

MEVE-002

POST GRADUATE DIPLOMA IN ENVIRONMENTAL AND
OCCUPATIONAL HEALTH (PGDEOHOL)

HEALTH CARE

Time : 90 Minutes

Maximum Marks : 50

Note : (i) Attempt all questions.

(ii) All questions carry equal marks.

1. Which of the following is an air borne infection?

- A) HIV
- B) Tuberculosis
- C) Hepatitis-B
- D) Typhoid

2. Which terms best explains HCAI or HAI?

- A) Enteric Infections
- B) Vector Borne Infections
- C) Nosocomial Infections
- D) Sexually Transmitted Infections

3. Who is most prone for NSI?

- A) Pilots
- B) HCW
- C) Policeman
- D) Teacher

4. Which is not a typical type of hospital waste?

- A) Soiled cloth and linen
- B) Radioactive material
- C) Stationary
- D) Mercury from broken equipment

5. Which is NOT a necessary PPE for HCW?

- A) Goggles
- B) Face Shield
- C) Gloves
- D) Helmet

6. Which is the most common source of latex allergy?

- A) Cotton apron
- B) Cloth caps
- C) Rubber gloves
- D) Glass syringes

7. Which group of HCW are most prone for blood borne infections?

- A) Laboratory staff
- B) Hospital receptionists
- C) Ambulance drivers
- D) Hospital administrators

8. SARS is an abbreviation of:

- A) Sinus Atrial Regurgitation Syndrome
- B) Systematic Anomaly of Reproductive System
- C) Severe Acute Respiratory Syndrome
- D) Sick Aortic Reflux Syndrome

9. Which is an example of an engineering control to prevent biohazards in a health care set-up?

- A) Medical Surveillance of HCW
- B) Restriction of visitors' entry
- C) Ultraviolet Germicidal Irradiation
- D) Training of HCW on biohazards

10. Which of the following is a best practice when administering an injection?
- A) Use of Multi-dose vials
 - B) Reuse of syringes
 - C) Combine left over medicine in the vials
 - D) Use of auto-disable (AD) syringes
11. What is meant by PEP?
- A) Prevention of a disease before the virus enters the body
 - B) Prevention of a disease after the virus enters the body
 - C) Treatment of a disease after manifestation
 - D) Prevention of the virus from entering the body
12. Which of the following body fluids is least risky to cause transmission of a disease?
- A) Saliva
 - B) Blood
 - C) Semen
 - D) Vaginal secretions
13. How often is a tetanus toxoid booster dose required, after completion of the schedule?
- A) >6 months
 - B) >5 years
 - C) >10 years
 - D) >6 weeks
14. Which is used as a low temperature sterilizing agent?
- A) Ethylene Oxide
 - B) Hydrochloric Acid
 - C) Sulphur Dioxide
 - D) Hydrogen Disulphide

15. Most common route of entry of chemicals is:

- A) Skin Contact
- B) Ingestion
- C) Auditory Canal
- D) Inhalation

16. Inanimate objects or material that can transmit infections are called:

- A) Vectors
- B) Fomites
- C) Pests
- D) Termites

17. The most common chemicals used in a Health Care Facility are the following, EXCEPT:

- A) Formaldehyde
- B) Hydrogen Peroxide
- C) Ethylene Oxide
- D) Ethanol

18. Hazardous Drugs (HD) include the following, EXCEPT:

- A) Antipyretics
- B) Antivirals
- C) Cytotoxic drugs
- D) Anticancer drugs

19. The most common Green House Gas (GHG) used in the hospital is:

- A) Carbon Dioxide
- B) Hydrofluorocarbon
- C) Water Vapour
- D) Nitrous Oxide

20. Which medical equipment containing mercury is extensively used in health care facilities?

- A) Sphygmomanometer
- B) Pneumatic Traction Apparatus
- C) Stethoscope
- D) Spirometer

21. Which among the following is used directly on the skin before an injection or surgical procedure?

- A) Disinfectants
- B) Antiseptics
- C) Sterilants
- D) Detergent

22. Which of the following is the final option in controlling exposure to chemicals?

- A) Enclosure
- B) Ventilation
- C) Automation of chemical handling
- D) Gloves and Masks

23. What is MSDS?

- A) Manufactures Safety Description Study
- B) Material Safety Data Sheet
- C) Main Safety Disruption Sequence
- D) Material Supply and Distribution Sequence

24: N95 Respirator/Mask is called so because:

- A) It filters 95% of the air-borne particles
- B) It was invented in 1995
- C) It comes in packs of 95 pieces
- D) It is resistant to oil

25. What can be used to collect spilt mercury for safe disposal?

- A) Face Powder
- B) Potassium Powder
- C) Fine ground salt
- D) Sulphur Powder

26. Which physiological system does a genotoxic chemical affect?

- A) Respiratory System
- B) Cardiovascular System
- C) Alimentary System
- D) Reproductive System

27. MSDS is issued by:

- A) Manufacturer
- B) User
- C) Supplier
- D) Distributor

28. In the risk assessment document, the risk value is calculated by:

- A) Incident Frequency \times Predicted Probability
- B) Number of Risks \times Severity Probability
- C) Hazards Identified \times Frequency
- D) Incident Probability \times Potential Severity

29. A relatively safe method of sterilization of medical instruments is by:

- A) Ethylene oxide sterilization
- B) Formaldehyde sterilization
- C) Steam sterilization
- D) Flash sterilization

30. Reporting and investigation of an adverse chemical incident is important because of the following EXCEPT:

- A) It helps to avoid repetition of the incident
- B) It identifies the people who are to blame for the incident
- C) It ensures the affected people are appropriately attended to
- D) It helps in identifying the root cause and to develop corrective action

31. Which of the following HCW are prone for HAV syndrome?

- A) House keeper using a mop stick
- B) Nurse giving injection
- C) Surgeon using a pneumatic tool
- D) Radiologist performing a MRI scan

32. The following are methods to control physical hazards, EXCEPT:

- A) Following a written standard operating procedure
- B) Training HCW on safe behaviours and development of skills
- C) Provide and ensure use of PPE
- D) Encourage working over-time

33. What should be the ideal horizontal illumination at a nurses' station?

- A) 300-500 Lux
- B) 1500-2000 Lux
- C) 22-54 Lux
- D) 5.4-11 Lux

34. Which among the following is not classified as a Radiation Hazard?

- A) Rontgen rays
- B) Ultraviolet rays
- C) Lasers
- D) Vibration

35. Industrial hygiene means:

- A) Ensuring all employees wash their hands before and after work
- B) Storing only washed and cleaned vegetables in the cafeteria
- C) Assessment of physical, chemical and biological hazards followed by mitigating them
- D) Providing clean and pressed uniform and aprons to the hospital staff

36. Which hormone causes “flight, fight or freeze” response?

- A) Thyroxine
- B) Adrenaline
- C) Follicle Stimulating Hormone
- D) Oxytocin

37. Adverse effects due to errors by the HCW is termed as:

- A) Iatrogenic
- B) Nosocomial
- C) Enteric
- D) Endococcal

38. Which is not technically a type of sexual harassment?

- A) Demand of sexual favours
- B) Denying promotion on basis of poor performance at work
- C) Showing pornography
- D) Making indecent gestures

39. Which is an example of Internal Psychosocial Bullying in the workplace?

- A) Threats by the relatives of the patient
- B) Threats by the police and law enforcement authorities
- C) Threats by the media
- D) Threats by the co-workers or boss

40. Which of the following is NOT a known consequence of shift working?

- A) Brown out and burn out
- B) Lack of sleep and exhaustion
- C) Quitting smoking and alcohol consumption
- D) Irregular diet and eating habits

41. Job modification is a type of:

- A) Elimination of psychosocial hazard
- B) Engineering control
- C) Administrative control
- D) Substitution

42. You can assess the working condition of a Health Care Facility by the following, EXCEPT:

- A) Confidential questionnaire
- B) Personal counselling
- C) Forming peer support groups
- D) Distraction by giving additional responsibility

43. Indicators for a happy workplace are the following, EXCEPT:

- A) Decrease in production
- B) Decrease in attrition
- C) Decrease in accidents
- D) Decrease in sickness absence

44. The following play a vital role in improving psychosocial health in a workplace, EXCEPT:

- A) Clarity of goals
- B) Leadership style
- C) Skill development
- D) Micromanagement

45. Psychological counselling does NOT include:

- A) Humanistic approach
- B) Authoritative approach
- C) Behavioural therapy
- D) Cognitive therapy

46. Which is not advised in Resilience Sessions to promote mental relaxation?

- A) Effective teamwork
- B) Meditation
- C) An ounce of alcohol daily
- D) Family time

47. Psychosocial problems in HCW is due to the following, EXCEPT:

- A) High workload
- B) Emotional and sensory overload from patients and their relatives
- C) Need for rapid and critical decision-making
- D) Being paid a hefty pay check

48. Errors in the treatment of a patient is called:

- A) Sentinel event
- B) Sentimental event
- C) Emotional event
- D) Psychological event

49. An example for elimination of hazards among HCW is:

- A) Regulated working hours
- B) Immunization
- C) Training and skill development
- D) Provision of PPE

50. Sickness absence is calculated to:

- A) Identify the pattern of sickness and to prevent the cause
- B) Prevent people from taking sick leave
- C) Deduct pay on the days the workers are sick
- D) Penalize the workers who fall sick