

OJEE Post Basic BSc Nursing Sample Paper 03

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. Which cellular organelle is commonly referred to as the "suicidal bag" of the cell due to its digestive enzymes?

- A. Mitochondria
- B. Ribosome
- C. Lysosome
- D. Golgi apparatus

Q2. What is the total number of facial bones present in a normal human skull?

- A. 8
- B. 14
- C. 22
- D. 12

Q3. The volume of air inspired or expired during a normal, quiet respiratory cycle is called:

- A. Vital capacity
- B. Tidal volume
- C. Residual volume
- D. Inspiratory reserve volume

Q4. Which cranial nerve is the longest and supplies major organs in the thorax and abdomen?

- A. Optic nerve
- B. Trigeminal nerve

C. Vagus nerve

D. Facial nerve

Q5. What is the normal, tightly regulated pH range of human blood?

A. 6.8 to 7.0

B. 7.1 to 7.3

C. 7.35 to 7.45

D. 7.5 to 7.8

Q6. In standard medical measurements, 1 tablespoon (tbsp) is generally accepted to be equivalent to:

A. 5 mL

B. 15 mL

C. 30 mL

D. 50 mL

Q7. During a cardiac arrest in an adult, which artery is the most accessible and reliable site to check for a pulse?

A. Radial

B. Carotid

C. Brachial

D. Femoral

Q8. At what angle is a standard subcutaneous injection typically administered?

A. 15 degrees

B. 30 degrees

C. 45 degrees

D. 90 degrees

Q9. To prevent aspiration, what is the safest position in which to place an unconscious patient during oral care?

A. Side-lying (Lateral) position

B. Supine position

- C. Semi-Fowler's position
- D. Prone position

Q10. Which of the following is considered the most effective and reliable method for sterilizing surgical instruments?

- A. Boiling
- B. Autoclaving
- C. Chemical disinfection
- D. Dry heat oven

Q11. According to biomedical waste management guidelines, highly infectious plastic waste (like IV tubing and blood bags) should be disposed of in a:

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

Q12. The clinical difference calculated between the apical pulse rate and the radial pulse rate is known as:

- A. Pulse pressure
- B. Pulse amplitude
- C. Pulse deficit
- D. Pulse volume

Q13. The medical term used to describe a subjective feeling of difficult or labored breathing is:

- A. Apnea
- B. Orthopnea
- C. Dyspnea
- D. Tachypnea

Q14. A severe deficiency of which specific vitamin is the leading cause of night blindness and xerophthalmia?

- A. Vitamin C

B. Vitamin A

C. Vitamin D

D. Vitamin K

Q15. A bone-thinning disorder in adults directly caused by a severe deficiency of Vitamin D is called:

A. Osteomalacia

B. Osteoporosis

C. Osteomyelitis

D. Rickets

Q16. Pellagra, a disease characterized by dermatitis, diarrhea, and dementia, is caused by a deficiency of:

A. Thiamine (B1)

B. Niacin (B3)

C. Riboflavin (B2)

D. Cobalamin (B12)

Q17. What is the clinically normal range for fasting blood sugar (glucose) in a healthy adult?

A. 40 to 60 mg/dL

B. 50 to 80 mg/dL

C. 70 to 100 mg/dL

D. 110 to 140 mg/dL

Q18. Which classic serological test is historically utilized for the presumptive diagnosis of Typhoid fever?

A. VDRL test

B. Widal test

C. ELISA test

D. Mantoux test

Q19. Cholera is an acute, severe diarrheal infection strictly caused by the ingestion of food or water contaminated with:

- A. *Vibrio cholerae*
- B. *Salmonella typhi*
- C. *Escherichia coli*
- D. *Shigella dysenteriae*

Q20. Hepatitis A is a highly contagious viral liver infection primarily transmitted through which route?

- A. Bloodborne
- B. Airborne
- C. Fecal-oral
- D. Sexual contact

Q21. Which universal first aid procedure is performed to dislodge a foreign object blocking a person's airway?

- A. CPR
- B. Heimlich maneuver
- C. Valsalva maneuver
- D. Jaw-thrust maneuver

Q22. According to the Rule of Nines for adult burn assessment, what percentage of TBSA is assigned to the entire right leg?

- A. 9%
- B. 14%
- C. 18%
- D. 36%

Q23. A "Colles' fracture" specifically refers to a very common type of bone fracture involving the:

- A. Distal femur
- B. Proximal humerus
- C. Distal radius
- D. Clavicle

Q24. The clinical medical term for the acute or chronic inflammation of the gallbladder is:

- A. Appendicitis
- B. Cholecystitis
- C. Pancreatitis
- D. Hepatitis

Q25. A positive "Murphy's sign" (pain on inspiration upon deep palpation of the right upper quadrant) is a classic clinical indicator of:

- A. Acute cholecystitis
- B. Acute appendicitis
- C. Renal calculi
- D. Gastric ulcer

Q26. Which major eye disorder is characterized by progressive damage to the optic nerve, frequently associated with an abnormally high intraocular pressure?

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

Q27. The gradual clouding and loss of transparency of the normally clear lens of the eye is medically termed a:

- A. Glaucoma
- B. Cataract
- C. Chalazion
- D. Pterygium

Q28. A positive Homan's sign, elicited by sharp dorsiflexion of the foot causing calf pain, is a classic clinical indicator of:

- A. Peripheral neuropathy
- B. Deep Vein Thrombosis (DVT)
- C. Sciatica
- D. Varicose veins

Q29. Parkinson's disease is a progressive neurodegenerative disorder primarily caused by the severe depletion of which neurotransmitter?

- A. Serotonin
- B. Acetylcholine
- C. Dopamine
- D. GABA

Q30. Which chronic autoimmune, neuromuscular disease is characterized by severe weakness in the skeletal muscles that worsens after activity?

- A. Multiple Sclerosis
- B. Myasthenia Gravis
- C. Muscular Dystrophy
- D. Guillain-Barré Syndrome

Q31. The medical term for the inflammation, irritation, or erosion of the mucosal lining of the stomach is:

- A. Enteritis
- B. Colitis
- C. Gastritis
- D. Peritonitis

Q32. A hormonal disorder that develops when the pituitary gland produces an excessive amount of growth hormone during adulthood is called:

- A. Acromegaly
- B. Gigantism
- C. Cushing's syndrome
- D. Addison's disease

Q33. What is the normal Glomerular Filtration Rate (GFR) used to measure kidney function in a healthy adult?

- A. 60 mL/min
- B. 90 mL/min
- C. 125 mL/min
- D. 180 mL/min

Q34. Which bacterium is clinically responsible for causing the vast majority (80-90%) of uncomplicated urinary tract infections (UTIs)?

- A. Staphylococcus aureus
- B. Pseudomonas aeruginosa
- C. Escherichia coli (E. coli)
- D. Klebsiella pneumoniae

Q35. Which specific medication is most commonly prescribed to decrease blood uric acid levels and prevent acute flares in chronic gout?

- A. Aspirin
- B. Allopurinol
- C. Colchicine
- D. Ibuprofen

Q36. In a healthy woman with a normal pre-pregnancy BMI, what is the medically recommended total weight gain during pregnancy?

- A. 11 to 16 kg
- B. 5 to 8 kg
- C. 18 to 22 kg
- D. 25 to 30 kg

Q37. According to Naegele's rule, how is the Estimated Date of Delivery (EDD) standardly calculated from the Last Menstrual Period (LMP)?

- A. LMP + 7 months - 7 days
- B. LMP + 8 months + 7 days
- C. LMP + 9 months + 7 days
- D. LMP + 10 months - 7 days

Q38. In human reproduction, where does natural fertilization of the egg by the sperm most commonly take place?

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

Q39. What is the established, clinically normal range for a fetal heart rate (FHR)?

- A. 80 to 100 bpm
- B. 100 to 120 bpm
- C. 120 to 160 bpm
- D. 160 to 200 bpm

Q40. An early presumptive sign of pregnancy characterized by a bluish or purplish discoloration of the vaginal mucosa and cervix is called:

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

Q41. The clinical obstetric term used to describe the very first moment a pregnant woman feels fetal movement is:

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

Q42. The second clinical stage of labor strictly begins with full cervical dilation and concludes with the:

- A. Rupture of membranes
- B. Delivery of the placenta
- C. Birth (delivery) of the baby
- D. Onset of regular contractions

Q43. Which clinical stage of labor involves the separation and complete expulsion of the placenta and fetal membranes?

- A. First stage
- B. Third stage
- C. Second stage
- D. Fourth stage

Q44. A surgical incision of the perineum made to enlarge the vaginal opening and assist in childbirth is called an:

- A. Amniotomy
- B. Hysterectomy
- C. Episiotomy
- D. Laparotomy

Q45. A severe, extreme form of nausea and vomiting during pregnancy that leads to significant dehydration and weight loss is clinically termed:

- A. Hyperemesis gravidarum
- B. Preeclampsia
- C. Gestational trophoblastic disease
- D. HELLP syndrome

Q46. An ectopic pregnancy occurs when a fertilized egg implants outside the main uterine cavity. Over 90% of these occur in the:

- A. Ovary
- B. Abdomen
- C. Fallopian tube
- D. Cervix

Q47. Which hormone, secreted by the anterior pituitary gland, is primarily responsible for stimulating breast milk production?

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

Q48. The normal sequence of postpartum vaginal discharge (lochia) color changes following childbirth is:

- A. Serosa, Rubra, Alba
- B. Rubra, Serosa, Alba
- C. Alba, Serosa, Rubra
- D. Rubra, Alba, Serosa

Q49. Primary Postpartum Hemorrhage (PPH) is classically defined as estimated blood loss exceeding what volume following a normal vaginal delivery?

- A. 200 mL
- B. 300 mL
- C. 500 mL
- D. 1000 mL

Q50. Which specific medication is kept readily available as the medical antidote to reverse magnesium sulfate toxicity in preeclampsia patients?

- A. Potassium chloride
- B. Calcium gluconate
- C. Sodium bicarbonate
- D. Naloxone

Q51. The anterior fontanelle, the largest soft spot on a newborn's skull, is distinctly shaped like a:

- A. Circle
- B. Triangle
- C. Diamond
- D. Square

Q52. The posterior fontanelle is triangular in shape and typically closes and ossifies much earlier than the anterior, usually between:

- A. 2 to 4 weeks of age
- B. 6 to 8 weeks of age
- C. 6 to 9 months of age
- D. 12 to 18 months of age

Q53. The very first stool passed by a newborn, which is sterile, thick, sticky, and greenish-black in color, is medically called:

- A. Lanugo
- B. Vernix
- C. Meconium
- D. Colostrum

Q54. An APGAR score ranging from 8 to 10 at 1 and 5 minutes after birth clinically indicates that the newborn:

- A. Is in excellent condition (No depression)
- B. Requires mild resuscitation
- C. Requires severe resuscitation
- D. Is critically ill

Q55. To provide optimal nutrition, the WHO and UNICEF strongly recommend exclusive breastfeeding for an infant's first:

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

Q56. The BCG (Bacillus Calmette-Guérin) vaccine, used to prevent severe forms of childhood tuberculosis, is strictly administered via which route?

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

Q57. The live-attenuated measles vaccine is routinely administered to infants via which specific clinical route?

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

Q58. Tiny, white, grain-like lesions surrounded by a red ring inside the mouth, known as Koplik's spots, are a pathognomonic sign of:

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

Q59. According to normal pediatric developmental milestones, a healthy infant should be able to sit upright independently without support by:

- A. 4 months
- B. 6 months
- C. 8 months
- D. 12 months

Q60. Tetralogy of Fallot is a complex congenital heart defect characterized by exactly how many distinct anatomical abnormalities?

- A. Two
- B. Four
- C. Three
- D. Five

Q61. Forceful, non-bilious, projectile vomiting shortly after feeding is the classic hallmark sign of which infant condition?

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

Q62. Hirschsprung's disease, which causes severe constipation and megacolon in children, is anatomically characterized by the:

- A. Twisting of the bowel
- B. Telescoping of the intestine
- C. Absence of ganglion cells in the bowel
- D. Inflammation of the appendix

Q63. Marasmus is a severe form of malnutrition specifically caused by an extreme dietary deficiency in:

- A. Vitamins only
- B. Minerals only
- C. Both calories and proteins
- D. Proteins only

Q64. An acute viral respiratory illness in young children characterized by subglottic swelling and a distinct, harsh "barking" cough is called:

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

Q65. Which historical figure is universally recognized as the Father of Modern Epidemiology for investigating the 1854 cholera outbreak in London?

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

Q66. The sudden, rapid spread of an infectious disease to a large number of people within a specific community or region is called an:

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

Q67. The specific time interval between the initial entry of an infectious pathogen into the host and the onset of the first clinical symptoms is the:

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

Q68. The headquarters of the United Nations Children's Fund (UNICEF) is located in which major city?

- A. Geneva
- B. New York
- C. London
- D. Paris

Q69. World Health Day is a global health awareness day celebrated annually on which date to commemorate the founding of the WHO?

- A. December 1
- B. March 24
- C. April 7
- D. May 12

Q70. Malaria is a severe parasitic disease transmitted to humans strictly through the bite of an infected female:

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

Q71. Dengue fever is a painful, debilitating viral disease primarily transmitted by the bite of the female:

- A. Anopheles mosquito
- B. Mansonia mosquito
- C. Aedes aegypti mosquito
- D. Tsetse fly

Q72. Directly Observed Treatment, Short-course (DOTS) is the internationally recommended, highly effective strategy for managing:

- A. HIV/AIDS
- B. Tuberculosis (TB)
- C. Leprosy
- D. Malaria

Q73. Under the Indian rural public health system, a single Primary Health Centre (PHC) is designed to provide healthcare to a population of:

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

Q74. A Sub-Centre is the most peripheral point of contact between the healthcare system and the community, serving a plain area population of:

A. 5,000

B. 10,000

C. 3,000

D. 20,000

Q75. Administering vaccinations to completely prevent the initial occurrence of a disease is a classic example of:

A. Tertiary prevention

B. Primary prevention

C. Secondary prevention

D. Quaternary prevention

Q76. Medical rehabilitation and physical therapy aim to soften the impact of an ongoing illness and restore function. This represents:

A. Primary prevention

B. Secondary prevention

C. Tertiary prevention

D. Primordial prevention

Q77. Which historical French physician is widely regarded as the father of modern psychiatry for advocating the humane treatment of patients?

A. Sigmund Freud

B. Philippe Pinel

C. Carl Jung

D. Eugen Bleuler

Q78. The psychiatric term "Schizophrenia" (meaning "splitting of the mind") was introduced in 1908 by which Swiss psychiatrist?

A. Emil Kraepelin

B. Sigmund Freud

C. Eugen Bleuler

D. Ivan Pavlov

Q79. A false sensory perception (like hearing voices) that occurs in the complete absence of any actual external physical stimulus is a:

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

Q80. A deeply entrenched, fixed, and false belief that a psychiatric patient holds with absolute certainty despite objective contradictory evidence is a:

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

Q81. An anxiety disorder characterized by an intense, irrational, and persistent fear of a specific object, situation, or activity is called a:

- A. Panic attack
- B. Phobia
- C. Mania
- D. Delirium

Q82. Acrophobia is the specific psychological term used to describe an extreme, irrational, and debilitating fear of:

- A. Heights
- B. Spiders
- C. Enclosed spaces
- D. Water

Q83. Claustrophobia is an intense situational phobia triggered by an irrational and severe fear of:

- A. Public speaking
- B. Open spaces
- C. Enclosed, confined spaces
- D. Flying

Q84. Which specific medication is universally considered the gold standard and first-line treatment for managing manic episodes in bipolar disorder?

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

Q85. Due to its narrow therapeutic index, the normal therapeutic serum lithium level must be strictly monitored and maintained between:

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

Q86. During a standard Electroconvulsive Therapy (ECT) procedure, what is the typical electrical voltage applied to the brain?

- A. 10 to 30 Volts
- B. 70 to 120 Volts
- C. 200 to 240 Volts
- D. 300 to 400 Volts

Q87. In Obsessive-Compulsive Disorder (OCD), a repetitive, ritualistic behavior that a person feels fiercely driven to perform is called a:

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

Q88. A severe eating disorder characterized by an intense fear of gaining weight, distorted body image, and dangerous self-imposed starvation is:

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

Q89. An eating disorder marked by a cyclical pattern of secretive binge eating followed by compensatory purging (like self-induced vomiting) is:

- A. Anorexia nervosa
- B. Orthorexia
- C. Bulimia nervosa
- D. Rumination disorder

Q90. A psychological defense mechanism where an individual unconsciously reverts to behavioral patterns characteristic of an earlier stage of development is:

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

Q91. When a psychotherapy patient unconsciously redirects emotions and feelings from childhood relationships onto the therapist, it is called:

- A. Countertransference
- B. Projection
- C. Transference
- D. Sublimation

Q92. According to World Health Organization (WHO) classifications, a normal and healthy Body Mass Index (BMI) for an adult ranges from:

- A. 18.5 to 24.9 kg/m²
- B. 25.0 to 29.9 kg/m²
- C. 30.0 to 34.9 kg/m²
- D. 15.0 to 18.4 kg/m²

Q93. The metabolic breakdown and digestion of exactly one gram of carbohydrate yields approximately how much energy?

- A. 4 kilocalories
- B. 7 kilocalories
- C. 9 kilocalories
- D. 12 kilocalories

Q94. Dietary fats are the most energy-dense macronutrient. The metabolism of exactly one gram of fat provides approximately:

- A. 4 kilocalories
- B. 7 kilocalories
- C. 9 kilocalories
- D. 15 kilocalories

Q95. Scurvy is a rare but severe nutritional disease caused directly by a prolonged, extreme dietary deficiency of:

- A. Vitamin A
- B. Vitamin C (ascorbic acid)
- C. Vitamin D
- D. Vitamin B12

Q96. Iron is an essential component of hemoglobin. A dietary deficiency of iron prevents red blood cell production, leading directly to:

- A. Goiter
- B. Anemia
- C. Osteoporosis
- D. Scurvy

Q97. For a healthy human adult at rest, the clinically normal and unlabored respiratory rate is generally observed to be between:

- A. 8 and 12 breaths per minute
- B. 12 and 20 breaths per minute
- C. 20 and 30 breaths per minute
- D. 30 and 40 breaths per minute

Q98. The formal clinical medical term used to describe a resting heart rate that is abnormally fast, specifically exceeding 100 beats per minute, is:

- A. Bradycardia
- B. Tachycardia
- C. Arrhythmia
- D. Fibrillation

Q99. Which widespread, non-invasive medical device clips onto a patient's fingertip to accurately measure the oxygen saturation level (SpO₂) of the blood?

- A. Sphygmomanometer
- B. Capnograph
- C. Pulse oximeter
- D. Electrocardiograph

Q100. Consistent and proper hand hygiene (handwashing) is universally mandated as the single most fundamental and effective measure to prevent the transmission of:

- A. Genetic diseases
- B. Nutritional deficiencies
- C. Nosocomial infections
- D. Autoimmune disorders



Solutions

1. C

Explanation: Lysosomes contain powerful hydrolytic enzymes. If a cell is damaged, lysosomes can burst and digest the cell from the inside, earning the name 'suicidal bags'.

2. B

Explanation: The human skull consists of 22 bones in total, out of which 8 are cranial bones protecting the brain, and 14 are facial bones forming the facial structure.

3. B

Explanation: Tidal volume is the volume of air inspired or expired during a normal, quiet respiratory cycle, which averages approximately 500 mL in a healthy adult.

4. C

Explanation: The Vagus nerve (Cranial Nerve X) is the longest and most widely distributed cranial nerve, extending from the brainstem through the neck and into the thorax and abdomen.

5. C

Explanation: Human blood is slightly alkaline, and its pH must be tightly regulated between 7.35 and 7.45 to maintain normal enzymatic and cellular functions.

6. B

Explanation: The universal medical abbreviation '1 tablespoon' (1 tbsp) is generally accepted to be equivalent to 15 milliliters (mL), whereas 1 teaspoon is 5 mL.

7. B

Explanation: During a medical emergency or cardiac arrest in an adult, the carotid artery in the neck is the most accessible and reliable site to check for a central pulse.

8. C

Explanation: Subcutaneous injections are typically administered at a 45-degree angle (or 90 degrees for very short needles) to ensure the medication enters the fatty tissue layer.

9. A

Explanation: To prevent aspiration of fluids or secretions into the lungs, an unconscious patient should be placed in a side-lying (lateral) position during oral care.

10. B

Explanation: Autoclaving uses steam under pressure (typically 121 degrees Celsius for 15-20 minutes) and is the most effective and reliable method for sterilizing surgical instruments.

11. A

Explanation: According to standard medical guidelines, infectious plastic waste such as IV tubing, syringes (without needles), and blood bags must be disposed of in a red-colored bin.

12. C

Explanation: A pulse deficit is the difference between the apical pulse (counted via stethoscope) and the radial pulse (palpated at the wrist) taken simultaneously.

13. C

Explanation: Dyspnea is the clinical medical term used to describe a subjective feeling of difficult, labored, or uncomfortable breathing.

14. B

Explanation: Vitamin A (Retinol) is essential for synthesizing rhodopsin in the retina; its deficiency is the leading cause of night blindness and xerophthalmia.

15. A

Explanation: Osteomalacia is a bone-thinning disorder in adults caused by severe Vitamin D deficiency, whereas the same deficiency in children causes Rickets.

16. B

Explanation: Pellagra is a severe nutritional deficiency disease characterized by the '3 Ds' (Dermatitis, Diarrhea, Dementia), caused by a lack of Niacin (Vitamin B3).

17. C

Explanation: A normal, healthy fasting blood sugar (glucose) level typically ranges from 70 to 100 mg/dL.

18. B

Explanation: The Widal test is an agglutination test historically and commonly used as a presumptive serological diagnosis for enteric (Typhoid) fever.

19. A

Explanation: Cholera is an acute diarrheal infection caused by the ingestion of food or water contaminated with the bacterium *Vibrio cholerae*.

20. C

Explanation: Hepatitis A is highly contagious and is primarily transmitted through the fecal-oral route, usually via contaminated food or drinking water.

21. B

Explanation: The Heimlich maneuver (abdominal thrusts) is the universal first aid procedure used to dislodge a foreign object blocking a person's airway.

22. C

Explanation: According to the Rule of Nines for burn assessment in an adult, the entire right leg (front and back) accounts for 18%.

23. C
Explanation: A Colles' fracture is a specific type of fracture of the distal radius in the forearm, typically caused by falling onto an outstretched hand.

24. B

Explanation: Cholecystitis is the clinical medical term for the acute or chronic inflammation of the gallbladder, often caused by gallstones.

25. A

Explanation: Murphy's sign is elicited by firmly palpating the right upper quadrant; a sharp halt in inspiration due to pain is a classic indicator of acute cholecystitis.

26. C

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

27. B

Explanation: A cataract is the gradual clouding of the normally clear lens of the eye, leading to a decrease in vision and eventual blindness if untreated.

28. B

Explanation: A positive Homan's sign (calf pain upon sharp dorsiflexion of the foot) is a classic, though nonspecific, clinical indicator of Deep Vein Thrombosis (DVT).

29. C

Explanation: Parkinson's disease is a progressive neurodegenerative disorder primarily caused by the depletion of the neurotransmitter dopamine in the substantia nigra.

30. B

Explanation: Myasthenia Gravis is a chronic autoimmune, neuromuscular disease that causes severe weakness in the skeletal muscles, often worsening after periods of activity.

31. C

Explanation: Gastritis is the medical term for the inflammation, irritation, or erosion of the mucosal lining of the stomach.

32. A

Explanation: Acromegaly is a hormonal disorder that develops when the pituitary gland produces too much growth hormone during adulthood, causing bones to increase in size.

33. C

Explanation: The Glomerular Filtration Rate (GFR) is the best test to measure kidney function. A normal GFR for a healthy adult is approximately 125 mL/min.

34. C

Explanation: Escherichia coli (E. coli), a bacterium normally found in the intestines, is responsible for the vast majority (about 80-90%) of cases.

35. B
Explanation: Allopurinol is a medication commonly prescribed to decrease blood uric acid levels, preventing acute flares in patients with chronic gout.

36. A

Explanation: In a healthy woman with a normal pre-pregnancy BMI, the medically recommended and expected weight gain during pregnancy is between 11 and 16 kg.

37. C

Explanation: Naegele's rule is a standard way to calculate the Estimated Date of Delivery (EDD): add 7 days to the first day of the LMP and subtract 3 months (or add 9 months).

38. B

Explanation: In human reproduction, natural fertilization (the union of the sperm and egg) typically occurs in the ampulla, the widest section of the fallopian tube.

39. C

Explanation: A normal, healthy fetal heart rate ranges from 120 to 160 beats per minute. Rates outside this range may indicate fetal distress.

40. A

Explanation: Chadwick's sign is an early presumptive sign of pregnancy characterized by a bluish or purplish discoloration of the vaginal mucosa and cervix due to increased blood flow.

41. C

Explanation: Quickening is the clinical term used to describe the first moment a pregnant woman feels fetal movement, typically between 16 and 20 weeks of gestation.

42. C

Explanation: The second stage of labor begins when the cervix is fully dilated (10 cm) and completely concludes with the actual birth (delivery) of the baby.

43. B

Explanation: The third clinical stage of labor involves the separation and complete expulsion of the placenta and fetal membranes from the uterus.

44. C

Explanation: An episiotomy, a surgical incision of the perineum to enlarge the vaginal opening, is performed during the second stage of labor to expedite delivery and prevent tearing.

45. A

Explanation: Hyperemesis gravidarum is a severe and extreme form of nausea and vomiting during pregnancy that can lead to significant dehydration, weight loss, and electrolyte imbalances.

46. C

Explanation: An ectopic pregnancy occurs when a fertilized egg implants outside the main uterine cavity. The most common site (over 90%) is the fallopian tube.

47. A

Explanation: Prolactin, secreted by the anterior pituitary gland, is the primary hormone responsible for stimulating and sustaining breast milk production (lactogenesis).

48. B

Explanation: The normal sequence of postpartum vaginal discharge (lochia) is Rubra (red, days 1-3), Serosa (pink/brown, days 4-10), and Alba (white/yellow, days 11-21).

49. C

Explanation: Primary Postpartum Hemorrhage (PPH) is an obstetric emergency classically defined as estimated blood loss exceeding 500 mL following a normal vaginal delivery.

50. B

Explanation: Calcium gluconate is the specific medical antidote kept readily available to reverse the effects of magnesium sulfate toxicity during preeclampsia treatment.

51. C

Explanation: The anterior fontanelle, the largest 'soft spot' on a newborn's skull, is distinctly diamond-shaped and located at the junction of the coronal and sagittal sutures.

52. B

Explanation: The posterior fontanelle is triangular and typically closes and ossifies much earlier than the anterior fontanelle, usually between 6 and 8 weeks (1.5 to 2 months) of age.

53. C

Explanation: Meconium is the clinical term for the very first stool passed by a newborn. It is sterile, thick, sticky, and greenish-black in color.

54. A

Explanation: An APGAR score ranging from 8 to 10 at 1 and 5 minutes after birth indicates that the newborn is in excellent physical condition and requires no resuscitation.

55. B

Explanation: To provide optimal nutrition and immune system benefits, the WHO and UNICEF strongly recommend exclusive breastfeeding for the first 6 months of an infant's life.

56. B

Explanation: The BCG (Bacillus Calmette-Guérin) vaccine, used to prevent severe tuberculosis in children, is strictly administered via the intradermal (ID) route.

57. C

Explanation: The live-attenuated measles vaccine is routinely administered via the subcutaneous (SC) route, typically in the upper arm or anterolateral thigh.

58. C

Explanation: Koplik's spots are tiny, white, grain-like lesions surrounded by a red ring inside the mouth, serving as an early, pathognomonic diagnostic sign of Measles (Rubeola).

59. C

Explanation: According to normal pediatric developmental milestones, a healthy infant should be able to sit upright independently without support by 8 months of age.

60. B

Explanation: Tetralogy of Fallot is a complex congenital heart defect characterized by exactly four anatomical abnormalities, including a Ventricular Septal Defect (VSD) and pulmonary stenosis.

61. A

Explanation: Forceful, non-bilious, projectile vomiting shortly after feeding is the classic and most prominent hallmark sign of Hypertrophic Pyloric Stenosis in infants.

62. C

Explanation: Hirschsprung's disease, also known as congenital aganglionic megacolon, is characterized by the absence of ganglion cells in the bowel, causing severe constipation.

63. C

Explanation: Marasmus is a severe form of malnutrition specifically caused by an overall extreme deficiency in both total calories and proteins, leading to profound wasting.

64. B

Explanation: Croup is an acute viral respiratory illness in infants and young children characterized by subglottic swelling, which produces a distinctive, harsh 'barking' cough.

65. C

Explanation: Dr. John Snow is universally recognized as the Father of Modern Epidemiology for his groundbreaking public health investigation of the 1854 cholera outbreak in London.

66. B

Explanation: An epidemic refers to the sudden, rapid spread of an infectious disease to a large number of people within a specific community or region over a short period.

67. B

Explanation: The incubation period is the specific time interval between initial exposure/entry of an infectious pathogen into the host and the onset of the first clinical symptoms.

68. B

Explanation: The headquarters of the United Nations Children's Fund (UNICEF), an agency responsible for providing humanitarian aid to children worldwide, is located in New York City.

69. C

Explanation: World Health Day is a global health awareness day celebrated annually on April 7th to commemorate the founding of the World Health Organization (WHO) in 1948.

70. B

Explanation: Malaria is a severe and sometimes fatal parasitic disease transmitted to humans strictly through the bite of an infected female Anopheles mosquito.

71. C

Explanation: Dengue fever is a painful, debilitating mosquito-borne viral disease transmitted primarily by the bite of the female Aedes aegypti mosquito.

72. B

Explanation: Directly Observed Treatment, Short-course (DOTS) is the internationally recommended, highly effective strategy for the clinical management and control of Tuberculosis (TB).

73. C

Explanation: Under the Indian rural public health system, a single Primary Health Centre (PHC) is designed to provide healthcare services to a population of 30,000 in plain areas.

74. A

Explanation: A Sub-Centre is the most peripheral point of contact between the

primary healthcare system and the community, serving a population of 5,000 in plain areas.

75. B

Explanation: Vaccination is a classic example of primary prevention, as it involves specific interventions deployed to completely prevent the initial occurrence of a disease.

76. C

Explanation: Medical rehabilitation and physical therapy are examples of tertiary prevention, which aims to soften the impact of an ongoing illness and restore maximum function.

77. B

Explanation: Philippe Pinel, a French physician, is widely regarded as the father of modern psychiatry for his instrumental role in advocating for the humane treatment of psychiatric patients.

78. C

Explanation: The psychiatric term 'Schizophrenia' (meaning 'splitting of the mind') was introduced by the Swiss psychiatrist Eugen Bleuler in 1908.

79. B

Explanation: A hallucination is a false sensory perception (like hearing voices or seeing things) that occurs in the complete absence of any actual external physical stimulus.

80. C

Explanation: A delusion is a deeply entrenched, fixed, and false belief that a psychiatric patient holds with absolute certainty, despite clear objective contradictory evidence.

81. B

Explanation: A phobia is an anxiety disorder characterized by an intense, irrational, and persistent fear of a specific object, situation, or activity, leading to avoidance.

82. A

Explanation: Acrophobia is the specific psychological term used to describe an extreme, irrational, and debilitating fear of heights.

83. C

Explanation: Claustrophobia is an intense situational phobia triggered by an irrational and severe fear of enclosed, confined, or tight spaces.

84. B

Explanation: Lithium carbonate is a mood-stabilizing medication universally considered the gold standard and first-line treatment for managing bipolar disorder mania.

85. C

Explanation: Due to its narrow therapeutic index, the normal therapeutic serum lithium level must be strictly monitored and maintained between 0.6 and 1.2 mEq/L.

86. B

Explanation: During a standard Electroconvulsive Therapy (ECT) procedure, a carefully controlled electrical stimulus, typically ranging between 70 and 120 volts, is applied to the brain.

87. B

Explanation: In Obsessive-Compulsive Disorder (OCD), a compulsion is a repetitive, ritualistic behavior or mental act that a person feels fiercely driven to perform to reduce anxiety.

88. B

Explanation: Anorexia nervosa is a severe eating disorder characterized by an intense fear of gaining weight, a distorted body image, and dangerous, self-imposed starvation.

89. C

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

90. A

Explanation: Regression is a psychological defense mechanism where an individual unconsciously reverts to behavioral patterns characteristic of an earlier, safer stage of development.

91. C

Explanation: Transference occurs in psychotherapy when a patient unconsciously redirects emotions and feelings—often from childhood relationships—onto the therapist.

92. B

Explanation: According to World Health Organization (WHO) classifications, a normal and healthy Body Mass Index (BMI) for an adult ranges from 18.5 to 24.9 kg/m².

93. A

Explanation: Carbohydrates are the body's primary energy source. The metabolic breakdown of exactly one gram of carbohydrate yields approximately 4 kilocalories of energy.

94. C

Explanation: Dietary fats are the most energy-dense macronutrient. The digestion and metabolism of one gram of fat provide approximately 9 kilocalories of energy.

95. B

Explanation: Scurvy is a rare but severe nutritional disease caused directly by a prolonged, extreme dietary deficiency of Vitamin C (ascorbic acid).

96. B

Explanation: Iron is an essential structural component of hemoglobin. A dietary deficiency of iron prevents adequate red blood cell production, leading directly to anemia.

97. B

Explanation: For a healthy human adult at rest, the clinically normal and unla-

bored respiratory rate is generally observed to be between 12 and 20 breaths per minute.

98. A

Explanation: Tachycardia is the formal clinical medical term used to describe a resting heart rate that is abnormally fast, specifically exceeding 100 beats per minute.

99. C

Explanation: A pulse oximeter is a widespread, non-invasive medical device that clips onto a patient's fingertip to accurately measure the oxygen saturation level (SpO₂) of the blood.

100. C

Explanation: Consistent and proper hand hygiene (handwashing) is universally mandated as the single most fundamental and effective measure to prevent the transmission of nosocomial infections.

