

# Monika's Nursing Academy Hamirpur

"Innovation is our Tradition"

## Jammu And Kashmir Question Paper

1. What is the standard instrument used to measure the blood pressure?

- A. Kathermometer
- B. Sphygmomanometer
- C. Nanometer
- D. Spirometer

2. Johari Window is a tool that can be used to increase

- A. Self awareness
- B. Self esteem
- C. Self confidence
- D. Communication skill

3. When a known case of pneumonia affected patient coming to OPD for follow-up, what

- A. Airborne precautions
- B. Barrier protections
- C. Contact precautions
- D. Droplet precautions

4. Why to keep the narcotics under lock & key?

- A. To maintain cold chain
- B. To maintain the potency of the drug
- C. To prevent drug addiction
- D. It is very precious medicine

5. Which among the following is the correct meaning of q.i.d?

- A. Each night
- B. Everyday
- C. 3 times a day
- D. Four times a day

6. Which among the following blood groups is called universal donor?

- A. AB' Group
- B. B' group
- C. O' group
- D. A' group

7. Which of the following symptoms to be noted in pyloric stenosis?

- A. Projectile vomiting
- B. "Currant jelly" stools
- C. Steatorrhea
- D. Regurgitation

8. What is the name of the test to find the acetone in urine?

- A. Rothera's test
- B. Smith's test
- C. Hot test
- D. Hey's test

9. What is the process of development of nature ovum called?

- A. Oogenesis
- B. Ovulation
- C. Oophoropexy
- D. Oocyte

10. The nutrient concentration of the body can be measured by:

- A. Mantoux test
- B. BMI & Midarm circumference
- C. Biochemical test
- D. Culture & sensitivity test

11. What is the accessory gland located around the periphery of the areola?

- A. Pineal gland
- B. Adrenal gland
- C. Bartholin gland
- D. Montgomery gland

12. What is the conversion of one type of mature cells into another type of cell called?

- A. Metaplasia
- B. Dysplasia
- C. Anaplasia
- D. Hyperplasia

13. What scale is used by the nurse to assess the level of consciousness of a patient with neurological dysfunction?

- A. Snellen chart
- B. Glasgow coma scale
- C. Pulse oximetry Graph
- D. Visual Analogue Scale

14. BMI Stands For:

- A. Basal Metabolic index



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- B. Basal Mass Image  
C. Body Mass Index  
D. Body Metabolic Index
- 15. What is the time limit for administering Anti-D globulin to the mother?**  
A. Within a week after abortion  
B. Within 72 Hours for following Delivery  
C. Within a months after delivery  
D. Within a month after delivery
- 16. Where the adrenal gland is situated in the human body?**  
A. At the neck  
B. Top of each kidney  
C. Below the gallbladder  
D. Lateral side of the liver
- 17. What is the normal intra cranial the pressure in 'mm' of Hg is?**  
A. 30-40  
B. 10-20  
C. 20-30  
D. 40-50
- 18. DMAT's denotes:**  
A. Disaster Medical Assistance Troops  
B. Directive Medical Assistance Teams  
C. Disaster Medical Assistance Technologies  
D. Disaster medical Assistance Teams
- 19. Which is the basic unit of service in Community Health Nursing**  
A. Society  
B. Family  
C. Individual  
D. Community
- 20. Which part of the eye will be affected in case of keratitis?**  
A. Eyelid  
B. Uvula  
C. Lacrimal gland  
D. Cornea
- 21. Which among the following hormones is/ are secreted by pancreas?**  
A. T3 & T4  
B. Insulin & Glucagon  
C. Thyroxine  
D. Testosterone & Estrogen
- 22. In Which among the following conditions, the height of the uterus is more than the period of amenorrhea?**  
A. Oligohydramnios  
B. Growth retardation  
C. Polyhydramnios  
D. Intra uterine fetal death
- 23. Which among the following conditions is contraindication to take oral temperature?**  
A. Adolescent with fever  
B. Unconscious part  
C. Adult with hypertension  
D. Pregnant mother
- 24. What is the name of mucous layer covering inside the uterus?**  
A. Endometrium  
B. Myometrium  
C. Myocardium  
D. Perimetrium
- 25. What is the uterine pacemaker located?**  
A. Cornua of the uterus  
B. Ovary  
C. Isthmus  
D. Cervix
- 26. Which of the following blood cells get destroyed by Human immunodeficiency virus?**  
A. T- Lymphocytes  
B. Hemoglobin  
C. Platelet  
D. Reticulocyte
- 27. What does Clay coloured stool indicate?**  
A. Present of iron  
B. Presence of barium  
C. Presence of charcoal  
D. Obstruction to the flow of bile
- 28. What test will help to detect the abnormalities of gait & posture?**  
A. Sensational test  
B. Co-ordinataion test  
C. Equilibrium test  
D. Reflex



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29. What is the diagnosis of a mother experienced abortion associated with clinical evidence of infection of the uterus?
- Spontaneous abortion
  - Threatened abortion
  - Septic abortion
  - Missed abortion
30. Which part of the eyes are responsible for peripheral Vision?
- Rods
  - Iris
  - Optic nerve
  - Cones
31. A factual record of an observation is known as:
- Clinical record
  - Family record
  - Cumulative record
  - Anecdotal record
32. Increased pulsation felt through the lateral fornix during pregnancy is known as:
- Goodell's Sign
  - Jacquemier's sign
  - Osiander's Six
  - Chadwick's sign
33. How much of energy is supplied by 1 gm of protein?
- 2 Kcal
  - 8 Kcal
  - 6 Kcal
  - 4 Kcal
34. What is the right time of BCG vaccine administered for a child?
- 10th month
  - 1 year
  - At birth
  - 9th month
35. Which among the following layers is protecting the lungs?
- Perimetrium
  - Pericardium
  - Pleura
  - Endometrium
36. Which among the following belongs to hormonal contraceptive?
- Condom
  - Oral pill
  - MTP
  - IUCD
37. Where is pancreas located in the human body?
- Anterior to the stomach
  - Inferior to the stomach
  - Posterior to the stomach
  - Superior to the stomach
38. Which among the following vaccines can be administered at the age of 9<sup>th</sup> month?
- MR
  - IPV
  - Pentavalent
  - BCG
39. Which of the following is derived from mesoderm?
- Skeletal System
  - Liver
  - Brain
  - Lining of the GI tract
40. When was the DOTS programme introduced in INDIA?
- 2003
  - 2013
  - 1993
  - 2019
41. Which type of anesthesia that leads to loss of sensation to a particular part of the body without loss of consciousness is?
- Spinal
  - Regional
  - Epidural
  - General
42. What is the biological method that can be advised to control mosquitoes?
- Malathion oil
  - Repellent
  - Cultivating Gambusia fish in the pond
  - Mosquito net



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- 43. What is the aim of usage of oral rehydration solution in diarrhoeal disease management?**
- A. Prevent infection
  - B. Prevent Vomiting
  - C. Prevent Weight loss
  - D. Prevent dehydration
- 44. A post natal mother has red colour vaginal discharge, it is named as:**
- A. Lochia
  - B. Lochia serosa
  - C. Lohia alba
  - D. Lochia rubra
- 45. Which among the following is the functional unit of kidney?**
- A. Nephron
  - B. Neuron
  - C. Mitochondria
  - D. Cell
- 46. Which among the following blood groups is known as universal recipient?**
- A. A' Group
  - B. AB' Group
  - C. O' Group
  - D. B' Group
- 47. What is the normal colour of the urine?**
- A. Pale yellow
  - B. Pink
  - C. Reddish brown
  - D. Milky white
- 48. Which stage of labour is also known as phase of placental separation?**
- A. 4th stage
  - B. 1st stage
  - C. 2nd stage
  - D. 3rd stage
- 49. What is the drug of choice for the treatment of mood disorder**
- A. Vitamin supplements
  - B. Disulfiram
  - C. Antibiotic
  - D. Lithium
- 50. Normal response of an individual to the loss of a loved one is called:**
- A. Psychosis
  - B. Depression
  - C. Grief
  - D. Apathy
- 51. What is the drug of choice for treating PPH?**
- A. Oxytocin
  - B. Misoprostol
  - C. MgSO<sub>4</sub>
  - D. Antibiotic
- 52. When the ICDS programme was launched?**
- A. 1975
  - B. 1970
  - C. 1980
  - D. 1985
- 53. How to Identify Tracheoesophageal Fistula in the newborn?**
- A. Diarrhea
  - B. Fever
  - C. Coughing and choking during feeding
  - D. Seizure
- 54. What is the type of graft covered with the patient's own skin for the burns wound called?**
- A. Homograft
  - B. Autograft
  - C. Xenograft
  - D. Heterograft
- 55. Which of the following parts of the ear will be affected by otitis media?**
- A. Pinna, earlobe
  - B. Eustachian tube, mastoid bone
  - C. Tympanic membrane, mastoid
  - D. Labyrinth, stapes
- 56. Which condition is contraindicated to receive routine Immunization for infant?**
- A. Mild diarrhea
  - B. Mild cold
  - C. Otitis media
  - D. High grade febrile illness
- 57. What is the meaning of the term "Flight of idea"?**
- A. Use of rhyming words



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- B. Pattern of rapid transition from topic to topic  
C. Repetition of word head  
D. New words invented by patient
- 58. What is the other name of 'Crack of pot's sign?**  
A. Macewen Sign  
B. Kernig's Sign  
C. Brudzinski Sign  
D. Scarf Sign
- 59. What is the working mechanism of autoclaving?**  
A. Working under the air pressure  
B. Working under the power if electricity  
C. Working under the saturated steam pressure  
D. Working under the water pressure
- 60. What is the investigation helps to confirm Acute Lymphatic Leukemia?**  
A. Bone marrow biopsy  
B. Lumbar puncture  
C. Platelet count  
D. WBC count
- 61. What is the drug of choice for A.N Mother suffers with HIV?**  
A. Xylocaine  
B. Fluloxacillin  
C. Cephalosporin  
D. Zidovudine
- 62. What is the frequency of taking census in India?**  
A. Once in 5 years  
B. Once on 10 years  
C. Yearly once  
D. Once in 2 years
- 63. Which Hormone is produced by the corpus luteum?**  
A. Prolactin  
B. Progesterone  
C. Oestrogen  
D. Luteinzing hormone
- 64. What is a chronic diffuse inflammation and degeneration in he connective tissue called?**  
A. Osteoarthritis  
B. Ankylosing  
C. Polyarthritis  
D. Rheumatoid arthritis
- 65. Which of the following methods of sterilization kills the spores of the microorganism?**  
A. Radiation  
B. Fumigating  
C. Autoclaving  
D. Boiling
- 66. Where does fertilization take place?**  
A. Vagina  
B. Ovary  
C. Fallopian tube  
D. Fundus
- 67. What hormone does he emergency contraceptive pill contain?**  
A. Oestrogen  
B. Progesterone  
C. Levonorgestrel  
D. Oestriol
- 68. What is the diagnosis of a person who is having False unshakable beliefs?**  
A. Phobia  
B. Persecution  
C. Mutism  
D. Delusion
- 69. What is the name of the female pelvis?**  
A. Platypelloid  
B. Anthropoid  
C. Android  
D. Gynecoid
- 70. Which kind of worm causes teniacorporis?**  
A. Pinworm  
B. Roundworm  
C. Ringworm  
D. Hookworm
- 71. Which is the infection or infectious disease transmissible under natural condition from vertebrate animals and man?**  
A. Diabetes  
B. Zoonoses  
C. Prognosis



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- D. Filariasis
- 72. Blush discoloration of the vaginal wall during pregnancy is called**
- A. Oslander's sign
  - B. Goodell's Sign
  - C. Chloasma
  - D. Jacquemier's sign
- 73. Which among the following nutrients is called micronutrient?**
- A. Vitamins & Minerals
  - B. Protein & Carbohydrates
  - C. Protein & Fat
  - D. Fat & Carbohydrates
- 74. Which type of studies helps in estimation of prevalence of disease?**
- A. Cohort study
  - B. Case-control study
  - C. Experimental study
  - D. Cross-sectional study
- 75. What is the shape of Epiglottitis?**
- A. Heart shape
  - B. Cone shape
  - C. Cylinder shape
  - D. Leaf shape
- 76. What is the use of Shakir's tape?**
- A. To measure the head circumference
  - B. To measure the mid arm circumference
  - C. To measure the length of the baby
  - D. To measure the hip circumference
- 77. 1 pint of DNS is equal to \_\_ ml**
- A. 1 ounce
  - B. 25 ml
  - C. 20 ml
  - D. 500 ml
- 78. Which among the following is an example for retained enema?**
- A. Cold enema
  - B. Purgative enema
  - C. Nutrient enema
  - D. Carminative enema
- 79. Which among the following vitamin deficiencies is caused for Pellagra?**
- A. Vitamin D
  - B. Riboflavin
  - C. Vitamin B-3
  - D. Vitamin C
- 80. Which test is done earlier to know open neural tubal defects?**
- A. Cordocentesis
  - B. Non stress Test (NST)
  - C. Contraction Stress Test (CST)
  - D. Alpha-fetoprotein (AFP)
- 81. Which Organ is affected first in intra uterine Growth retardation?**
- A. Skeleton
  - B. Muscles
  - C. Brain
  - D. Liver
- 82. \_\_\_ can be used to prevent foot drop in bedridden patients**
- A. Backrest
  - B. Footrest
  - C. Pillow
  - D. Side rails
- 83. Which among the following methods is considered as economic way of sterilization at home**
- A. Boiling
  - B. Fumigation
  - C. Cold sterilization
  - D. Radiation
- 84. Which among the following International voluntary agencies is conducting research in the field of Health?**
- A. DANIDA
  - B. Red cross
  - C. SIDA
  - D. WHO
- 85. Which of the following is a barrier to therapeutic Communication?**
- A. Giving advice
  - B. Focusing
  - C. Restating
  - D. Listening
- 86. What is the another name of pressure sore?**
- A. Uric acid
  - B. Mouth ulcer



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- C. Decubitus ulcer
- D. Foot ulcer

**87. Which laboratory test helps to identify Gout?**

- A. Uric acid
- B. Phosphorus
- C. Sr. Calcium
- D. Sr. potassium

**88. Which among the following is a purpose of Indian health Service?**

- A. To Promote the culture
- B. To improve the agriculture
- C. To improve the health status of the population
- D. To promote tele communication

**89. When was the Central Mental Health authority rules have been passed by the Government of INDIA?**

- A. 2010
- B. 1990
- C. 1980
- D. 2000

**90. What is the route of administering DPT Vaccine to the Infant?**

- A. Oral
- B. Subcutaneous
- C. Intramuscular
- D. Intradermal

**91. Which of the following medicines can be used as oral Chemotherapy?**

- A. Tetracyclines
- B. Dulot
- C. Cyclophosphamide
- D. Ampicillin

**92. Which among the following is the characteristic sign of systemic lupus erythymatosus?**

- A. Rashes on the face across the bridge of the nose and Cheeks
- B. Elevated temperature
- C. Fatigue all the day
- D. Elevated RNBC counts

**93. The colour coding used for discarding cytotoxic drugs is:**

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

**94. What is the term used for unpremeditated event resulting in recognizable damage?**

- A. Incident
- B. Accident
- C. Disease
- D. Injury

**95. Which hormone is the basis for the pregnancy test?**

- A. Estrogen
- B. Prolactin
- C. Prostaglandin
- D. HCG

**96. Which among the following is the symptom of digoxin toxicity?**

- A. Hypertension
- B. Eupnea
- C. Tachycardia
- D. Bradycardia

**97. What are the main classification of epidemiological study?**

- A. Prevalence & Incidence
- B. Observational & Experimental
- C. Survey & Cohort
- D. Cohort & Case control

**98. The offensive odour of the breath is referred to;**

- A. Halitosis
- B. Cheilosis
- C. Sordes
- D. Stomatitis

**99. What is the formula for calculating the correct the dosage of medication?**

- A.  $A/D \times Q$
- B.  $A/D - Q$
- C.  $D/A \times Q$
- D.  $D/A + Q$

**100. Which among he following instructions would be given to the patient who is taking levothyroxine?**

- A. Should be taken on empty stomach



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- B. Should be taken with the lunch
- C. Should be taken with food
- D. Should be taken at bed time

## Answer Key

- 1.B
- 2.A
- 3.D
- 4.C
- 5.D
- 6.C
- 7.A
- 8.A
- 9.A
- 10.C
- 11.D
- 12.A
- 13.B
- 14.C
- 15.B
- 16.B
- 17.B
- 18.D
- 19.B
- 20.D
- 21.B
- 22.C
- 23.B
- 24.A
- 25.A
- 26.A
- 27.D
- 28.C
- 29.C
- 30.A
- 31.D
- 32.C
- 33.D
- 34.C
- 35.C
- 36.B
- 37.C
- 38.A

- 39.A
- 40.C
- 41.B
- 42.C
- 43.D
- 44.D
- 45.A
- 46.B
- 47.A
- 48.D
- 49.D
- 50.C
- 51.A
- 52.A
- 53.C
- 54.B
- 55.B
- 56.D
- 57.B
- 58.A
- 59.C
- 60.A
- 61.D
- 62.B
- 63.B
- 64.D
- 65.C
- 66.C
- 67.C
- 68.D
- 69.D
- 70.C
- 71.B
- 72.D
- 73.A
- 74.D
- 75.D
- 76.B
- 77.D
- 78.C
- 79.C
- 80.D
- 81.C
- 82.B





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- 83.A
- 84.D
- 85.A
- 86.C
- 87.A
- 88.C
- 89.B
- 90.C
- 91.C
- 92.A
- 93.B
- 94.B
- 95.D
- 96.D
- 97.B
- 98.A
- 99.C
- 100.A

