

**CERTIFICATE IN COMMUNITY HEALTH FOR
NURSES (BPCCHN)**

Term End Examination,

December, 2021

BNS-041 : FOUNDATIONS OF COMMUNITY HEALTH

Time : 2 Hours

Maximum Marks : 70

GENERAL INSTRUCTIONS

1. All questions are **compulsory**. Each question carries 1 mark.
2. No cell phones, calculators, books, slide-rules, notebooks or written notes, etc. will be allowed inside the examination hall.
3. You should follow the instructions given by the Centre Superintendent and by the Invigilator at the examination venue. If you violate the instructions, you will be disqualified.
4. Any candidate found copying or receiving or giving assistance in the examination will be disqualified.
5. The Question Paper and the OMR Response Sheet (Answer Sheet) would be supplied to you by the Invigilators. After the examination is over, you should hand over the OMR Response Sheet to the Invigilator before leaving the examination hall. Any candidate who does not return the OMR Response Sheet will be disqualified and the University may take further action against him/her.
6. All rough work is to be done on the question paper itself and not on any other paper. Scrap paper is not permitted. For arriving at answers you may work in the margins, make some markings or underline in the test booklet itself.
7. The University reserves the right to cancel the result of any candidate who impersonates or uses/adopts other malpractices or uses any unfair means. The University may also follow a procedure to verify the validity of scores of all examinees uniformly. If there is substantial indication that your performance is not genuine, the University may cancel your result.

How to fill up the information on the OMR Response Sheet (Examination Answer Sheet)

1. Write your complete Enrolment No. in 9 digits. This should correspond to the enrolment number indicated by you on the OMR Response Sheet. Also write your correct name, address with pin code in the space provided. Put your signatures on the OMR Response Sheet with date. Ensure that the Invigilator in your examination hall also puts his signatures with date on the OMR Response Sheet at the space provided.
2. On the OMR Response Sheet student's particulars are to be filled in by blue/black ball pen also. Use blue/black ball pen for writing the Enrolment No. and Examination Centre Code as well as for blackening the circle bearing the correct answer number against the serial number of the question.
3. Do not make any stray remarks on this sheet.
4. Write correct information in numerical digits in Enrolment No. and Examination Centre Code Columns. The corresponding circle should be dark enough and should be filled in completely.
5. Each question is followed by four probable answers which are numbered (1), (2), (3) and (4). You should select and show only one answer to each question considered by you as the most appropriate or the correct answer. Select the most appropriate answer. Then by using blue/black ball pen, blacken the circle bearing the correct answer number against the serial number of the question. If you find that answer to any question is none of the four alternatives given under the question, you should darken the circle with '0'.
6. No credit will be given if more than one answer is given for one question. Therefore, you should select the most appropriate answer.
7. You should not spend too much time on one question. If you find any particular question difficult, leave it and go to the next. If you have time left after answering all the questions, you may go back to the unanswered question.
8. There is no negative marking for wrong answers.

1. The 'Art and Science' of preventing disease is called as :
 - (1) Public health
 - (2) Epidemiology
 - (3) Demography
 - (4) Prevention

2. Attaining personal vigour and mental well-being as well as maintaining constructive relationship to promote congeirty is :
 - (1) Positive health
 - (2) Better health
 - (3) Free from sickness
 - (4) Optimum health

3. One of the following has *indirect* impact on health :
 - (1) Race
 - (2) Literacy
 - (3) Gender
 - (4) Age

4. Additional visits for low birth weight babies can be done at :
 - (1) 42nd day
 - (2) 7th day
 - (3) 28th day
 - (4) 22nd day

5. Annual mass drug administration of Diethyl Carbamarzine (DEC) is done in endemic areas for :
 - (1) Malaria
 - (2) Dengue
 - (3) Leprosy
 - (4) Filaria

6. 'Polluter pays' principle for prevention of pollution means :
 - (1) Polluter will pay the cost of damage.
 - (2) Polluter is safe and government will bear the cost.
 - (3) Community is not responsible for pollution.
 - (4) Government is responsible for pollution.

7. Trachoma belongs to which of the following categories of water borne diseases ?
- (1) Water-related diseases (2) Chemical contamination
(3) Water-washed diseases (4) Water-created diseases
8. Syndrome identification is done by all *except* :
- (1) Describing distribution
(2) Describing health programmes
(3) Describing association
(4) Describing epidemiologic methods
9. Arthropod such as mosquito or fly which may carry or cause disease transmission is also termed as :
- (1) Carrier (2) Vector
(3) Host (4) Fomites
10. Diabetes or coronary heart disease are examples of one of the following :
- (1) Mixed epidemics (2) Pandemics
(3) Propagated epidemics (4) Slow epidemics
11. Identification of other eligible subject with the help of first eligible subject is known as :
- (1) Random sampling (2) Purposive sampling
(3) Convenient sampling (4) Snowball sampling

12. Sampling technique involving selection of predefined number of subjects from specified subgroup of population is called :

- (1) Purposive
- (2) Convenient
- (3) Quota
- (4) Snowball

13. All are benefits of segregation of Biomedical waste *except* :

- (1) Minimize amount of hazardous waste
- (2) Improve infection control decrease
- (3) Increases patient's participation
- (4) Occupational health risks

14. Expired and discarded medicines should be thrown in *one* of the following bags :

- (1) Red
- (2) Yellow
- (3) Black
- (4) Blue

15. All the following are Psychological functions of food *except* :

- (1) Provides satisfaction
- (2) Increases weight
- (3) Provides comfort
- (4) Used as a reward

16. *One* among the following is best food protein :

- (1) Milk
- (2) Bread
- (3) Eggs
- (4) Fish

17. The source of carbohydrates which acts as dietary fibre is :

- (1) Starch
- (2) Monosaccharides
- (3) Disaccharides
- (4) Cellulose

18. Animal foods are poor source of one of the following nutrient :

- (1) Vitamin C
- (2) Folic acid
- (3) Vitamin B
- (4) Vitamin A

19. Bioavailability of iron in pulses may be improved by all of the following *except* :

- (1) Fermentation
- (2) Sprouting
- (3) Consuming citrus fruits
- (4) Consuming milk

20. Number of years required to replenish iron amounts lost during delivery and lactation by a normal healthy woman :

- (1) 1 year
- (2) 2 years
- (3) 3 years
- (4) 4 years

21. All the following are the functions of colostrum *except* :

- (1) Anti-infective
- (2) Mild purgative
- (3) Prevents jaundice
- (4) Contains Vitamin B more than mature milk

22. Milk, Curd and Lassi fall under one of the following foods used in complementary feeding :

- (1) First food
- (2) Modified family food
- (3) Instant food
- (4) Protective food

23. The minimum visible fat of total energy intake should be :

- (1) 1%
- (2) 3%
- (3) 5%
- (4) 7%

24. Pellagra is characterized by all *except* :

- (1) Dermatitis
- (2) Dizziness
- (3) Dementia
- (4) Diarrhoea

25. Most common symptom of calcium deficiency is :

- (1) Muscle cramps
- (2) Convulsions
- (3) Brittle nails
- (4) Numbness of arms

26. "Kesari" dal has *one* of the following toxin :

- (1) Pyrrolizidine
- (2) Sanguinarine
- (3) Beta-oxalyl amino alanine
- (4) Aflatoxin

27. Temperature of "Danger Zone" for food :

- (1) 5°C to 16°C
- (2) 17°C to 55°C
- (3) 3°C to 55°C
- (4) 5°C to 60°C

28. All the following are the characteristics of management of stored items *except* :

- (1) First-in-First out
- (2) First expiry-first out
- (3) Stock rotation policy
- (4) Items to be used as delivered

29. Another name for Sandfly is :

- (1) Kala-azar
- (2) Phlebotomus argentipes
- (3) Culex
- (4) Wucheria bancrofti

30. Carb louse infestation is also referred to as :

- (1) Pediculosis pubis
- (2) Pediculosis corporis
- (3) Pediculosis capitis
- (4) Pediculosis cutix

31. All the following drugs are used for treatment of leprosy *except* :

- (1) Rifampicin
- (2) Dapsone
- (3) Clofazimine
- (4) Ethambutol

32. The agent used for biological control of Mosquito and its larva is :

- (1) Gambusia
- (2) Kerosene
- (3) Paris Green
- (4) Malathion

33. Chyluria is a manifestation, usually exhibited in a patient of :

- (1) Malaria
- (2) Hydrocele
- (3) Dengue
- (4) Kala-azar

34. All the following are important while administering BCG *except* :

- (1) Newborn can be given dose of 0.05 ml
- (2) After 1 month dose of 0.1 ml to be given
- (3) One dose is given
- (4) Vaccine site to be prepared with spirit

35. Most outbreaks of paralytic poliomyelitis are due to :

- (1) Type I virus
- (2) Type II virus
- (3) Type III virus
- (4) Type IV virus

36. Rabies virus predominantly affects the following body system :

- (1) Nervous
- (2) Circulatory
- (3) Digestive
- (4) Muscular

37. Trichomonas infection is caused by :

- (1) Virus
- (2) Bacteria
- (3) Protozoa
- (4) Helminth

38. All the following are behavioural risk factors causing non-communicable diseases

except :

- (1) Tobacco use
- (2) Obesity
- (3) Unhealthy diet
- (4) Physical inactivity

39. As per “Rule of halves” for hypertension “Rule 3” depicts *one* of the following :
- (1) Half of the people with high blood pressure are not known
 - (2) Half of those known are not treated
 - (3) Half of the people controlled are inadequate
 - (4) Half of those treated are not controlled
40. All are characteristics of Type 2 Diabetes Mellitus *except* for :
- (1) Insulin resistance
 - (2) Adult onset
 - (3) Regular exercise
 - (4) Excess body weight
41. One of the following is an engineering measure to combat occupational hazard :
- (1) Placement examination
 - (2) Enclosure of harmful material
 - (3) Medical benefit
 - (4) Prompt treatment
42. All are the features of conduct disorder *except* :
- (1) Violent behaviour
 - (2) Aggression to people
 - (3) Destruction of property
 - (4) Delusions and stress
43. Co-occurring disorders describe people who suffer from :
- (1) Substance use and mental disorders at same time
 - (2) Alcohol abuse with hypertension at same time
 - (3) Substance use and hypertension at same time
 - (4) Alcohol abuse and stroke at same time

44. All the following include gastrointestinal changes due to ageing *except* :
- (1) Teeth are lost
 - (2) Salivary secretions rise
 - (3) Gastric emptying delayed
 - (4) Increased chance of aspiration
45. One of the following is essential to avoid polymedication in elderly :
- (1) Avoid expert suggestion
 - (2) Self-medication
 - (3) Appropriate dose of medicine
 - (4) Any medicine may be taken
46. All of the following points are essential for effective communication *except* :
- (1) Need based
 - (2) Target group oriented
 - (3) Simple language
 - (4) Requirement of sender
47. As per health belief model, self-efficacy is :
- (1) Opinion of consequences
 - (2) Confidence in one's ability
 - (3) Identifying barriers
 - (4) Promote awareness
48. One of the following tool is used for motivation :
- (1) Demonstration
 - (2) Emotional appeal
 - (3) Community resource
 - (4) Information booklet
49. Formative BCC assessment should collect information all *except* :
- (1) Risk situations
 - (2) Media habits
 - (3) Insight into pollutants
 - (4) Patterns of service

50. All of the following are characteristics of weekly work calendar *except* :
- (1) To be prepared for each worker
 - (2) Days in week in rows
 - (3) Should be systematic
 - (4) Easy to plan and implement
51. Role of ASHA in home visits is all *except* :
- (1) Counsel mothers for birth preparedness
 - (2) Care of young child
 - (3) Timely referral
 - (4) Treatment of STI's
52. Village Health and Nutrition Committee (VHSNC) acts as the sub-committee of :
- (1) Gram Panchayat
 - (2) Zila Parishad
 - (3) Gram Sabha
 - (4) Municipality
53. All the following are characteristics of team work in health sector *except* :
- (1) Enhances quality
 - (2) Team members have similar expertise
 - (3) All members contribute
 - (4) Detailed Negotiation and Communication
54. All are the features of behaviour *except* :
- (1) Observable action
 - (2) Reaction to a stimulus
 - (3) Innate and unacquired
 - (4) Liable to change
55. 'Task-oriented' leaders are also known as :
- (1) Authoritarian leader
 - (2) Democratic leader
 - (3) Laissez-faire leader
 - (4) Participative leader

56. When multiple parties are encouraged to work together towards implementation of effective practices and policies, it is called as :

- (1) Transformational leadership (2) Collaborative leadership
- (3) Shared leadership (4) Ethical leadership

57. All are the features of “Site of Health Camp” *except* :

- (1) Center of Village (2) Accessible to transportation
- (3) Large area away from village (4) Located in shade

58. Supportive supervision includes all *except* :

- (1) External supervisors (2) Little feedback
- (3) Routine team meetings (4) Joint problem solving

59. Monitoring involves all *except* :

- (1) Episodic process
- (2) Less or no interaction
- (3) Concerned with aspects of programme that are counted
- (4) Performance of people working in the programme

60. First level compilation of data is done by :

- (1) Block data manager (2) District data manager
- (3) Sub-centre data (4) State data manager

61. Reporting form NRHM/GOI /1/A is annually consolidated on :

- (1) 30th April
- (2) 20th of month
- (3) 15th April
- (4) 5th April

62. All are the features of HMIS portal *except* :

- (1) Single window
- (2) Network-based
- (3) Software is accessible to all
- (4) Reporting is done regularly

63. All are the characteristics of budget *except* :

- (1) Prepared in advance
- (2) Future oriented
- (3) Qualitative form is expressed
- (4) Expressed in quantitative form

64. One of the following is *not* a part of Audit process :

- (1) Auditors identified
- (2) Checking of records
- (3) Suggestions will be communicated
- (4) Records will be posted

65. All the following are general information of records *except* :

- (1) Family records
- (2) Village records
- (3) Map of community
- (4) Infant health card

66. All the following are criteria for good report *except* :

- (1) Made promptly
- (2) Clear and complete
- (3) Mentions few concerned
- (4) All points emphasized

67. All are general measures to avoid constipation in elderly *except* :

- (1) Prolonged use of laxative
- (2) High fibre diet
- (3) Regular exercises
- (4) Good fluid intake

68. Data generation for future planning and improvement of services and research is involved in *one* of the following components of District Mental Health Programme (DMHP) :

- (1) Early detection
- (2) Training
- (3) IEC
- (4) Monitoring

69. All are features of Hepatitis-B vaccine *except* :

- (1) Cloudy liquid
- (2) 5-dose vial
- (3) Comes in 2 varieties
- (4) Settles like fine sand particles when kept stationary

70. All are involved in 5 cleans for conducting deliveries *except* :

- (1) Clean surface
- (2) Clean cord tie
- (3) Clean hands
- (4) Clean cord with applicant

Rough Work