, and 4 for small, medium, and large adults respectively.

Indications:

- OP airways are indicated in unconscious patients without a gag reflex.
- An oral airway will prevent the tongue, which is the most common airway obstruction, from blocking the airway when properly inserted.

Contraindication:

- The inability of the patient to extend their head.
- Moderate to severe trauma to the cervical spine or anterior neck.
- Infection in the epiglottal area.
- Mandibular fracture
- Mild hypoxia

Additional Information

Nasopharyngeal airway device:

- it is a hollow plastic or soft rubber tube that a healthcare provider can utilize to assist with patient oxygenation and ventilation.

Nasogastric tube:

- it is a special tube that carries food and medicine to the stomach through the nose.



Que. 87 0.45% NS is?

1. Hypotonic solution

2. Isotonic solution
3. Hypertonic solution
4. Colloid

Correct Option - 1

Concept:-

Hypotonic solution:

- Hypo: under/beneath
- Tonic: concentration of a solution.
- A hypotonic solution is one in which the concentration of solutes is greater inside the cell than outside of it.
- Less solute: more water (in solution).
- The normal range for blood sodium levels is 135 to 145 mEq/L.
- Sodium chloride 0.45% (1/2 NS), also known as half-strength normal saline, is a hypotonic IV solution used for replacing water in patients who have hypovolemia with hypernatremia.

Explanation:

0.45% NS – Hypotonic:

- Provides free water in addition to Na^+ and Cl^-
- Used to replace hypotonic fluid losses.
- Used as a maintenance solution.
- Does not replace daily losses of other electrolytes.
- Provides no calories.
- A hypotonic solution that provides Na^+ , Cl^- , and free water.
- Used as a basic fluid for maintenance needs.



Additional Information

Isotonic solution:

- Solutions that contain the same concentration of water and solutes as the cell cytoplasm.

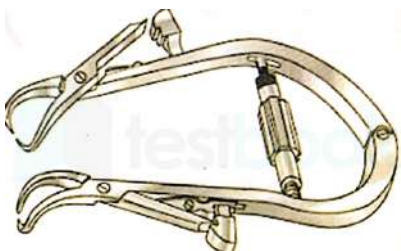
Hypertonic solution:

- A solution that contains more dissolved particles (such as salt and other electrolytes) than is found in normal cells and blood.

Colloid:

- It is a mixture in which one substance consisting of microscopically dispersed insoluble particles is suspended throughout another substance.

Que. 88 The below-shown instrument is used in which surgery?



1. Thyroidectomy
2. Abdominal surgery
3. Thoracotomy
4. Cesarean section

Correct Option - 1

Concept:-

Jolls thyroid retractor:

- It is a retaining retractor. It is used in thyroidectomy to retract the skin.
- Jolls thyroid retractor is a semicircular retractor with two blades attached to a handle.
- The end of the blades is sharp like a towel clip with a catch/ratchet on it.
- It is a self-retaining retractor used for thyroid and parathyroid surgeries.
- Retractors are used to hold an incision or wound open during surgery.

Explanation:

Thyroidectomy:

- **Thyroidectomy** is the procedure to excise the thyroid gland.
- It is a common procedure to treat malignancy, benign disease, or hormonal disease that is not responsive to medical management.

Types:

1. **Subtotal thyroidectomy:** removal of a little less than total; done in multi-nodular goiter.
2. **Near-total thyroidectomy:** almost the same as total, but a little thyroid tissue around one parathyroid gland is preserved.
3. **Isthmusectomy:** dividing the isthmus.

Indications:

- as therapy for patients with thyrotoxicosis.
- to treat benign or malignant thyroid tumors.
- to treat pressure symptoms such as respiratory distress or dyspnea or dysphagia.
- to establish the definitive treatment of thyroid mass especially when cytological results are indeterminate.

Que. 89 Identify the following instrument used in hyperbilirubinemia monitoring based on the image



1. Phototherapy Irradiance meter
2. Tempometer
3. Conversion meter
4. None

Correct Option - 1

Concept:-

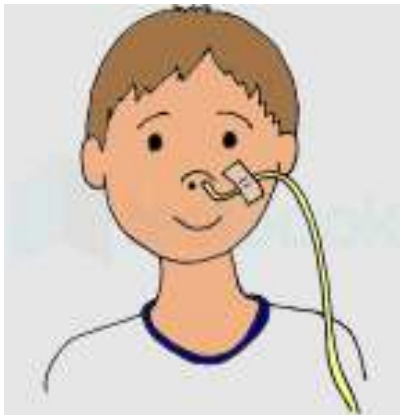
- **Hyperbilirubinemia** is a condition in which there is a buildup of bilirubin in the blood, causing yellow discoloration of the eyes and skin, called jaundice.
- Phototherapy is also known as **Light therapy or heliotherapy**. In Phototherapy, either **natural or artificial light** is used to treat certain pathological conditions.

Explanation:

Phototherapy Irradiance meter:

- It detects the therapeutic light intensity or irradiance of the blue spectrum during the treatment of neonatal hyperbilirubinemia given using Phototherapy.
- The battery-operated device accurately measures the irradiance and dosage levels given to infants and is also easy to carry around.
- Measures therapeutic blue light intensity in $\mu\text{W}/\text{cm}^2$ & $\mu\text{W}/\text{cm}^2/\text{nm}$.
- High bright LED display with 0.1 % resolution.
- Provides consistent reading of the irradiance measurement.
- Hold function records the previous value.
- Low Power draw allows the units to operate continuously for 20 hours in the rechargeable battery.
- Re-chargeable battery with a long life of up to 2 years.

Que. 90 Identify the procedure done in the image :



1. Nasogastric insertion
2. NJ tube insertion
3. ET insertion
4. None

Correct Option - 1

Concept:-

Nasogastric insertion:

- Insertion of a tube through the nose, down the back of the throat, through the esophagus, and into the stomach.
- It is a minor procedure that provides access to the esophageal passage and the stomach.

Procedure:

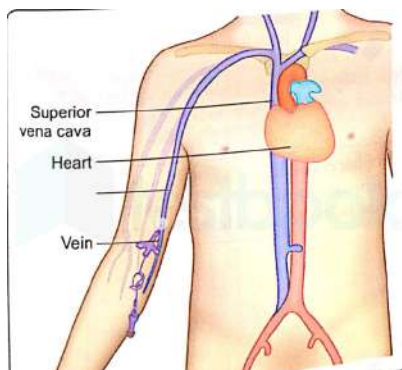
- Wash hands thoroughly.
- Measure the distance of the tube from the tip of patient's ear lobe to nose to tipoff xiphoid process.
- Mark the distance of the tube.
- Lubricate the tube of about 6 to 8 inches with the lubricant using a ragged piece or a paper square.
- Hold the tube coiled in the right hand and introduces the tip into the left nostril.
- Pass the tube gently but quickly backward momentary resistance may occur as the tube is passed into the nasopharynx.

Indications:

- Aspiration of gastric contents decompresses the stomach.
- Access to the stomach to introduce fluids (lavage fluid, tube feedings, activated charcoal into the stomach).
- Obtain a specimen of the gastric contents.
- In trauma.



Que. 91 Identify the catheter in the following image



1. Central venous line
2. Intra-arterial line
3. Peripherally inserted central line
4. None of the above

Correct Option - 3

Concept:-

- The PICCs is a thin, flexible tube that is inserted into a vein in the upper arm and guided over the right side of the heart into a large vein called the superior vena cava.

Peripherally inserted central catheter:

- It is a catheter inserted into the basilic or cephalic vein in the cubital fossa or the upper arm, with the tip residing in the superior vena cava.
- PICCs are approximately 55cm in length.
- They may be single or multi-lumen.
- They can be indwelling for up to 12 months or longer.

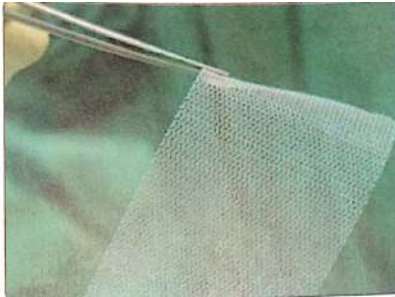
Indications:

- Intermediate or long-term therapies.
- Continuous infusions
- Poor venous access
- Administration of drugs or fluids that may be irritable to peripheral veins.

Advantages:

- It is relatively easy to insert.
- Insertion can be done at the bedside by a nurse or radiologist trained in the procedure.
- Pain-free once inserted.
- Suitable for continuous or intermittent therapies.
- Suitable for home therapy.
- Avoids repeated peripheral cannulation.
- Suitable for delivery of high-risk drugs.

Que. 92 Identify disease based on the following image of mesh:



1. Inguinal hernia
2. Thoracotomy
3. Bleeding disorders
4. None

Correct Option - 1

Concept:-

- The term "mesh" is used to describe a flat sheet of an artificial material that is used to cover or "patch" the hernia.
- A hernia mesh, or surgical mesh, is a medical device that supports the damaged tissue around the hernia while it heals.
- Surgeons place mesh over the area around the hernia, attaching it with sutures, staples, or glue.
- The holes in the mesh allow the tissue to grow into the apparatus.

Inguinal hernia:

- An inguinal hernia occurs in the groin.
- it is called inguinal because the intestines push through a weak spot in the inguinal cavity, which is a triangle-shaped opening between layers of abdominal muscle near the groin.

Signs and symptoms:

- Being male. Men are eight times more likely to develop an inguinal hernia than women.
- Being older.
- Being white.
- Family history.
- Chronic cough, such as from smoking.
- Chronic constipation.
- Pregnancy.

Symptoms:

- A bulge in the area on either side of your pubic bone.
- A burning or aching sensation at the bulge.
- Pain or discomfort in your groin.
- A heavy or dragging sensation in your groin.

 **Additional Information**

Thoracotomy:

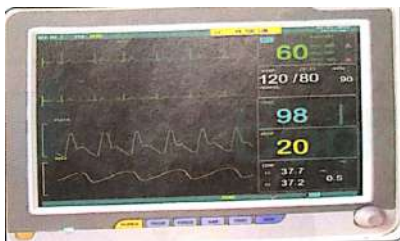
- It is a surgical procedure in which a cut is made between the ribs to see and reach the lungs or other organs in the chest or thorax.

Bleeding disorder:

- It is a condition that affects the way your blood normally clots.



Que. 93 Look at the image and tell which of the following incorrect combination?



1. Green color denotes - Heart Rate
2. Light blue color denotes - SpO_2
3. Yellow color denotes - Respiration
4. White number denotes - MAP

Correct Option - 4

Concept:-

Cardiac monitor:

- it is a device that shows the electrical and pressure waveforms of the cardiovascular system for measurement and treatment.
- parameters specific to respiratory function can also be measured.

The color line on the cardiac monitor:

- The green color denotes - Heart Rate
- Light blue color denotes - SpO_2
- The yellow color denotes - Respiration
- **The white number denotes - Electrical activity of the patient's heart.**

Functions of cardiac monitor:

- A display of heart rate and rhythm.
- Sound alarms above or below pre-set limits.
- The provision of rhythm strips to document evidence of arrhythmia.

Que. 94 Identify following machine?



1. Autoclave
2. Ultrasonic instrument washer
3. High risk medication cub-board
4. None of the above

Correct Option - 1

Concept:-

Autoclave:

- It is a pressurized device designed to heat aqueous solutions above their boiling point at normal atmospheric pressure to achieve sterilization.
- Autoclaves leave no chemical residue compared to other forms of sterilization.
- An autoclave is the most popular example of **moist heat sterilization**.
- An autoclave is a machine to sterilize **surgical and laboratory equipment**.
- It was first invented by **Charles Chamberland in 1879**.
- It uses **steam** for sterilization.
- **Superheated steam kills bacteria and spores.**

Working:

- Most autoclave contains:
 1. A sterilizing chamber to place articles.
 2. A steam jacket where steam is maintained.
- Steam flows from the steam jacket into the sterilizing chamber.
- Cool air is forced out.
- A special valve increases the pressure to 15 pounds/square inch above normal atmospheric pressure.
- The temperature is **121-degree C or 250°F**.
- The time required for sterilization is at least **30 minutes**.

Purpose of the autoclave:

- Prepare materials for bacteriological cell cultures (test tubes, pipettes, Petri dishes, etc.) without contamination.
- Prepare elements used for taking samples (needles, tubes, containers).
- Sterilize contaminated material.

Que. 95 Find out problem in following image



1. Inguinal hernia
2. Incisional hernia
3. Scrotal hernia
4. None of the above

Correct Option - 1

Concept:-

- A hernia is a part of an organ that is displaced and protrudes through the wall of the cavity containing it.

Types (based on location)

- Inguinal hernia
- Hiatal hernia
- Femoral hernia
- Umbilical hernia
- Incisional hernia

Inguinal hernia:

- An inguinal hernia occurs in the groin.
- It is called inguinal because the intestines push through a weak spot in the inguinal cavity, which is a triangle-shaped opening between layers of abdominal muscle near the groin.

Signs and symptoms:

- Chronic cough, such as from smoking.
- Men are eight times more likely to develop an inguinal hernia than women.
- Family history.
- Being older.
- Being white.
- Chronic constipation.
- Pregnancy.

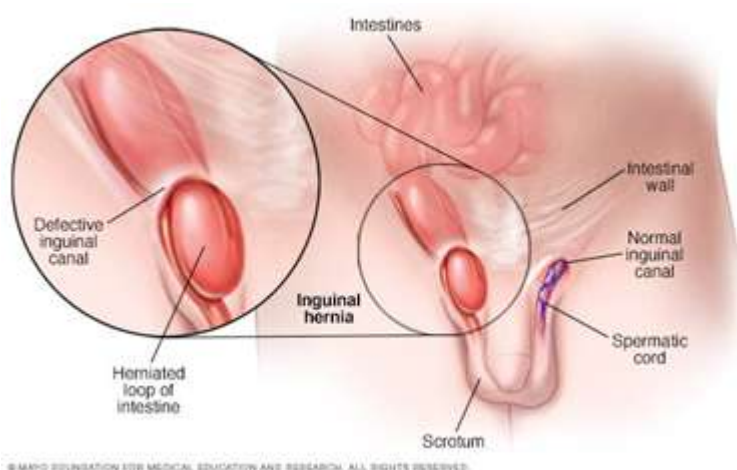
Symptoms:

- Pain or discomfort in your groin.
- A bulge in the area on either side of your pubic bone.
- A burning or aching sensation at the bulge.
- A heavy or dragging sensation in your groin.

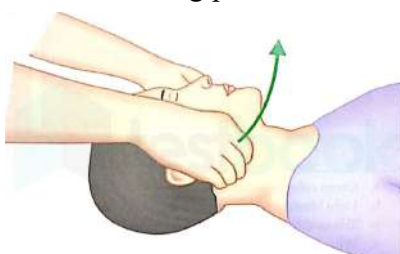


Additional Information

- **Incisional hernia:** It is a protrusion of tissue that forms at the site of a healing surgical scar.
- **Scrotal hernia:** It occurs in older adult males are common and can happen from pressure, like straining during bowel movements, heavy lifting, coughing, sneezing, or obesity.



Que. 96 In the following picture, little finger under jaw is used because for?



1. To lift mandible angle
2. It helps in C-spine stabilization
3. To extend the jaw
4. None

Correct Option - 1

Concept:-

- The jaw-thrust maneuver is first aid and medical procedure to prevent the tongue from obstructing the upper airway.
- The jaw-thrust maneuver allows the tongue to be cleared from the airway with minimal neck movement, allowing rescue breathing to be administered.

The correct technique to lift mandible angle:

- Tilt the patient's head back by pushing down on the forehead.
- Place the tips of your index and middle fingers under the chin and pull up on the mandible (not on the soft tissues).
- This lifts the tongue away from the posterior pharynx and improves airway patency.

Indications:

- Treatment of suspected upper airway obstruction in obtunded or unresponsive patients
- Part of initial emergency treatment for apnea or impending respiratory arrest
- Improvement of airway patency during BVM ventilation and sometimes during spontaneous breathing
- Confirmation of apnea

Que. 97 Identify instrument used by nurse in following image



1. Cheattle forceps
2. Ovum forceps
3. Sponge holder
4. Kocher forceps

Correct Option - 3

Concept:-

- Sponge forceps, which may also be known as Föster-Blanger sponge forceps, are commonly used in surgical procedures to hold gauze sections that will absorb excess fluid and blood from the surgical site or hemostasis.
- The ratchet locking mechanism of these finger ring forceps securely grasps the gauze and holds it in place.
- Foster sponge forceps are often used in bariatric surgery because their longer length can be used to remove the placenta in OBG/GYN procedures.

Uses:

- Toileting the vulva, vagina, and perineum prior to and following delivery.
- Antiseptic painting of the abdominal wall prior to cesarean section.
- To catch hold of the membranes if it threatens to tear during delivery of the placenta.
- To grab hold of the cervix for inspection in suspected cervical tears.
- To catch hold of the cervix during encouraged operation.

 Additional Information

- **Cheattle Forceps:** are used to remove sterilized instruments from boilers and formalin cabinets.
- **Ovum Forceps:** available at Surgical Holdings, used to grasp, hold, manipulate and remove tissue from inside the uterus including the ovum and placenta.
- **Kocher forceps used:** Used to grasp heavy tissue or clamp large blood vessels to control bleeding.

Que. 98 Identify procedure done on below image



1. Blood culture

- 2. Mantoux test
- 3. Arterial blood gas sampling
- 4. None of the above

Correct Option - 3

Concept:-

Arterial blood gases:

- In an ABG test, a sample of arterial blood is drawn and analyzed to help determine the quality and extent of pulmonary gas exchange and acid-base status.
- The ABG test measures PaO₂, SaO₂, PaCO₂, pH, and the bicarbonate level.
- The procedure involves obtaining arterial blood from a direct arterial puncture or from an arterial line often placed in the radial artery.
- More recent technology allows the continuous monitoring of ABGs using a fiberoptic sensor placed in the artery.

Indications for performing an ABG analysis:

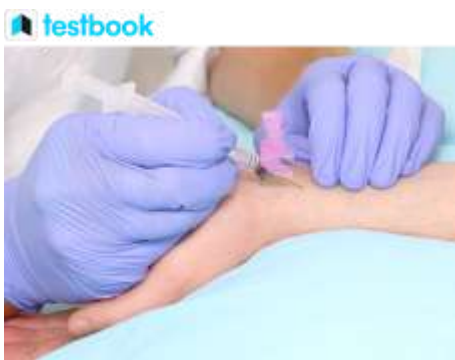
- the need to evaluate the adequacy of ventilatory acid-base, oxygenation status, and the oxygen-carrying capacity of the blood.
- the need to quantitate the patient's response to therapeutic intervention and diagnostic evaluation.
- the need to monitor the severity and progression of a documented disease process.

Complications related to ABG sampling:

- Artery spasm
- Hematoma
- Nerve damage
- Fainting
- Other problems can include drop-in blood pressure, and complaints of feeling faint, sweating, or pallor that may precede a loss of consciousness.

 Additional Information

- **Blood culture:** it is a test that looks for germs (such as bacteria or fungi) in the blood.
- **Mantoux test:** is a widely used test for latent TB.



Que. 99 Identify position below



- 1. Supine
- 2. Prone
- 3. Sims
- 4. Dorsal recumbent

Correct Option - 2

Concept:-

Prone position:

- Position in which the patient lies on the abdomen with the head turned to one side with one small pillow under the ankle.
- Anatomically, the dorsal side is up, and the ventral side is down.

Uses:

- examination of the posterior trunk, spines, and rectum.
- surgeries on the back.
- to relieve pressure on areas such as the sacrum, scapula, and heel.
- after anesthesia to prevent aspiration.



Additional Information0

- **Supine position:** it means lying horizontally with the face and torso facing up, as opposed to the prone position, which is face down.
- **Sim's Position:** it is described as the person lying on the left side, left hip and lower extremity straight, and right hip and knee bent.
- **Dorsal recumbent position:** it is to allow for examination of the head, neck, anterior thorax, lungs, breasts, axillae, and heart.



Que. 100 Identify instrument below



1. Disposable tongue depressor
2. Disposable SPO₂ probe
3. Disposable thermometer
4. None

Correct Option - 3

Concept:

- **The thermometer** is an instrument used for measurement of the temperature or the temperature gradient which is the degree of hotness and coldness in the body.

Disposable thermometers:

- These are rigid or flexible temperature-measuring medical devices and are used in a few target areas of the body such as the forehead, armpits, and rectum.
- Disposable thermometers have a temperature measuring range from 96.0-104°F and are accurate to within 0.2°F.
- A disposable thermometer provides an accurate temperature reading in just one minute for oral readings and 3 minutes for axillary readings.

Advantages:

- They are cheap,
- Easy to read,
- Can be submerged in liquids,
- Require very little maintenance and are reliable.

Disadvantages:

- Break easily
- Very soft flexible in nature and can break easily and may lead -> **Mercury Poisoning.**

Additional Information

- A **disposable tongue depressor** is a thin piece of wood that is rounded at both ends and that a doctor uses to press down on a patient's tongue when looking in the patient's throat.
- **Disposable SpO2 prob** is indicated for continuous noninvasive monitoring of functional oxygen saturation of arterial hemoglobin (SpO2) and pulse rate (PR).

Que. 101 Identify tube in image



1. Oropharyngeal tube
2. Endotracheal tube
3. Tracheostomy tube
4. Combi tube

Correct Option - 2

Concept:-

Endotracheal tubes:

- It is a tube made of polyvinyl chloride that is placed between the vocal cords through the trachea to provide oxygen and inhaled gases to the lungs, this is used when a person is not able to take manual breathing.
- Endotracheal tubes are curved tubes used for intubation.
- Tubes were previously made up of latex and for those still available, currently, plastic tubes are preferred because of the following advantages:
 - a. Disposable (fewer chances of infection)
 - b. Hypoallergenic (since latex allergy is fairly common).
 - c. Transparent (easy visualization of blockage ETT due to blood, pus, secretion).

The ET tube has the following components:

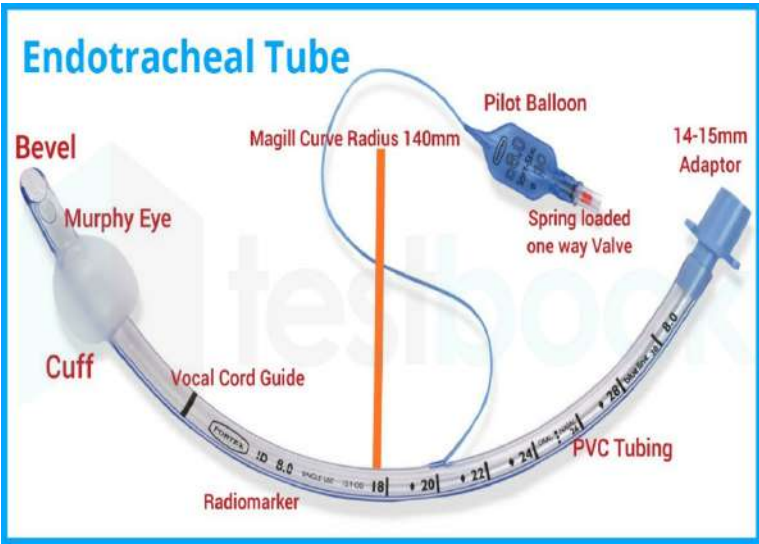
- **Proximal END:** 15 mm adapter which fits ventilator or Ambu bag.

Central portion:

1. A vocal cord guide should be placed at the level of the opening of the vocal cords so that the tip of the ET tube is positioned above the bifurcation of the trachea.
2. A radio-opaque marker is essential for accurate visualization of the position of the ET tube within the trachea by means of an X-ray.

 Additional Information

- An oropharyngeal airway is a medical device used in airway management to maintain or open a patient's airway.
- **The tracheostomy tube** is placed into the hole to keep it open for breathing.
- **Combi tube:** it is a twin lumen device designed for use in emergency situations and difficult airways.



Que. 102 Based on below image, which one is true option



1. This is uncuffed tube appropriate for child
2. This cuffed tube appropriate for child
3. This uncuffed unappropriated for child
4. This is cuffed and unappropriated for child

Correct Option - 1

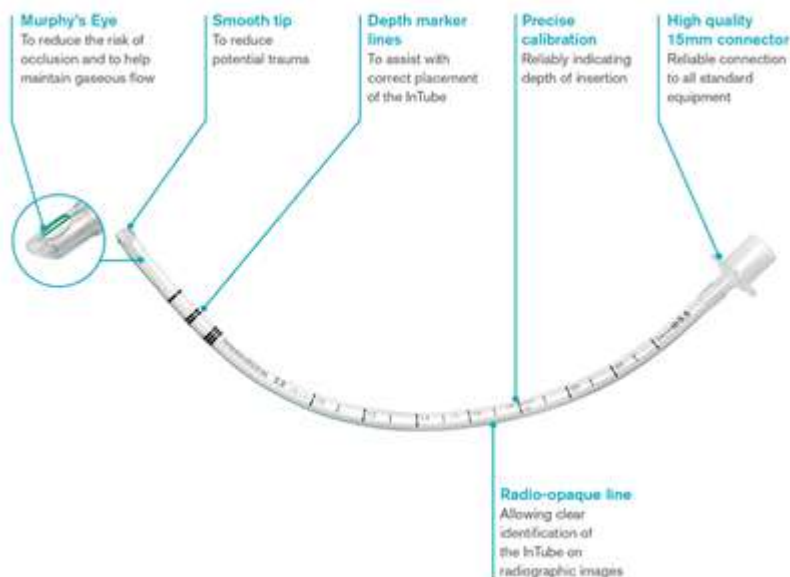
Concept:-

- Endotracheal intubation is the procedure in which a tube is inserted into the trachea to facilitate an intact airway.
- In infant and newborns, the equipment used for intubations are the Laryngoscope with a straight blade and the tube that is used is uncuffed.

Uncuffed endotracheal tube:

- The size of blade used in a full term or a large preterm infant will be 10cm also known as size 1
- Endotracheal tubes are widely used in **pediatric patients** in the emergency departments and in surgical operations.
- In clinical practice, uncuffed tracheal tubes are preferred in children for the fear that the cuff would make airway mucosal injury, tissue edema, and fibrosis, leading a life-threatening result

- Endotracheal tubes, uncuffed, are for airway management use during pediatric surgical procedures and intensive care.
- Available in a wide range of pediatric sizes; 2.0mm to 5.5mm to provide a better fit for premature infants.



Que. 103 What is the procedure shown in the image?



1. Endotracheal intubation
2. Oropharyngeal tube intubation
3. Combi-tube intubation
4. Bronchoscopy

Correct Option - 1

Concept:-

- Intubation is a procedure that can help save a life when a person cannot breathe.
- A healthcare provider uses a laryngoscope to guide an endotracheal tube (ETT) into the mouth or nose, the voicebox, then the trachea.
- The tube keeps the airway open so that air can travel to the lungs.
- Intubation is usually done in the hospital during an emergency or before surgery.

Endotracheal intubation:

- **Endotracheal intubation** is the passing of an endotracheal tube **through the mouth or nose into the trachea** to maintain an open airway or to serve as a conduit through which to administer certain drugs.

Purpose:

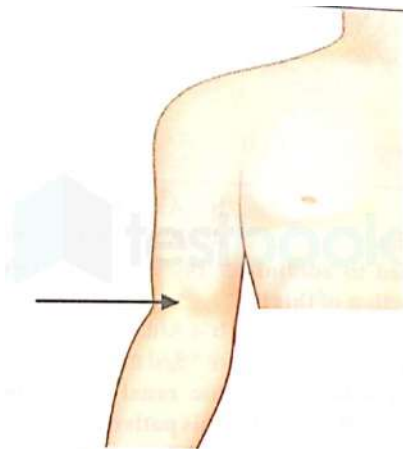
- To administer oxygen.

- To remove secretions.
- To ventilate the lungs.
- To establish and maintain airways.
- To treat acute respiratory failure and persistent hypoxemia.

Complications:

- Tube in esophagus
- Endo bronchial intubation
- Trauma to lips and tooth
- laryngeal and tracheal injury
- Bleeding
- Tracheitis
- Pulmonary infection and sepsis

Que. 104 Identify marked area in image



1. Femoral
2. Radial
3. Popliteal
4. Cubital fossa

Correct Option - 4

Concept:-

- **The cubital fossa:** the cubital fossa is a triangular depression that lies in front of the elbow.
- **Boundaries:**
 - **Laterally:** the brachioradialis muscle
 - **Medially:** the pronator teres muscle
- The base of the triangle is formed by an imaginary line drawn between the two epicondyles of the humerus.
- The floor of the fossa is formed by the supinator muscle laterally and the brachialis muscle medially.
- The roof is formed by skin and fascia and is reinforced by bicipital aponeurosis.

Additional Information

Femoral area:

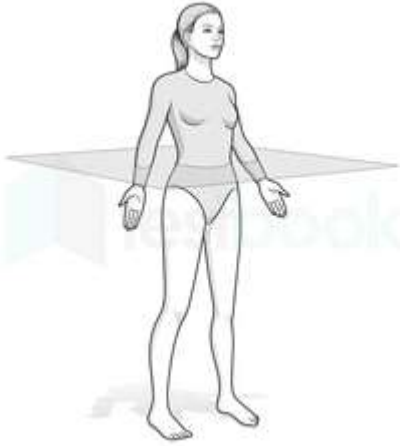
- it relates to the femur and its proximal articulation with the pelvis to form the coxa (hip) joint and its distal articulation with the tibia and patella, and by extension the fibula, to form the knee joint.

Radial bone:

- it is one of the two large bones of the forearm, the other being the ulna. It extends from the lateral side of the elbow to the thumb side of the wrist and runs parallel to the ulna.

Popliteal Fossa is a diamond-shaped space behind the knee joint.

Que. 105 As per below image, an imaginary plane that divides an imaginary plane that divides the body into superior and inferior parts in



1. Coronal plane
2. Frontal plane
3. Sagittal plane
4. Transverse plane

Correct Option - 4

Concept:-

- Planes are used to separate the body
- These are imaginary lines to study body structure and parts
- These can be drawn to have a clear idea about the location of the body part

Transverse plane:

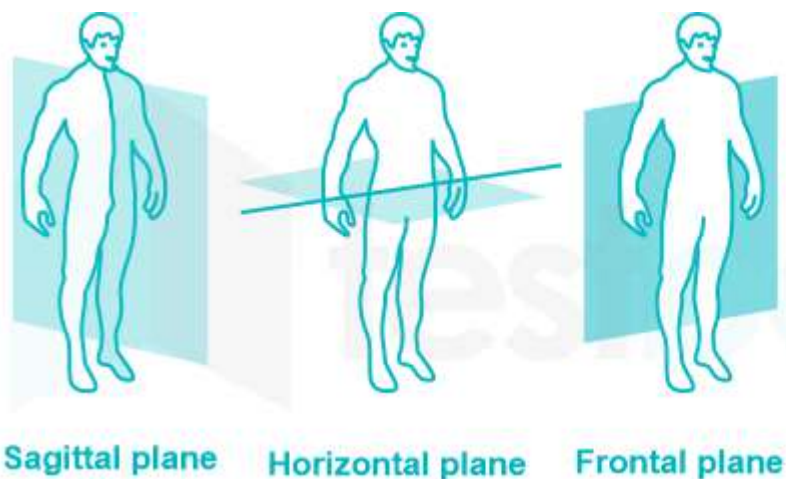
- It is an imaginary plane that divides the body into superior and inferior parts.
- It is perpendicular to the coronal plane and sagittal plane.
- It is one of the planes of the body used to describe the location of body parts in relation to each other.

Transverse plane movements include:

- **Rotation:** Moving the torso or a limb around its vertical axis.
- **Pronation:** Rotating the forearm or foot to a palm-side or foot-side down position.
- **Supination:** Rotating the forearm or foot to a palm-side or foot-side up position.

Additional Information

- **Coronal Plane:** A vertical plane running from side to side; divides the body or any of its parts into anterior and posterior portions.
- **Frontal plane:** It is one of three planes of movement that describe how human body parts move in relation to each other on three axes
- **Sagittal Plane:** A vertical plane running from front to back; divides the body or any of its parts into right and left sides.



Que. 106 Identify Yellow vaporizer in following image



1. Sevoflurane
2. Isoflurane
3. Enflurane
4. none

Correct Option - 1

Concept:-

- **Sevoflurane** is a volatile anesthetic that provides hypnosis, amnesia, analgesia, akinesia, and autonomic blockade during surgical and procedural interventions.

Uses:

- Inhalational induction of general anesthesia in neonatal and pediatric patients
- Secondary to inadequate pre-induction intravenous access.

Side effects:

- Blurred vision.
- chest pain, tightness, or discomfort.
- choking.
- fast, pounding, or irregular heartbeat or pulse.
- lightheadedness, dizziness, or fainting.
- slow or irregular heartbeat.
- unable to speak.
- unusual tiredness or weakness.

Additional Information

- **Isoflurane** is a general inhalation anesthetic used for induction and maintenance of general anesthesia.

- **Enflurane** is a halogenated inhalational anesthetic agent used for the induction and maintenance of anesthesia and for analgesia during labor and delivery.

Que. 107 Identify Cannula used in infants as per image



1. 20 G
2. 22 G
3. 24 G
4. 26 G

Correct Option - 3

Concept:-

- **Cannula:** it is a flexible tube that can be inserted into the body.
- For medical use, there are 11 different types of the cannula.
- The most commonly used are the intravenous and the nasal cannula.

Size	color	Uses
16 and 14 gauge	Orange and grey	Used in high-risk surgical procedures. Requires a large vein.
18 gauge	Green	Used in trauma, surgery, blood transfusions, and CT scan with dye. Requires a large vein.
20 gauge	Pink	Most commonly used. Suitable for non-emergent blood transfusions.
22 gauge	Blue	Older adults. Suitable for slow-speed infusions.
24 gauge	Yellow	Used in pediatrics or elderly adults.

Que. 108 Identify cannula which used in patient with hemorrhagic shock shown on picture



1. 14 G
2. 16 G
3. 18 G
4. 20 G

Correct Option - 2

Concept:-

Cannula:

- it is a flexible tube that can be inserted into the body.
- For medical use, there are 11 different types of the cannula.
- The most commonly used are the intravenous and the nasal cannula.

★ **Important Points**

Iv cannulation:

- it is a technique in which a cannula is placed inside a vein to provide venous access.

Venous access allows:

- Sampling of blood
- Administration of IV fluids and medications.

Size	color	Uses
16 and 14 gauge	Grey and Orange	Used in high-risk surgical procedures and in hemorrhagic shock. Requires a large vein.
18 gauge	Green	Used in trauma, surgery, blood transfusions, and CT scan with dye. Requires a large vein.
20 gauge	Pink	Most commonly used. Suitable for non-emergent blood transfusions.
22 gauge	Blue	Older adults. Suitable for slow-speed infusions.
24 gauge	Yellow	Used in pediatrics or elderly adults.

Que. 109 Identify following sample collection tube used in?



1. Pap's smear
2. Throat swab
3. Culture
4. None of the above

Correct Option - 1

Concept:-

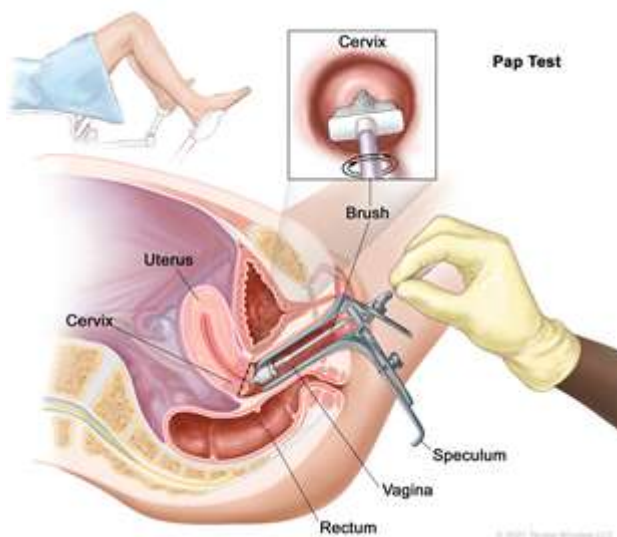
- An Ayre spatula is a tool used to collect Pap smears.
- It is a wooden spatula with a U-shaped opening on one side and a flat surface on the other.
- The wide end is for vaginal sample collection and the narrow end is for cervical sample collection.

Pap smear:

- A Pap smear is a test of a sample of cells taken from a women's cervix.
- The test is used to look for changes in the cells of the cervix that shows cervical cancer or conditions that may develop into cancer.

Procedure:

- Patient lie on a table with your feet placed firmly in stirrups.
- Spread legs and the doctor will insert a metal or plastic tool (speculum) into the vagina.
- They'll open it so that it widens the vaginal walls.
- This allows them to see your cervix.
- The doctor will use a swab to take a sample of cells from your cervix.
- They'll place them into a liquid substance in a small jar, and send them to a lab for review.
- It takes about 10 to 20 minutes.
- The Pap test doesn't hurt, but you may feel a little pinch or a bit of pressure.



Que. 110 Identify following in image



1. Jackson-Pratt drain
2. Wound drain
3. Hemovac drain
4. None of the above

Correct Option - 1

Concept:-

- Drain systems are a common feature of post-operative surgical management and are used to remove drainage from the wound bed to prevent infection and delay wound healing.
- The nurse should always clean around the conduit of the wound, moving from the center outwards, sometimes in large circles, as the skin near the drain site is more contaminated than the site itself.

Jackson – Pratt drain:

- A Jackson-Pratt drain is used to remove fluids that build up in an area of the body after surgery.
- The Jackson – Pratt is a bulb-shaped device connected to a tube. One end of the tube is placed inside the body during surgery.
- The other end comes out through a small cut in the skin. The bulb is connected to this end.
- The Jackson – Pratt drain is used as a negative pressure vacuum, which also collects fluid.
- The Jackson – Pratt drain removes fluids by creating suction in the tube. The bulb is squeezed flat and connected to the tube that sticks out of your body. The bulb expands as it fills with fluid.

Common uses:

- Abdominal surgery
- Breast surgery
- Mastectomy
- Thoracic surgery



Additional Information

- **Wound drain** tubes are placed near surgical incisions in the post-operative patient, to remove pus, blood, or other fluid, preventing it from accumulating in the body.
- **Hemovac drain:** it is placed under your skin during surgery. This drain removes any blood or other fluids that might build up in this area.

Que. 111 This type of dressing is known as?



1. Foam dressing
2. Sponge dressing
3. Negative pressure dressing
4. Positive pressure dressing

Correct Option - 3

Concept:-

Negative pressure dressing:

- A recent technique that facilitates wound treatment utilizing sub-atmospheric pressure.
- Consists of placing an open cell wound interface directly on the wound surface and covering it with occlusive film.
- Negative pressure is then applied to the entire wound surface.

Advantage:

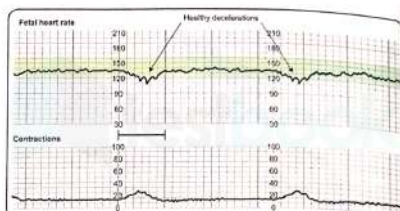
- Maintenance of moist
- Removal of excess interstitial fluid
- Increased local vascularity
- Quantification of wound drainage
- Increased rate of granulation tissue formation
- Increased rate of contraction
- Protect wound
- Prevent cross infection

Contraindications of negative pressure dressing

- Clotting disorders
- Necrotic wound bed or eschar (barrier to new tissue growth).
- Untreated infection
- Neoplastic tissue in wound area.



Que. 112 Pregnant woman is monitored by nurse, based on following image identify wave pattern is



1. Fetal deceleration
2. Reassuring pattern
3. Fetal tachycardia
4. Fetal acceleration

Correct Option - 1

Concept:-

Fetal decelerations:

- It refers to temporary but distinct decreases of the fetal heart rate (FHR) identified during electronic fetal heart monitoring.
- Electronic fetal monitoring is used to record the heartbeat of the fetus and the contractions of the mother's uterus before and during labor.

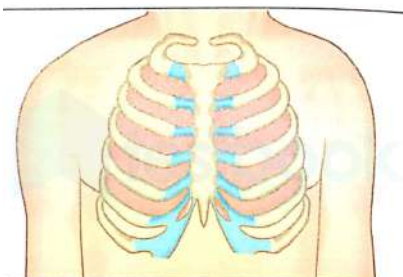
Types of decelerations:

- **Early decelerations** begin before the peak of the contraction. Early decelerations can happen when the baby's head is compressed during uterine contractions.
- **Late decelerations** is defined as a visually apparent, gradual decrease in the fetal heart rate typically following the uterine contraction.
- **Variable decelerations** are irregular, often jagged dips in the fetal heart rate that look more dramatic than late decelerations.

Additional Information

- **Fetal tachycardia** is defined as a heart rate greater than 160-180 beats per minute.
- **Fetal Accelerations** are short-term rises in the heart rate of at least 15 beats per minute, lasting at least 15 seconds.

Que. 113 Identify marked area in following image



1. Thoracic
2. Axillary
3. Mid-axillary
4. None of the above

Correct Option - 1

Concept:-

Thoracic region:

- This is the part of the trunk, which is located between the root of the neck and the superior border of the abdominal region.
- The thoracic cavity contains organs and tissues that function in the respiratory (lungs, bronchi, trachea, pleura), cardiovascular (heart, pericardium, great vessels, lymphatics), nervous (vagus nerve, sympathetic chain, phrenic nerve, recurrent laryngeal nerve), immune (thymus) and digestive (esophagus) systems.

Shape:

- It has the shape of a truncated cone with the apex located rostrally and the base caudally.

Apertures:

- **Superior thoracic aperture:** this communicates directly with the root of the neck.
- **Inferior thoracic aperture:** this aperture is covered by the thoracoabdominal diaphragm.

Additional Information

- **Axillary area:** It is an anatomical region under the shoulder joint where the arm connects to the shoulder.
- **Mid-axillary area:** It originates in the axilla, or armpit, and passes vertically downwards. It is situated in between the anterior axillary line and posterior axillary line.

Que. 114 Nurse advised to administer inj. Metronidazole a patient. She knows action of this is

1. Analgesic
2. Antipyretic
3. Antibiotic
4. Sedative

Correct Option - 3

Concept:-

- An antibiotic is a **type of antimicrobial substance active against bacteria**.
- It is the most important type of **antibacterial agent for fighting bacterial infections, and antibiotic medications** are widely used in the treatment and prevention of such infections.

Metronidazole:

- It is an antibiotic that is used to treat a wide variety of infections. It works by stopping the growth of certain bacteria and parasites.
- **Metronidazole** is an antibiotic used to treat **pelvic inflammatory disease**, endocarditis, and bacterial vaginosis

Uses:

- it is used as anti-amebic agent.
- it is also used as anti-protozoal agent.
- it is used in treatment of septicemia, pneumonia and post-operative wound infections.
- it is used in treatment of Vincent's disease.
- it is used in treatment of balantidiasis.

Side effects of metronidazole:

- Epigastric distress
- Seizures
- Darkening of urine
- Peripheral neuropathy
- Pancreatitis
- Hepatitis
- Reversible neutropenia



Additional Information

- **Analgesics** are a class of medications designed specifically to relieve pain.
- **Antipyretic** is a substance that reduces fever.
- **Sedative** is a substance that induces sedation by reducing irritability or excitement.

Que. 115 Nurse taking care of Chronic renal dysfunction patient. What diet she will advise for this patient?

1. Low sodium, low potassium, low protein diet
2. High protein, low sodium, low potassium diet
3. Low sodium, low potassium, high carbohydrate diet
4. Low sodium, high potassium, low protein diet

Correct Option - 1

Concept:-

Chronic renal dysfunction:

- it is a progressive reduction of functioning of renal tissue such that the remaining kidney mass can no longer maintain the body's internal environment.

Diet of chronic renal dysfunction:

Low sodium:

- **Fresh, frozen or dried fruits:** Berries, apples, bananas, pears, etc.
- **Grains and beans:** Dried beans, brown rice, quinoa and whole wheat pasta.
- **Starchy vegetables:** Potatoes, sweet potatoes, butternut squash and parsnips.

Low potassium:

- Bananas, oranges, cantaloupe, honeydew, apricots, grapefruit (some dried fruits, such as prunes, raisins, and dates, are also high in potassium)
- Cooked spinach.
- Cooked broccoli.
- Potatoes.
- Sweet potatoes.
- Mushrooms.

Low protein diet:

- **Fruits:** Apples, bananas, pears, peaches, berries, grapefruit, etc.
- **Vegetables:** Tomatoes, asparagus, peppers, broccoli, leafy greens, etc.
- **Grains:** Rice, oats, bread, pasta, barley, etc.
- **Healthy fats:** Includes avocados, olive oil and coconut oil.

Que. 116 Temporary cessation of breathing is -

1. Dyspnea
2. Bradypnea
3. Apnea
4. Tachypnea

Correct Option - 3

Concept:-

Apnea:

- In infants apnea is defined as cessation of breathing for longer than 20 sec, or any duration if accompanied by cyanosis and sinus bradycardia.

Types of apnea:

1. Central apnea: total cessation of respiratory movements, and consequent cessation of airflow in the upper airways.
2. Obstructive apnea: cessation of airflow in the upper airways in the presence of active respiratory movements.
3. Mixed apnea: episode of central apnea followed by obstructive episode or obstructive episode followed by central apnea.

Sign and Symptoms:

- Loud snoring.

- Gasping for air during sleep.
- Awakening with a dry mouth.
- Morning headache.
- Difficulty staying asleep



Additional Information

- **Dyspnea:** It is often described as an intense tightening in the chest, air hunger, difficulty breathing, breathlessness or a feeling of suffocation.
- **Bradypnea:** It is an abnormally slow breathing rate.
- **Tachypnea:** It is a medical term referring to fast, shallow breathing that results from a lack of oxygen or too much carbon dioxide in the body.

Que. 117 Nurse advised to give enema for patient with chronic liver disease. What position is used to administer enema?

1. Prone
2. Supine
3. Sim's
4. Trendelenburg

Correct Option - 3

Concept:-

Chronic liver disease:

- It is a progressive deterioration of liver functions for more than six months, which includes synthesis of clotting factors, other proteins, detoxification of harmful products of metabolism, and excretion of bile.

Explanation:

Sim's position:

- in this position the client lies on either the right or left side.
- the lower arm behind the body and upper arm is bent at the shoulder and elbow.
- the knees are both bent, with the upper most leg more acutely bent.
- these positions similar to the lateral position except that the patient's weight is on the anterior aspect of the patient's shoulder girdle and hip.

Comfort devices:

- Pillow under the head with left cheek resting on it.
- Place pillow under the upper flexed leg from groin to the foot.

Uses:

- rectal examination treatments
- enemas
- examining women for vaginal wall prolapse.



Additional Information

- **Prone position:** It is a body position in which the person lies flat with the chest down and the back up.
- **Supine position:** It means lying horizontally with the face and torso facing up, as opposed to the prone position, which is face down.
- **Trendelenburg position:** It is a position for a patient on the operating table, most commonly used during lower abdominal surgeries and central venous catheter placement.



Que. 118 Nurse notices redness and itching around intravenous cannula insertion site. What she should suspect

1. Allergic to fluid
2. Allergic to IV cannula
3. Infiltration
4. Phlebitis

Correct Option - 4

Concept:-

Phlebitis:

- Inflammation of the vein in which the endothelial cells of the venous wall become irritated and cells roughen, allowing platelets to adhere and predispose the vein to inflammation-induced phlebitis.
- It may occur spontaneously or as a complication of a medical procedure. Local trauma and injury to injury to a vein also increase the risk of forming a blood clot.
- **Phlebitis** is sometimes reported at the IV site, and the first action is to stop the infusion and remove the cannula.
- Pain and redness with swelling at the site of the cannula are termed **superficial thrombophlebitis**.
- In the case of thrombophlebitis, **stop the infusion and remove the cannula**.
- If the infusion continues, it may lead to **pulmonary embolism**.

Sign and symptoms of phlebitis:

- Redness.
- Swelling.
- Warmth.
- Tenderness.
- Visible red “streaking” on the skin along the vein.
- A rope- or cord-like structure that you can feel through the skin.

Preventions:

- Uses larger veins for hypertonic solutions.
- Central lines for infusions lasting longer than 5 days.



Que. 119 Which of the following is the contraindication of gastric aspiration from NG tube?

1. Hypertension
2. Diabetes
3. Esophageal varices
4. Sever dehydration

Correct Option - 3

Concept:-

NG tube:

- A tube that is passed through the nose and down through the nasopharynx and esophagus into the stomach.
- It can be used to remove the contents of the stomach, including air, to decompress the stomach or to remove small solid objects and fluid, such as poison, from the stomach.

Explanation:

Esophageal varices:

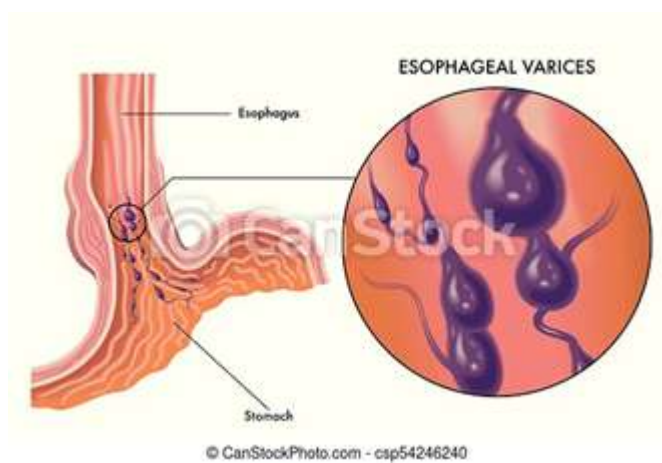
- Esophageal varices are abnormal, enlarged veins in the esophagus.
- Esophageal varices develop when normal blood flow to the liver is blocked by a clot or scar tissue in the liver.

Sign and symptoms:

- vomiting and seeing significant amounts of blood in the vomit.
- black, tarry or bloody stools.
- lightheadedness
- loss of consciousness

Additional Information

- **Hypertension:** It is when blood pressure is too high.
- **Diabetes:** It is a disease that occurs when your blood glucose, also called blood sugar, is too high.
- **Dehydration:** It occurs when body lose more fluid than a person take in, and your body doesn't have enough water and other fluids to carry out its normal functions.



Que. 120 Patient admitted with acute renal injury, and nurse is advised to monitor strict urine output. She notices urine output is less than 100 mL for last 24 hours, it is called as:

1. Urine output is less
2. Urine output is more
3. Its normal
4. None

Correct Option - 1

Concept:-

- Acute kidney injury (AKI), also known as acute renal failure (ARF), is a sudden episode of kidney failure or kidney damage that occurs within a few hours or a few days.

Urine:

- It is your body's liquid waste, mainly made of water, salt, electrolytes such as potassium and phosphorus, and chemicals called urea and uric acid.
- kidneys make it when they filter toxins and other bad stuff from your blood.
- The normal values range from **pH 4.6 to 8.0**.
- The normal range for urine **specific gravity is 1.005 to 1.030**.
- The normal range for 24-hour urine **volume is 800 to 2,000 milliliters per day** (with a normal fluid intake of about 2 liters per day).
- Urine color ranges **from pale yellow to deep amber**

Composition of Urine:

- Urine is an aqueous solution of greater than 95% water, with a minimum of these remaining constituents, in order of decreasing concentration: Urea 9.3 g/L. Chloride 1.87 g/L. Sodium 1.17 g/L.



Additional Information

- **Oliguria:** abnormally small production of urine.
- Urine output **< 400ml/day** in adults.
- In most clinical situations, acute oliguria is reversible and does not result in intrinsic renal failure.

Que. 121 A doctor has asked the nurse to insert Ryle's tube and has also mentioned "do not perform whoosh test to confirm the placement of the tube". How whoosh test is performed?

1. Aspiration of the gastric content
2. Push air in the tube and auscultate
3. Plush with water through NG

4. Perform Chest X ray

Correct Option - 2

Concept:-

- A Ryles tube, also known as a 'nasogastric tube' or NG tube, is a long and narrow bore tube, made of silicone or polyurethane.
- Uses primarily a Ryles tube to gain access to the patient's stomach and its contents.

Ryle's tube:

- flexible rubber or synthetic material
- Transperant or opaque.
- Length: 36 – 50 inches
- Gastrostomy tube: 12 -15 inches
- French measures the lumen
- When no is lower the inside diameter of tube will be smaller.

Explanation:

whoosh test:

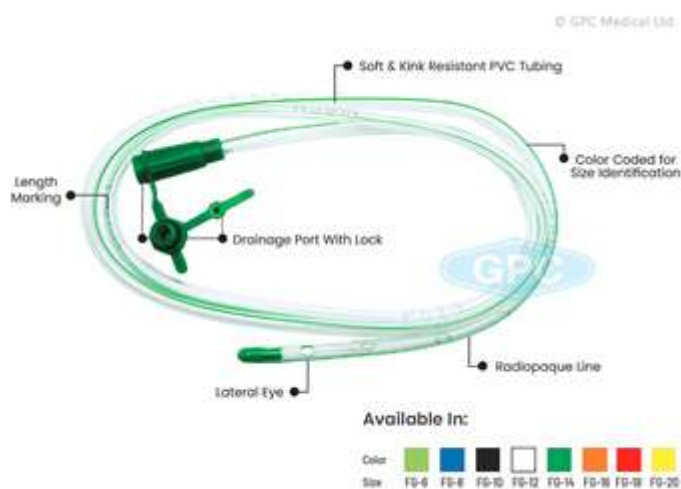
- It is undertaken by rapidly injecting air down an NGT while auscultating over the epigastrium.
- Gurgling is indicative of air entering the stomach, whilst its absence suggests the tip of the NGT is elsewhere.

Procedure:

- The whoosh test is undertaken by **rapidly injecting air down an NGT while auscultating** over the epigastrium.

Disadvantages:

- It is not suitable as a single.
- Reliable test because bowel or chest sounds may be misinterpreted as gastric tube placement



Que. 122 Following medication in picture used in?



1. Ear Wax Removal
2. Hair Removal
3. Cannula insertion
4. Oral procedure

Correct Option - 4

Concept:

- Oral procedure -> It refers to any surgical procedure performed on your teeth, gums, jaws or other oral structures.
- For example:
 - Extractions
 - Implants
 - Gum grafts
 - Jaw surgeries
- Pain in dental surgeries is caused by exposure of nerves in inner chamber of tooth

Explanation:

- As a surgery is planned, before the procedure is started the anesthesia is induced to reduce the pain.
- In case of oral surgeries local anesthesia is the most important pain management process in oral and maxillofacial surgery
- The choices of local anesthetic and injection methods determine the success of LA to a great extent.
- Lidocaine is widely accepted as a choice of anesthetic in most of surgeries
- Lidocaine has ability to dilate blood vessels and most of the drugs are absorbed by the body in a short time.



Additional Information

- Ear Wax Removal -> Carbamide peroxide otic is used
- Hair Removal -> Vaniqa cream is used
- Cannula insertion -> Spirit Swab is used

Que. 123 Priority action of patient agitation management?

1. Argue with patient until he understands about situation
2. don't consider about patient and leave patient in room
3. Decrease the environmental stimuli that causes agitation and place patient on safer place
4. None of the above

Correct Option - 3

Concept:-

- **Agitation** is defined as an unpleasant state of arousal sometimes it is extreme. An agitated person may have mood swings, excitement, tension, confusion, or irritability. In disturbed clients, agitation is limited by minimizing the unnecessary interactions with the clients.
- Agitated patients may have purposeless, restless activity, pacing, talking, crying, or laughing to release nervous tension from anxiety, fear, or other mental stress.
- Agitation is excessive motor or verbal activity. Common examples include:
 - Hyperactivity
 - Assaultiveness
 - Verbal abuse
 - Threatening gestures and language.
 - Physical destructiveness
 - Vocal outburst

Patient agitation management:

Management goals for agitation include-

- Calming the patient without overdose
- Reduces risky and aggressive behavior
- Allowing treatment of the patient's underlying illness by the health care team.
- **Decrease the environmental stimuli that cause agitation and place the patient in a safer place.**
- Start by being respectful and understanding.
- Show you want to help, not jail them.
- Respect the patient's personal space.
- Identify the patient's wants and feelings.

Que. 124 Following all are blood transfusion complications from except:

1. TRALI
2. Hemolytic reactions
3. Transmission of infections
4. Fluid deficit

Correct Option - 4

Concept:-

Blood transfusion:

- It is a routine medical procedure in which donated blood is provided to you through a narrow tube placed within a vein in your arm.
- Blood transfusion is the process of transferring blood products into a person's circulation intravenously.
- Transfusions are used for various medical conditions to replace lost components of the blood.

Blood transfusion complications:

TRALI:

- Transfusion-related acute lung injury represents acute lung injury after transfusion of one or more plasma-containing blood products developing within 6 hours of completion of transfusion.
- Though not uncommon it is difficult to prove the cause for the ALI as there is a lack of knowledge about it.
- It has emerged as the most important cause of morbidity and mortality resulting from a blood transfusion.

Hemolytic reactions:

- It is a serious complication that can occur after a blood transfusion.

- The reaction occurs when the red blood cells that were given during the transfusion are destroyed by the person's immune system.
- When red blood cells are destroyed, the process is called hemolysis.

Transmission of infections:

- Transmission of bacterial infections, although rare, is the most common adverse event with transfusion.
- The risk for transmission of viral infections has decreased over time, clearly because tests are becoming more sensitive in detecting certain viral infections such as hepatitis B, hepatitis C, and HIV.



Additional Information

- **Fluid Volume Deficit:** it is a state or condition where the fluid output exceeds the fluid intake. It occurs when the body loses both water and electrolytes from the ECF in similar proportions.
- **Gastrointestinal problems, blood loss (internal or external), inadequate fluid intake, and kidney dysfunction are all things that can put a patient at risk of Fluid deficit.**

Que. 125 A surgeon is going to give a skin incision on patient. Which of the following is to be done?

1. Sign in
2. Sign out
3. Time out
4. Time in

Correct Option - 3

Concept:-

- The checklist serves to remind the surgical team of important items to be performed before and after the surgical procedure in order to reduce adverse events such as surgical site infections or retained instruments.
- The surgical safety checklist has 3 phases
 - Sign in -> before induction of anesthesia, while the patient is still conscious
 - Time out -> with the surgeon present, before skin incision
 - Sign out -> before the patient leaves the operating room

Surgical time out:

- A time-out is the surgical team's short pause, just before incision, to confirm that they are about to perform the correct procedure on the correct body part of the correct patient.
- A time-out can be easily performed, does not require any specific qualification or educational courses, can be repeated as many times as necessary, and costs nothing.

The correct time for “time out”:

- It represents the last part of the Universal Protocol and is performed in the operating room, immediately before the planned procedure is initiated.
- The "time out" represents the final recapitulation and reassurance of accurate patient identity, surgical site, and planned procedure.

Procedures that require time-outs:

- Venipuncture,
- Arterial puncture,
- Foley catheter insertion,
- Dressing changes that do not require sedation,
- Saline injections for tissue expansion.

Que. 126

Calculate pulse pressure from the below image of the cardiac monitor.



1. 35 mm Hg
2. 45 mm Hg
3. 55 mm Hg
4. 40 mm Hg

Correct Option - 2

Concept:-

Cardiac monitor:

- it is a device that shows the electrical and pressure waveforms of the cardiovascular system for measurement and treatment.
- parameters specific to respiratory function can also be measured.

Pulse Pressure:

- Pulse pressure is the difference between **systolic and diastolic blood pressure**.
- Systolic pressure is the maximum pressure **when the heart contracts**.
- Diastolic pressure is the **minimum arterial pressure during relaxation and contractions**.
- Pulse pressure = $P_{\text{systolic}} - P_{\text{diastolic}}$

given,

- $P_{\text{systolic}} = 115$
- $P_{\text{diastolic}} = 70$
- So, Pulse pressure = $115 - 70 = 45 \text{ mm Hg}$.



Important Points

Low values:

- In trauma, a low or narrow pulse pressure suggests significant blood loss. In an otherwise healthy person, a difference of less than 40 mmHg is usually an error of measurement.
- If the pulse pressure is genuinely low, e.g. 25 mmHg or less, the cause may be low stroke volume, as in congestive heart failure and shock, a serious issue.

Que. 127

A patient has tried to commit suicide with a drug overdose. Which of the situation depicts that the patient has a high risk of suicide?

1. Wrote a note
2. Informed a relative
3. Impulsive attempt
4. Alcohol intake before committing suicide

Correct Option - 4

Concept:-

- Suicide is basically a leading cause of death.
- Suicide is death caused by injuring self when a person has the intention to die.

- A suicide attempt is when someone harms themselves with any intent to die, but they do not die as a result of their actions.

Important Points

- Alcohol reduces inhibitions and a person's ability to think clearly is reduced and affected. **As a result, people may be more likely to act on their own thoughts, which may include thoughts related to suicide or self-injury.**

Physical Symptoms:

- Scars or injuries from past suicide attempts if a person tries to kill himself
- Changes in eating or sleeping pattern
- Chronic or terminal illness and healing delays
- Disinterest in maintaining personal hygiene or appearance
- Uncharacteristically behavior
- Poor dietary habits, rapid weight loss or gain
- Being distracted
- Mood swings and insomnia
- **Alcohol or drug abuse**

Drug Overdose-

- A drug overdose is the ingestion or application of a drug or other substance that exceeds the recommended amount.
- It is generally used for cases when a risk to health potentially results.
- **Overdose can result in a toxic state or death.**

Que. 128 The patient admitted to the ward had 3 episodes of vomiting. Which of the following drug should not be given?

1. Fentanyl
2. Promethazine
3. Tramadol
4. Ondansetron

Correct Option - 3

Concept:-

- **Vomiting**, also known as **emesis** and throwing up, is the involuntary, forceful expulsion of stomach contents through the mouth and the nose.

Tramadol:

- it is a centrally acting opioid.
- atypical analgesic structurally related to morphine.
- it is a racemic mixture of two enantiomers. Both of which contribute to the analgesic activity.

Uses:

- Mild-moderate severe pain
- Mainly used for the treatment of chronic pain
- Slow gastric emptying

Adverse effects:

- Tramadol shows a number of adverse drug reactions that are mostly related to the gastrointestinal system.

- Even a single dose can cause serious adverse reactions such as persistent vomiting leading to severe dehydration in the body.

Others-

- Sedation
- Nausea and vomiting
- Diaphoresis
- Depression of ventilation
- Increase in systemic blood pressure
- Increase in pulmonary arterial blood pressure
- Increase in cardiac output

Additional Information

- **Fentanyl** is a synthetic opioid, approved for treating severe pain, typically advanced cancer pain.
- **Promethazine** is used to relieve or prevent the symptoms of hay fever, allergic conjunctivitis (inflammation of the eye), and other types of allergy or allergic reactions.
- **Ondansetron** is used to prevent nausea and vomiting caused by cancer chemotherapy, radiation therapy, and surgery.

Que. 129 The below-shown picture is bedsores present in bedridden patients. Which grade bed sore is present?



1. Stage 1
2. Stage 2
3. Stage 3
4. Stage 4

Correct Option - 4

Concept:-

Bed sores:

- A pressure ulcer or sore is a localized injury to the skin and other underlying tissue, usually over a bony prominence, as a result of prolonged unrelieved pressure.

Stages of bedsores:

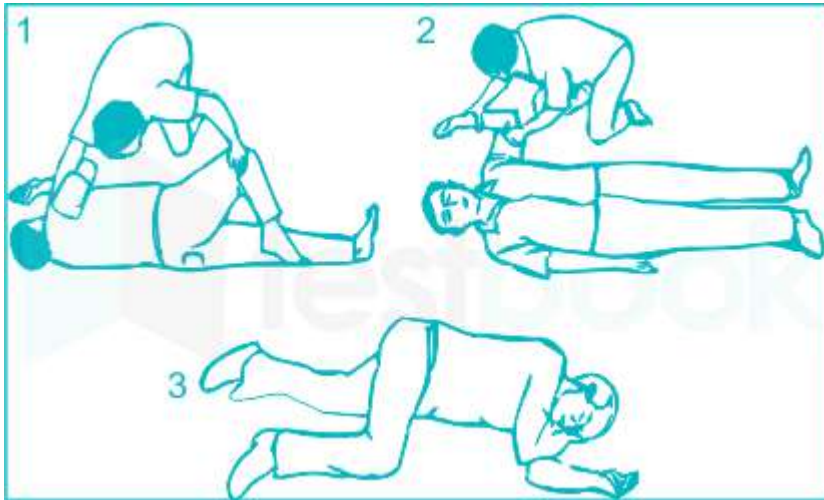
- **Stage 1:** the area looks red and feels warm to the touch. With darker skin, the area may have a blue or purple tint. You may feel that it burns, hurts, or itches.
- **Stage 2:** the area looks more damaged and may have an open sore, scrape, or blister. You have a lot of pain and the skin around the wound may be discolored.
- **Stage 3:** the area has a crater-like appearance because of damage below the skin's surface.
- **Stage 4:** the area is severely damaged and a large wound is present. Muscles, tendons, bones, and joints can be affected. Infection is a large risk at this stage.

Role of nurse in prevention and management of bed sores:

- The nurse should be continuously assessing the client who is at risk for pressure ulcer development.

Assess the client for:

- The predisposing factors for bed sore development.
- Skin condition at least twice a day.
- Inspect each pressure site.
- Palpate the skin for increased warmth.
- Position patient every 2 hours.
- Keep the pressure areas clean and dry.
- Always look for redness and numbness.
- Provide an air mattress.
- Use pillows to reduce pressure.



Que. 130 In Mental Health Act 1987, experienced psychiatric nurse posted at which hospital?

1. Central or State Mental Health Authority (MHA)
2. Tertiary centers
3. Secondary centers
4. None

Correct Option - 1

Concept:-

Mental health act, 1987:

- In India, the Mental Health Care Act 2017 was passed on 7 April 2017 and came into force on 29 May 2018.
- The act effectively decriminalized attempted suicide which was punishable under Section 309 of the Indian Penal Code.
- an act to provide for mental healthcare and services for persons with mental illness and to protect, promote and fulfill the rights of such persons during delivery of mental healthcare and services and for matters connected therewith or incidental thereto.
- In Mental Health Act 1987, experienced psychiatric nurses were posted at the **Central or State Mental Health Authority (MHA)**.

Objectives:

- To provide mental healthcare services for persons with mental illness.
- It ensures that these persons have a right to live life with dignity by not being discriminated against or harassed.

Que. 131 Social skill training for schizophrenia patients is done for which symptoms?

1. Positive sign

2. Negative sign
3. Hallucination
4. Delusion

Correct Option - 2

Concept:-

- **Schizophrenia** is a disorder where it becomes difficult to act normally in social situations, think rationally, and differentiate between what is real and unreal.
- Social skills training (SST) is a structured learning-oriented approach for patients with schizophrenia.
- The aim of this study is to assess the efficacy of SST in a patient with schizophrenia.

Signs and symptoms:

- Hallucination
- Delusions
- Problems paying attention
- Lack of emotion
- Unaware of the environment around them

Negative symptoms of schizophrenia: are those involving the absence of something common to most people.

- Blunted affect,
- Alogia (reduction in the number of words spoken),
- Avolition (reduced goal-directed activity due to decreased motivation),
- A sociality, and anhedonia (reduced experience of pleasure).

Management:

- Individual therapy. Psychotherapy may help to normalize thought patterns.
- Social skills training. This focuses on improving communication and social interactions and improving the ability to participate in daily activities.
- Family therapy.
- Vocational rehabilitation and supported employment.

Que. 132 Following are the use of the central line catheter except:

1. CVP monitor
2. Administer medication
3. Left ventricular function
4. TPN administration

Correct Option - 3

Concept:-

Central line catheter:

- The central venous catheter is a special IV line that is inserted into a large vein in the body.
- Several veins are used for central venous catheters including those located in the shoulder, neck, and groin.

Uses of central line catheter:

1. Central venous pressure (CVP) monitor:

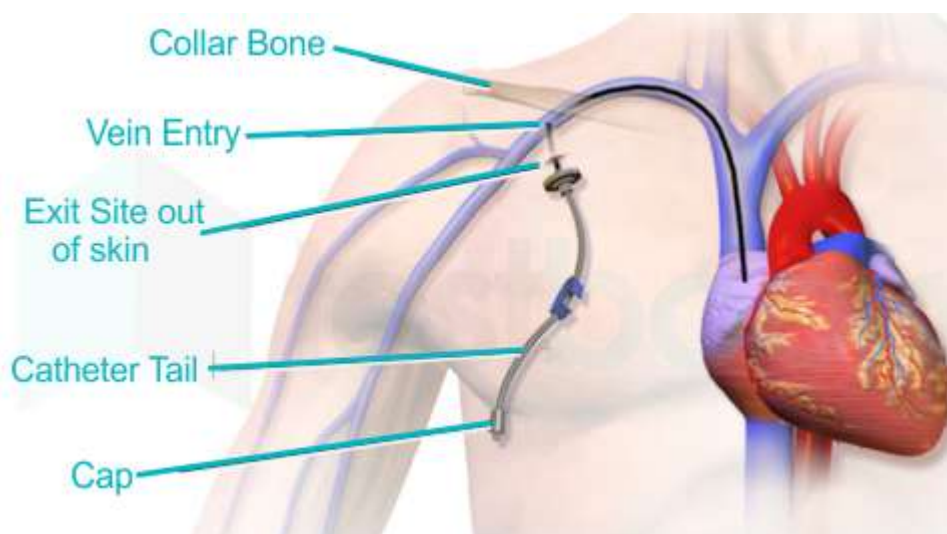
- It is considered a direct measurement of the blood pressure in the right atrium and vena cava.
- It is acquired by threading a central venous catheter (subclavian double lumen central line shown) into any of several large veins.
- The normal central venous pressure reading is between **8 to 12 mmHg**.

2. Administer medication:

- A central line is like an intravenous (IV) line. But it is much longer than a regular IV and goes all the way up to a vein near the heart or just inside the heart.
- A patient can get medicine, fluids, blood, or nutrition through a central line.

3. TPN:

- It is administered through a needle or catheter that is placed in a large vein that goes directly to the heart called a central venous catheter.
- Since the central venous catheter needs to remain in place to prevent further complications, TPN must be administered in a clean and sterile environment.



Que. 133 Symptoms of acute blood loss are:-

1. Tachycardia, hypertension
2. Bradycardia, hypertension
3. Tachycardia, hypotension
4. Bradycardia, hypotension

Correct Option - 3

Concept:-

Acute blood loss:

- A state of vascular instability caused by external or internal hemorrhage.
- Acute blood loss is a common, but often challenging, the problem facing emergency physicians.
- Inadequate or delayed treatment can lead to morbidity or mortality. Standard classifications to quantify blood loss, as well as vital signs alone, are inadequate for guiding therapy

Signs and symptoms:

- Supine tachycardia $> 100/\text{min}$.
- Increased respiratory rate $> 30/\text{min}$.
- Supine or postural hypotension.

Patients who have lost more than 10 ml/Kg of body weight of blood, require:

- Oxygen and infusion of adequate volumes of electrolyte solution rapidly.
- Transfusion of a volume of blood approximately equal to the volume of blood lost.

Que. 134 A patient reports calcium loss. What is the nursing intervention?

-
1. Reposition the patient every 2 hourly
 2. Give supplemental feeds in between meals
 3. Encourage to walk
 4. Give dairy products

Correct Option - 4

Concept:-

- Nursing intervention -> The action taken by the nurse to provide care to the patient.

Calcium:

- It is a mineral most often associated with healthy bones and teeth, although it also plays an important role in blood clotting, helping muscles to contract, and regulating normal heart rhythms and nerve functions.
- If the body doesn't get enough calcium to support important functions, it takes calcium from the bones. This is called losing bone mass.
- Losing bone mass makes the inside of the bones become weak and porous. This puts you at risk for the bone disease **osteoporosis**.

Sources of calcium:

- **Milk, cheese, and other dairy foods.**
- green leafy vegetables – such as curly kale, okra
- bread and anything made with fortified flour.

Que. 135 Which of the following drug is preferably administered immediately after delivery of the baby?

1. Oxytocin 10 units IM
2. Oxytocin 20 units IM
3. Methergine 2 mg IM
4. Methergine 4 mg IM

Correct Option - 1

Concept:-

Oxytocin:

- Oxytocin is recommended as an aid in the management of the following conditions:
- Oxytocin injection is used to start or improve contractions during labor. Oxytocin is also used to reduce bleeding after childbirth.
- To precipitate labor
- To accelerate normal parturition
- Postpartum evaluation of uterine debris
- Postoperative contraction of the uterus following Cesarean section and control of uterine hemorrhage.
- 1 mL (10 units) of Oxytocin can be given IM after the delivery of the placenta.

Side Effects of oxytocin:

- Confusion.
- Convulsions (seizures)
- Difficulty in breathing.
- Fast or irregular heartbeat.
- Headache (continuing or severe)
- Hives.
- Pelvic or abdominal pain (severe)
- Skin rash or itching.

Que. 136 Which of the following is not involved in chest physiotherapy?

1. Nebulization
2. Percussion
3. Coughing
4. Vibration

Correct Option - 1

Concept:-

- **Chest physiotherapy** is a group of therapies used in combination to mobilize pulmonary secretions.
- Chest physiotherapy is the removal of excess secretions from the lungs by physical means.
- It is followed by productive coughing or suctioning of a patient who has a decreased ability to cough.
- This is especially helpful for patients with a large number of secretions or ineffective coughs.
- **The ideal time to perform chest physiotherapy** is 1 hour before meals and **1 to 3 hours** after meals to decrease the chance of vomiting.

Therapies include chest physiotherapy:

- Postural drainage
- Chest percussion
- Vibration
- Chest physiotherapy should be followed by productive coughing and suctioning of the patient, chest physiotherapy should never be done straight after a meal or drink.

Indication:

- It is indicated for patients in whom cough is insufficient to clear thick, tenacious, or localized secretions.

Examples:

- Cystic fibrosis
- Bronchiectasis
- Atelectasis
- Lung abscess
- Pneumonia

Que. 137 The movement towards the midline is called as

1. Anterior central
2. Posterior
3. Medial rotation
4. Posterior lateral

Correct Option - 3

Concept:-

- The range of movement allowed by synovial joints is fairly wide. These movements can be classified as gliding, angular, rotational, or special movement.

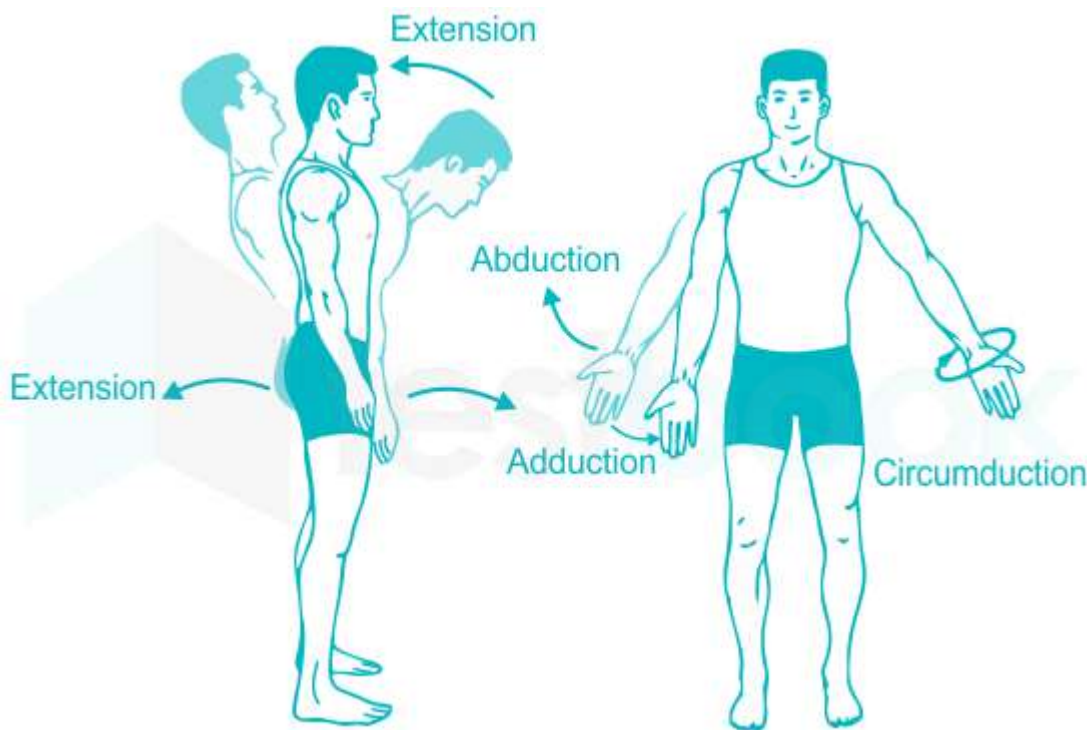
Medial rotation:

- It is a term describing a specific anatomical motion.
- The term medial in anatomy refers to moving closer to the median plane, or central vertical divider, of the body.
- Thus, a medial rotation is the movement of a limb or muscle group toward the center of the body.

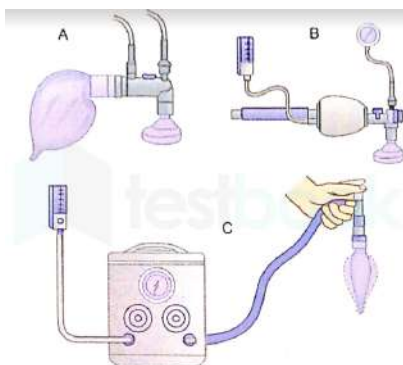
- Medial rotation is a type of movement that is considered in job design and in ergonomic evaluations in order to ensure that repetitive stress of rotation on a body part, or muscle group, does not pose a significant injury risk.
- Medial rotation is sometimes referred to as internal rotation.
- **An example** of medial rotation is turning the legs at the hip so that the toes point toward one another. Reaching the arm across the waist toward the opposite side of the body is also an example of medial rotation.
- These types of motion are common in the workplace, specifically with workers who move a lot of items daily, and can result in musculoskeletal injuries without good ergonomic design and company safety procedures to mitigate risk.

Explanation:

- The function of the pectoralis major muscle is the adduction of the arm.
- **Adduction -> Movement of body parts towards the midline of the body.**
- It is one of the movements of shoulder circumduction.



Que. 138 Which of the following equipment is used in the Neonatal Resuscitation Program?



1. A only
2. A and B only
3. A and C only
4. All of the above

Correct Option - 4

Concept:-

- The Neonatal Resuscitation Program (NRP) curriculum describes an evidence-based approach to newborn care at birth and facilitates effective team-based care for health care professionals who care for newborns at the time of delivery.

According to the WHO and the AAP “Helping Babies Breathe” program the list of essential equipment should include-

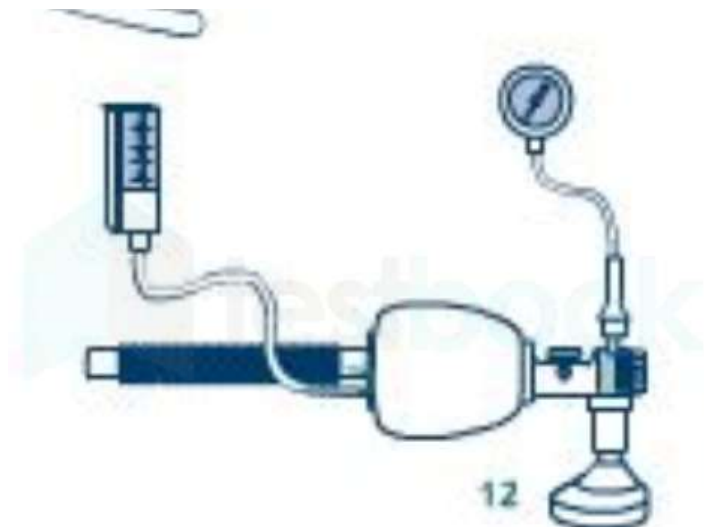
- **Positive pressure device (bag or T-piece resuscitator) and tubing for delivering air and/or supplemental oxygen. Self-inflating bag should have an oxygen reservoir and all types of devices should have a pressure manometer.**
- Laryngoscope.
- Blades: No. 1 (term newborn), No. 0 (preterm newborn), No. 00 (optional for extremely preterm).
- Endotracheal tubes.
- Stylet.
- Carbon dioxide (CO₂) monitor.
- Suction setup.
- Roll of waterproof tape.
- Endotracheal tube securing device.
- Scissors.
- Oral airway.
- Meconium aspirator.
- Stethoscope (with neonatal head)
- Pulse oximeter and neonatal probe.
- Laryngeal mask airway.

Key Points

A- Self-inflating bag



B- Oxygen Pressure manometer



C- Positive pressure device (bag or T-piece resuscitator)



Que. 139 OT Nurse opens sterile drum and takes gauze with cheatle forceps, then transfer it to bare hand and keeps in sterile area, which one is correct among this? (VBQ)

1. Sister is not doing wrong
2. She should ask the scrub nurse to open the drum
3. Sister is not wearing gloves
4. Sister is not doing right thing

Correct Option - 4

Concept:-

- **Sterilization** is a process by which an article, surface, or medium is freed of all living microorganisms and spores.
- Sterile procedures are required before and during specific patient care activities to maintain the area free of microorganisms and to prevent infection.

★ **Important Points**

- Cheatal's forceps are commonly used in surgical wards and operation theaters to transfer sterilized instruments and materials into the hands of doctors.
- The forceps are placed in a variety of antiseptic/disinfectant solutions, often in open bottles that remain unchanged for several days.
- Sterile glass bottles of 500 ml were used to hold Chatel's forceps, and these bottles were filled two-thirds of the way with different solutions. \
- These bottles were not capped.
- Routine dressing was performed using sterile swabs, cotton bandages and Chattel's forceps to transfer the instrument from the autoclaved drum to the surgeon's arm.
- The OT nurse opens the sterile drum and takes gauze with cheat forceps, then transfers it to the bare hand and places it on the sterile field. **This will expose the sterile field to the microorganism and spread the infection.**

Que. 140 Match the following



1. A - 4, B - 3, C - 2, D - 1
2. A - 4, B - 2, C - 3, D - 1
3. A - 4, B - 1, C - 2, D - 3
4. A - 3, B - 4, C - 2, D - 1

Correct Option - 1

Concept:-

Vaginal speculum:

- It is a medical device that allows physicians and health providers to better view a woman's cervix and vagina during pelvic exams.
- Most specula are made of metal and plastic, and physicians insert a portion of the speculum into the patient's vagina to separate the vaginal walls.



•

Mouth retractor:

- Typically, a mouth retractor serves two purposes: it pulls tissue away to expose an area that needs dental work, and it keeps the tissue in a retracted position during the procedure.



•

Eye speculums are used to expose the ocular surface by preventing eyelids from closing.

- They must be strong enough to resist the orbicularis-induced reduction of the palpebral aperture and forced eyelid closure.



•

Nasal speculum:

- This two-bladed instrument is inserted into the nostrils. It lets doctors examine the inside of the nose.



Que. 141 Match the following



1. Removes
secretions



2. Humidifies air
and provide
O₂ flow



3. Destroys
needle and
sharps

1. A - 3, B - 1, C - 2
2. A - 2, B - 3, C - 3
3. A - 3, B - 2, C - 1
4. A - 1, B - 2, C - 3

Correct Option - 1

Concept:-

A - 3- Syringe Needle Destroyer

- The MCP Healthcare MNS01 Syringe Needle Destroyer is two slots easy operation for destroying syringes and needles.
- The needles are lit electrically and the syringes are cut manually.

Use:

- The device is used to manually dismantle syringes and needles.

Product Specifications and Features:

- Cuts syringe within seconds
- low power consumption
- Can destroy syringes from 18 gauge to 28 gauge
- On/Off switch with pilot lamp
- Comes with a shockproof main circuit breaker
- Very portable, compact, and easy to use



B - 1- Ward Vacuum Suction Unit

- A suction machine is a type of medical machine/device used to remove blood, saliva, or other secretions from a patient's airway (trachea tube) so that they can breathe.
- The Ward Vacuum Unit is made of polycarbonate, unbreakable, shatter-resistant, and autoclavable.
- The brackets fit directly on the wall.
- A well-proven fluid control mesh mounted on the unit automatically and efficiently shuts off the vacuum completely, preventing the transfer of liquid to the vacuum regulator, pipeline, and pump.
- Ward Vacuum Units are also available in 600, 1000ml capacity



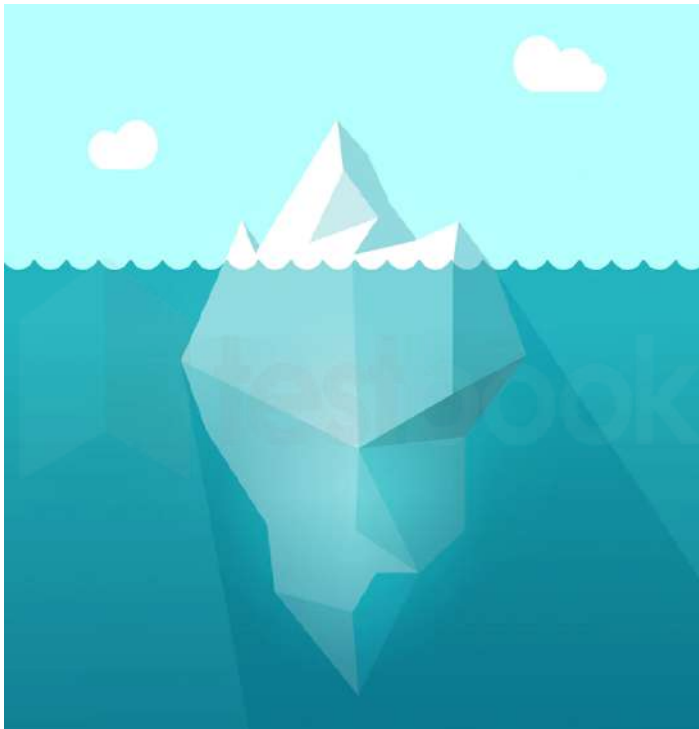
C - 2- Oxygen Flowmeter With Humidifier Bottle

- It is used with medical oxygen cylinders. It is used to regulate the supply of oxygen from the cylinder to the patient.
- The gauge ranges between 0-250 K per cm. And the flow meter range is 0-10 liters per minute.
- A pressure gauge indicates cylinder contents.

- A flowmeter with a humidifier is used to reduce gas pressure and adjust gas volume, which saves patients and is treated by the hospital as oxygen therapy.



Que. 142 Visible part of iceberg indicates



1. Sub-clinical cases
2. Clinical cases
3. Carriers
4. Asymptomatic infection

Correct Option - 2

Concept-

- Iceberg phenomena describe a situation in which a large percentage of problems are subclinical.
- The major problem that remains hidden and is not discovered at a glance
- Size and shape of iceberg disease depend upon the agent-host relationship
- Iceberg use to have detailed knowledge regarding the natural history of the disease.

Explanation-

- In the iceberg phenomenon larger percent of the population remains subclinical, hidden, or unreported
- The apparent tip of the iceberg represents the diagnosed or known cases in a community
- The hidden major part of the iceberg represents the undiagnosed cases spreading in a community
- That gives rise to the disease even if the apparent cases are eradicated from the community



Additional Information-

- Asymptomatic infection -> means no sign or symptoms to individual.
- Subclinical cases -> not detectable or producing effects, has no recognizable clinical finding.
- Carriers -> are like hosts that are not affected by diseases but can spread diseases in the community.

Que. 143 Which of the following renal disorders is the cause of secondary hypertension?

1. Glomerulonephritis
2. Renal artery stenosis
3. Chronic nephritis
4. All of the above

Correct Option - 4

Concept:-

- **Secondary hypertension:** the elevation of blood pressure due to a specific underlying disorder.

Causes of secondary hypertension:

- Renal artery stenosis
- Primary aldosteronism
- Cushing's syndrome
- Glomerulonephritis
- Chronic nephritis
- Pheochromocytoma
- Coarctation of aorta

Symptoms:

- **Secondary hypertension** usually has no specific signs, even if blood pressure has reached dangerously high levels.

Sometimes it has the following symptoms.

- High BP that doesn't respond to BP medications.
- Systolic BP over 180 mmHg.

Que. 144 The client is admitted with chronic obstructive pulmonary disease. Blood gases reveal pH 7.36, CO₂ 45, O₂ 84, bicarb 28. The nurse would assess the client to be in:

1. Uncompensated acidosis
2. Compensated alkalosis
3. Compensated respiratory acidosis
4. Uncompensated metabolic acidosis

Correct Option - 3

Concept

Chronic obstructive pulmonary disease

- It is a chronic inflammatory lung disease that causes obstructed airflow from the lungs.
- It includes breathing difficulty, cough, mucus (sputum) production and wheezing.
- It's typically caused by long-term exposure to irritating gases or particulate matter, most often from cigarette smoke.
- People with chronic obstructive pulmonary disease are at increased risk of developing heart disease, lung cancer and a variety of other conditions.

Explanation

Compensated respiratory acidosis

- In compensated respiratory acidosis PCO_2 is high, and the pH is within normal range.
- The kidneys compensate for respiratory acidosis by tubular cells reabsorbing more HCO_3^- from the tubular fluid, collecting duct cells secreting more H^+ and generating more HCO_3^- , and ammonia genesis leading to increased formation of the NH_3 buffer.
- Compensated respiratory acidosis is typically the result of a chronic condition, the slow nature of onset giving the kidneys time to compensate.
- Common causes of respiratory acidosis are
 1. Respiratory depression
 2. Respiratory muscle paralysis
 3. Chest wall disorders
 4. Abdominal distension



Additional Information

Uncompensated acidosis

- It occurs when respiratory acidosis is present, with a pH value under 7.35 and PaCO_2 acidic (over 45) mmHg.
- The metabolic system is marked by HCO_3^- in the normal range (22 - 26 mEq/L).
- It happens when the PaCO_2 of the respiratory system is acidic and causes the body's pH to become acidic.

Compensated alkalosis

- It occurs when high levels of carbon dioxide disrupt the blood's acid-base balance.
- It often occurs in people who experience rapid, uncontrollable breathing.
- People who experience intense bouts of stress, anxiety, panic or anger are at higher risk for respiratory alkalosis.

Uncompensated metabolic acidosis

- It occurs when the HCO_3^- of the metabolic system is acidic and causes the body's pH to become acidic.

Que. 145

Which of the following disease is **NOT** commonly encountered in children?

1. Diarrhoea
2. Parkinsonism
3. Whooping cough
4. Measles

Correct Option - 2

Concept:-

Parkinson's disease:

- It is a slowly progressive degenerative neurological disease, affecting the basal ganglia and characterized by tremor, rigidity, bradykinesia, and postural instability.

Cause:

- it is caused by a loss of nerve cells in the part of the brain called the substantia nigra.

Signs and symptoms:

- tremor, or shaking, usually begins in a limb, often your hand or fingers.
- Slowed movement
- Rigid muscles.
- Impaired posture and balance.
- Loss of automatic movements.
- Speech changes.

 Additional Information

- **Diarrhea:** it is usually caused by a virus, or sometimes, contaminated food. Less frequently, it can be a sign of another disorder, such as inflammatory bowel disease or irritable bowel syndrome.
- **Whooping cough:** it is a highly contagious respiratory tract infection.
- **Measles:** it is an acute viral respiratory illness.

Que. 146

A nurse in the health clinic is counseling a college student who was recently diagnosed with asthma. On what aspect of care should the nurse focus?

1. Teaching how to make a room allergy-free
2. Referring to a support group for individuals with asthma
3. Arranging with the college to ensure a speedy return to classes
4. Evaluating whether the necessary lifestyle changes are understood

Correct Option - 4

Concept:

- A nurse in the health clinic is counselling a college student who was recently diagnosed with asthma, nurse should focus on **Evaluating whether the necessary lifestyle changes are understood or not.**
- **Counselling** is a process having a beginning, middle, and end. It begins with establishing a relationship with the client and ends with terminating this relationship and following up to find out the effectiveness of counselling provided.
- **Carl Rogers**, an American humanistic psychologist has given crucial contributions in the field of psychology. He has proposed the '**non-directive**' type of counselling in **1940**.

 Key Points

Non-directive counselling, also known as **client/person-centred counselling** is a **type of counselling in which:**

- primacy is given to counsellee's needs and problems, and behaviour.
- a strong personal relationship is established between counsellor and counsellee.
- opportunities are provided to counsellees to create positive changes for themselves.
- counsellees are emphasized to realize and resolve their problems with the counsellor's help.

 Additional Information

Counselling	It refers to the process which gives importance to recognise the root of the counsellee's problems to help them with proper guidance.
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Directive Counselling	It refers to a type of counselling in which the counsellor plays an important role and prescribes a course of action to deal with the counsellee's problems.
Eclectic Counselling	It refers to a type of counselling that uses a combination of different counselling methods to deal with counsellee's problems.

Que. 147 Streptomycin should not be given by mouth, but by injection, because:

- 1. It is not absorbed when given by mouth.
- 2. It can injure the gastric mucosa.
- 3. It produces more adverse effect when given by mouth.
- 4. It is not effective when given by mouth.

Correct Option - 1

Concept:-

- **Streptomycin** is not absorbed by the gastrointestinal tract.
- The drug gets destroyed because of **gastric juices**.
- **Therefore, it is given intramuscularly.**
- It is prescribed in **tuberculosis**.
- It is a **second-line** of treatment in tuberculosis.
- The maximum dose in adults and children is **1g per day**.
- It is also given in **streptococcal endocarditis and enetroccal endocarditis**.

Explanation:-

- **The side-effects of the drug:**
 - tinnitus
 - headache
 - hearing loss
 - balance problems
 - unusual drowsiness
 - dizziness
- The drug can cause severe **neurotoxicity** so, it is not administered IV also.

Que. 148 Rigor Mortis is the sign after death. It occurs due to

- 1. Blood circulation has ceased
- 2. Stiffening of body
- 3. Gradual decrease into the body's temperature
- 4. Hydrolysis of the tissues

Correct Option - 2

Concept

Rigor Mortis

- It is also known as postmortem rigidity.
- It is the third stage of death.
- It results in the stiffening of the body muscles due to chemical changes in the myofibrils.
- It helps in estimating the time since death as well to ascertain if the body had been moved after death.

Explanation

Stiffening of body

- Rigor Mortis causes the stiffening of the body muscles due to chemical changes in myofibrils.
- It occurs when the body muscles are unable to relax normally.
- It can cause sharp pain and makes it difficult to move the muscles.
- It occurs in the third stage of death.



Additional Information

Gradual decrease in the body's temperature

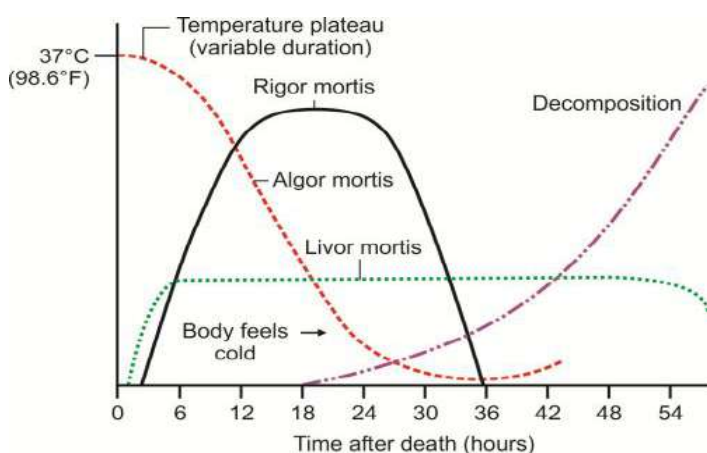
- A gradual decrease in the body's temperature after death is called Algor mortis.
- It occurs in the second stage of death.
- The body temperature will decrease continuously until the ambient temperature is matched.

Blood circulation has ceased

- It occurs in the fourth stage of death.
- It causes purplish-red discolouration of the skin.
- It starts 20–30 minutes after death.

Hydrolysis of the tissues

- It is known as Adipocere which is caused by hydrolysis and hydrogenation of adipose tissue.
- It occurs after death and it is caused by the decomposition of organic matter by bacterial or fungal digestion.



Que. 149 Sunken fontanelle in a infant is sign of which of the following ?

1. Hydrocephalus
2. Down's syndrome
3. Dehydration
4. Turner's syndrome

Correct Option - 3

Explanation

Dehydration

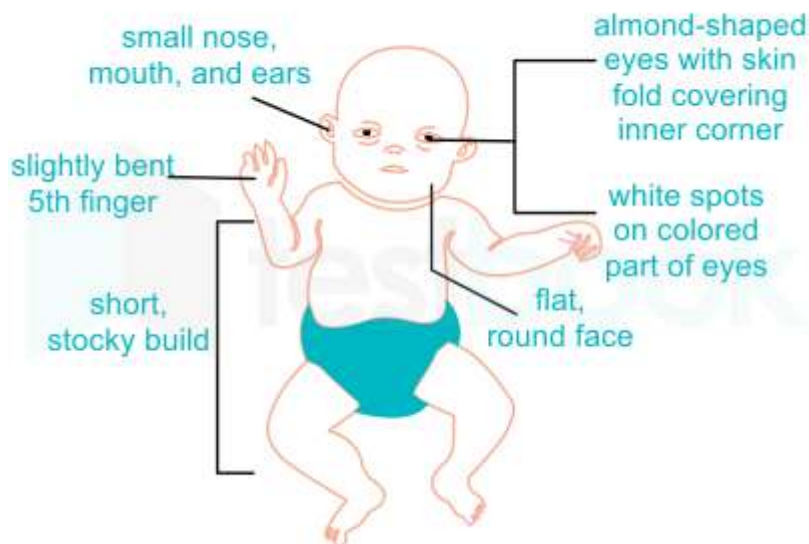
- Dehydration is the primary cause of a sunken fontanel.
- It occurs when sufficient fluid is not present in the body to maintain normal functioning.
- It can be diagnosed by physical examination and also by checking the body fluid level.
- It can be treated by giving fluid orally or intravenously.



Additional Information

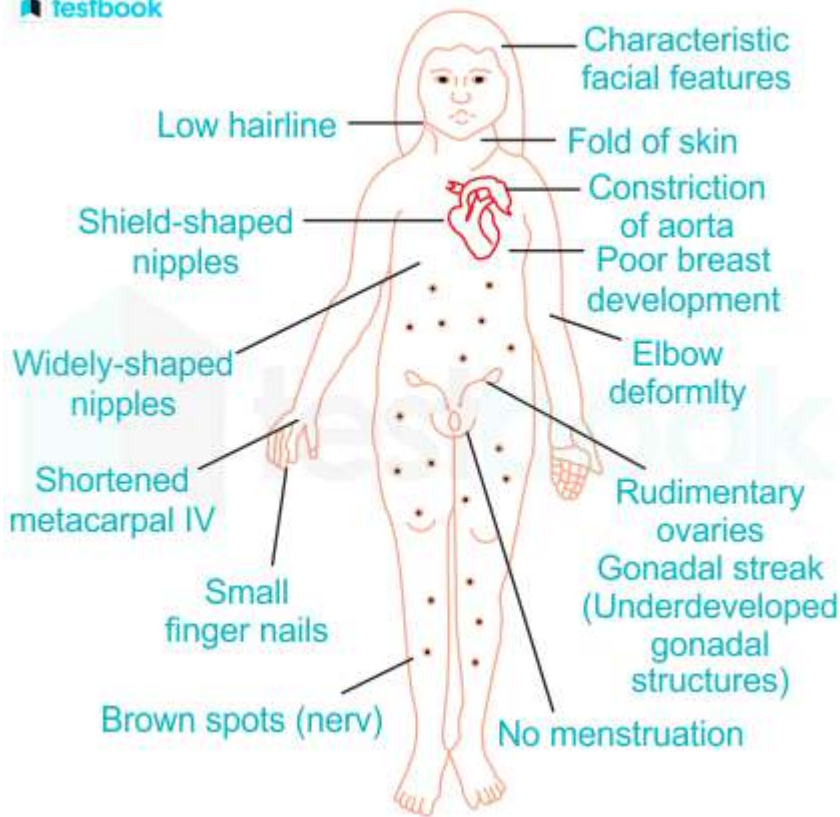
Down's syndrome

- It is also known as **trisomy 21**
- It occurs when a person has an extra chromosome.
- Physical features of Down syndrome are
 1. Flattened face,
 2. Short neck.
 3. A tongue that tends to stick out of the mouth.
 4. Small hands and feet.
 5. Shorter in height as children and adults.
 6. It can be diagnosed by screening tests and diagnostic tests during pregnancy.



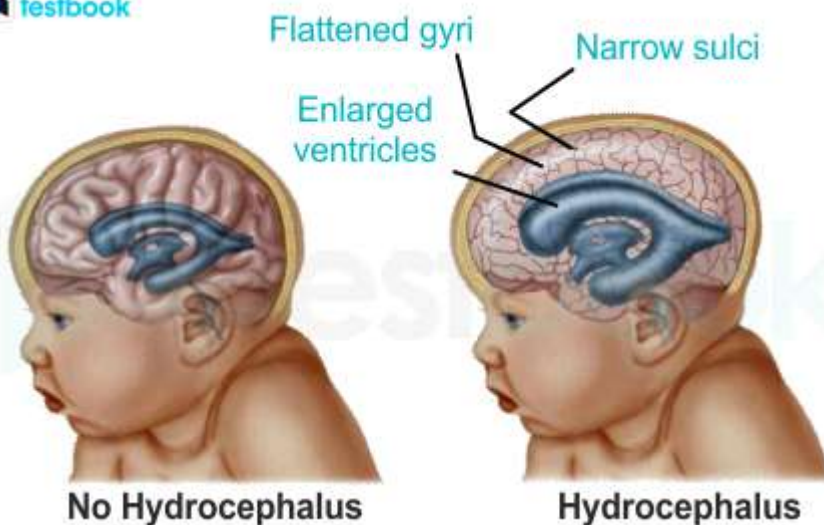
Turner's syndrome

- It only occurs in females when one of the X chromosomes is missing or partially missing
- It can cause short height, failure of the ovaries to develop, and heart defects.
- It can be diagnosed before birth, during infancy, or in early childhood.



Hydrocephalus

- It is a condition in which an accumulation of cerebrospinal fluid occurs within the brain.
- It can cause increased pressure inside the skull.
- It can occur due to birth defects or be acquired later in life.
- it occurs more frequently among infants and adults 60 and over.
- It can cause headaches, vomiting, nausea, papilledema, sleepiness, or coma.
- It can be treated surgically.



Que. 150 Antiemetics are administered to

1. Reduce peristalsis
2. Reduce pain
3. Reduce seizures
4. Reduce vomiting

Correct Option - 4

Concept

Antiemetics

- It is a drug that is effective against vomiting and nausea.
- It is used to treat motion sickness and the side effects of opioid analgesics, general anaesthetics etc.

Explanation

Reduce vomiting

- Antiemetics drugs are used to reduce vomiting.
- Antiemetics work on the neural pathways involved with vomiting by blocking specific receptors found in the vomiting centre of the brainstem.
- Ondansetron, granisetron, and palonosetron are the drug that is used to reduce vomiting.



Additional Information

Reduce pain

- **Analgesics** are used to reduce pain.
- It reduces pain by changing the brain's perception of pain.
- Methadone, Aspirin etc. are the drugs used to reduce pain

Reduce peristalsis

- **Loperamide drug** inhibits peristalsis by acting directly on the muscles of the intestinal wall.
- This medication is used to treat sudden diarrhoea.
- It slows down the movement of the gut and makes the stool less watery.

Reduce seizures

- **Anti-epileptic drugs** are the most commonly used to control seizures.
- It works by changing the levels of chemicals in our brain.

Que. 151 What is the correct sequence in mechanism of labor ?

1. Engagement → Flexion → Extension → Crowning
2. Engagement → Descent → Flexion → Internal rotation
3. Engagement → Flexion → Crowning → Restitution
4. Engagement → Descent → Internal rotation → Flexion

Correct Option - 2

Concept:-

- **Mechanism of labor:** a series of passive, adaptive movements of the fetal head and shoulders smallest diameter to pass through the birth canal.

Cardinal movements of labor:

1. Engagement: it occurs when the largest diameter of the fetal head fits into the largest diameter of the maternal pelvis.

2. Descent: here the baby descends through the pelvic inlet towards the pelvic floor.

- It occurs due to uterine contractions amniotic fluid pressure abdominal muscle contraction.

3. Flexion: at the fetal head comes into contact with the pelvic floor, cervical flexion occurs.

- This allows the presenting part of the fetus to be sub-occipito bregmatic.

4. Internal rotation: the pelvic floor has a gutter shape, with a forward and downward slope.

- This allows the head to rotate from a left or right occipito-transverse position to an occipito-anterior position.

5. Extension: the occiput slips beneath the suprapubic arch as the head extends and the nape of the neck is pivoting against the arch.

6. External rotation: the head externally rotates to face the right or left medial-thigh of the mother.

7. Expulsion: the occiput slips beneath the suprapubic arch as the head extends and the nape of the neck is pivoting against the arch.

Que. 152 Bagassosis is due to inhalation of

1. Silica dust
2. Cotton dust
3. Sugarcane dust
4. Coal dust

Correct Option - 3

Concept

Bagassosis

- It is an interstitial lung disease caused due to exposure to sugarcane or sorghum dust.
- It is an airborne disease
- It can cause breathlessness, cough, fever etc.
- Pulmonary function tests are used to diagnose.
- It can be prevented by using a mask.

Explanation

- It is the dry pulpy fibrous material that remains after crushing sugarcane.
- It is used as a biofuel for the production of heat, energy, and electricity.
- It contains cellulose (45–55%, lignin (18–24%) etc.
- It can cause interstitial lung disease due to exposure of sugarcane dust.



Additional Information

Cotton dust

- It can cause byssinosis which is a rare lung disease.
- It can cause asthma-like conditions, dry cough, fever etc when exposed to dust.
- It can be diagnosed by X-ray of the lungs.

Silica dust

- It can cause Silicosis which is an interstitial lung disease caused by breathing in tiny bits of silica.
- It can cause trouble breathing, fever, chest pain etc.
- It can be diagnosed by X-ray of the lungs.
- It can be diagnosed by X-ray of the lungs.

Coal dust

- It can cause "black lung disease," which occurs when coal dust is inhaled.
- It can cause trouble breathing, cough etc.
- It can be diagnosed by X-ray of the lungs.

Que. 153 Vitamin B12 and folic acid deficiency causes:

1. Iron deficiency anemia

2. Thalassemia
3. Megaloblastic anemia
4. Sick cell anemia

Correct Option - 3

Explanation:

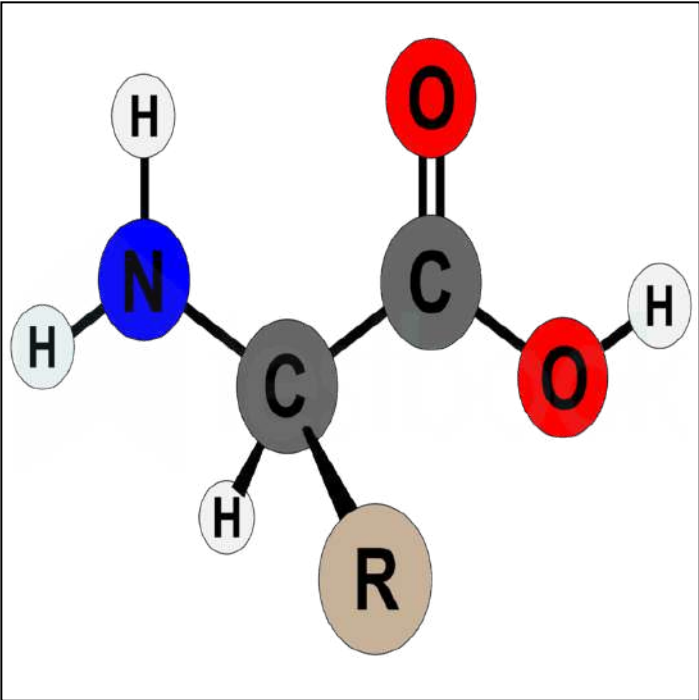
- Folic acid and vitamin B12 deficiencies are the leading causes of megaloblastic anemia.
- The leading cause of vitamin B12 deficiency is pernicious anemia caused by autoimmune destruction of gastric parietal cells.
- Excess cell turnover, increased demand, malabsorption, or a poor diet may cause folate deficiency.
- **Anemia caused due to folic acid deficiency is a result of:**
 - Nutritional deficiency
 - Alcoholism
 - Malabsorption
 - Pregnancy and
 - Medication such as phenytoin and methotrexate.
- **Folate deficiency anemia is characterized by** fatigue, shortness of breath, pale skin, weight loss, ringing in the ears, and headaches.

Que. 154 What is the end product of proteins?

1. Amino acids
2. Triglycerides
3. Fructose
4. Glucose

Correct Option - 1

- The end product of protein digestion is amino acids.
- **Amino acids:**
 - **Proteins are made up of organic compounds called amino acids. So they are known as the building components of proteins.**
 - Amino acids are the necessary ingredients for the growth and development of human.
 - **Basic amino groups (-NH₂) and carboxyl groups (-COOH) are found in amino acids.**
 - Long chains of amino acids constitute peptides and proteins.
 - **Proteins are made up of twenty amino acids.**
 - **Examples of Amino acids:**
 - Histidine, Isoleucine, Leucine, Lysine
 - **Figure:** Structure of Amino acid



- Que. 155
- 'Toddler' refers to
1.

From birth to 1 year
2.

From 1 year to 3 years
3.

From 3 years to 6 years
4.

From birth to 1 month

Correct Option - 2
Development refers to overall changes in the individual. It involves changes in an orderly and coherent type towards the goal of maturity.

 Additional Information

Major Developmental Periods

Prenatal Period	Start from birth
Neonatal Period	Birth to four weeks
Infancy	Four weeks to one year
Toddler	From one to three years
Pre-School	From three to six years
School-Age	From six to twelve years
Adolescence	From puberty to the beginning

- Que. 156
- False perception with stimuli is known as
1.

Hallucination
2.

Delusion
3.

Illusion
4.

Mania

Correct Option - 3

Concept:-

- **Illusion** is the misinterpretation of the stimulus when a person wrongly perceives a stimulus is known as an illusion.
- Illusion is most common in people suffering from **schizophrenia**.

Types of Illusion

Optical Illusions

- Kind of illusion when a visual image or things misleads a person mainly causes error in the imagination or perceiving the things.
- Types of Optical illusions are:
 - Blivet: an undecipherable figure
 - Bezold effect: color seems different due to its adjacent colors
 - Ebbinghaus illusion: an illusion related to relative size perception
 - Hermann Grid Illusion: ghost-like grey blobs appear in the middle of the black squares on a white background

Auditory Illusions

- Auditory illusions are misleading sound perception through the ears.

Tactile Illusion

- The person will feel the illusion related to the body like something is running on the skin and body.

Que. 157 Removal of an entire lung is known as ____

1. Pleurectomy
2. Pneumonectomy
3. Bulbectomy
4. Lobectomy

Correct Option - 2

Concept:-

- Surgical removal of the **entire lung** is called **Pneumonectomy**
- Pleurectomy is a procedure of surgically removing the pleura.
- Bulbectomy is a procedure of surgically removing olfactory bulbs.
- Lobectomy is the Surgical removal of an entire lobe of the lung.



Additional Information

Pneumonectomy:

- The surgical removal of the entire lung is called a pneumonectomy
- In radical pneumonectomy, the entire lung with the mediastinal gland is Surgically removed.

Indications:

- Carcinoma
- Bronchiectasis
- Tuberculosis

Complications

- Damage to the phrenic nerve
- Damage to recurrent pharyngeal nerve

Que. 158 The anti-sterility vitamin is known as

1. Vitamin E
2. Vitamin A

3. Vitamin D
4. Vitamin B

Correct Option - 1

Concept:-

Vitamin-E

- It is also known as a **beauty or anti-sterility vitamin**.
- It acts as **an oxidant**, is helpful in making RBCs, and is necessary for the normal functioning of the reproductive system in both males and females both.
- The **most important sources** are vegetable oils, wheat, cottonseed, and animal food.
- It is also found in **green vegetables** like alfalfa lettuce i.e. salad etc.
- Its deficiency destroys the **muscles** and causes abnormal functioning of the **reproductive system in males as well as women**.
- Its other name is **Tocopherol**.

Vitamins	Their importance
Vitamin-A	• Steenbock (1919) discovered vitamin-A and Karrear (1931) determined the structure of vitamin-A. • It is also called an anti-infective vitamin. • It is necessary for healthy eyesight (normal vision). • It is destroyed by strong light. • The main sources are yellow or green leafy vegetables, carrot, papaya, ripe, mango, milk, etc. • Deficiency causes night blindness (patient cannot see the object in dim light) and xerophthalmia or keratomalacia (dryness and wrinkles of the outer layer of the eyeball). • Its other name is Retinol.
Vitamin-D	• It is called the poor man's vitamin and is a sterol derivative. • Its formation takes place under the skin in the presence of sunlight that's why also called sunshine vitamin or anti-racket vitamin. • It is needed for strong bones and teeth, helps in DNA synthesis, absorption of calcium and phosphorus. • Some main sources are egg, milk, fish liver oil, etc. • It affects the bones and causes rickets and osteomalacia in children and adults, respectively. • Its other name is Calciferol.
Vitamin-E	• It is also known as a beauty or anti-sterility vitamin.

	• It acts as an oxidant, is helpful in making RBCs, and is necessary for the normal functioning of the reproductive system in both males and females both. • The most important sources are vegetable oils, wheat, cottonseed, and animal food. • It is also found in green vegetables like alfalfa lettuce i.e. salad etc. • Its deficiency destroys the muscles and causes abnormal functioning of the reproductive system in males as well as women. • Its other name is Tocopherol.
Vitamin-K	• It was discovered by Henrik Dam (1935). • It is also called a naphthoquinone and is synthesized in the body by some bacteria. • It is a coagulation vitamin, which is why it helps in the clotting of blood. • The main sources are cauliflower, spinach, tomato, soybean, etc. • Its deficiency delays the clotting of blood and causes hemorrhage which is why also called an anti-hemorrhagic vitamin. • Its other name is Phylloquinone.

Que. 159

The umbilical cord contains

1. One artery and One vein

2. One artery and two veins

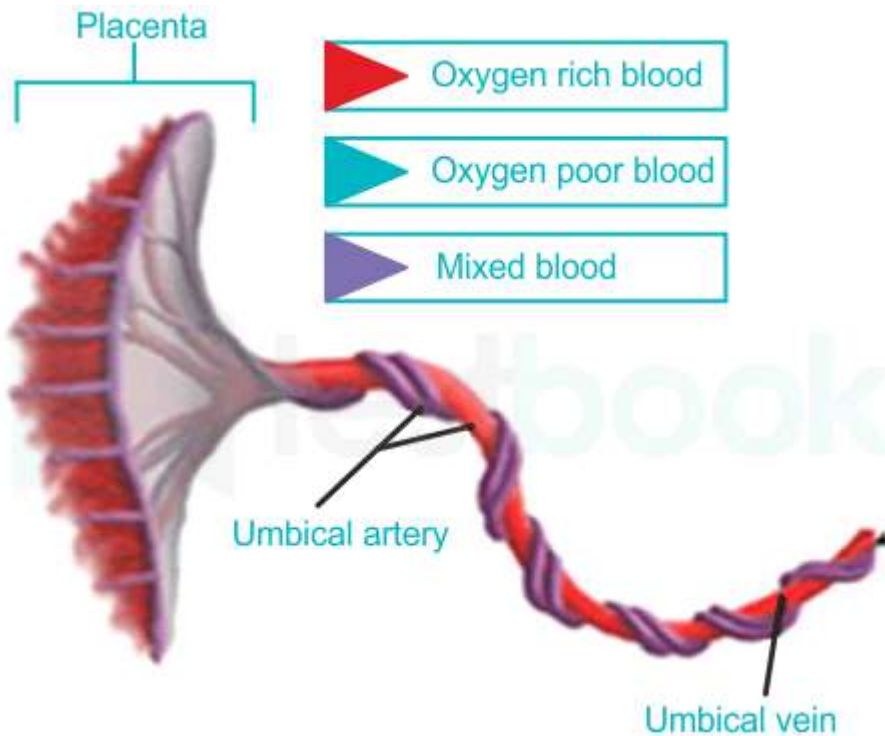
3. Two arteries and one vein

4. Two arteries and Two veins

Correct Option - 3

Concept:-

- The **umbilical cord** is a flexible, tube-like structure that, during pregnancy, **connects the fetus to the mother.**
- The **umbilical cord** contains Wharton's jelly, a gelatinous substance made largely from mucopolysaccharides that protect the blood vessels inside.
- The **umbilical cord** is the baby's lifeline to the mother. It **transports nutrients to the baby and also carries away the baby's waste products.**



Additional Information

- Veins- these vessels are tube-like structures that carry deoxygenated blood from the body to the heart
- Arteries- These vessels carry the oxygenated blood from the heart to the body.



Mistake Points

- **The only umbilical vein carries food and oxygen from the placenta to the baby**
- **Pulmonary veins carry oxygenated blood from the lungs to the heart**

Que. 160

To which position will you change a client with hypovolemic shock?

1. Supine Position
2. Left Lateral Position
3. Right Lateral Position
4. Trendelenberg Position

Correct Option - 4

Concept:-

- The client with hypovolemic shock should be changed to Trendelenberg Position as this position helps in the circulation of blood.
- Trendelenberg position: it is the position in which the patient's leg is positioned feet upward and the head is lowered by feet.

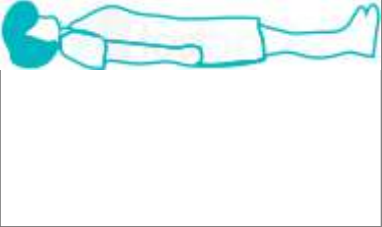
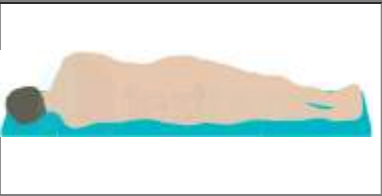
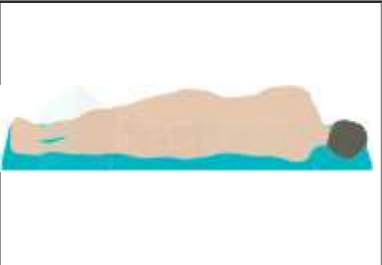
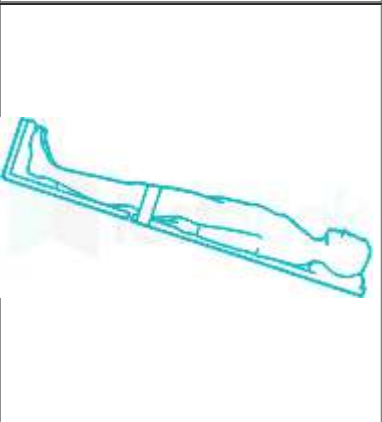


Additional Information

Hypovolemic shock:

- Hypovolemic shock is a situation in which there is extreme tissue hypoperfusion caused due to reduced intravascular fluid.

Name of Position	Explanation	Image
Supine	This is the	

position	position in which the person is lying on the back looking upward.	
Left lateral position	In this position, the Person is lying facing the left side	
Right lateral position	In this position, the person is lying on the right side facing to the right	
Trendelenberg position	Trendelenberg position: it is the position in which the patient's leg is positioned feet upward and the head is lowered by a feet	

 Mistake Points

1. If a person has a head, neck, back, or leg injury Trendelenberg's position is contraindicated.

Que. 161 Koplik's spot is the typical sign of

1. Pertussis
2. Mumps
3. Measles
4. Diphtheria

Correct Option - 3

Concept:-

- **Kolpik spots** are grayish-white dotes, as small as grains of sands, that have reddish areolae.
- They tend to occur on the inner aspects of the cheeks at the level of premolars but may spread over the rest of the buccal mucosa.
- They disappear within 12-18 hr. Koplik's spot is the typical sign of measles.
- The rash usually appears about **14 days** after a person is exposed.
- The path of spreading the rashes is from the head to the trunk to the lower extremities.
- Patients are considered to be contagious from **3-4 days before to 3-4 days after** the rash appears.
- **Vaccination for measles:** MMR vaccine to prevent Measles, Mumps, Rubella.
 - First dose at 12 to15 months of age
 - Second dose at 4 through 6 years of age.

Explanation:

- **Measles:** a viral infection that's serious for small children but is easily preventable by a vaccine.
- Humans are the only natural hosts of the measles virus.
- It is characterized by a peak onset of fever (as high as 105°F) and malaise.
- **3 C's in Measles** are
 - Conjunctivitis
 - Cough
 - Coryza

Symptoms of measles:

- Pain in muscles
- Fever
- Skin rash
- Dry cough, eye pink
- Diarrhea
- Headache, sore throat

Que. 162 What is the other name of pyridoxine?

1. Vitamin B2
2. Vitamin B12
3. Vitamin K
4. Vitamin B6

Correct Option - 4

Concept:-

Vitamin B6:

- It is a water-soluble vitamin and is part of the vitamin B complex group.
- There are several names for the vitamin such as **pyridoxine**, pyridoxal, pyridoxamine, and pyridoxine hydrochloride.
- It is an important co-factor required in several metabolic pathways.
- It has several interconvertible forms but the active form is PLP.

The function of vitamin B6:

- Assists in the balancing of sodium and potassium levels.
- Promotes RBC production.
- Production of serotonin, dopamine, noradrenaline, and adrenaline.

Vitamin B6 deficiency:

- Skin inflammation
- Neuropathy in hands/feet
- Neurological problems



Additional Information

- **Vitamin B2:** scientific name is riboflavin.
- **Vitamin B12:** scientific name is cobalamin.
- **Vitamin K:** scientific name is phytonadione.

Que. 163 What immunization is given at birth?

1. BCG
2. Hepatitis A

3. DPT
4. MMR

Correct Option - 1

Concept:-

- **BCG vaccine:** it is a vaccine against tuberculosis that is prepared from a strain of the attenuated live bovine tuberculosis bacillus, mycobacterium bovis, that has lost its virulence in humans by being specially cultured in an artificial medium for years.
- The bacilli have retained enough strong antigenicity to become a somewhat effective vaccine for the prevention of human tuberculosis.
- BCG is given at birth and can give up to baby 1 year old.
- **Dose:** a vial with 20 doses, dose for the newborn is 0.05ml
- **Route:** Intradermal, upper arm.



Additional Information

- **Hepatitis A:** It is used to prevent hepatitis A. It should be administered as soon as possible within 2 weeks of exposure.
- **DPT:** it is a class of combination vaccines against three infectious diseases in humans: diphtheria, pertussis, and tetanus. It is administered the 1st dose at 6 weeks of age, the 2nd dose at 10 weeks of age, and the 3rd dose at 14 weeks of age.
- **MMR:** it is against measles, mumps, and rubella. It is recommended routinely for all children at age 12 through 15 months, with a second dose at age 4 through 6 years.

Que. 164 Where is kidney located?

1. Oesophagus
2. Aorta
3. Urethra
4. Abdomen

Correct Option - 4

Concept:-

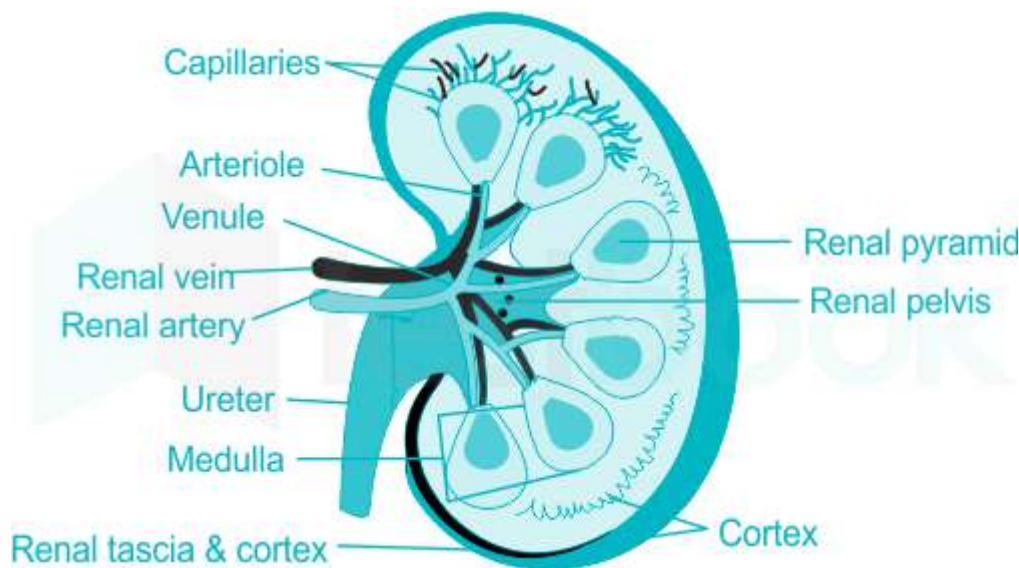
Kidney:

- **Located:** in the abdomen, just below the rib cage, one on each side of your spine.
- **Shape:** bean shape
- **Measurement:** $12 \times 6 \times 3$
- Weight of each kidney
 - **Male- 125 to 170 gram**
 - **Female- 115 to 155 grams**
- Each kidney is **convex from the outside**, while on the inside there is a small **depression known as hilum**.
- Ureter comes out from this hilum.
 - **The kidney of the frog does not have a hilum.**
- **The right kidney is situated slightly lower level than the left kidney.**
- The outer layer of the kidney is called the **Cortex**.
- Inner to that there are 18 pyramid-shaped constituents, combined known as **Medulla**.
- The length of the ureter is 40 cm.
- **A nephron** is the structural and functional unit of the kidney.
- All of the Urine formed in the kidney is actually formed in nephrons.

The function of the kidney:

- Fluid balance
- Removal of waste products from the blood.

- Maintaining normal blood pressure by balancing electrolytes such as Na and k.
- Regulating bone mineralization.
- Production of RBC's
- Production of hormone



Que. 165 Which is the Nosocomial infection?

1. Infection from an animal source
2. Infection from mosquito bites
3. Infection acquired from home
4. Infection acquired from the hospital

Correct Option - 4

- **Nosocomial infections**, also called **health-care-associated** or **hospital-acquired infections**, are a subset of infectious diseases acquired in a healthcare facility.
- To be considered nosocomial, the infection cannot be present at admission; rather, it must develop at least 48 hours after admission.

★ Important Points

- Nosocomial (hospital-acquired) infection is an infection originating in a patient while in a hospital or other health care facility.
- It denotes a new disorder (unrelated to the patient's primary condition) associated with being in a hospital.
- That is, it was not present or incubating at the time of admission or the residual of an infection acquired during the previous admission.
- It includes infections acquired in the hospital but appearing after discharge, and also such infections among the staff of the facility. **Examples** include infection of surgical wounds, hepatitis B And urinary tract infections.

Que. 166 The most suitable position for giving an enema is _____

1. Lithotomy position
2. Right lateral position
3. Prone position
4. Left lateral position

Correct Option - 4

- **Enema:** it is an insertion of a solution into the rectum and sigmoid colon to stimulate defecation. The left lateral position is the most suitable position for giving an enema.

Explanation:

- **Left lateral position:** the lateral position is also referred to as the **recumbent or lateral decubitus position**.
- Left lateral position, the patient is placed on the operating room table with the left side down. Exposing the right side of the body.

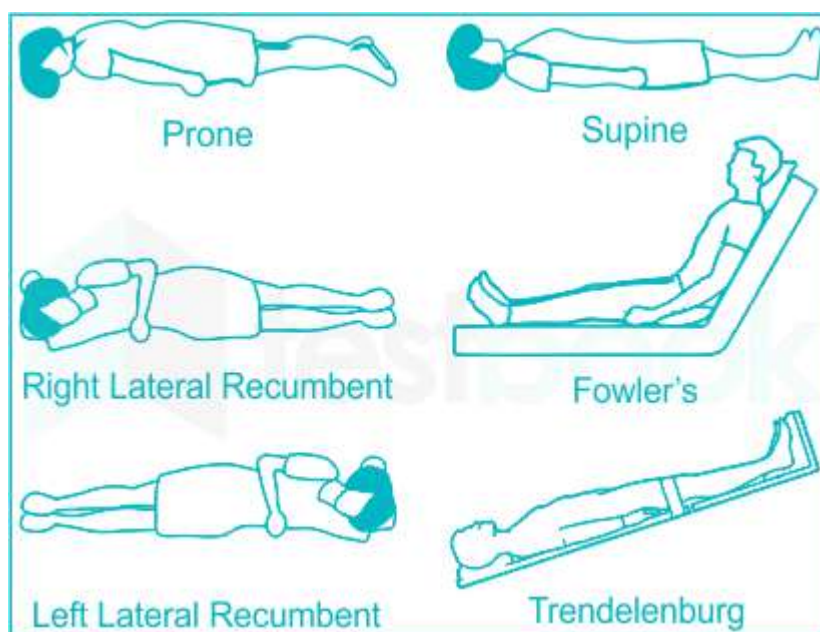


Additional Information

- **Left lateral position:** In this, the **patient lies on his left side, with hips and knees flexed**, top leg in front of the bottom leg. In this position pressure on the back and coccyx region will be relieved. It is used to promote lung and cardiac function, and during seizure attacks and air embolism to maintain the patency of the airway.

Uses:

- Comfortable position.
- Relieve pressure on bony prominences.
- Used for enema, insertion of suppositories, and for checking the rectal temperature.



Que. 167 Which instrument is used to examine the rectum?

1. Otoscope
2. Ophthalmoscope
3. Endoscope
4. Proctoscope

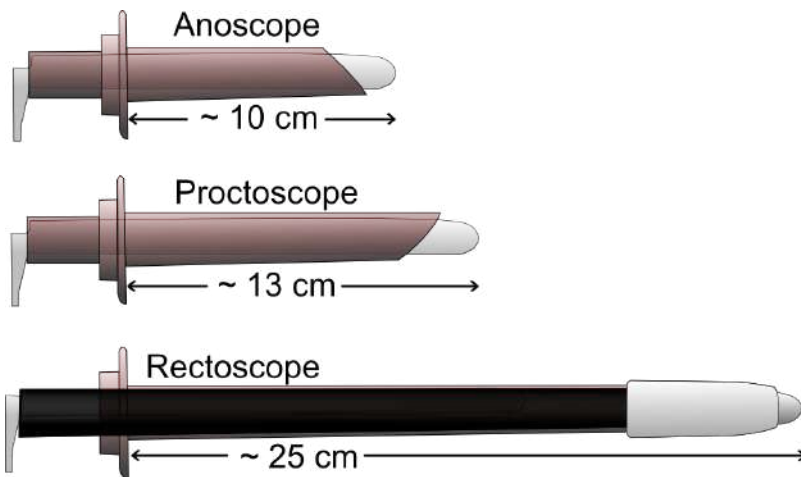
Correct Option - 4

- A proctoscope is a hollow tube, usually with a tiny light at the end, that can also be used to take tissue samples for biopsies.
- A **proctoscopy (rigid sigmoidoscopy)** is a procedure to examine the insides of the rectum and anus.

Proctoscope and Anoscope

- The difference is that the proctoscope is a bit longer than anoscope.
- A proctoscope is about **13 centimeters** long, while the anoscope is **about 10 centimeters** long.

- Anoscope is shorter, the anoscope is used to examine problems in the **anal cavity**.



Que. 168 What is the other name for fear of death?

1. Thanatophobia
2. Claustrophobia
3. Acrophobia
4. Gamophobia

Correct Option - 1

Concept:-

- **Phobia** is an anxiety disorder characterized by an irrational fear about a situation, living creature, place, or object.

Symptoms of phobia:

- A sensation of **uncontrollable anxiety** when exposed to the triggering agent.
- **Unable to function properly** when exposed to the trigger.
- Despite knowing that the **fear is irrational and unreasonable** that there is an inability to control the feelings.
- Anxiety due to the triggering agent is characterized by **physical effects which include sweating, abnormal breathing, trembling, hot flashes or chills, dry mouth, butterflies in the stomach, and nausea.**

Important Phobia:

- **Fear of childbirth** – Maieusiphobia
- **Fear of males** – Androphobia
- **Fear of women** – Gynophobia
- **Fear of marriage** – Gamophobia
- **Fear of old age** – Geraphobia
- **Fear of death** – **Thanatophobia**
- **Fear of ugliness** – Cacophobia
- **Extreme fear of God** – Zeusophobia
- **Acute fear of God** – Theophobia
- **Fear of ghosts** – Phasmophobia
- **Fear of darkness** – Nyctophobia
- **Fear of failure** – Atychiphobia
- **Fear of going to bed** – Clinophobia
- **Fear of property** – Orthophobia
- **Fear of writing** – Graphophobia

Que. 169 What is an affective disorder?

1. Phobic anxiety disorder
2. Bipolar disorder
3. Somatoform disorder
4. Schizophrenia

Correct Option - 2

Mood disorders are defined as a group of mental disorders involving a disturbance of mood along with either a full or partial excessively happy or extremely sad syndrome not caused by any other physical or mental disorder. It refers to a prolonged emotion.

Bipolar Disorder:

- The main feature of bipolar disorder is the **extreme mood fluctuation between two emotional extremes, or poles: the sadness of depression and the euphoria of mania**. These periods of **extreme emotional swings are interrupted by phases when a person's mood is quite normal**.
- Bipolar disorder or manic depressive disorder, which is also referred to as bipolar affective disorder or manic depression. It is a psychiatric diagnosis that describes a category of mood disorders defined by the presence of one or more episodes of abnormally elevated energy levels, cognition, and mood with or without one or more depressive episodes.
- These episodes are usually separated by periods of “normal” mood; but, in some individuals, depression and mania may rapidly alternate, which is known as rapid cycling.

Other Characteristics of Bipolar Disorder:

- Feeling unusually high and optimistic or irritability
- Unrealistic, grandiose beliefs about one's abilities or powers
- Sleeping very little, but feeling extremely energetic
- Talking so rapidly that others can't keep up
- Racing thoughts; jumping quickly from one idea to the next
- Highly distractible, unable to concentrate

Que. 170 Difference between systolic and diastolic blood pressure is know

1. High blood pressure
2. Low blood pressure
3. Pulse pressure
4. Hydrostatic pressure

Correct Option - 3

Concept:

- **Pulse pressure** is the difference between **systolic and diastolic blood pressure**.
- Systolic pressure is the maximum pressure **when the heart contracts**.
- Diastolic pressure is the **minimum arterial pressure during relaxation and contractions**.

Explanation:

- The difference between systolic and diastolic blood pressure is 160-100.
- **60** is the pulse pressure.
- It is measured in **mmHg**.
- **The normal range of pulse pressure is 40-60 mmHg**.
- Increased pulse pressure signifies the **heart is working too hard**.



Additional Information

Low pulse pressure

- 25mmHg or less.
- Low stroke volume.
- CHF.
- Cardiogenic shock.
- Aortic valve stenosis.
- Cardiac tamponade.

Consistently high pulse pressure

- Stiffness of major arteries.
- Aortic regurgitation.
- AV malformations.
- Use of anti-hypertensive drugs like ACE inhibitors.
- Increased intracranial pressure.
- Heart block.
- Aneurysm.
- Patent ductus arteriosus.
- Thyrotoxicosis.

Que. 171 First active fetal movement perceived by the mother is known as

1. Internal ballottement
2. Lightening
3. Engagement
4. Quickening

Correct Option - 4

Concept:-

- The first active fetal movement perceived by the mother is known as **quickening**.
- It often occurs in 17 to 20 weeks of pregnancy but may vary from person to person.
- It is usually asked the mother to keep a count of the time it takes for the baby to kick 10 times in a day thrice a week to monitor the wellbeing of the fetus.



Key Points

Lightening:

- It is the term used when, at the end of the third trimester, the baby lowers down or settles into the mother's pelvis. In Primigravida Lightning usually occurs 2 to 4 weeks before delivery, but may also occur earlier.
 - It happens a few weeks before the onset of labor.
 - The presenting part engages in the pelvis.
 - The **fundal height reduces** from the diaphragm.
 - The reduced fundal height gives relief from **cardiorespiratory pressure** to the mother by reducing the pressure.

Engagement:

- When the greatest horizontal plane, the biparietal, has passed the plane of the pelvic brim, the head is said to be engaged.

Internal Ballotment:

- A sharp upward pushing against the uterine wall with a finger inserted into the vagina for diagnosing pregnancy by feeling the return impact of the displaced fetus



Additional Information

At 12 Week

- kidney starts to form urine
- heartbeat is detected by transducer Doppler in between 10 to 12 weeks
- Sex is visually recognized

At 16 Week

- Active movements are present
- Lanugo hairs are present
- Ossification of the skeleton.

Que. 172 Which eye structure receives stimuli and sends to the brain?

1. Retina
2. Sclera
3. Lens
4. Iris

Correct Option - 1

Concept:-

- The eye is a circular structure located in the orbits, light passes through the cornea and the pupil at the front of the eye and is focused by the lens onto the retina at the back of the eye.
- The retina is a thin layer of the cell that receives the stimuli and sends them to the brain

The **inside of the eye is divided into three chambers:**

1. Anterior Chambers: is between Cornea and the Iris

- While Iris uses muscles to change the size of the **pupil**. In this way, the Iris controls the amount of **light that enters** the eye by opening and closing the **pupil**.

2. Posterior Chamber: lies between the Iris and the lens

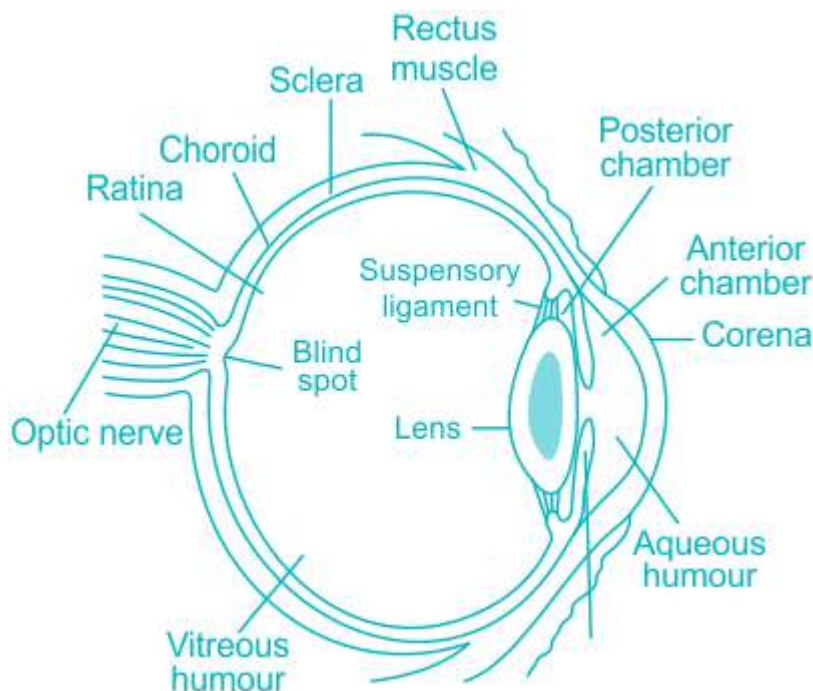
- The light from the pupil passes through the lens. The **lens** is elastic as the muscles attached to it allow eyes to focus on an object depending upon the distance of the object.

3. Vitreous Chamber: is between the lens and the back of the eye.

- This chamber is lined with a **special layer of cells called the retina**, consisting of highly sensitive nerve cells that convert light into nerve impulses. These nerve fibers in the retina merge to form the optic nerve, which leads to the brain. **The optic disc** or nerve is the point where the axons from retinal ganglion cells leave the eye.



Additional Information



- In the process of vision, the light or the stimuli enters the **eye through Cornea**.
- After that, the light rays will travel through the Pupil whose opening is controlled by Iris
- After that, the light rays are bent towards the lens which has the ability to change the shape according to the distance of sight
- once the light reaches the retina, it will then convert the stimuli into nerve impulse and send it to the brain which translates them into images we see

Que. 173 What causes chickenpox?

1. Adeno virus
2. Varicella virus
3. SV-40 virus
4. Bacteriophage T-2

Correct Option - 2

- Herpes Zoster Virus is also known as varicella Zoster Virus which causes **Chickenpox**.
- In adults, it is mainly known as Herpes Zoster Virus.
- **The vaccine is the Varicella vaccine.**

Virus	Disease
Variola Virus	Small Pox
Varicella Virus	Chicken Pox
Rhino Virus	Common Cold

Do Not Confuse

- Smallpox is caused by the variola virus.
- It happens due to the change in weather conditions.
- Edward Jenner made the vaccine for Small Pox.

Que. 174 Which of the following is a normal respiratory rate of a newborn?

1. 20 - 30/min

2. 10 - 16/min
3. 60 - 100/min
4. 40 - 60/min

Correct Option - 4

Concept:

- Vital signs -> Measurement of body's most basic functions.
- Assessment of vital signs is primary concern while planning a care plan for patients
- This includes
 - Temperature
 - Pulse
 - Respiration
 - Blood pressure are the main vital signs.
- Pain however is considered as the 5th vital sign

Explanation:

- Respiration -> Process of inhalation of oxygen (O₂) and expiration of carbon dioxide (CO₂).
- Normal respiratory rate varies in different age groups.
- Normal respiratory rate of newborn is 30 - 60 breaths per minute.
- So, in the above options 40- 60 / min is the correct answer.



Additional Information

- Bradypnea -> Less than 30 breaths per minute.
- Tachypnea -> More than 60 breaths per minute.
- Apnea -> Cessation of breath.

Que. 175 Out of the following diseases, which is NOT a contact disease?

1. Ringworm
2. Yaws
3. Leprosy
4. Hypertension

Correct Option - 4

Concept:-

- **Hypertension is a cause of high blood pressure.**
- Blood pressure is the measure of the force of blood pushing against blood vessel walls.
- The heart pumps blood into the arteries (blood vessels), which carry the blood throughout the body.
- Hypertension is dangerous because it makes the heart work harder to pump blood out to the body and contributes to the hardening of the arteries, atherosclerosis, stroke, kidney disease, and the development of heart failure.



Key Points

Contact diseaseRingworm

- Ringworm is a common skin infection that is caused by the fungi' *Micosporum Trichopyton*'.
- It is called a 'Ringworm' because it can cause a circular rash(shaped like a ring) that is usually red and itchy.
- Anyone can get ringworm. The fungi that cause this infection can live on the skin, surfaces, and household items such as clothing, towels, and bedding.
- **The treatment for ringworm depends on its location in the body and how serious the infection is.**

Yaws

- **Yaws** is a tropical infection of the skin, bones, and joints caused by the spirochete bacterium *Treponema pallidum pertenue*. The disease begins with a round, hard swelling of the skin.

Leprosy

- **Leprosy** or Hansen's disease is caused by *M. leprae*
- Multibacillary leprosy: >6 spots or lesions on the skin.

Que. 176 The visual examination of the cervix and vagina by special instruments is called as:

1. Colposcopy
2. Hysteroscopy
3. Laparoscopy
4. Salpingoscopy

Correct Option - 1

Concept:

- Visual examination of vagina will be performed during cysts, tumors, pregnancy
- Colposcopy is used to visualize vagina, it is also used to detect HPV
- HPV - Human Papilloma Virus, can cause cancers

Explanation:

- Colposcopy an exploratory mean of diagnostic in which the vagina and cervix is examined of presence of any medical condition
- Indications -> Cervical intraepithelial neoplasia
- Intercourse should be avoided before 2 days of Colposcopy
- Vaginal medications and using tampons should be avoided



Additional Information

- Hysteroscopy - used to examine inner side of the uterus
- Laparoscopy - It is a surgical procedure performed in the abdomen and pelvis by giving a small incision
- Salpingoscopy - a technique which is used to visualize the tubal mucosa

Que. 177 Elevated levels of antistreptolysin O are seen in:

1. Subacute endocarditis
2. Ventricular septal defect
3. Rheumatic fever
4. Cardiomyopathy

Correct Option - 3

Concept:

- Rheumatic fever: An inflammatory disease developed due to sore throat
- Caused by streptococcus bacilli
- Symptoms include painful and inflamed joints
- Treatment includes antibiotics and NSAIDs

Explanation:

- Jones criteria is used to categorize rheumatic fever

JONES CRITERIA for Acute Rheumatic Fever — Think J♥NES PEACE	
Major Criteria	Minor Criteria
J: Joints (polyarthritis, hot/swollen joints)	P: Previous rheumatic fever
♥: Heart (carditis, valve damage)	E: ECG with PR prolongation
N: Nodules (subcutaneous, extensor surfaces)	A: Arthralgias
E: Erythema marginatum (painless rash)	C: CRP and ESR elevated
S: Sydenham chorea (flinching movement disorder)	E: Elevated temperature
Diagnosis of RHD is made with a history of recent streptococcal infection and either the presence of 2 major criteria or 1 major with 2 minor criteria.	



Additional Information

- Endocarditis: Infection and inflammation of cardiac muscle
- The cardiac muscle is divided into the Outer pericardium, middle myocardium and the inner endocardium
- Ventricular septal defect: where the heart will have an abnormal opening between the ventricles
- Because of this, the mixing of blood occurs and the entire body receives mixed blood
- Cardiomyopathy: the disease of the heart that makes heart pumping difficult

Que. 178 Monday fever is the other name for:

1. Asbestosis
2. Byssinosis
3. Silicosis
4. Anthracosis

Correct Option - 2

Concept:

- Inhalation of harmful agents might lead to several disease pathologies.
- They can acts as allergen are and trigger an inflammatory response.
- Occupational toxicity -> Exposure to toxins at the place of work.

Explanation:

- Monday fever is the other name for Byssinosis.
- Cotton dust and dust from vegetable fibers -> Cause byssinosis.
- Monday fever -> Develops in workers exposed to dust -> After a vacation or a holiday.
- Occurs on the first day of work after a break.



Additional Information

- Asbestosis -> Caused by inhalation of asbestos particles.
- Silicosis -> Caused by inhalation of silica dust.
- Anthracosis -> Caused by inhalation of coal dust particles.

Que. 179 Naegele's rule is used for:

1. Estimation
2. Determining the expected date of delivery
3. Counting fetal heart rate
4. Evaluating amniotic fluid

Correct Option - 2

Concept:

- Naegele's rule -> This is a rule based on the last menstrual cycle of a woman.
- A 280 days gestational age is assumed according to this rule.

Explanation:

- The formula to calculate your Estimated Due Date using Naegele's rule:
 - Date of Last Menstrual Period + 7 Days + 9 Calendar Months = Date of Estimated Date of Delivery
- Naegele's rule is used for determining the expected date of delivery.
- Expected Date of Confinement is calculated.
- A woman can expect labor pain on a date determined by Naegele's rule.



Additional Information

- Estimation -> Not determined by Naegele's rule.
- Counting fetal heart rate -> Doppler ultrasound device is used
- Evaluating amniotic fluid -> Ultrasound studies are used to assess the amniotic fluid.

Que. 180 Skin turgor test is used to assess:

1. Hydration status
2. Level of pain
3. Consciousness
4. Infection

Correct Option - 1

Concept:

- Skin turgor-> It is done by grasping the skin between two fingers.
- The skin is held for sometime and then released.
- The time of relapsing back to normal state is noted.

Explanation:

- Skin turgor test is used to assess the hydration status.
- It is done in situations where a dehydration is suspected.
- Poor skin turgor is often caused due to diarrhea, vomiting and fever.
- Other signs of Dehydration:
 - Sunken eyes
 - Feeling thirsty
 - Lethargic condition
 - Low urine output



Additional Information

- Level of pain-> Assessed by rating -> Numeric, Verbal and visual analogue scales are used.
- Consciousness -> Assessed by the Glasgow Coma Scale.
- Infection -> Biological analysis -> Markers.

Que. 181 Autoclaving is an example of:

1. Moist heat
2. Dry heat
3. Biological agents
4. Chemical agents

Correct Option - 1

Concept:

- Sterilization -> Complete removal of all microbial organisms from a surface.
- Disinfection -> Removal of all microbes from a surface except the spores and certain other microbes.
- Both of the techniques are used to decontaminate surfaces.
- There are various methods of disinfection and sterilization.

Explanation:

- Autoclaving - > Sterilization technique -> Moist heat used.
- Pressurized steam is used for decontamination.
- Glassware, surgical equipment and other laboratory objects are sterilized using autoclave.
- Autoclave:



Additional Information

- Dry heat -> High temperature is used to decontaminate surfaces.
- Biological agents-> Example : Bacteriophage remove bacteria from a surface.
- Chemical agents-> Alcohol -> Use of chemicals to remove microbes from a surface.

Que. 182 The diagnostic statement should include:

1. Etiology vital signs and prescription
2. Problem, aetiology and prescription
3. Problem, aetiology, signs and symptoms

4. Etiology, signs and symptoms and medication

Correct Option - 3

Concept:

- **Nursing diagnostic Statement** -> It is a statement that summarizes the clinical judgment of the patient's response to the health condition or life process.
- **Three parts of Diagnostic statement is actual or problem-focused nursing diagnosis:**
 - **Problem:** It is a clinical judgment concerning an undesirable human response to health condition that exist in an individual, family, group, or community
 - **Contributing factor or the etiology:** These are the contributing factors associated with the problem or the disease condition.
 - **Signs and symptoms** (as evidenced by or as manifested by)
 - Subjective
 - Objectives

Explanation:

Significance of Nursing Diagnostic Statement:

- Helps to identify nursing priorities and helps in direct nursing interventions based on identified priorities.
- Nursing diagnoses help to identify how a client or group responds to actual or potential health and life processes and knowing their available resources of strengths that can be drawn upon to prevent or resolve problems.
- It provides a common language and forms a basis for communication and understanding between nursing professionals and the healthcare team.
- Helps to provide basis of evaluation to determine if nursing care was beneficial to the client and cost-effective.

Note -> A diagnostic statement does not have any prescription or medications included.

Que. 183 Choose odd one from following Curtains, Bed sheet, Table cover, Shirt

1. Curtains
2. Bed sheet
3. Shirt
4. Cover

Correct Option - 3

The logic follows here is :-

- 1) Curtains → Curtains are materials used as home appliance
- 2) Bed sheet → Bed sheet are materials used as home appliance
- 3) **Shirt** → **Shirt is a cloth worn by human beings**
- 4) Cover → Cover are materials used as home appliance

∴ Here, 'Shirt' is different from other three alternatives.

Hence, the correct answer is "**Shirt**".

Que. 184 A is sitting in-front of B. D is sitting behind B. C is sitting behind A. Then position of C respect to B

1. In front
2. Can't be determined
3. Behind
4. None

Correct Option - 2

Logic: We have to arrange the given elements per the condition and find the position of "C" with respect to "B".

"A" is sitting in front of "B".

$A > B$.

Also, "D" is behind "B"

$A > B > D$.

"C" is sitting behind "A".

Now "C" can sit at any position behind "A", it is not clear if "C" is sitting immediately behind "A".

Therefore, the position of "C" cannot be determined".

Therefore, the correct answer is **"Option2: Can't be determined"**.

Que. 185 Read given scenario and tell; 1. Man enter park before dog; 2. Duck/bird enter the park last. 3. Woman entered after dog but before duck/bird. Who entered the park first?

1. Man
2. Woman
3. Dog
4. Duck/bird

Correct Option - 1

There are some entities who are entering the park, we have to find the entity who entered first.

1. Man enter park before dog.

$\text{Man} > \text{Dog}$.

3. Woman entered after dog but before duck/ bird.

$\text{Man} > \text{Dog} > \text{Woman} > \text{duck/ bird}$.

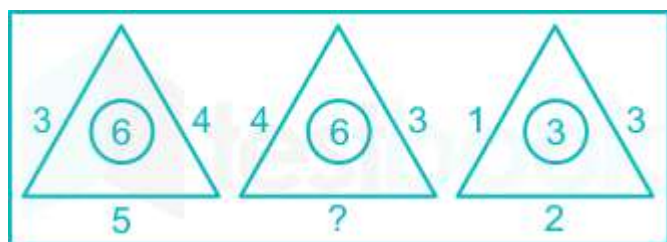
2. Duck/bird enter the park last.

$\text{Man} > \text{Dog} > \text{Woman} > \text{duck/ bird}$.

The position of Duck/bird is unclear, but Man is entering the park first.

Therefore, the correct answer is **"Option1: Man"**.

Que. 186 Apply same formula to all of the following images and find out given (?). You can use +, -, ×, ÷ to all of them

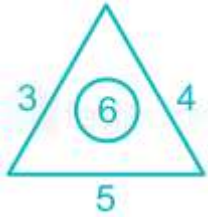


1. 5
2. 4
3. 3
4. 2

Correct Option - 1

Logic: The number written on the edge should be added and then divided by two to get the number which is inside the circle.

For,



The number on the edges are 3, 4 and 5.

$$3 + 4 + 5$$

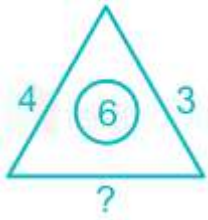
$$= 12$$

Now divide by two,

$$12/2$$

$$= 6 \text{ (Number written inside the circle).}$$

For,



The number on the edges are 1, 2 and 3.

$$1 + 2 + 3$$

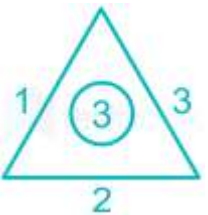
$$= 6$$

Now divide by two,

$$6/2$$

$$= 3 \text{ (Number written inside the circle).}$$

Now for,



The number on the edges are 4, 3 and "x".

$$4 + 3 + x$$

$$= 7 + x$$

Now divide by two,

$$(7 + x)/2$$

It should be equal to the number which is inside the circle i.e. 6.

$$\Rightarrow 6 = (7 + x)/2$$

$$\Rightarrow 12 = 7 + x$$

$$\Rightarrow x = 5$$

Therefore the correct answer is **"Option 1: 5"**.

Que. 187 Three friends in college election got 300, 800, 900 votes respectively. What percentage of the total votes the winner candidate got?

1. 45%
2. 55%
3. 50%

4. 65%

Correct Option - 1

Calculation:

Total number of votes = $300 + 800 + 900 = 2000$

Percentage vote winner candidate got = $(900/2000) \times 100 = 45\%$

Que. 188 A train started from source runs at speed of 60 km/hr. How much time will take to reach 2 km from source.

1. 2 minutes
2. 3 minutes
3. 4 minutes
4. 1 minutes

Correct Option - 1

Given:

Speed of the train = 60 km/hr

Distance = 2 km

1 hour = 60 minutes

Formula used:

Time = Distance/Speed

Calculation:

Time = $2/60 = 1/30$ hours

$\Rightarrow (1/30) \times 60 = 2$ minutes

Que. 189 Establish relation based on following image:



1. Twitter
2. Instagram
3. Facebook
4. Microsoft

Correct Option - 3

Logic: We have to interrelate the given pictures.

The picture given above google is the picture of the chief executive officer of google who is Mr Sundar Pachai.

The other picture is of the Chief executive officer of Facebook that is Mr Mark Zuckerberg.

Therefore, the correct answer is "**Option3: Facebook**".

 **Additional Information**

The CEO of Twitter is Mr Parag Agrawal.



The CEO of Microsoft is Mr Satya Nadella.

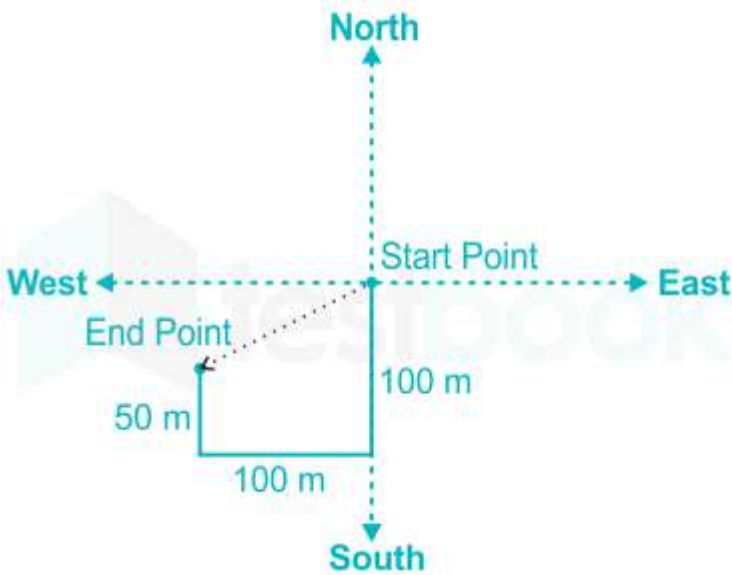


Que. 190 A man travels 100 km towards south. From there he turns right and travels 100 km and again turns right to travel 50 km. Which direction is he in from his starting point?

- 1. North
- 2. North east
- 3. East
- 4. South west

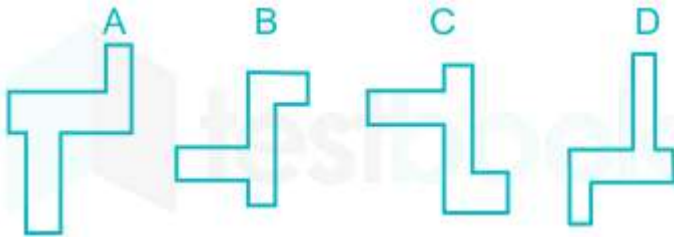
Correct Option - 4

The obtained diagram as per the instruction is given below:



As the direction of the end point is South-West with respect to the Start point. Therefore, the correct answer is **"Option4: South West"**.

Que. 191 Identify odd one out



1. A
2. B
3. C
4. D

Correct Option - 2

Logic"We have to eliminate the odd figure out of the four figures.

Figures, "A", "C" and "D" are similar but rotated. "B" is different of all.

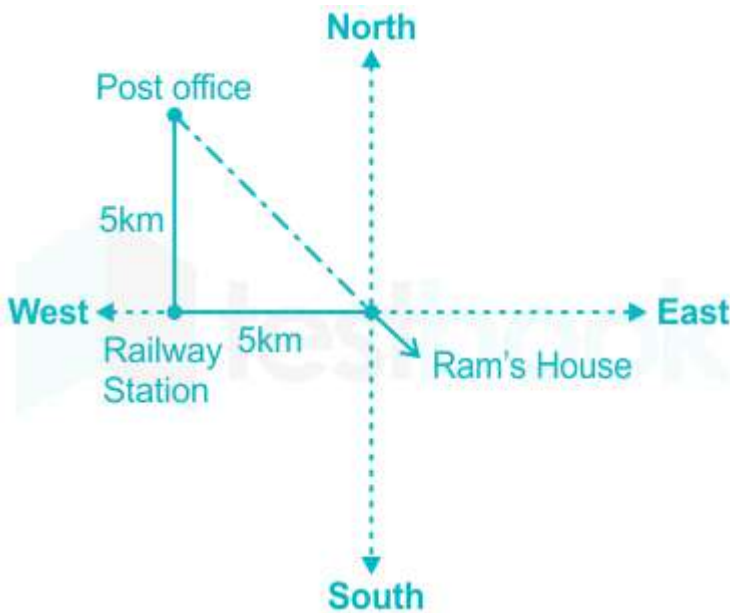
Therefore, the correct answer is "**Option2: B**".

Que. 192 Railway station is 5 km west to Ram's house. Post office is 5 km north to the railway station. What will be position of post office from Ram's house?

1. North west
2. South west
3. North east
4. South east

Correct Option - 1

The obtained diagram as per the instruction is given below:



As it can be seen that the direction of post office with respect to Ram's house is North West.

Therefore, the correct answer is "**Option1: North West**".

Que. 193 Arrange the following words in logical sequence 1. Crime 2. FIR 3. Bail 4. Court 5. Police.

1. 1, 2, 3, 5, 4
2. 5, 1, 3, 4, 2
3. 1, 2, 5, 4, 3
4. 4, 5, 1, 2, 3

Correct Option - 3

Logic: We have to arrange the given set of activities meaningfully.

The correct sequence can be:

1. Crime
2. FIR
3. Police
4. Court.
5. Bail.

Therefore, the correct answer is "**Option3: 1, 2, 5, 4, 3**".

Que. 194 Arrange the following words in a meaningful order 1. River 2. Dam 3. Generator 4. Electricity 5. Turbine

1. 1, 2, 5, 3, 4
2. 1, 3, 5, 4, 2
3. 3, 1, 5, 4, 2
4. 3, 1, 2, 5, 4

Correct Option - 1

Logic: We have to arrange the given set of activities meaningfully.

The correct sequence is:

1. River
2. Dam
5. Turbine
3. Generator
4. Electricity

Therefore, the correct answer is "**Option1: 1, 2, 5, 3, 4**".

Que. 195 In a group, Average Weight of four persons in group is 40 kg and one person joined the same group and now average weight of 5 persons is 50. What will be the weight of 5th person?

1. 90
2. 80
3. 70
4. 60

Correct Option - 1

Concept:

Given,

Average weight of 4 persons is $40 \times 4 = 160$ kg

Average weight of 5 persons is $50 \times 5 = 250$ kg

Then, total weight of 4 persons is $= 40 \times 4 = 160$ kg

Total weight of 5 persons is $= 50 \times 5 = 250$ kg

So, weight of the 5th person is $= 250\text{kg} - 160\text{kg} = \mathbf{90\text{ kg}}$

Que. 196 Person A work 20% more than person B. Total works list is 110. Then what is work of B?

1. 50
2. 40
3. 35
4. 30

Correct Option - 1

Formula used:

Total time = Total work/Efficiency

Calculation:

Let the efficiency of B be 100

Then, efficiency of A = $100 + 20\%$ of $100 = 120$

Ratio of work done by A and B = $120/100 = 6 : 5$

In 110 units of work,

The work done by B = $(5/11) \times 110 = 50$

Que. 197 In a 50 over match, the chasing team scored 5 runs per over in the first 30 over. Required run rate is 10 runs per over. What is the score of first team?

1. 350
2. 349
3. 250
4. 399

Correct Option - 2

The logic followed here is:

Total overs of the match = 50 overs.

⇒ The chasing team scored 5 runs per over in the first 30 overs.

⇒ Runs scored by chasing team until 30 overs = 5×30

⇒ Runs scored by chasing team until 30 overs = 150 runs.

⇒ Required run rate is 10 runs per over.

⇒ Remaining overs of the match = 20 overs.

⇒ Runs need to score by the chasing team to win the match = 10×20

⇒ Runs need to score by the chasing team to win the match = 200 runs

Total runs need to score by the chasing team to win the match = $150 + 200$

∴ Total runs need to score by the chasing team to win the match = 350 runs.

The score of the first team will be = Runs needed by the chasing team to win the match - 1

The score of the first team will be = $350 - 1$

The score of the first team will be = 349

Hence, the correct answer is "349".

Que. 198 If school is connected to teacher in some way then court is connected to

1. Lawyer
2. Victim
3. Petitioner
4. None

Correct Option - 1

The logic follows here is:-

Teacher teaches lessons in School.

Similarly,

Lawyers fight for justice of the case in court.

Hence, the correct answer is "Lawyer".

Que. 199

Eiffel tower = Paris; Big ben clock tower = ?



1. London
2. USA
3. Italy
4. Japan

Correct Option - 1

The logic follows here is :-

Eiffel tower is wrought- iron lattice tower located in Paris (France).

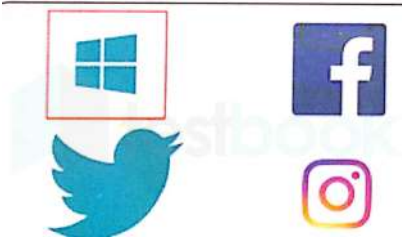
Similarly,

Big ben clock tower is cultural landmark located in London (England).

Hence, the correct answer is "**London**".

Que. 200

Find out odd one out in following



1. Microsoft
2. Facebook
3. Twitter
4. Instagram

Correct Option - 1

The logic follows here is :-

1) Microsoft → It is a software used to run the computers.

2) Facebook → It is an social media application.

3) Twitter → It is an social media application.

4) Instagram → It is an social media application.

∴ Here, 'Microsoft' is different from other three alternatives.

Hence, the correct answer is "**Microsoft**".