

OJEE Post Basic BSc Nursing Sample Paper 02

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 correct angle of insertion for an Intramuscular (IM) injection?

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

Q2. Who is historically recognized as the "Father of Antiseptic Surgery"?

- A. Louis Pasteur
- B. Florence Nightingale
- C. Joseph Lister
- D. Alexander Fleming

Q3. What is the normal specific gravity range of human urine?

- A. 1.000 – 1.005
- B. 1.010 – 1.025
- C. 1.030 – 1.050
- D. 0.900 – 1.000

Q4. The apical pulse is best auscultated at the apex of the heart, which is anatomically located at the:

- A. 5th intercostal space
- B. 3rd intercostal space
- C. 2nd intercostal space
- D. 6th intercostal space

Q5. According to AHA guidelines, what is the universal compression-to-ventilation ratio for adult CPR for two rescuers?

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

Q6. Which anatomical position is considered optimal for administering a cleansing enema to an adult patient?

- A. Supine position
- B. Left lateral Sims' position
- C. Right lateral position
- D. Lithotomy position

Q7. The clinical medical term for a nosebleed is:

- A. Epistaxis
- B. Hemoptysis
- C. Hematemesis
- D. Hematuria

Q8. In the apothecary measurement system, 1 fluid ounce (1 oz) is approximately equal to:

- A. 15 mL
- B. 5 mL
- C. 30 mL
- D. 50 mL

Q9. A physiological condition characterized by an inadequate supply of oxygen at the tissue level is termed:

- A. Hypoxemia
- B. Hypoxia
- C. Cyanosis
- D. Ischemia

Q10. An infection that a patient strictly acquires during a stay in a hospital is called a:

- A. Congenital infection
- B. Community-acquired infection
- C. Nosocomial infection
- D. Zoonotic infection

Q11. What is the largest internal organ and solid gland in the human body?

- A. Liver
- B. Pancreas
- C. Spleen
- D. Kidney

Q12. Which endocrine gland is widely referred to as the "Master Gland"?

- A. Thyroid gland
- B. Adrenal gland
- C. Pineal gland
- D. Pituitary gland

Q13. A person with which of the following blood types is known as a "Universal Acceptor/Recipient"?

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

Q14. Which fat-soluble vitamin plays a critical role in blood clotting (coagulation)?

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

Q15. Beriberi is a severe nutritional deficiency disease caused by the lack of:

- A. Vitamin B1 (Thiamine)
- B. Vitamin C
- C. Vitamin B12
- D. Vitamin B3 (Niacin)

Q16. The normal physiological range for a platelet (thrombocyte) count in a healthy adult is:

- A. 10,000 – 50,000/ μ L
- B. 150,000 – 400,000/ μ L
- C. 500,000 – 800,000/ μ L
- D. 4,000 – 11,000/ μ L

Q17. Which specialized cardiac structure is recognized as the natural "pacemaker" of the heart?

- A. Sinoatrial (SA) node
- B. Atrioventricular (AV) node
- C. Bundle of His
- D. Purkinje fibers

Q18. What is the total number of cranial nerve pairs emerging directly from the human brain and brainstem?

- A. 8 pairs
- B. 10 pairs
- C. 12 pairs
- D. 31 pairs

Q19. Which bone is classified as the longest and heaviest bone in the entire human skeletal system?

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

Q20. During the process of digestion, dietary proteins are ultimately broken down into:

- A. Fatty acids
- B. Monosaccharides
- C. Amino acids
- D. Glycerol

Q21. Which specific gram-negative bacterium is widely identified as the leading causative agent of Peptic Ulcer Disease?

- A. Escherichia coli
- B. Helicobacter pylori
- C. Staphylococcus aureus
- D. Salmonella typhi

Q22. The clinical condition in which the eyelid (usually the lower lid) folds inward against the cornea is termed:

- A. Entropion
- B. Ectropion
- C. Ptosis
- D. Strabismus

Q23. The medical term "Glossitis" specifically refers to the inflammation of the:

- A. Gums
- B. Tongue
- C. Throat
- D. Salivary glands

Q24. Which major eye disorder is primarily associated with an abnormally high Intraocular Pressure (IOP) that can damage the optic nerve?

- A. Cataract
- B. Macular degeneration
- C. Glaucoma
- D. Retinopathy

Q25. What is the immediate, evidence-based first aid intervention for a minor thermal burn?

- A. Apply ice cubes directly
- B. Hold the burn under cool running water
- C. Apply a layer of thick butter
- D. Puncture the blisters

Q26. Which medication is universally recognized as the life-saving drug of choice for severe anaphylactic shock?

- A. Epinephrine (Adrenaline)
- B. Atropine
- C. Diphenhydramine (Benadryl)
- D. Dopamine

Q27. The clinical term for a bacterial infection causing inflammation of the urinary bladder is:

- A. Pyelonephritis
- B. Urethritis
- C. Cystitis
- D. Glomerulonephritis

Q28. The pathological thickening, hardening, and loss of elasticity of the arterial walls is known as:

- A. Atherosclerosis
- B. Arteriosclerosis
- C. Phlebitis
- D. Aneurysm

Q29. A patient reporting a painful, burning sensation during urination is experiencing a symptom medically termed:

- A. Dysuria
- B. Polyuria
- C. Oliguria
- D. Hematuria

Q30. Which of the following is a classic hallmark sign of severe right-sided heart failure?

- A. Pulmonary edema
- B. Pink, frothy sputum
- C. Peripheral edema and hepatomegaly
- D. Shortness of breath (Orthopnea)

Q31. What is clinically recognized as the most common cause of progressive dementia in older adults?

- A. Parkinson's disease
- B. Alzheimer's disease
- C. Huntington's disease
- D. Multiple sclerosis

Q32. The abnormal accumulation of serous fluid within the peritoneal cavity, commonly seen in liver cirrhosis, is called:

- A. Edema
- B. Pleural effusion
- C. Ascites
- D. Anasarca

Q33. The inflammation of a vein accompanied by the formation of a blood clot is medically termed:

- A. Thrombophlebitis
- B. Atherosclerosis
- C. Embolism
- D. Varicose veins

Q34. Diabetes Insipidus is a rare fluid disorder caused by a deficiency of which critical hormone?

- A. Antidiuretic Hormone (ADH)
- B. Insulin
- C. Glucagon
- D. Aldosterone

Q35. Trousseau's sign, elicited by inflating a blood pressure cuff, is a classic clinical indicator of which electrolyte imbalance?

- A. Hypokalemia
- B. Hypocalcemia
- C. Hypernatremia
- D. Hypercalcemia

Q36. The clinical triad of Polyuria, Polydipsia, and Polyphagia are the classic hallmark symptoms of:

- A. Diabetes Mellitus
- B. Diabetes Insipidus
- C. Hyperthyroidism
- D. Cushing's syndrome

Q37. A dangerous clinical syndrome caused by the accumulation of urea and other nitrogenous waste products in the blood due to renal failure is called:

- A. Hematuria
- B. Proteinuria
- C. Uremia
- D. Azotemia

Q38. What is the accepted physiological normal range for Intraocular Pressure (IOP) in a healthy adult?

- A. 2 – 8 mmHg
- B. 10 – 21 mmHg
- C. 25 – 35 mmHg
- D. 40 – 50 mmHg

Q39. Shingles is a painful skin rash caused by the reactivation of which specific virus?

- A. Herpes Simplex Virus
- B. Human Papillomavirus
- C. Varicella Zoster Virus
- D. Epstein-Barr Virus

Q40. Gout is a severe form of inflammatory arthritis caused by the crystallization and accumulation of which substance in the joints?

- A. Uric acid
- B. Lactic acid
- C. Calcium pyrophosphate
- D. Cholesterol

Q41. Calculated from the first day of the last menstrual period (LMP), what is the normal duration of a human pregnancy?

- A. 260 days
- B. 270 days
- C. 280 days
- D. 300 days

Q42. In human reproduction, fertilization most commonly takes place in which specific anatomical location?

- A. Ovary
- B. Ampulla of the fallopian tube
- C. Uterine cavity
- D. Cervix

Q43. A bluish-purple discoloration of the vaginal mucosa and cervix, considered an early probable sign of pregnancy, is known as:

- A. Chadwick's sign
- B. Goodell's sign
- C. Hegar's sign
- D. Oslander's sign

Q44. Sporadic, irregular, and relatively painless "practice" uterine contractions occurring during pregnancy are termed:

- A. True labor pains
- B. Lightening contractions
- C. Braxton Hicks contractions
- D. Tetanic contractions

Q45. What is the obstetric term for the very first perception of fetal movement felt by the pregnant mother?

- A. Lightening
- B. Quickening
- C. Engagement
- D. Ballottement

Q46. Using a standard clinical stethoscope, at approximately what gestational age can fetal heart sounds be reliably heard?

- A. 8 weeks
- B. 12 weeks
- C. 20 weeks
- D. 28 weeks

Q47. During the first stage of labor, the physiological process where the cervix stretches, thins out, and shortens is called:

- A. Effacement
- B. Dilation
- C. Station
- D. Presentation

Q48. The initial postpartum vaginal discharge, consisting primarily of blood and decidual tissue, is distinctly bright red and known as:

- A. Lochia alba
- B. Lochia rubra
- C. Lochia serosa
- D. Meconium

Q49. An obstetric emergency defined by excessive blood loss (typically greater than 500 mL) following a vaginal delivery is known as:

- A. Placenta previa
- B. Abruptio placentae
- C. Postpartum Hemorrhage (PPH)
- D. Uterine inversion

Q50. An inflammation of the breast tissue that sometimes involves an infection, common in lactating women, is called:

- A. Endometritis
- B. Cervicitis
- C. Mastitis
- D. Salpingitis

Q51. Which synthetic intravenous hormone is most commonly administered in the hospital setting to induce or augment labor contractions?

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

Q52. In severe preeclampsia and eclampsia, Magnesium Sulfate is administered primarily to:

- A. Prevent and treat seizures
- B. Lower blood pressure directly
- C. Induce labor
- D. Stop bleeding

Q53. A life-threatening obstetric complication where the placenta prematurely detaches from the inner wall of the uterus before delivery is:

- A. Placenta previa
- B. Abruptio placentae
- C. Placenta accreta
- D. Vasa previa

Q54. When a fertilized egg implants and grows outside the main cavity of the uterus, the condition is termed an ectopic pregnancy. Over 90% occur in the:

- A. Fallopian tube
- B. Ovary
- C. Abdominal cavity
- D. Cervix

Q55. An early clinical sign of pregnancy characterized by the compressibility and softening of the lower uterine segment is known as:

- A. Hegar's sign
- B. Chadwick's sign
- C. Goodell's sign
- D. McFarland's sign

Q56. Standard clinical and over-the-counter pregnancy tests work by detecting the presence of which specific hormone in urine or blood?

- A. Progesterone
- B. Human Chorionic Gonadotropin (hCG)
- C. Luteinizing Hormone (LH)
- D. Estrogen

Q57. According to the WHO, a newborn is officially classified as having Low Birth Weight (LBW) if their birth weight is less than:

- A. 2.0 kg
- B. 2.5 kg
- C. 3.0 kg
- D. 3.5 kg

Q58. The third clinical stage of labor officially concludes with the:

- A. Delivery of the baby
- B. Complete dilation of the cervix
- C. Complete delivery of the placenta and membranes
- D. Onset of regular contractions

Q59. A planned surgical incision made in the perineum to enlarge the vaginal opening and assist in childbirth is known as an:

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

Q60. Which fetal presentation, where the baby's head points down towards the birth canal, is considered the most common and safest for vaginal delivery?

- A. Cephalic (Vertex) presentation
- B. Breech presentation
- C. Shoulder presentation
- D. Face presentation

Q61. In a developing infant, the anterior fontanelle (the soft spot on the top of the skull) typically closes and ossifies completely by:

- A. 3 – 6 months
- B. 6 – 9 months
- C. 12 – 18 months
- D. 2 – 3 years

Q62. What is the normal resting respiratory rate range for a healthy, full-term newborn infant?

- A. 12 – 20 breaths/min
- B. 20 – 30 breaths/min
- C. 30 – 60 breaths/min
- D. 60 – 80 breaths/min

Q63. The very first stool passed by a newborn, typically thick, sticky, and dark greenish-black in color, is medically called:

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

Q64. The APGAR score is a rapid clinical assessment of a newborn. The acronym stands for Appearance, Pulse, Grimace, Activity, and:

- A. Respiration
- B. Reflexes
- C. Reactivity
- D. Response

Q65. To ensure optimal health and immune system development, the WHO strongly recommends that mothers exclusively breastfeed their infants for the first:

- A. 3 months
- B. 4 months
- C. 6 months
- D. 12 months

Q66. A congenital condition in male infants where one or both testicles fail to descend into the scrotum before birth is known as:

- A. Hydrocele
- B. Hypospadias
- C. Cryptorchidism
- D. Phimosis

Q67. Hirschsprung's disease is a congenital pediatric condition characterized by the absence of ganglion cells in the colon, often resulting in:

- A. Diarrhea
- B. Megacolon (severe constipation)
- C. Intussusception
- D. Celiac disease

Q68. The medical term "Otitis Media," a very common condition in young children, refers specifically to an infection or inflammation of the:

- A. Outer ear
- B. Middle ear
- C. Inner ear
- D. Tympanic membrane only

Q69. Which of the following is universally recognized as the most common congenital heart defect in children?

- A. Tetralogy of Fallot
- B. Ventricular Septal Defect (VSD)
- C. Atrial Septal Defect (ASD)
- D. Patent Ductus Arteriosus (PDA)

Q70. Forceful, projectile vomiting shortly after a feeding in a young infant is the classic, hallmark sign of which condition?

- A. Gastroesophageal Reflux
- B. Hypertrophic Pyloric Stenosis
- C. Celiac Disease
- D. Lactose Intolerance

Q71. According to the standard neonatal immunization schedule, which vaccines should be administered immediately at birth?

- A. DPT, OPV, Measles
- B. BCG, Measles, Hepatitis B
- C. BCG, OPV-0 dose, Hepatitis B birth dose
- D. Pentavalent, OPV, Rotavirus

Q72. By which specific clinical route is the live-attenuated Measles vaccine traditionally administered to children?

- A. Intramuscular (IM)
- B. Subcutaneous (SC)
- C. Intradermal (ID)
- D. Oral

Q73. The presence of tiny, white, grain-like lesions on the buccal mucosa, known as Koplik spots, is an early definitive sign of:

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

Q74. A severe childhood bone disorder caused by a critical deficiency of Vitamin D, calcium, or phosphate is called:

- A. Osteoporosis
- B. Rickets
- C. Scurvy
- D. Osteomalacia

Q75. An acute viral respiratory infection in young children characterized by swelling around the vocal cords and a distinct "barking" cough is:

- A. Asthma
- B. Pneumonia
- C. Croup
- D. Pertussis

Q76. Which historical figure is widely recognized as the "Father of Modern Epidemiology and Public Health" for his work on the cholera outbreak in London?

- A. Louis Pasteur
- B. John Snow
- C. Edward Jenner
- D. Robert Koch

Q77. A disease that maintains a constant baseline presence or usual prevalence within a specific geographic area or population is classified as:

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

Q78. In infectious disease epidemiology, the time elapsed between initial exposure to a pathogen and the appearance of the first clinical symptoms is the:

- A. Communicable period
- B. Latent period
- C. Incubation period
- D. Window period

Q79. Dengue fever is a severe viral infection transmitted to humans primarily through the bite of which infected vector?

- A. Anopheles mosquito
- B. Aedes aegypti mosquito
- C. Culex mosquito
- D. Sandfly

Q80. The headquarters of the World Health Organization (WHO), the specialized agency of the UN for international public health, is located in:

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

Q81. Under the Indian rural public health infrastructure, a single Primary Health Centre (PHC) is designed to cover a population of approximately:

- A. 10,000 in plain areas
- B. 20,000 in plain areas
- C. 30,000 in plain areas
- D. 50,000 in plain areas

Q82. According to standard Biomedical Waste Management rules, highly infectious human anatomical waste must be disposed of in a bag of which color?

- A. Yellow
- B. Red
- C. Blue
- D. Black

Q83. What is the most common and effective chemical agent utilized globally for the large-scale disinfection and purification of municipal water supplies?

- A. Fluorine
- B. Chlorine
- C. Iodine
- D. Bromine

Q84. Under the National Immunization Schedule, the first massive prophylactic dose of Vitamin A (1 lakh IU) is administered to infants at:

- A. 6 months
- B. 12 months
- C. 9 months
- D. 18 months

Q85. Which highly infectious and deadly disease holds the unique distinction of being the only human disease completely eradicated globally?

- A. Polio
- B. Measles
- C. Smallpox
- D. Cholera

Q86. The psychiatric term "Schizophrenia," describing the fragmentation of cognitive functions, was coined by which famous Swiss psychiatrist?

- A. Sigmund Freud
- B. Eugen Bleuler
- C. Emil Kraepelin
- D. Carl Jung

Q87. A specific anxiety disorder characterized by an intense, irrational fear of confined, tight, or enclosed spaces is known as:

- A. Agoraphobia
- B. Acrophobia
- C. Claustrophobia
- D. Arachnophobia

Q88. A psychiatric patient reports hearing voices. This false sensory perception, occurring without any actual external sensory stimulus, is a:

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

Q89. A fixed, false belief that a patient firmly holds despite clear, logical, and objective contradictory evidence is clinically termed a:

- A. Phobia
- B. Delusion
- C. Hallucination
- D. Compulsion

Q90. Which specific pharmacological agent is universally considered the gold standard and first-line treatment for controlling manic episodes in bipolar disorder?

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

Q91. Due to its narrow therapeutic index, the normal therapeutic serum lithium level must be strictly maintained between:

- A. 0.1 – 0.5 mEq/L
- B. 1.5 – 2.5 mEq/L
- C. 0.6 – 1.2 mEq/L
- D. 2.0 – 3.0 mEq/L

Q92. During Electroconvulsive Therapy (ECT), a carefully controlled electrical current is passed through the brain. The typical voltage used ranges from:

- A. 10 – 50 V
- B. 70 – 120 V
- C. 200 – 240 V
- D. 300 – 400 V

Q93. An impulse control disorder characterized by a recurrent, irresistible urge to steal items not needed for personal use or monetary value is:

- A. Pyromania
- B. Kleptomania
- C. Trichotillomania
- D. Exhibitionism

Q94. An eating disorder characterized by a cyclical pattern of severe binge eating followed immediately by compensatory purging (like self-induced vomiting) is:

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

Q95. Which psychological defense mechanism involves a person subconsciously attributing their own unacceptable thoughts or feelings onto another person?

- A. Repression
- B. Denial
- C. Projection
- D. Rationalization

Q96. Alzheimer's disease is a progressive, irreversible neurological disorder that primarily and initially devastates a patient's:

- A. Motor function and balance
- B. Vision and hearing
- C. Memory and cognitive function
- D. Respiratory drive

Q97. According to the standard WHO classification, an adult with a Body Mass Index (BMI) of 30.0 or higher is clinically categorized as:

- A. Normal weight
- B. Overweight
- C. Underweight
- D. Obese

Q98. To physically remove pathogens effectively, standard guidelines mandate scrubbing hands with soap and water for a minimum duration of:

- A. 5 seconds
- B. 10 seconds
- C. 20 seconds
- D. 60 seconds

Q99. When checking for a pulse during Basic Life Support (BLS) on an unresponsive infant (under 1 year old), which artery is the standard site to palpate?

- A. Brachial artery
- B. Carotid artery
- C. Radial artery
- D. Femoral artery

Q100. Universally, what is recognized as the single most effective and fundamental nursing intervention to prevent the spread of infectious diseases in healthcare settings?

- A. Wearing a face mask at all times
- B. Isolating every patient
- C. Proper and consistent handwashing
- D. Administering prophylactic antibiotics



Solutions

1. B

Explanation: The angle of insertion for an intramuscular (IM) injection is 90 degrees to ensure the medication reaches deep into the muscle tissue.

2. C

Explanation: Joseph Lister pioneered antiseptic surgery by using carbolic acid (phenol) to sterilize surgical instruments and clean wounds.

3. B

Explanation: The normal specific gravity of urine typically ranges from 1.010 to 1.025, reflecting the kidney's ability to concentrate urine.

4. A

Explanation: The apical pulse is auscultated at the apex of the heart, located at the 5th intercostal space, midclavicular line.

5. C

Explanation: According to AHA guidelines, the universal compression-to-ventilation ratio for adult CPR is 30:2, regardless of the number of rescuers.

6. B

Explanation: The left lateral Sims' position is optimal for administering an enema as it follows the natural anatomical curve of the sigmoid colon.

7. A

Explanation: Epistaxis is the clinical medical term for a nosebleed, often caused by rupture of tiny blood vessels in the nasal septum.

8. C

Explanation: In the apothecary system of measurement, one fluid ounce (oz) is approximately equivalent to 30 milliliters (mL).

9. B

Explanation: Hypoxia refers to a state where there is an inadequate supply of oxygen at the tissue level to maintain normal cellular functions.

10. C

Explanation: A nosocomial infection, also known as a healthcare-associated infection (HAI), is contracted by a patient during a hospital stay.

11. A

Explanation: The liver is the largest internal organ and the largest solid gland in the human body, vital for metabolism and detoxification.

12. D

Explanation: The pituitary gland is often called the 'master gland' because its hormones regulate the functions of many other endocrine glands.

13. D

Explanation: Individuals with blood type AB+ are considered universal recipients because their plasma does not contain anti-A or anti-B antibodies.

14. C

Explanation: Vitamin K is a fat-soluble vitamin essential for the hepatic synthesis

of prothrombin and several other blood clotting factors.

15. A

Explanation: Beriberi is a nutritional deficiency disease caused by a severe lack of Vitamin B1 (thiamine) in the diet.

16. B

Explanation: The normal platelet (thrombocyte) count in a healthy adult ranges from 150,000 to 400,000 cells per microliter of blood.

17. A

Explanation: The Sinoatrial (SA) node is the natural pacemaker of the heart, initiating the electrical impulses that set the heart rate.

18. C

Explanation: There are exactly 12 pairs of cranial nerves that emerge directly from the brain and brainstem to innervate the head and neck.

19. A

Explanation: The femur, or thighbone, is the longest, heaviest, and strongest bone in the entire human skeletal system.

20. C

Explanation: Proteins are complex polymers that are broken down during digestion into their fundamental building blocks, which are amino acids.

21. B

Explanation: *Helicobacter pylori* (*H. pylori*) is a gram-negative bacterium that is the leading cause of chronic gastritis and peptic ulcer disease.

22. A

Explanation: Entropion is a medical condition in which the eyelid (usually the lower lid) folds inward, causing eyelashes to rub against the cornea.

23. B

Explanation: Glossitis refers to the inflammation of the tongue, which can cause it to swell, change color, and develop a smooth appearance.

24. C

Explanation: Glaucoma is a group of eye conditions that damage the optic nerve, frequently associated with an abnormally high intraocular pressure (IOP).

25. B

Explanation: The immediate first aid for a minor thermal burn is to cool the area under cool, running water for 10-20 minutes to halt tissue damage.

26. A

Explanation: Epinephrine (adrenaline) is the primary and most critical drug of choice for the emergency treatment of severe anaphylactic shock.

27. C

Explanation: Cystitis is the clinical term for inflammation of the urinary bladder, most commonly caused by a bacterial urinary tract infection (UTI).

28. B

Explanation: Arteriosclerosis is the pathological thickening, hardening, and loss

of elasticity of the walls of the arteries.

29. A

Explanation: Dysuria is the medical term used to describe painful, burning, or difficult urination, often associated with infections.

30. C

Explanation: Right-sided heart failure causes blood to back up into the systemic circulation, leading to severe peripheral edema and hepatomegaly.

31. B

Explanation: Alzheimer's disease is a progressive neurodegenerative disorder and the most common cause of dementia in older adults.

32. C

Explanation: Ascites is the abnormal accumulation of protein-rich serous fluid within the peritoneal cavity, commonly seen in liver cirrhosis.

33. A

Explanation: Thrombophlebitis is an inflammatory process that causes a blood clot (thrombus) to form and block one or more veins, usually in the legs.

34. A

Explanation: Diabetes Insipidus is a rare fluid imbalance disorder caused by a deficiency of or resistance to Antidiuretic Hormone (ADH/Vasopressin).

35. B

Explanation: Trousseau's sign (carpopedal spasm induced by blood pressure cuff inflation) is a classic clinical sign of latent hypocalcemia.

36. A

Explanation: Polyuria (frequent urination), Polydipsia (excessive thirst), and Polyphagia (excessive hunger) are the hallmark '3 Ps' of Diabetes Mellitus.

37. C

Explanation: Uremia is a dangerous clinical syndrome associated with fluid, electrolyte, and hormone imbalances due to the accumulation of urea in the blood during renal failure.

38. B

Explanation: The normal intraocular pressure (IOP) in a healthy human eye ranges tightly between 10 and 21 mmHg.

39. C

Explanation: Shingles (Herpes Zoster) is a painful blistering skin rash caused by the reactivation of the Varicella Zoster virus, the same virus that causes chickenpox.

40. A

Explanation: Gout is a complex form of inflammatory arthritis caused by the crystallization and accumulation of excess uric acid in the joints.

41. C

Explanation: A normal human pregnancy lasts approximately 280 days, or 40 weeks, calculated from the first day of the last menstrual period (LMP).

42. B

Explanation: Fertilization, the union of a human egg and sperm, most commonly occurs in the ampulla, the widest part of the fallopian tube.

43. A

Explanation: Chadwick's sign is an early, probable sign of pregnancy characterized by a bluish-purple discoloration of the vaginal mucosa and cervix.

44. C

Explanation: Braxton Hicks contractions are sporadic, irregular, and relatively painless 'practice' uterine contractions that do not cause cervical dilation.

45. B

Explanation: Quickening is the first perception of fetal movement felt by the pregnant mother, usually occurring between 16 and 20 weeks of gestation.

46. C

Explanation: Using a standard clinical stethoscope or fetoscope, the fetal heart sounds can typically be reliably auscultated starting around 20 weeks of gestation.

47. A

Explanation: Effacement is the physiological process where the cervix stretches, thins out, and shortens in preparation for childbirth.

48. B

Explanation: Lochia rubra is the initial postpartum vaginal discharge, consisting mostly of blood and decidual tissue, giving it a bright red color.

49. C

Explanation: Postpartum Hemorrhage (PPH) is an obstetric emergency defined as excessive blood loss (typically ≥ 500 mL) following a vaginal delivery.

50. C

Explanation: Mastitis is an inflammation of breast tissue that sometimes involves an infection, common in lactating women due to blocked milk ducts.

51. B

Explanation: Oxytocin (Pitocin) is a synthetic hormone commonly administered intravenously to induce or augment uterine contractions during labor.

52. A

Explanation: Magnesium sulfate is the anticonvulsant drug of choice used to prevent and treat life-threatening seizures in women with severe preeclampsia or eclampsia.

53. B

Explanation: Abruption placentae is a serious complication where the placenta prematurely detaches from the inner wall of the uterus before delivery.

54. A

Explanation: An ectopic pregnancy occurs when a fertilized egg implants outside the uterus; over 90% are fatal.

55. A
Explanation: Hegar's sign is an early clinical sign of pregnancy characterized by the compressibility and softening of the lower uterine segment.

56. B

Explanation: Human Chorionic Gonadotropin (hCG) is the hormone produced

by the placenta shortly after implantation and is detected by standard pregnancy tests.

57. B

Explanation: The World Health Organization (WHO) defines Low Birth Weight (LBW) as a birth weight of less than 2,500 grams (2.5 kg), regardless of gestational age.

58. C

Explanation: The third clinical stage of labor begins immediately after the birth of the baby and ends with the complete delivery of the placenta and membranes.

59. C

Explanation: An episiotomy is a planned surgical incision made in the perineum to enlarge the vaginal opening and assist in a difficult childbirth.

60. A

Explanation: A cephalic (vertex) presentation, where the baby's head is pointing down towards the birth canal, is the most common and safest presentation for vaginal delivery.

61. C

Explanation: The anterior fontanelle, the diamond-shaped soft spot on a baby's skull, typically closes and ossifies between 12 and 18 months of age.

62. C

Explanation: The normal resting respiratory rate for a healthy, full-term newborn infant is significantly faster than an adult, ranging from 30 to 60 breaths per minute.

63. C

Explanation: Meconium is the thick, sticky, dark green or black first stool passed by a newborn, composed of materials ingested during time in the uterus.

64. A

Explanation: The APGAR score evaluates Appearance (color), Pulse (heart rate), Grimace (reflex irritability), Activity (muscle tone), and Respiration (breathing effort).

65. C

Explanation: The WHO strongly recommends exclusive breastfeeding (no other food or liquids) for the first 6 months of an infant's life to ensure optimal health and immunity.

66. C

Explanation: Cryptorchidism is a congenital condition in which one or both testicles fail to descend from the abdomen into the scrotum before birth.

67. B

Explanation: Hirschsprung's disease is a congenital condition characterized by the absence of ganglion cells in the colon, leading to severe constipation and megacolon.

68. B

Explanation: Otitis Media is the medical term for an infection or inflammation of the middle ear, a condition very common in young children.

69. B

Explanation: A Ventricular Septal Defect (VSD), a hole in the wall separating the two lower chambers of the heart, is the most common congenital heart defect.

70. B

Explanation: Forceful, projectile vomiting shortly after feeding in an infant is the classic hallmark sign of hypertrophic pyloric stenosis.

71. C

Explanation: The standard neonatal immunization schedule strictly includes administering the BCG, OPV-0, and Hepatitis B birth dose immediately after birth.

72. B

Explanation: The live-attenuated measles vaccine is administered via the subcutaneous route into the fatty tissue, usually in the upper arm or anterolateral thigh.

73. B

Explanation: Koplik spots are tiny, white, grain-like lesions on the buccal mucosa that are an early and definitive diagnostic indicator of Measles (Rubeola).

74. B

Explanation: Rickets is a childhood bone disorder caused by a severe deficiency of Vitamin D, calcium, or phosphate, leading to soft and weakened bones.

75. C

Explanation: Croup is an acute viral respiratory infection in young children characterized by swelling around the vocal cords, causing a distinct, harsh 'barking' cough.

76. B

Explanation: Dr. John Snow is widely considered the father of modern epidemiology and public health due to his groundbreaking work tracing the source of a cholera outbreak in London.

77. A

Explanation: An endemic disease is one that is constantly present at a baseline level within a specific geographic area or population.

78. C

Explanation: The incubation period is the time elapsed between initial exposure to a pathogenic organism and the appearance of the first clinical symptoms of the disease.

79. B

Explanation: Dengue fever is a viral infection transmitted to humans primarily through the bite of infected female *Aedes aegypti* mosquitoes.

80. C

Explanation: The World Health Organization (WHO), the specialized agency of the UN responsible for international public health, is headquartered in Geneva, Switzerland.

81. C

Explanation: Under the Indian public health infrastructure, a Primary Health Centre (PHC) is designed to cover a population of 30,000 in plain areas and 20,000

in hilly/tribal areas.

82. A

Explanation: According to standard Biomedical Waste (BMW) Management rules, highly infectious human anatomical waste must be segregated and disposed of in yellow-colored bags.

83. B

Explanation: The most common and effective chemical agent used for the large-scale disinfection and purification of municipal water supplies is chlorine.

84. C

Explanation: Under national immunization programs, the first massive prophylactic dose of Vitamin A (1 lakh IU) is administered to infants along with the measles vaccine at 9 months.

85. C

Explanation: Smallpox is the only infectious human disease to have been completely eradicated globally, a milestone officially certified by the WHO in 1980.

86. B

Explanation: The term 'Schizophrenia' was coined by the Swiss psychiatrist Eugen Bleuler to describe the 'splitting of the mind' and fragmentation of cognitive functions.

87. C

Explanation: Claustrophobia is a specific anxiety disorder characterized by an intense, irrational fear of confined, tight, or enclosed spaces.

88. B

Explanation: A hallucination is a false sensory perception that feels entirely real to the patient but occurs without any actual external sensory stimulus.

89. B

Explanation: A delusion is a fixed, false belief that firmly persists in the patient's mind despite clear, logical, and objective contradictory evidence.

90. C

Explanation: Lithium carbonate is widely considered the gold standard and first-line pharmacological treatment for controlling manic episodes in bipolar disorder.

91. C

Explanation: The normal therapeutic serum lithium level is extremely narrow, strictly ranging between 0.6 to 1.2 mEq/L. Levels above 1.5 mEq/L indicate severe toxicity.

92. B

Explanation: During Electroconvulsive Therapy (ECT), a brief, carefully controlled electrical current of typically 70 to 120 Volts is passed through the brain to induce a therapeutic seizure.

93. B

Explanation: Kleptomania is an impulse control disorder characterized by a recurrent, irresistible urge to steal items that are not needed for personal use or monetary value.

94. A

Explanation: Bulimia nervosa is an eating disorder characterized by a cyclical pattern of binge eating followed by compensatory purging behaviors, such as self-induced vomiting.

95. C

Explanation: Projection is a psychological defense mechanism where a person subconsciously attributes their own unacceptable thoughts, feelings, or motives onto another person.

96. B

Explanation: Alzheimer's disease is a progressive neurological disorder that primarily devastates memory, cognition, and behavioral functions, ultimately preventing daily tasks.

97. D

Explanation: According to WHO classifications, a Body Mass Index (BMI) of 30.0 or higher places an individual in the clinical category of being obese.

98. C

Explanation: To physically remove pathogens effectively, the WHO mandates scrubbing hands with soap and water for a minimum duration of 20 seconds.

99. A

Explanation: In an unresponsive infant (under 1 year old), the brachial artery located on the inside of the upper arm is the standard site to check for a pulse during BLS.

100. C

Explanation: Proper and consistent handwashing is universally recognized as the single most effective intervention to prevent the spread of infectious diseases in healthcare settings.