

OJEE Post Basic BSc Nursing Sample Paper 01

A) Mode and Time: The exam is a Computer Based Test (CBT) lasting 120 minutes.

B) Total Questions: The exam contains 100 questions.

C) Marking Scheme & Rules:

- Each question carry 1 mark and there is no negative marking for wrong answer.

Q1. What is the standard angle of needle insertion for an intradermal injection?

- A. 45 degrees
- B. 10 to 15 degrees
- C. 90 degrees
- D. 30 degrees

Q2. An infection acquired by a patient during a stay in a hospital or healthcare facility is known as:

- A. Congenital infection
- B. Endemic infection
- C. Nosocomial infection
- D. Idiopathic infection

Q3. What is the normal resting heart rate range for a healthy human adult?

- A. 40 to 60 beats per minute
- B. 60 to 100 beats per minute
- C. 100 to 120 beats per minute
- D. 120 to 160 beats per minute

Q4. Which patient position is most effective in promoting maximum lung expansion for a patient experiencing dyspnea?

- A. Supine position
- B. Prone position
- C. Fowler's position

D. Lithotomy position

Q5. The complete destruction or elimination of all living microorganisms, including highly resistant bacterial spores, is called:

A. Sterilization

B. Disinfection

C. Sanitization

D. Cleaning

Q6. Which standard medical device is universally used by nurses to measure a patient's blood pressure?

A. Thermometer

B. Sphygmomanometer

C. Stethoscope

D. Pulse Oximeter

Q7. A tympanic temperature reading is obtained by placing the thermometer probe in the patient's:

A. Mouth

B. Armpit

C. Ear

D. Rectum

Q8. If a doctor prescribes a medication to be administered "sublingually," the nurse should place the medication:

A. Directly into the muscle

B. Under the patient's tongue

C. Into the patient's vein

D. On the patient's skin

Q9. To effectively prevent the development of bedsores (decubitus ulcers) in a bedridden patient, the nurse should change the patient's position at least:

A. Every 2 hours

B. Every 8 hours

- C. Once a day
- D. Only when the patient requests

Q10. The medical abbreviation "NPO" written on a patient's chart strictly means:

- A. New patient only
- B. Night pain observation
- C. Nothing by mouth
- D. Normal pulse output

Q11. Which bone is the longest, heaviest, and strongest in the human skeletal system?

- A. Humerus
- B. Femur
- C. Tibia
- D. Fibula

Q12. How many anatomical lobes does the right human lung have?

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

Q13. Which cellular organelle is universally referred to as the "powerhouse of the cell"?

- A. Nucleus
- B. Mitochondrion
- C. Ribosome
- D. Golgi apparatus

Q14. What is the normal, tightly regulated pH range of human blood?

- A. 6.80 to 6.90
- B. 7.00 to 7.15
- C. 7.35 to 7.45
- D. 7.80 to 8.00

Q15. The hormone insulin, responsible for regulating blood glucose, is primarily produced by the:

- A. Pancreas
- B. Liver
- C. Thyroid gland
- D. Adrenal gland

Q16. Which specific part of the human brain is primarily responsible for coordinating voluntary movements, balance, and posture?

- A. Cerebrum
- B. Medulla oblongata
- C. Cerebellum
- D. Pons

Q17. The microscopic structural and functional filtering unit of the human kidney is the:

- A. Neuron
- B. Nephron
- C. Alveolus
- D. Villus

Q18. A person with which of the following blood types is considered a "universal blood donor"?

- A. AB positive
- B. A negative
- C. O negative
- D. B positive

Q19. What is the name of the largest artery in the human body, originating directly from the left ventricle of the heart?

- A. Aorta
- B. Superior vena cava
- C. Pulmonary artery

D. Carotid artery

Q20. Bile is continuously produced by the liver, but where is it stored and concentrated until needed for digestion?

A. Stomach

B. Gallbladder

C. Pancreas

D. Small intestine

Q21. Tuberculosis (TB) is a highly contagious infectious disease primarily caused by a:

A. Virus

B. Fungus

C. Bacteria

D. Protozoa

Q22. A stroke, or cerebrovascular accident (CVA), occurs when there is a critical interruption or reduction of blood supply to the:

A. Heart

B. Brain

C. Lungs

D. Kidneys

Q23. The clinical medical term "Hypertension" refers to a condition characterized by:

A. Abnormally high blood sugar

B. Abnormally low blood pressure

C. Abnormally high blood pressure

D. Abnormally rapid heart rate

Q24. Which of the following is a chronic respiratory condition characterized by airway inflammation, bronchospasm, and excessive mucus production?

A. Asthma

B. Angina pectoris

C. Osteoarthritis

D. Appendicitis

Q25. Type 1 Diabetes Mellitus is a metabolic disorder primarily characterized by:

- A. Cellular insulin resistance
- B. An absolute lack of insulin
- C. High levels of antidiuretic hormone
- D. Temporary insulin deficiency during pregnancy

Q26. A patient suffering from acute appendicitis will typically present with severe pain migrating to which quadrant of the abdomen?

- A. Left Upper Quadrant (LUQ)
- B. Right Upper Quadrant (RUQ)
- C. Right Lower Quadrant (RLQ)
- D. Left Lower Quadrant (LLQ)

Q27. Which non-invasive diagnostic test records the electrical activity of the heart over time?

- A. Electroencephalogram (EEG)
- B. Electrocardiogram (ECG/EKG)
- C. Electromyogram (EMG)
- D. Magnetic Resonance Imaging (MRI)

Q28. The artificial medical process used to eliminate waste products and unwanted water from the blood when the kidneys fail is called:

- A. Diuresis
- B. Lithotripsy
- C. Dialysis
- D. Plasmapheresis

Q29. Which systemic skeletal condition is characterized by low bone mass and microarchitectural deterioration of bone tissue, leading to bone fragility?

- A. Osteoporosis
- B. Osteomyelitis
- C. Osteoarthritis

D. Scoliosis

Q30. The medical term "Hepatitis" specifically refers to an inflammatory condition affecting which organ?

A. Stomach

B. Liver

C. Kidneys

D. Colon

Q31. A "Myocardial infarction" is the clinical medical term for a:

A. Stroke

B. Cardiac arrest

C. Heart attack

D. Cerebral aneurysm

Q32. A diabetic patient presents with sweating, tremors, and confusion. These are classic signs of abnormally low blood sugar, medically known as:

A. Hyperglycemia

B. Hypoglycemia

C. Hypoxia

D. Hypovolemia

Q33. A condition in which the blood lacks enough healthy red blood cells or hemoglobin to carry adequate oxygen to the body's tissues is called:

A. Leukemia

B. Polycythemia

C. Anemia

D. Thrombocytopenia

Q34. Which eye condition is characterized by progressive damage to the optic nerve, frequently associated with abnormally high intraocular pressure?

A. Glaucoma

B. Cataract

C. Conjunctivitis

D. Myopia

Q35. What is the medical term for the acute inflammation of the protective membranes covering the brain and spinal cord?

A. Encephalitis

B. Meningitis

C. Neuritis

D. Myelitis

Q36. From the first day of the last menstrual period (LMP), what is the duration of a normal human pregnancy?

A. 36 weeks

B. 38 weeks

C. 40 weeks

D. 42 weeks

Q37. Which temporary organ develops in the uterus during pregnancy to provide vital oxygen and nutrients to the growing fetus?

A. Uterus

B. Placenta

C. Amnion

D. Cervix

Q38. In the clinical stages of labor, the first stage officially ends with the:

A. Delivery of the baby

B. Delivery of the placenta

C. Complete dilation of the cervix

D. Spontaneous rupture of membranes

Q39. A potentially life-threatening condition where a fertilized egg implants and grows outside the main cavity of the uterus is called an:

A. Placenta previa

B. Ectopic pregnancy

C. Molar pregnancy

D. Abruptio placentae

Q40. The vaginal discharge that occurs during the puerperium (postpartum period), consisting of blood, mucus, and uterine tissue, is known as:

- A. Lochia
- B. Meconium
- C. Colostrum
- D. Smegma

Q41. What is the normal, healthy range for a fetal heart rate (FHR)?

- A. 80 to 100 beats per minute
- B. 100 to 120 beats per minute
- C. 120 to 160 beats per minute
- D. 160 to 200 beats per minute

Q42. A severe pregnancy complication characterized by sudden high blood pressure and signs of damage to another organ system (often the kidneys) is termed:

- A. Eclampsia
- B. Preeclampsia
- C. Gestational hypertension
- D. HELLP syndrome

Q43. What is the medical name for the first, highly nutritious form of milk produced by the mammary glands immediately following delivery?

- A. Colostrum
- B. Foremilk
- C. Hindmilk
- D. Transitional milk

Q44. Which hormone is primarily responsible for stimulating intense uterine contractions during labor and triggering the milk ejection reflex during breastfeeding?

- A. Prolactin
- B. Estrogen
- C. Oxytocin

D. Progesterone

Q45. The puerperium (postpartum period), during which the mother's reproductive organs return to their non-pregnant state, generally lasts for:

- A. 2 weeks
- B. 6 weeks
- C. 12 weeks
- D. 6 months

Q46. A planned surgical incision made at the opening of the vagina during childbirth to aid a difficult delivery and prevent severe tissue tearing is an:

- A. Episiotomy
- B. Cesarean section
- C. Hysterectomy
- D. Amniotomy

Q47. An obstetric complication where the placenta abnormally implants low in the uterus, partially or wholly covering the cervix, is called:

- A. Abruptio placentae
- B. Ectopic pregnancy
- C. Placenta previa
- D. Placenta accreta

Q48. To significantly reduce the risk of the fetus developing neural tube defects like spina bifida, pregnant women are advised to take supplements of:

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

Q49. Which standardized clinical assessment tool is used to rapidly evaluate a newborn's physical condition at 1 and 5 minutes after birth?

- A. Glasgow Coma Scale
- B. Braden Scale

C. APGAR Score

D. Ballard Score

Q50. An abnormal excess of amniotic fluid surrounding the fetus during pregnancy is medically termed:

A. Polyhydramnios

B. Oligohydramnios

C. Anhydramnios

D. Hydrocephalus

Q51. In the Indian community health system, what does the acronym "ASHA" stand for?

A. Accredited Social Health Agency

B. Accredited Social Health Activist

C. Auxiliary Social Health Assistant

D. Association of Social Health Activists

Q52. Unlike clinical hospital care, the primary and foundational focus of community health nursing is:

A. Curing severe illnesses

B. Hospital administration and management

C. Disease prevention and health promotion

D. Assisting in surgical care

Q53. A disease that is constantly present or maintains a usual prevalence within a specific geographic area or population is considered:

A. Epidemic

B. Endemic

C. Pandemic

D. Sporadic

Q54. Administering a vaccine to stimulate a person's immune system to produce specific antibodies is an example of providing:

A. Natural active immunity

- B. Natural passive immunity
- C. Artificial active immunity
- D. Artificial passive immunity

Q55. The BCG (Bacillus Calmette-Guérin) vaccine is administered to infants primarily to provide protection against:

- A. Tuberculosis (TB)
- B. Poliomyelitis
- C. Measles
- D. Tetanus

Q56. What is the most critical first-line treatment intervention for a child suffering from severe dehydration due to acute diarrhea?

- A. Intravenous broad-spectrum antibiotics
- B. Oral Rehydration Solution (ORS)
- C. Intravenous blood transfusion
- D. Over-the-counter antidiarrheals

Q57. Malaria is a severe infectious disease transmitted to humans strictly through the bite of an infected female:

- A. Aedes mosquito
- B. Culex mosquito
- C. Anopheles mosquito
- D. Mansonia mosquito

Q58. The headquarters of the World Health Organization (WHO) is located in:

- A. New York, USA
- B. Geneva, Switzerland
- C. London, UK
- D. Paris, France

Q59. World Health Day, established to mark the founding of the WHO and draw world-wide attention to global health, is celebrated annually on:

- A. May 12

- B. December 1
- C. April 7
- D. March 24

Q60. The branch of medical science that studies the distribution, determinants, and control of health-related states or events in specified populations is:

- A. Epidemiology
- B. Demography
- C. Pathology
- D. Sociology

Q61. To provide optimal nutrition and immune protection, the WHO strongly recommends exclusive breastfeeding for the first:

- A. 3 months of life
- B. 6 months of life
- C. 9 months of life
- D. 12 months of life

Q62. The anterior fontanelle, the diamond-shaped "soft spot" on the top of an infant's head, typically closes and ossifies between:

- A. 6 and 8 weeks of age
- B. 6 and 9 months of age
- C. 12 and 18 months of age
- D. 2 and 3 years of age

Q63. A severe form of protein malnutrition in children, clinically characterized by bilateral pitting edema, irritability, anorexia, and an enlarged fatty liver, is called:

- A. Marasmus
- B. Kwashiorkor
- C. Scurvy
- D. Rickets

Q64. The presence of tiny white lesions on the buccal mucosa known as Koplik's spots is an early, definitive diagnostic sign of:

- A. Measles (Rubeola)
- B. Mumps
- C. Rubella
- D. Chickenpox

Q65. Kangaroo Mother Care (KMC) involves continuous skin-to-skin contact and is highly effective in preventing which dangerous condition in premature infants?

- A. Hypoxia
- B. Hypoglycemia
- C. Hypothermia
- D. Sepsis

Q66. According to standard pediatric guidelines, the normal birth weight for a full-term healthy infant typically ranges from:

- A. 1.5 to 2.5 kg
- B. 2.5 to 4.0 kg
- C. 3.5 to 5.0 kg
- D. 2.0 to 3.0 kg

Q67. The first stool passed by a newborn shortly after birth, which is typically thick, sticky, and dark greenish-black, is called:

- A. Lanugo
- B. Vernix caseosa
- C. Meconium
- D. Sebum

Q68. Poliomyelitis is a highly infectious viral disease that can cause irreversible muscle paralysis by primarily attacking the:

- A. Respiratory system
- B. Central nervous system
- C. Cardiovascular system
- D. Digestive system

Q69. Severe dietary deficiency of which essential vitamin is the leading cause of preventable childhood blindness (xerophthalmia) globally?

- A. Vitamin A
- B. Vitamin D
- C. Vitamin C
- D. Vitamin K

Q70. The gradual process of introducing a baby to complementary solid foods while continuing to breastfeed is known as:

- A. Lactation
- B. Teething
- C. Weaning
- D. Pica

Q71. Which severe psychiatric disorder is characterized by profound distortions in thinking, perception, emotions, language, and behavior?

- A. Major Depressive Disorder
- B. Schizophrenia
- C. Generalized Anxiety Disorder
- D. Post-Traumatic Stress Disorder

Q72. A psychiatric patient reports hearing voices when no one else is in the room. This perception in the absence of an actual external stimulus is a:

- A. Delusion
- B. Illusion
- C. Hallucination
- D. Obsession

Q73. Bipolar disorder is a severe mood disorder primarily characterized by alternating, episodic periods of:

- A. Severe anxiety and panic attacks
- B. Extreme elevation (mania) and deep depression
- C. Intrusive thoughts and repetitive compulsions
- D. Amnesia and multiple personalities

Q74. In psychiatric nursing, what does the treatment abbreviation "ECT" stand for?

- A. Electroconvulsive Therapy
- B. Electrocardio Therapy
- C. Electronic Cognitive Therapy
- D. Emotional Control Therapy

Q75. An intense, irrational, and persistent fear of a specific object, situation, or activity that leads to avoidance behavior is called a:

- A. Panic attack
- B. Anxiety state
- C. Phobia
- D. Compulsion

Q76. A psychiatric condition featuring intrusive, unwanted thoughts that drive the patient to perform repetitive, ritualistic behaviors is:

- A. Attention Deficit Hyperactivity Disorder (ADHD)
- B. Obsessive-Compulsive Disorder (OCD)
- C. Post-Traumatic Stress Disorder (PTSD)
- D. Generalized Anxiety Disorder (GAD)

Q77. In a psychiatric assessment, fixed, false beliefs that a patient firmly holds despite clear, objective contradictory evidence are documented as:

- A. Delusions
- B. Hallucinations
- C. Illusions
- D. Phobias

Q78. An eating disorder characterized by an intense fear of gaining weight and a severely distorted body image, leading to dangerous calorie restriction, is:

- A. Bulimia nervosa
- B. Binge eating disorder
- C. Anorexia nervosa
- D. Pica

Q79. Which specific medication is famously used as a first-line mood stabilizer in the long-term pharmacological treatment of bipolar disorder?

- A. Fluoxetine
- B. Lithium
- C. Diazepam
- D. Haloperidol

Q80. A broad category of brain diseases that cause a long-term, progressive decrease in the ability to think, remember, and function daily is:

- A. Delirium
- B. Amnesia
- C. Dementia
- D. Aphasia

Q81. Which essential macronutrient, composed of amino acids, is fundamentally required for the growth, repair, and maintenance of all body tissues?

- A. Proteins
- B. Carbohydrates
- C. Dietary Fats
- D. Vitamins

Q82. Which water-soluble vitamin is absolutely essential for the synthesis of collagen, wound healing, and proper immune system function?

- A. Vitamin A
- B. Vitamin C (Ascorbic acid)
- C. Vitamin E
- D. Vitamin K

Q83. What is the most abundant mineral in the human body, vital for maintaining bone density, muscle contraction, and blood clotting?

- A. Iron
- B. Sodium
- C. Calcium
- D. Potassium

Q84. A dietary deficiency in which specific mineral is the most common nutritional cause of anemia worldwide?

- A. Iodine
- B. Iron
- C. Zinc
- D. Magnesium

Q85. A diet that provides all necessary macro- and micronutrients in the appropriate proportions to maintain optimal human health is formally called a:

- A. Liquid diet
- B. Soft diet
- C. Balanced diet
- D. Diabetic diet

Q86. Which vitamin is entirely unique because the human body can endogenously synthesize it in the skin upon exposure to ultraviolet (UV) sunlight?

- A. Vitamin A
- B. Vitamin D
- C. Vitamin E
- D. Vitamin B12

Q87. Which macronutrient serves as the human body's primary and most preferred source of metabolic energy?

- A. Carbohydrates
- B. Proteins
- C. Fats
- D. Minerals

Q88. Goiter, characterized by an abnormal enlargement of the thyroid gland in the neck, is most commonly caused by a dietary deficiency of:

- A. Calcium
- B. Iron
- C. Iodine
- D. Fluoride

Q89. Among the primary macronutrients, which provides the highest energy density, yielding approximately 9 kilocalories per gram?

- A. Carbohydrates
- B. Dietary Fats
- C. Proteins
- D. Alcohols

Q90. Scurvy is a debilitating nutritional disease, historically common among sailors, caused directly by a severe lack of which vitamin in the diet?

- A. Vitamin A
- B. Vitamin B complex
- C. Vitamin C
- D. Vitamin D

Q91. The systematic process of rapidly assessing patients in an emergency setting to determine clinical urgency and prioritize their care is called:

- A. Initial Assessment
- B. Triage
- C. Medical Diagnosis
- D. Clinical Evaluation

Q92. Which emergency medical device is tightly applied to a limb to temporarily restrict blood flow and control severe, life-threatening arterial hemorrhage?

- A. Compression Bandage
- B. Traction Splint
- C. Tourniquet
- D. Arm Sling

Q93. To significantly reduce the incidence of nosocomial (hospital-acquired) infections, the single most effective standard precaution is:

- A. Strict hand hygiene
- B. Patient isolation
- C. Prophylactic antibiotics
- D. Wearing double gloves

Q94. In standard medical terminology, the prefix "tachy-", as seen in tachycardia or tachypnea, translates to:

- A. Abnormally slow
- B. Abnormally fast
- C. Irregular rhythm
- D. Completely absent

Q95. For a healthy human adult at rest, what is considered the normal, unlabored respiratory rate?

- A. 8 to 12 breaths per minute
- B. 10 to 15 breaths per minute
- C. 12 to 20 breaths per minute
- D. 20 to 30 breaths per minute

Q96. Which highly effective hospital sterilization method utilizes high-pressure saturated steam at 121°C to kill all microorganisms?

- A. Boiling
- B. Autoclaving
- C. Gamma Radiation
- D. Chemical Fumigation

Q97. A clinical sign indicating severe hypoxia, characterized by a bluish discoloration of the skin, lips, and mucous membranes, is medically termed:

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

Q98. Which non-invasive medical device is routinely clipped to a patient's fingertip to continuously monitor their blood oxygen saturation (SpO_2)?

- A. Spirometer
- B. Capnograph
- C. Pulse oximeter
- D. Mechanical Ventilator

Q99. According to basic first aid principles, what is the immediate and most appropriate intervention for a minor first-degree thermal burn?

- A. Apply an ice pack directly to the skin
- B. Flush the affected area with cool running water
- C. Apply butter or oil to soothe the skin
- D. Clean the area with strong rubbing alcohol

Q100. If a physician writes the abbreviation "STAT" next to a medication order, the nurse must ensure the medication is administered:

- A. As needed for pain
- B. Once daily in the morning
- C. Immediately and without any delay
- D. At the patient's bedtime

prepp
Your Personal Exam Guide

Solutions

1. B

Explanation: The angle of insertion for an intradermal injection is typically 10 to 15 degrees, allowing the medication to be placed just under the epidermis.

2. C

Explanation: A nosocomial infection, also known as a healthcare-associated infection (HAI), is acquired in a hospital or healthcare facility.

3. B

Explanation: The normal range for a resting adult heart rate is 60 to 100 beats per minute.

4. C

Explanation: Fowler's position (sitting up at a 45-90 degree angle) promotes maximum lung expansion and eases breathing for patients with dyspnea.

5. A

Explanation: Sterilization is the complete destruction or elimination of all living microorganisms, including highly resistant bacterial spores.

6. B

Explanation: A sphygmomanometer is the standard medical device used to measure a patient's blood pressure.

7. C

Explanation: The tympanic membrane, or eardrum, is the anatomical site where tympanic temperature is measured.

8. B

Explanation: Sublingual medication is administered by placing it under the tongue, where it dissolves and absorbs rapidly into the bloodstream.

9. A

Explanation: Bedsores (decubitus ulcers) are best prevented by frequently changing the bedridden patient's position, typically every 2 hours.

10. C

Explanation: NPO stands for 'Nil Per Os' or 'Nothing by mouth', indicating the patient should not eat or drink.

11. B

Explanation: The femur is the longest, heaviest, and strongest bone in the human body, located in the thigh.

12. C

Explanation: The right lung has three lobes (superior, middle, inferior), while the left lung has only two to accommodate the heart.

13. B

Explanation: The powerhouse of the cell is the mitochondrion, where cellular respiration and ATP production occur.

14. C

Explanation: The normal pH of human blood is tightly regulated between 7.35

and 7.45, making it slightly alkaline.

15. A

Explanation: Insulin is a hormone produced by the beta cells of the Islets of Langerhans in the pancreas.

16. C

Explanation: The cerebellum is the part of the brain responsible for coordinating voluntary movements, balance, and posture.

17. B

Explanation: The functional unit of the kidney is the nephron, responsible for filtering blood and forming urine.

18. C

Explanation: The universal blood donor type is O negative, as it lacks A, B, and Rh antigens.

19. A

Explanation: The aorta is the largest artery in the body, originating from the left ventricle of the heart.

20. B

Explanation: Bile is continuously produced by the liver and stored/concentrated in the gallbladder until needed for digestion.

21. C

Explanation: Tuberculosis is primarily caused by the bacterium *Mycobacterium tuberculosis*.

22. B

Explanation: A stroke, or cerebrovascular accident (CVA), occurs when blood supply to part of the brain is interrupted or reduced.

23. C

Explanation: Hypertension is the medical term for abnormally high blood pressure.

24. A

Explanation: Asthma is a chronic respiratory condition characterized by airway inflammation, bronchospasm, and excessive mucus production.

25. B

Explanation: Type 1 Diabetes Mellitus is characterized by an absolute lack of insulin due to autoimmune destruction of pancreatic beta cells.

26. C

Explanation: Appendicitis typically presents with pain migrating to the right lower quadrant (RLQ) of the abdomen.

27. B

Explanation: An electrocardiogram (ECG/EKG) records the electrical activity of the heart over time.

28. C

Explanation: Dialysis is the artificial process of eliminating waste and unwanted

water from the blood when the kidneys fail.

29. A

Explanation: Osteoporosis is a systemic skeletal condition characterized by low bone mass and microarchitectural deterioration of bone tissue.

30. B

Explanation: Hepatitis specifically refers to an inflammatory condition of the liver, most commonly caused by viral infections.

31. C

Explanation: Myocardial infarction, commonly known as a heart attack, occurs when blood flow to the heart muscle is blocked.

32. B

Explanation: Hypoglycemia is defined as an abnormally low level of glucose (sugar) in the blood.

33. C

Explanation: Anemia is a condition in which the blood doesn't have enough healthy red blood cells or hemoglobin to carry adequate oxygen.

34. A

Explanation: Glaucoma is an eye condition that damages the optic nerve, often associated with abnormally high intraocular pressure.

35. B

Explanation: Meningitis is an inflammation of the meninges, the protective membranes covering the brain and spinal cord.

36. C

Explanation: A normal human pregnancy typically lasts about 40 weeks, or 280 days, from the first day of the last menstrual period.

37. B

Explanation: The placenta is the temporary organ that develops in the uterus during pregnancy to provide oxygen and nutrients to the growing baby.

38. C

Explanation: The first stage of labor involves the onset of regular uterine contractions leading to complete dilation of the cervix.

39. B

Explanation: Ectopic pregnancy occurs when a fertilized egg implants and grows outside the main cavity of the uterus, most often in a fallopian tube.

40. A

Explanation: Lochia is the vaginal discharge after giving birth, containing blood, mucus, and uterine tissue.

41. C

Explanation: The normal fetal heart rate ranges from 120 to 160 beats per minute.

42. B

Explanation: Preeclampsia is a pregnancy complication characterized by high blood pressure and signs of damage to another organ system, often the kidneys.

43. A

Explanation: Colostrum is the first form of milk produced by the mammary glands immediately following delivery of the newborn.

44. C

Explanation: Oxytocin is the hormone responsible for stimulating uterine contractions during labor and milk ejection during breastfeeding.

45. B

Explanation: The puerperium, or postpartum period, generally lasts for 6 weeks (42 days) after childbirth as the mother's body returns to its pre-pregnant state.

46. A

Explanation: An episiotomy is a surgical cut made at the opening of the vagina during childbirth to aid a difficult delivery and prevent rupture of tissues.

47. C

Explanation: Placenta previa occurs when the placenta partially or wholly covers the mother's cervix (the opening to the uterus).

48. B

Explanation: Folic acid supplementation is crucial during early pregnancy to prevent neural tube defects like spina bifida in the developing fetus.

49. C

Explanation: The APGAR score is a rapid assessment of a newborn's clinical status at 1 and 5 minutes after birth, evaluating Appearance, Pulse, Grimace, Activity, and Respiration.

50. A

Explanation: Amniotic fluid surrounds and protects the fetus during pregnancy; an excess of this fluid is termed polyhydramnios.

51. B

Explanation: ASHA stands for Accredited Social Health Activist, a community health worker instituted by the government of India.

52. C

Explanation: The primary focus of community health nursing is the prevention of disease and promotion of health within specific populations.

53. B

Explanation: Endemic refers to the constant presence and/or usual prevalence of a disease or infectious agent within a geographic area.

54. C

Explanation: Vaccination is a form of artificial active immunity, as it stimulates the body's immune system to produce its own antibodies against a specific pathogen.

55. A

Explanation: The BCG (Bacillus Calmette-Guérin) vaccine is given primarily to provide protection against severe forms of childhood tuberculosis.

56. B

Explanation: Oral Rehydration Solution (ORS) is the first-line treatment for se-

vere dehydration caused by acute diarrheal diseases.

57. C

Explanation: Malaria is a mosquito-borne disease transmitted specifically by the bite of an infected female *Anopheles* mosquito.

58. B

Explanation: The World Health Organization (WHO) is headquartered in Geneva, Switzerland.

59. C

Explanation: World Health Day is celebrated annually on April 7th to mark the founding of the WHO and draw attention to global health issues.

60. A

Explanation: Epidemiology is the study of the distribution and determinants of health-related states or events in specified populations.

61. B

Explanation: Exclusive breastfeeding is recommended for the first 6 months of an infant's life to provide optimal nutrition and immune protection.

62. C

Explanation: The anterior fontanelle, the soft spot on the top of a baby's head, typically closes between 12 and 18 months of age.

63. B

Explanation: Kwashiorkor is a form of severe protein malnutrition characterized by edema, irritability, anorexia, and an enlarged liver with fatty infiltrates.

64. A

Explanation: Measles is a highly contagious viral illness characterized by a distinct maculopapular rash and Koplik's spots in the mouth.

65. C

Explanation: Kangaroo Mother Care (KMC) involves skin-to-skin contact, which is highly effective in preventing hypothermia in low-birth-weight premature infants.

66. B

Explanation: Normal birth weight for a full-term infant typically ranges from 2.5 kg to 4.0 kg.

67. C

Explanation: The first stool passed by a newborn is called meconium; it is thick, sticky, and dark greenish-black.

68. B

Explanation: Poliomyelitis is an infectious viral disease that can affect the central nervous system and cause temporary or permanent muscle paralysis.

69. A

Explanation: Vitamin A is essential for healthy vision; its severe deficiency is the leading cause of preventable childhood blindness (xerophthalmia).

70. C

Explanation: Weaning, or the introduction of complementary solid foods, should

ideally begin at 6 months of age while continuing breastfeeding.

71. B

Explanation: Schizophrenia is a severe psychiatric disorder characterized by distortions in thinking, perception, emotions, language, sense of self, and behavior.

72. C

Explanation: Hallucinations are sensory perceptions (like hearing voices or seeing things) in the absence of an actual external stimulus.

73. B

Explanation: Bipolar disorder is a mood disorder characterized by alternating periods of extreme elevation (mania) and deep depression.

74. A

Explanation: Electroconvulsive Therapy (ECT) is a psychiatric treatment typically reserved for severe, treatment-resistant major depression or bipolar disorder.

75. C

Explanation: A phobia is an intense, irrational, and persistent fear of a specific object, situation, or activity.

76. B

Explanation: Obsessive-Compulsive Disorder (OCD) features intrusive, unwanted thoughts (obsessions) that drive repetitive behaviors (compulsions).

77. A

Explanation: Delusions are fixed, false beliefs that firmly persist despite clear, objective contradictory evidence.

78. C

Explanation: Anorexia nervosa is an eating disorder characterized by an intense fear of gaining weight and a distorted body image, leading to severe calorie restriction.

79. B

Explanation: Lithium is a mood-stabilizing medication commonly used as a first-line treatment for bipolar disorder.

80. C

Explanation: Dementia is a broad category of brain diseases that cause a long-term and often gradual decrease in the ability to think and remember.

81. A

Explanation: Proteins are composed of amino acids and are essential for the growth, repair, and maintenance of body tissues.

82. B

Explanation: Vitamin C (ascorbic acid) is a water-soluble vitamin essential for collagen synthesis and immune function.

83. C

Explanation: Calcium is the most abundant mineral in the human body, vital for bone health, muscle contraction, and blood clotting.

84. B

Explanation: Iron is a critical component of hemoglobin; a deficiency in dietary iron is the most common cause of anemia worldwide.

85. C

Explanation: A balanced diet provides all necessary macro- and micronutrients in appropriate proportions to maintain optimal health and support metabolic processes.

86. B

Explanation: Vitamin D is unique because it can be synthesized by the human skin upon exposure to ultraviolet B (UVB) radiation from sunlight.

87. A

Explanation: Carbohydrates are the body's primary and most preferred source of energy, yielding roughly 4 kcal per gram.

88. C

Explanation: Goiter, an enlargement of the thyroid gland, is most commonly caused by a dietary deficiency of iodine.

89. B

Explanation: 1 gram of dietary fat yields approximately 9 kilocalories of energy, making it the most energy-dense macronutrient.

90. C

Explanation: Scurvy is a disease caused by a severe lack of Vitamin C in the diet, leading to bleeding gums and impaired wound healing.

91. B

Explanation: Triage in a hospital setting is the process of rapidly assessing patients to determine the clinical urgency of their condition and prioritize their care.

92. C

Explanation: A tourniquet is a device tightly applied to a limb to temporarily restrict blood flow and control severe, life-threatening arterial hemorrhage.

93. A

Explanation: Nosocomial infections are hospital-acquired infections. Strict adherence to proper hand hygiene is the most effective preventive measure.

94. B

Explanation: In medical terminology, the prefix 'tachy-' means rapid or fast, as seen in tachycardia (fast heart rate) or tachypnea (fast breathing).

95. C

Explanation: The normal resting respiratory rate for a healthy adult is typically between 12 and 20 breaths per minute.

96. B

Explanation: Autoclaving is a widely used sterilization method that utilizes high-pressure saturated steam at 121 degrees Celsius to kill microorganisms.

97. A

Explanation: Cyanosis is a bluish discoloration of the skin and mucous membranes resulting from inadequate oxygenation of the blood.

98. C

Explanation: A pulse oximeter is a non-invasive device placed on a fingertip or earlobe to measure the oxygen saturation level (SpO_2) of the blood.

99. B

Explanation: First aid for a first-degree burn (like a mild sunburn) involves immediately cooling the affected area with cool, running water to minimize tissue damage.

100. C

Explanation: The abbreviation 'STAT' originates from the Latin 'statim', meaning a medication or intervention must be administered immediately and without delay.

