

PGIMER M.SC NURSING SAMPLE PAPER 07

Time Allowed: 1 Hour 30 Minutes

Maximum Marks: 100

Total Questions: 100

Instructions:

- All questions are multiple choice questions.
- Each question carries 1 mark.
- 0.25 marks will be deducted for each wrong answer.
- Attempt all questions carefully.
- The question paper is in English language only.

SECTION 1 - MEDICAL SURGICAL NURSING

- Q1. A patient with a suspected tension pneumothorax is displaying severe respiratory distress, tracheal deviation, and absent breath sounds on the affected side. What is the priority nursing intervention?
- (a) Obtain a STAT chest X-ray to confirm the diagnosis.
 - (b) Assist the physician with immediate needle decompression.
 - (c) Prepare the patient for a bronchoscopy.
 - (d) Administer high-flow oxygen via a nasal cannula.
- Q2. Which medication is most commonly used for the pharmacological management of "Diabetes Insipidus" to control excessive urine output?
- (a) Furosemide
 - (b) Desmopressin (DDAVP)
 - (c) Insulin Glargine
 - (d) Spironolactone
- Q3. What is the clinical significance of "Kernig's sign" when assessing a patient for meningitis?
- (a) Inability to extend the knee when the hip is flexed at 90 degrees.
 - (b) Involuntary flexion of the hips and knees when the neck is flexed.
 - (c) Stiffness in the lower back upon bending forward.
 - (d) Pain in the calf upon dorsiflexion of the foot.
- Q4. In a patient with "Graves' Disease," which laboratory finding would the nurse expect to see?
- (a) Low T3/T4 and High TSH
 - (b) High T3/T4 and Low TSH
 - (c) High TSH and Low T3/T4
 - (d) Normal T3/T4 and Low TSH
- Q5. Which acid-base imbalance is most commonly associated with prolonged vomiting?
- (a) Respiratory Acidosis
 - (b) Metabolic Acidosis
 - (c) Respiratory Alkalosis
 - (d) Metabolic Alkalosis
- Q6. A patient with "Myasthenia Gravis" is at risk for "Myasthenic Crisis." What is the most critical nursing assessment during this crisis?

- (a) Monitoring for skin breakdown.
 - (b) Assessing respiratory muscle strength and airway patency.
 - (c) Checking for pupillary reaction.
 - (d) Monitoring serum calcium levels.
- Q7. What is the characteristic "color" of the skin in a patient with "Addison's Disease" due to increased ACTH production?
- (a) Pale and waxy
 - (b) Bronze/hyperpigmented
 - (c) Yellowish (jaundice)
 - (d) Bluish (cyanotic)
- Q8. Which of the following is the most appropriate instruction for a patient taking "Alendronate" (a bisphosphonate) for osteoporosis?
- (a) Take with your morning coffee for better absorption.
 - (b) Lie down for 30 minutes after taking the medication.
 - (c) Take with a full glass of water and remain upright for at least 30 minutes.
 - (d) Take just before going to bed.
- Q9. A patient has a "Stage 4" pressure injury. Which characteristic would the nurse observe?
- (a) Non-blanchable erythema of intact skin.
 - (b) Partial-thickness skin loss involving the epidermis and dermis.
 - (c) Full-thickness skin loss with exposed bone, tendon, or muscle.
 - (d) Full-thickness skin loss involving subcutaneous fat.
- Q10. What is the "Dumping Syndrome" in patients who have undergone partial gastrectomy?
- (a) Rapid emptying of hypertonic chyme into the small intestine, leading to vasomotor symptoms.
 - (b) Severe constipation due to loss of stomach acidity.
 - (c) Chronic vomiting of undigested food.
 - (d) Inability to absorb Vitamin B12.
- Q11. Which condition involves the inflammation of the gallbladder, typically caused by gallstones?
- (a) Choledocholithiasis
 - (b) Cholecystitis
 - (c) Cholangitis
 - (d) Cholelithiasis

- Q12. A patient on "Warfarin" therapy should be monitored for which laboratory value to assess effectiveness?
- (a) PTT (Partial Thromboplastin Time)
 - (b) INR (International Normalized Ratio)
 - (c) Platelet count
 - (d) Bleeding time
- Q13. What is the primary sign of "Increased Intracranial Pressure" (ICP) in the Cushing's Triad?
- (a) Tachycardia, hypotension, and fever.
 - (b) Hypertension, bradycardia, and irregular respirations.
 - (c) Hypotension, bradycardia, and rapid respirations.
 - (d) Hypertension, tachycardia, and shallow breathing.
- Q14. Which diet is recommended for a patient in the acute phase of "Ulcerative Colitis"?
- (a) High-fiber diet
 - (b) Low-residue, high-protein diet
 - (c) Fat-free diet
 - (d) Liquid diet only
- Q15. What is the "Gold Standard" for diagnosing "Deep Vein Thrombosis" (DVT)?
- (a) D-dimer test
 - (b) Duplex venous ultrasonography
 - (c) Venography
 - (d) Homan's sign

SECTION 2 - COMMUNITY HEALTH NURSING

- Q16. Which of the following describes the "Prevalence" of a disease?
- (a) The number of new cases of a disease during a specific period.
 - (b) The total number of existing cases (both new and old) of a disease at a specific point in time.
 - (c) The number of deaths due to a specific disease.
 - (d) The ratio of males to females affected by the disease.
- Q17. What is the primary objective of "Contact Tracing" in infectious disease control?
- (a) To provide treatment for the primary patient.
 - (b) To identify, inform, and monitor individuals who have been exposed to an infectious case.
 - (c) To calculate the incubation period of the disease.
 - (d) To eliminate the environmental reservoir of the pathogen.
- Q18. According to the "Epidemiological Triad," which three components must interact to cause disease?
- (a) Agent, Host, and Environment
 - (b) Symptom, Diagnosis, and Treatment
 - (c) Mortality, Morbidity, and Disability
 - (d) Prevention, Promotion, and Protection
- Q19. Which of the following is an example of "Secondary Prevention"?
- (a) Administering a vaccine to prevent infection.
 - (b) Performing a Pap smear to detect early cervical cell changes.
 - (c) Providing physical therapy to a stroke patient.
 - (d) Educating a community on the benefits of regular exercise.
- Q20. What is the "Cold Chain" in the context of immunization programs?
- (a) A system of transporting vaccines at low temperatures from the manufacturer to the point of administration.
 - (b) A method of isolating sick patients.
 - (c) A storage system for surgical instruments.
 - (d) The process of sterilizing syringes.
- Q21. Which organization declared the "Smallpox Eradication" as a global health achievement?
- (a) UNICEF

- (b) World Health Organization (WHO)
- (c) CDC
- (d) Red Cross

Q22. The "Dependency Ratio" is a measurement of:

- (a) Number of doctors per 1,000 population.
- (b) Ratio of the dependent population (0–14 and 65+ years) to the working-age population (15–64 years).
- (c) Number of children per woman in the reproductive age.
- (d) Number of people dependent on government welfare.

Q23. What does the "Attributable Risk" (AR) represent in epidemiological studies?

- (a) The risk of developing a disease in the exposed group that is directly linked to the exposure.
- (b) The total number of cases in the population.
- (c) The difference in mortality between males and females.
- (d) The probability that a test will be positive.

Q24. Which of the following is considered a "Vector-borne" disease?

- (a) Tuberculosis
- (b) Dengue fever
- (c) Hypertension
- (d) Measles

Q25. The "Health Belief Model" (HBM) is primarily used to explain:

- (a) Why individuals do or do not adopt healthy behaviors.
- (b) The biological origin of diseases.
- (c) The cost-effectiveness of medical treatments.
- (d) The management of hospital wards.

Q26. What is the "Incubation Period"?

- (a) The time between infection and the appearance of the first symptoms.
- (b) The time it takes for a vaccine to produce antibodies.
- (c) The duration of treatment for an infection.
- (d) The time between recovery and susceptibility.

Q27. Which survey method is most effective for obtaining information on the health practices of a large, diverse population?

- (a) Intensive case study
- (b) Large-scale sample survey
- (c) Clinical interview
- (d) Laboratory analysis

Q28. What is the primary role of an "ASHA" (Accredited Social Health Activist) in India?

- (a) Conducting complex surgeries.
- (b) Acting as a bridge between the community and the formal health system.
- (c) Managing hospital finances.
- (d) Developing national health policy.

Q29. "Herd Immunity" is ineffective against diseases that are:

- (a) Transmitted via water.
- (b) Non-communicable diseases.
- (c) Exclusively spread by animal bites (zoonotic) where the reservoir cannot be eradicated.
- (d) Airborne.

Q30. Which of the following indicators is a measure of "Social Development" rather than purely health status?

- (a) Life expectancy at birth
- (b) Literacy rate
- (c) Infant mortality rate
- (d) Maternal mortality ratio

SECTION 3 - OBSTETRIC AND GYNECOLOGICAL NURSING

- Q31. Which maneuver is performed to assist with the delivery of the fetal head in a breech presentation?
- (a) Mauriceau-Smellie-Veit maneuver
 - (b) Ritgen maneuver
 - (c) Leopold's maneuver
 - (d) McRoberts maneuver
- Q32. A woman at 36 weeks gestation reports a sudden gush of clear, watery fluid from the vagina. Which is the priority nursing action?
- (a) Perform a sterile vaginal exam to check dilation.
 - (b) Check the fetal heart rate (FHR) to rule out umbilical cord prolapse.
 - (c) Instruct the patient to walk around to encourage labor.
 - (d) Administer a Tocolytic.
- Q33. What is the "First stage of labor" defined by?
- (a) From the onset of true labor pains to full cervical dilation (10 cm).
 - (b) From full dilation to the birth of the baby.
 - (c) From the birth of the baby to the delivery of the placenta.
 - (d) From the delivery of the placenta to the stabilization of the mother.
- Q34. "Chadwick's Sign" is a probable sign of pregnancy characterized by:
- (a) Softening of the cervix.
 - (b) Bluish-violet discoloration of the vaginal mucosa and cervix.
 - (c) Palpable fetal movement.
 - (d) Braxton Hicks contractions.
- Q35. Which hormone is responsible for maintaining the corpus luteum during early pregnancy?
- (a) Estrogen
 - (b) Progesterone
 - (c) Human Chorionic Gonadotropin (hCG)
 - (d) Oxytocin
- Q36. What is the primary management for a patient experiencing "Shoulder Dystocia"?
- (a) C-section

- (b) McRoberts maneuver and suprapubic pressure
 - (c) Forceps delivery
 - (d) Oxytocin infusion
- Q37. A mother with Preeclampsia is on Magnesium Sulfate. The nurse notes the patient's respiratory rate is 10 breaths/minute. What is the immediate action?
- (a) Call the physician.
 - (b) Stop the Magnesium Sulfate infusion.
 - (c) Administer Calcium Gluconate.
 - (d) Increase the IV fluid rate.
- Q38. "Placenta Abruptio" is clinically distinguished from "Placenta Previa" by the presence of:
- (a) Painless bright red bleeding.
 - (b) Abdominal pain, rigid "board-like" uterus, and dark red bleeding.
 - (c) Fetal heart rate accelerations.
 - (d) Excessive amniotic fluid.
- Q39. Which of the following is the best way to prevent Mastitis in a breastfeeding mother?
- (a) Weaning the baby early.
 - (b) Thorough handwashing and proper infant latch/complete breast emptying.
 - (c) Applying ice packs to the breasts after every feed.
 - (d) Supplementing with formula.
- Q40. What is the "Normal duration" of the puerperium (postpartum period)?
- (a) 2 weeks
 - (b) 6 weeks
 - (c) 3 months
 - (d) 1 year
- Q41. "HELLP Syndrome" is a complication of severe preeclampsia. What does the acronym stand for?
- (a) Hypertension, Edema, Liver failure, Low Platelets.
 - (b) Hemolysis, Elevated Liver enzymes, Low Platelet count.
 - (c) Heart failure, Edema, Lung congestion, Low Protein.
 - (d) High blood pressure, Eclampsia, Low leukocytes, Pain.
- Q42. What is the "Fetal Lie"?

- (a) The relationship between the long axis of the fetus and the long axis of the mother.
- (b) The part of the fetus that enters the pelvis first.
- (c) The relation of the fetal body parts to each other.
- (d) The fetal position in the pelvis.

Q43. Which of the following is considered a "Positive" sign of pregnancy?

- (a) Nausea and vomiting.
- (b) Quickening (fetal movement felt by mother).
- (c) Visualization of the fetus on ultrasound.
- (d) Breast tenderness.

Q44. What is the purpose of "Oxytocin" in the 3rd stage of labor?

- (a) To induce labor contractions.
- (b) To stimulate uterine contractions to prevent postpartum hemorrhage (PPH) after the placenta is delivered.
- (c) To soften the cervix.
- (d) To speed up the second stage.

Q45. A woman in labor is hyperventilating and feeling tingling in her fingers. What is the most likely cause?

- (a) Respiratory alkalosis.
- (b) Metabolic acidosis.
- (c) Fetal distress.
- (d) Placental abruption.

SECTION 4 - CHILD HEALTH NURSING

- Q46. A 2-year-old child is brought to the clinic with "Strawberry tongue," high fever, and peeling skin on the palms and soles. Which condition is most likely?
- (a) Measles
 - (b) Scarlet Fever
 - (c) Kawasaki Disease
 - (d) Hand, Foot, and Mouth Disease
- Q47. Which reflex is characterized by the infant extending and abducting the arms and then bringing them together in a "crying" motion when startled?
- (a) Moro reflex
 - (b) Rooting reflex
 - (c) Tonic neck reflex
 - (d) Babinski reflex
- Q48. What is the most common cause of "Acute Glomerulonephritis" in children?
- (a) Staphylococcus aureus infection
 - (b) Group A Beta-hemolytic streptococcal infection (Post-streptococcal)
 - (c) Viral gastroenteritis
 - (d) Urinary tract infection
- Q49. A child with "Cystic Fibrosis" requires which type of dietary modification?
- (a) Low-calorie, low-fat
 - (b) High-calorie, high-protein, and high-fat with pancreatic enzyme replacement
 - (c) Fluid restriction
 - (d) Gluten-free diet
- Q50. What is the primary feature of "Hirschsprung's Disease" in a newborn?
- (a) Projectile vomiting
 - (b) Failure to pass meconium within the first 48 hours
 - (c) Frequent diarrhea
 - (d) Excessive crying
- Q51. Which developmental stage, according to Erikson, involves the "Initiative vs. Guilt" conflict?
- (a) Infancy
 - (b) Preschool (3–6 years)

- (c) School-age (6–12 years)
 - (d) Adolescence
- Q52. A nurse is assessing a child with "Celiac Disease." Which food must be strictly excluded from the child's diet?
- (a) Rice
 - (b) Corn
 - (c) Wheat, Barley, and Rye
 - (d) Potatoes
- Q53. What is the classic clinical sign of "Epiglottitis" in a child?
- (a) Barking cough
 - (b) Drooling, dysphagia, and tripod position (sitting forward to breathe)
 - (c) Rhinorrhea
 - (d) Wheezing
- Q54. In an infant with "Severe Dehydration," which finding would suggest the child is compensating?
- (a) Increased heart rate and decreased capillary refill time
 - (b) Bulging fontanelle
 - (c) High urine output
 - (d) Hypertension
- Q55. What is the most appropriate age for a child to receive the first dose of the MMR vaccine?
- (a) Birth
 - (b) 6 weeks
 - (c) 9 to 12 months
 - (d) 2 years
- Q56. Which cardiac defect is characterized by the "three-symptom" complex: narrowing of the aorta?
- (a) Patent Ductus Arteriosus
 - (b) Coarctation of the Aorta
 - (c) Tetralogy of Fallot
 - (d) Ventricular Septal Defect
- Q57. "Koplik's spots" are a diagnostic feature of:
- (a) Chickenpox

- (b) Measles (Rubeola)
- (c) Rubella
- (d) Mumps

Q58. What is the normal pulse rate for a toddler (1–3 years)?

- (a) 60–80 bpm
- (b) 80–130 bpm
- (c) 140–160 bpm
- (d) 180–200 bpm

Q59. Which type of play is characteristic of "Toddlers"?

- (a) Solitary play
- (b) Parallel play
- (c) Associative play
- (d) Cooperative play

Q60. A child with "Sickle Cell Anemia" is in a Vaso-occlusive crisis. What is the priority nursing intervention?

- (a) Cold compresses
- (b) Fluid hydration and pain management
- (c) Restricting fluids
- (d) Administering high-dose vitamins

SECTION 5 - MENTAL HEALTH NURSING

- Q61. A patient says to the nurse, "I am the President of the Earth, and I have a secret mission to save the galaxy." This statement is an example of:
- (a) Delusion of grandeur
 - (b) Delusion of persecution
 - (c) Nihilistic delusion
 - (d) Somatic delusion
- Q62. Which nursing intervention is most important when a patient is experiencing a severe Panic Attack?
- (a) Ask the patient to explain the cause of their fear.
 - (b) Stay with the patient and provide a calm, safe, and structured environment.
 - (c) Leave the patient alone to help them settle down.
 - (d) Encourage the patient to focus on their intrusive thoughts.
- Q63. What is "Tardive Dyskinesia," a potential side effect of long-term antipsychotic use?
- (a) Involuntary rhythmic movements of the face, tongue, and limbs.
 - (b) High fever and muscle rigidity.
 - (c) Excessive salivation and drooling.
 - (d) Extreme anxiety and insomnia.
- Q64. In "Major Depressive Disorder," what is the most significant safety risk the nurse must screen for?
- (a) Substance abuse
 - (b) Self-harm or suicidal ideation
 - (c) Weight gain
 - (d) Difficulty sleeping
- Q65. Which personality disorder is characterized by "Splitting" (viewing others as either all good or all bad)?
- (a) Narcissistic Personality Disorder
 - (b) Borderline Personality Disorder
 - (c) Antisocial Personality Disorder
 - (d) Schizoid Personality Disorder
- Q66. What is the "First-line" pharmacological treatment for Bipolar Disorder?
- (a) Benzodiazepines

- (b) Lithium Carbonate
 - (c) Antidepressants alone
 - (d) Stimulants
- Q67. Which defense mechanism involves attributing one's own unacceptable impulses to others?
- (a) Projection
 - (b) Denial
 - (c) Rationalization
 - (d) Displacement
- Q68. A patient with "OCD" (Obsessive-Compulsive Disorder) performs constant handwashing. What is the nurse's best approach?
- (a) Force the patient to stop immediately.
 - (b) Allow the ritual but gradually limit the time allowed for it.
 - (c) Mock the ritual to make the patient realize it is irrational.
 - (d) Ignore the behavior entirely.
- Q69. "Agoraphobia" is the fear of:
- (a) Spiders.
 - (b) Being in situations where escape might be difficult or help unavailable.
 - (c) Public speaking.
 - (d) Dark spaces.
- Q70. What is the "Mini-Mental State Examination" (MMSE) used for?
- (a) Diagnosing schizophrenia.
 - (b) Screening for cognitive impairment and dementia.
 - (c) Measuring intelligence quotient (IQ).
 - (d) Assessing motor reflexes.
- Q71. Which symptom is a "Negative" symptom of Schizophrenia?
- (a) Hallucinations
 - (b) Delusions
 - (c) Avolition (lack of motivation)
 - (d) Disorganized speech
- Q72. What is the primary effect of "Serotonin Syndrome"?
- (a) Hypertension, agitation, and shivering, usually caused by drug-drug interaction.

- (b) Severe hypotension and drowsiness.
- (c) Sudden hair loss.
- (d) Increased appetite.

Q73. Which therapy focuses on challenging and changing negative thought patterns?

- (a) Cognitive Behavioral Therapy (CBT)
- (b) Psychoanalysis
- (c) Group therapy
- (d) Hypnosis

Q74. "Anorexia Nervosa" is characterized by:

- (a) Binge eating followed by purging.
- (b) Refusal to maintain a healthy body weight due to an intense fear of gaining weight.
- (c) Compulsive eating without purging.
- (d) Excessive exercise with normal caloric intake.

Q75. In "Delirium," the onset of symptoms is typically:

- (a) Gradual and progressive.
- (b) Sudden and fluctuating.
- (c) Present from birth.
- (d) Always permanent.

SECTION 6 - NURSING FOUNDATIONS

- Q76. When assessing a patient's peripheral pulses, which artery is typically used to monitor the pulse rate in an adult?
- (a) Radial artery
 - (b) Carotid artery
 - (c) Brachial artery
 - (d) Femoral artery
- Q77. What is the "Braden Scale" used to assess?
- (a) Level of consciousness
 - (b) Risk for pressure ulcer development
 - (c) Pain intensity
 - (d) Nutritional status
- Q78. A nurse is preparing to administer an injection at a 45-degree angle. Which route is this?
- (a) Intramuscular
 - (b) Intravenous
 - (c) Subcutaneous
 - (d) Intradermal
- Q79. What is the purpose of the "SBAR" technique in nursing communication?
- (a) To document patient intake and output.
 - (b) To provide a standardized, structured framework for communication between health-care team members.
 - (c) To calculate drug dosages.
 - (d) To prioritize nursing diagnoses.
- Q80. Which of the following is considered "Objective Data" collected during a patient assessment?
- (a) The patient reports feeling nauseated.
 - (b) The patient states, "I have a headache."
 - (c) The patient's blood pressure is 140/90mmHg.
 - (d) The patient says they are worried about surgery.
- Q81. If a patient is in "Fowler's position," how is the bed adjusted?
- (a) Flat, face-up
 - (b) Head of the bed elevated at 45 to 60 degrees

- (c) Head of the bed lower than the feet
- (d) On the side with the top leg flexed

Q82. What is the correct way to handle a "Sterile" tray?

- (a) Reach over the tray to grab supplies.
- (b) Consider the 1-inch border of the drape as contaminated.
- (c) Place it on a wet surface if necessary.
- (d) Keep it at knee level.

Q83. Which nursing action is essential before administering any medication?

- (a) Checking the patient's ID band using two patient identifiers.
- (b) Asking the patient's family if they want the medication.
- (c) Measuring the patient's height.
- (d) Reviewing the entire medical history back to birth.

Q84. "Isotonic" IV fluids, such as Normal Saline (0.9% $NaCl$), have what effect on cells?

- (a) They cause cells to swell.
- (b) They cause cells to shrink.
- (c) They have no significant effect on cell volume (equal osmotic pressure).
- (d) They destroy the cell membrane.

Q85. What is "Autonomy" in medical ethics?

- (a) Doing good for the patient.
- (b) The right of the patient to make their own healthcare decisions.
- (c) Fairness in the distribution of resources.
- (d) The obligation to tell the truth.

SECTION 7 - NURSING RESEARCH AND STATISTICS

Q86. In qualitative research, what is "Saturation"?

- (a) The point where the researcher has interviewed enough people that no new themes or information are emerging.
- (b) The statistical significance of a large data set.
- (c) The process of cleaning numerical data.
- (d) The final step of hypothesis testing.

Q87. Which scale of measurement has a "True Zero" point?

- (a) Nominal
- (b) Ordinal
- (c) Interval
- (d) Ratio

Q88. "Reliability" of a research instrument refers to:

- (a) The ability of the tool to measure what it is intended to measure.
- (b) The consistency and stability of the measurements.
- (c) The ease of administering the tool.
- (d) The cost of the research study.

Q89. A "Dependent Variable" is defined as:

- (a) The variable that is manipulated by the researcher.
- (b) The variable that is observed for changes (the outcome).
- (c) A confounding variable that affects the result.
- (d) The sample group.

Q90. What is the "Mode" of the following data set: 2, 4, 4, 6, 8, 8, 8, 10?

- (a) 4
- (b) 6
- (c) 8
- (d) 10

Q91. Which sampling method involves dividing the population into subgroups and then randomly selecting participants from each subgroup?

- (a) Simple Random Sampling
- (b) Stratified Random Sampling
- (c) Purposive Sampling

(d) Snowball Sampling

Q92. What does a "Positive Correlation" (e.g., +0.85) mean?

- (a) As one variable increases, the other variable decreases.
- (b) As one variable increases, the other variable also increases.
- (c) There is no relationship between the variables.
- (d) The variables are perfectly equal.

Q93. What is "Hawthorne Effect" in research?

- (a) The bias introduced by the researcher's expectations.
- (b) The phenomenon where participants change their behavior because they know they are being observed.
- (c) The tendency for extreme scores to return to the mean.
- (d) A type of error in data entry.

Q94. Which statistical test would be used to compare the difference between the means of three different groups?

- (a) t-test
- (b) Analysis of Variance (ANOVA)
- (c) Chi-square
- (d) Correlation

Q95. What is an "Informed Consent" document meant to provide?

- (a) A guarantee of successful study outcomes.
- (b) Detailed information so a subject can make an educated, voluntary decision to participate.
- (c) The researcher's personal contact information.
- (d) A legal contract that cannot be broken.

SECTION 8 - GENERAL KNOWLEDGE AND CURRENT AFFAIRS

- Q96. Which international day is celebrated on 12th May every year to honor the nursing profession and commemorate the birth anniversary of Florence Nightingale?
- (a) World Health Day
 - (b) International Nurses Day
 - (c) World Patient Safety Day
 - (d) International Women's Day
- Q97. The "SDGs" (Sustainable Development Goals) established by the United Nations include how many goals to be achieved by 2030?
- (a) 10
 - (b) 15
 - (c) 17
 - (d) 20
- Q98. Which Indian state was the first to implement the "Right to Health" Act, aiming to provide free emergency medical care to all its residents?
- (a) Kerala
 - (b) Rajasthan
 - (c) Tamil Nadu
 - (d) Maharashtra
- Q99. What is the name of the digital health platform launched by the Government of India to create a unique health ID for every citizen?
- (a) Ayushman Bharat Digital Mission (ABDM)
 - (b) Aarogya Setu
 - (c) Co-WIN
 - (d) e-Sanjeevani
- Q100. The "World Health Organization" (WHO) is headquartered in which city?
- (a) Geneva, Switzerland
 - (b) New York, USA
 - (c) London, UK
 - (d) New Delhi, India

SOLUTIONS

Q1. Correct Answer: (B)

Tension pneumothorax is a life-threatening emergency requiring immediate needle decompression to relieve pressure and restore lung expansion.

Q2. Correct Answer: (B)

Desmopressin (DDAVP) is a synthetic form of antidiuretic hormone (ADH) used to control excessive urination in Diabetes Insipidus.

Q3. Correct Answer: (A)

Kernig's sign is positive when the patient experiences pain or resistance while extending the knee with the hip flexed at:

90°

Q4. Correct Answer: (B)

Graves' Disease causes hyperthyroidism resulting in:

High T_3/T_4 and Low TSH

Q5. Correct Answer: (D)

Prolonged vomiting causes excessive loss of gastric acid:

(HCl)

leading to metabolic alkalosis.

Q6. Correct Answer: (B)

Myasthenic Crisis can cause respiratory muscle paralysis; therefore airway patency and respiratory status are the priority assessments.

Q7. Correct Answer: (B)

Addison's Disease causes increased ACTH secretion, resulting in bronze or hyperpigmented skin.

Q8. Correct Answer: (C)

Alendronate should be taken with a full glass of water while remaining upright for at least:

30 minutes

to prevent esophageal irritation.

Q9. Correct Answer: (C)

Stage 4 pressure injuries involve:

Full – thickness tissue loss with exposed bone, tendon, or muscle

Q10. Correct Answer: (A)

Dumping Syndrome occurs when hypertonic stomach contents rapidly enter the small intestine after gastrectomy.

Q11. Correct Answer: (B)

Cholecystitis is inflammation of the gallbladder, most commonly caused by gallstones obstructing bile flow.

Q12. Correct Answer: (B)

Warfarin therapy effectiveness is monitored using:

INR (International Normalized Ratio)

Q13. Correct Answer: (B)

Cushing's Triad consists of:

Hypertension + Bradycardia + Irregular respirations

indicating increased intracranial pressure.

Q14. Correct Answer: (B)

During acute Ulcerative Colitis, a low-residue high-protein diet reduces bowel irritation and supports healing.

Q15. Correct Answer: (C)

Venography is considered the gold standard diagnostic test for Deep Vein Thrombosis (DVT).

Q16. Correct Answer: (B)

Prevalence refers to the:

Total number of existing cases (new + old)

of a disease at a specific time.

Q17. Correct Answer: (B)

Contact tracing identifies and monitors individuals exposed to an infectious disease to prevent further transmission.

Q18. Correct Answer: (A)

The Epidemiological Triad consists of:

Agent + Host + Environment

Q19. Correct Answer: (B)

Pap smear screening detects disease in the early stage and is therefore an example of secondary prevention.

Q20. Correct Answer: (A)

The Cold Chain is a temperature-controlled system used to safely transport and store vaccines.

Q21. Correct Answer: (B)

The World Health Organization (WHO) officially declared global eradication of smallpox in:

1980

Q22. Correct Answer: (B)

Dependency Ratio compares the dependent population:

(0–14 and 65+)

with the working-age population:

(15–64)

Q23. Correct Answer: (A)

Attributable Risk measures the amount of disease risk directly linked to a particular exposure.

Q24. Correct Answer: (B)

Dengue fever is a vector-borne disease transmitted by:

Aedes mosquitoes

Q25. Correct Answer: (A)

The Health Belief Model explains why individuals adopt or avoid health-related behaviors.

Q26. Correct Answer: (A)

Incubation period is the interval between infection and appearance of the first symptoms.

Q27. Correct Answer: (B)

Large-scale sample surveys are effective for collecting health data from diverse populations.

Q28. Correct Answer: (B)

ASHA workers act as a link between the healthcare system and the rural community.

Q29. Correct Answer: (C)

Herd immunity is less effective for zoonotic diseases because animal reservoirs continue disease transmission.

Q30. Correct Answer: (B)

Literacy rate is primarily an indicator of social development and educational status.

Q31. Correct Answer: (A)

The Mauriceau-Smellie-Veit maneuver is used during breech delivery to assist safe delivery of the after-coming fetal head.

Q32. Correct Answer: (B)

After rupture of membranes, the priority is assessing fetal heart rate to detect umbilical cord prolapse.

Q33. Correct Answer: (A)

The first stage of labor extends from onset of true labor contractions until:

10cm cervical dilation

Q34. Correct Answer: (B)

Chadwick's sign refers to bluish-violet discoloration of the cervix and vaginal mucosa caused by increased vascularity during pregnancy.

Q35. Correct Answer: (C)

Human Chorionic Gonadotropin:

(hCG)

maintains the corpus luteum during early pregnancy.

Q36. Correct Answer: (B)

Shoulder dystocia is initially managed using:

McRoberts maneuver + suprapubic pressure

Q37. Correct Answer: (B)

Respiratory depression:

(< 12 breaths/min)

indicates magnesium toxicity; therefore the infusion must be stopped immediately.

Q38. Correct Answer: (B)

Placenta abruptio presents with:

Painful bleeding + Rigid uterus

Q39. Correct Answer: (B)

Proper breastfeeding technique and complete emptying of the breast help prevent mastitis.

Q40. Correct Answer: (B)

The puerperium normally lasts:

6 weeks

Q41. Correct Answer: (B)

HELLP syndrome stands for:

Hemolysis + Elevated Liver enzymes + Low Platelet count

Q42. Correct Answer: (A)

Fetal lie describes the relationship between the fetal long axis and maternal long axis.

Q43. Correct Answer: (C)

Visualization of the fetus on ultrasound is a positive sign of pregnancy.

Q44. Correct Answer: (B)

Oxytocin promotes uterine contraction after placental delivery to prevent postpartum hemorrhage.

Q45. Correct Answer: (A)

Hyperventilation during labor decreases:

CO₂

causing respiratory alkalosis and tingling sensations

Q46. Correct Answer: (C)

Kawasaki Disease commonly presents with:

High fever + Strawberry tongue + Skin peeling

Q47. Correct Answer: (A)

The Moro reflex is a startle reflex in which the infant extends and abducts the arms followed by flexion.

Q48. Correct Answer: (B)

Acute Post-streptococcal Glomerulonephritis commonly occurs after infection with:

Group A Beta – hemolytic Streptococcus

Q49. Correct Answer: (B)

Children with Cystic Fibrosis require:

High – calorie, high – protein, high – fat diet

along with pancreatic enzyme supplementation.

Q50. Correct Answer: (B)

Failure to pass meconium within:

48 hours

is a classic sign of Hirschsprung's Disease.

Q51. Correct Answer: (B)

Erikson's stage of:

Initiative vs. Guilt

occurs during the preschool years:

3–6 years

Q52. Correct Answer: (C)

Children with Celiac Disease must avoid gluten-containing foods such as:

Wheat, Barley, and Rye

Q53. Correct Answer: (B)

Epiglottitis presents with:

Droping + Dysphagia + Tripod position

and is a medical emergency.

Q54. Correct Answer: (A)

Tachycardia is an early compensatory response to severe dehydration and hypovolemia.

Q55. Correct Answer: (C)

The first dose of MMR vaccine is generally administered between:

9–12 months

Q56. Correct Answer: (B)

Coarctation of the Aorta involves narrowing of the aorta leading to strong upper limb pulses and weak femoral pulses.

Q57. Correct Answer: (B)

Koplik's spots are pathognomonic for:

Measles (Rubeola)

Q58. Correct Answer: (B)

Normal pulse rate for toddlers:

1–3years

is approximately:

80–130bpm

Q59. Correct Answer: (B)

Toddlers commonly engage in parallel play where children play side-by-side without direct interaction.

Q60. Correct Answer: (B)

Priority management of vaso-occlusive crisis includes:

Hydration + Paincontrol

to improve circulation and reduce sickling.

Q61. Correct Answer: (A)

Delusion of grandeur involves an exaggerated sense of importance, power, identity, or special abilities.

Q62. Correct Answer: (B)

During a panic attack, the nurse should remain with the patient and provide a calm, safe environment to reduce anxiety.

Q63. Correct Answer: (A)

Tardive Dyskinesia is characterized by involuntary repetitive movements of the:

Face, tongue, and extremities

Q64. Correct Answer: (B)

The most critical safety concern in Major Depressive Disorder is:

Suicidal ideation or self – harm

Q65. Correct Answer: (B)

Splitting is a defense mechanism commonly seen in Borderline Personality Disorder where people are viewed as entirely good or entirely bad.

Q66. Correct Answer: (B)

Lithium Carbonate is the gold-standard mood stabilizer for Bipolar Disorder.

Q67. Correct Answer: (A)

Projection occurs when individuals attribute their unacceptable feelings or impulses to others.

Q68. Correct Answer: (B)

Gradual limitation of compulsive rituals is therapeutic because abrupt prevention may increase anxiety severely.

Q69. Correct Answer: (B)

Agoraphobia is fear of situations where escape may be difficult or help unavailable during panic symptoms.

Q70. Correct Answer: (B)

The Mini-Mental State Examination:

(MMSE)

is a screening tool for cognitive impairment and dementia.

Q71. Correct Answer: (C)

Avolition:

Lack of motivation

is a negative symptom of schizophrenia.

Q72. Correct Answer: (A)

Serotonin Syndrome commonly presents with:

Agitation + Hypertension + Tremors/Shivering

due to excess serotonin activity.

Q73. Correct Answer: (A)

Cognitive Behavioral Therapy:

(CBT)

focuses on identifying and changing negative thought patterns.

Q74. Correct Answer: (B)

Anorexia Nervosa involves self-starvation and refusal to maintain normal body weight because of intense fear of weight gain.

Q75. Correct Answer: (B)

Delirium usually has:

Sudden onset with fluctuating symptoms

unlike dementia which develops gradually.

Q76. Correct Answer: (A)

The radial artery is the most commonly used site for routine pulse assessment in adults because it is superficial and easily accessible.

Q77. Correct Answer: (B)

The Braden Scale assesses a patient's risk for developing:

Pressure ulcers/pressure injuries

Q78. Correct Answer: (C)

Subcutaneous injections are commonly administered at:

45°

or:

90°

depending on tissue thickness.

Q79. Correct Answer: (B)

SBAR stands for:

Situation, Background, Assessment, Recommendation

and provides structured clinical communication.

Q80. Correct Answer: (C)

Blood pressure measurement is objective data because it is directly observed and measured by the nurse.

Q81. Correct Answer: (B)

Fowler's position involves elevating the head of the bed approximately:

45° to 60°

to improve breathing and comfort.

Q82. Correct Answer: (B)

The outer:

1-inch border

of a sterile field is considered contaminated.

Q83. Correct Answer: (A)

Patient identification using at least two identifiers is essential to prevent medication administration errors.

Q84. Correct Answer: (C)

Isotonic fluids have osmotic pressure equal to plasma, so there is:

No major fluid shift into or out of cells

Q85. Correct Answer: (B)

Autonomy refers to the patient's right to make independent decisions regarding health-care and treatment.

Q86. Correct Answer: (A)

In qualitative research, saturation occurs when additional interviews or observations no longer produce new themes or information.

Q87. Correct Answer: (D)

Ratio scale measurements contain a:

Truezeropoint

indicating complete absence of the measured quantity.

Q88. Correct Answer: (B)

Reliability refers to the consistency and stability of measurements obtained using a research instrument.

Q89. Correct Answer: (B)

The dependent variable is the outcome variable observed for changes during the study.

Q90. Correct Answer: (C)

The mode is the value occurring most frequently in a dataset.

2, 4, 4, 6, 8, 8, 8, 10

Since:

8

appears three times, it is the mode.

Q91. Correct Answer: (B)

Stratified Random Sampling divides the population into subgroups (strata) and randomly selects participants from each subgroup.

Q92. Correct Answer: (B)

A positive correlation means both variables move in the same direction.

Asonevariableincreases,theotheralsoincreases

Q93. Correct Answer: (B)

The Hawthorne Effect occurs when participants alter their behavior because they know they are being observed.

Q94. Correct Answer: (B)

Analysis of Variance:

(ANOVA)

is used to compare means among:

3 or more groups

Q95. Correct Answer: (B)

An informed consent document provides participants with sufficient information to make a voluntary and informed decision regarding study participation.

Q96. Correct Answer: (B)

International Nurses Day is celebrated every year on:

12th May

to honor Florence Nightingale and recognize the contribution of nurses worldwide.

Q97. Correct Answer: (C)

The United Nations Sustainable Development Goals:

(SDGs)

consist of:

17 goals

to be achieved by:

2030

Q98. Correct Answer: (B)

Rajasthan became the first Indian state to implement the:

Right to Health Act

Q99. Correct Answer: (A)

The:

Ayushman Bharat Digital Mission (ABDM)

aims to create a unique digital health ID for every citizen.

Q100. Correct Answer: (A)

The headquarters of the World Health Organization:

(WHO)

is located in:

Geneva, Switzerland