

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

Term End Examination,

December, 2020

BNS-041 : FOUNDATIONS OF COMMUNITY HEALTH

Time : 3 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. Spectrum of health can be expressed as :
 - (1) Better health to mild sickness
 - (2) Positive health to death
 - (3) Free from sickness to moderate sickness
 - (4) Optimum health to severe sickness

2. Measures to be taken under Primary level of prevention are :
 - (1) Health promotion and Specific protection
 - (2) Early diagnosis and Specific protection
 - (3) Early diagnosis and Early treatment
 - (4) Reduce impairment and Disability limitation

3. Bhore committee was constituted with the purpose to :
 - (1) Allocate budget for health facilities
 - (2) Plan community development programmes
 - (3) Organise medical practices
 - (4) Survey the existing health conditions and organization

4. Pimple like rashes in the skin folds with severe itching occurs in :
 - (1) Pediculosis
 - (2) Chickenpox
 - (3) Measles
 - (4) Scabies

11. All of the following occurs in Pre-pathogenesis phase, **except** :
- (1) Agent has entered host
 - (2) Agent has not entered host
 - (3) Period before the onset of disease in host
 - (4) Environmental factors are favourable for its interaction with host
12. Early diagnosis and adequate treatment are specific intervention undertaken at :
- (1) Primary level of prevention (2) Secondary level of prevention
 - (3) Primordial level of prevention (4) Tertiary level of prevention
13. Loss or damage of a part of body consequent to a disease is known as :
- (1) Disease (2) Disability
 - (3) Handicap (4) Impairment
14. Restoration of Anatomical and Physiological functions is a type of :
- (1) Vocational Rehabilitation (2) Medical Rehabilitation
 - (3) Social Rehabilitation (4) Emotional Rehabilitation
15. All of the following are Job responsibilities of Community Health Officer, **except** :
- (1) Implementation of National Health programmes
 - (2) Administration and Management of Health and Wellness Center
 - (3) Implementation of Biomedical Waste disposal guidelines
 - (4) Overall Supervision of PHC

16. All activities are carried out under National Vector Borne Disease Control programme **except** :

- (1) Passive Surveillance
- (2) Active Surveillance
- (3) Collection of Blood smear
- (4) Provide Health Education

17. All are the Roles of Health worker female related to immunization **except** :

- (1) TT for Pregnant mother
- (2) Treat complications
- (3) Immunise children below 5 years
- (4) Maintaining records of immunization

18. Organization of people, institution and resources to deliver Health care services to target population is :

- (1) Health Care Deliver System
- (2) Community Health System
- (3) Health Planning System
- (4) Health Economic Delivery System

19. All of the following characteristics must be kept in mind while setting goals for health planning **except** :

- (1) Priorities
- (2) Realistic
- (3) Bearable
- (4) Feasible

20. Population covered by a Sub Center in hilly, tribal and backward area is :

- (1) 5000
- (2) 3000
- (3) 4000
- (4) 2000

21. Full form of **AEFI** is :

- (1) Acute elimination of fever infection
- (2) Adverse event of fever immunization
- (3) Adverse event of follow up immunization
- (4) Adverse events following immunization

22. All the activities are carried out under National Aids Control Programme (NACP)

except :

- (1) Promotion and distribution of condoms to high risk groups
- (2) Rapid Diagnostic Tests (RDT)
- (3) Help patients receiving ART
- (4) Prevent Parent to Child Transmission (PPTCT)

23. Health facility maintained by State Government having 30 in-door beds with Operation Theater (OT) is :

- (1) Community Health Center (CHC)
- (2) Primary Health Center (PHC)
- (3) Sub-District Hospital
- (4) District Hospital

24. The administrative areas of health services at district level include all **except :**

- | | |
|------------------------|----------------------------------|
| (1) Sub divisions | (2) Tehsils |
| (3) Health directorate | (4) Community development blocks |

25. Most important component of social environment is :

- (1) Water
- (2) Occupation
- (3) Radiation
- (4) Attitude

26. All of the following are included in Physical environment **except** :

- (1) Air and Soil
- (2) Housing and Radiation
- (3) Rodents and Insects
- (4) Noise and Vibrations

27. Pain in joints, muscles and behind eyes are characteristic symptoms of :

- (1) Dengue fever
- (2) Meningitis
- (3) Encephalitis
- (4) Arthritis

28. All of the following are disadvantages of poor housing **except** :

- (1) In-door air pollution
- (2) Poor lighting
- (3) Overcrowding
- (4) Healthy village

29. Overcrowding causes all of the following **except** :

- (1) Lifestyle disorders
- (2) Infectious diseases
- (3) Respiratory infections
- (4) Skin diseases

30. Minimum distance between the well and the source of contaminants should be :

- (1) 10 meters
- (2) 15 meters or more
- (3) 5 meters
- (4) 12 meters

31. Water is said to be contaminated when it contains :

- (1) Dust particles
- (2) Soil
- (3) Impurities
- (4) Pathogens

32. Chlorine contact time with water before utilizing it for drinking is :

- (1) 40 minutes
- (2) 30 minutes
- (3) 20 minutes
- (4) 10 minutes

33. Alternative source of safe water which can be used for domestic purposes is :

- (1) Rainwater
- (2) Springs
- (3) Rivers
- (4) Lakes

34. All of the following are immediate health hazards which occur due to air pollution

except :

- (1) Irritation of conjunctiva
- (2) Allergic rhinitis
- (3) Lung cancer
- (4) Pharyngitis

35. General measure for prevention of Air Pollution is :

- (1) Indian Factories Act
- (2) Prevention and Control of Air Pollution Act
- (3) Smoke Nuisance Act
- (4) Maintenance of vehicles

36. Type of waste which is mostly non-hazardous is :
- (1) Domestic
 - (2) Solid
 - (3) Industrial
 - (4) Hospital
37. All of the following are examples of Bio-degradable substances **except** :
- (1) Fruits peeling
 - (2) Jute
 - (3) Plastic bag
 - (4) Tea leaves
38. Mixture of Human waste with waste water is known as :
- (1) Sullage
 - (2) Liquid waste
 - (3) Sludge
 - (4) Sewage
39. All of the following signs and symptoms are due to Pesticide poisoning **except** :
- (1) Gastrointestinal—Vomiting
 - (2) Cardiovascular—Chest pain
 - (3) Neurological—Coma
 - (4) Respiratory Tract Infections
40. Majority of the pesticide injuries can be prevented by the use of :
- (1) Complete set of Personal Protective Equipment (PPE)
 - (2) Gloves and Apron
 - (3) Face shield and Apron
 - (4) Apron and Respirator
41. All of the following are uses of Epidemiology **except** :
- (1) Study natural history of disease
 - (2) Provide curative treatment
 - (3) Make a community diagnosis
 - (4) Assess risk factors of diseases in population

42. All of the following are rich sources of Vitamin A **except** :

- (1) Carrot
- (2) Papaya
- (3) Amla
- (4) Green leafy vegetables

43. Vitamin B₁₂ helps in :

- (1) Carbohydrate, fat and protein metabolism
- (2) Absorption of Iron
- (3) Prevention of Diarrhea
- (4) Production of Red Blood Cells

44. Neural Tube Defects in Foetus can be prevented by administration of :

- (1) Cyanocobalamin
- (2) Folic acid
- (3) Ascorbic acid
- (4) Pyridoxine

45. Diet plan for elderly person should include all **except** :

- (1) Restricted fluid
- (2) Plenty of fluids
- (3) Highfibre diet
- (4) Stick to meal and snack times

46. Anthropometry involves physical measurements of an individual's :

- (1) Clinical signs
- (2) Enlargement of thyroid gland
- (3) Height and weight measurements
- (4) Knee jerks and calf tenderness

47. Mid day meal program aims at improving the health of :

- (1) Infants
- (2) Toddler
- (3) Preschool children
- (4) School children

48. ICDS stands for :

- (1) Integrated Child Development Scheme
- (2) Integrated Child Development Supplementation
- (3) India's Child Development Supplementation
- (4) Integrated Child Development System

49. Milk production reflex is also known as :

- (1) Let down reflex
- (2) Sucking reflex
- (3) Prolactin reflex
- (4) Milk ejection reflex

50. Colostrum is rich in :

- (1) Iron
- (2) Antibodies
- (3) Vitamin C
- (4) Riboflavin

51. Introduction of semisolid foods to the baby should start after :

- (1) Six months of age
- (2) Five months of age
- (3) Four months of age
- (4) Seven months of age

52. Mid Arm Circumference (MAC) for a healthy child between 1 and 5 years of age is :

- (1) Less than 12.5 cm
- (2) Less than 11.5 cm
- (3) Between 12.5 cm to 13.5 cm
- (4) More than 13.5 cm

53. One of the following is related to food borne intoxication :

- (1) Multiply within the linings of the intestine
- (2) Incubation period is minutes to hours
- (3) Incubation period is hours to days
- (4) Can spread via the faeco-oral route

54. Milk adulteration is done with all of the following products **except** :

- (1) Fertilizers
- (2) Bleaching powder
- (3) Detergents
- (4) Adding fats

55. Keys to safer food are all **except** :

- (1) Keep food at 5°C to 60°C
- (2) Keep clean
- (3) Separate raw and cooked foods
- (4) Use safe water and raw material

56. Bacteria that lead to contamination of the cracked egg is :

- (1) *E. coli*
- (2) Salmonella
- (3) Staphylococcus
- (4) Streptococcus

57. All of the following are the behavioural disorders **except** :

- (1) HIV-AIDS
- (2) Non-communicable diseases
- (3) STDs and RTIs
- (4) Congenital disease

58. All of the following are self directed health behaviours **except** :

- (1) Diet
- (2) Exercise
- (3) Smoking
- (4) Screening

59. A model focusing on attitude and beliefs of individuals is known as :

- (1) Goal attainment model
- (2) Health belief model
- (3) Roys adaptation model
- (4) Self care model

60. Soft skill that relates to honesty, ethics, personal values is called as :

- (1) Integrity
- (2) Positive attitude
- (3) Responsibility
- (4) Adaptability

61. All of the following are the examples of work ethic **except** :

- (1) Loyalty
- (2) Imitative
- (3) Getting along with others
- (4) Self motivated

62. Steps of Problem Solving include all of the following **except** :

- (1) State the problem
- (2) Evaluate the ideas
- (3) Specify the objectives
- (4) Create imaginative alternatives

63. Escort services in the community are provided by :

- (1) Anganwadi worker
- (2) ANM
- (3) ASHA
- (4) Volunteer

64. Rapid diagnostic test is performed by health worker for diagnosis of :

- (1) Pneumonia
- (2) Gonorrhoea
- (3) Diarrhoea
- (4) Malaria

65. Skin patches with loss of sensation is a suspected case of :

- (1) Dropsy
- (2) Skin cancer
- (3) Leprosy
- (4) Herpes

66. Leader is a person who :

- (1) Coaches a team
- (2) Delivers vision
- (3) Do things right
- (4) Inspire vision for the future

67. One of the following qualities of a good leader relates with emotional maturity :

- (1) Moodiness
- (2) Takes pro-active role
- (3) Irritability
- (4) Angry outburst

68. A leader who does not permit any participation from team members is :

- (1) Authoritarian leader
- (2) Democratic leader
- (3) Charismatic leader
- (4) Laissez-faire leader

69. A process that promotes quality at all levels of health system is a kind of :

- (1) Traditional supervision
- (2) External supervision
- (3) Supportive supervision
- (4) Internal supervision

70. All of the following actions will take place after the supervision **except** :

- (1) Actions and decision are recorded
- (2) Irregular follow up and no problem solving
- (3) Monitoring of weak areas and improvement
- (4) Follow up on prior visits and problem

Rough Work