

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

Term End Examination,

December, 2021

BNS-042 : PRIMARY HEALTH CARE IN COMMON CONDITIONS

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. Jaundice with right hypochondrial pain may be related to :
 - (1) Hepatitis-A infection
 - (2) Gall bladder stone
 - (3) Hepatitis-B infection
 - (4) Hepatitis-C infection

2. The sign and symptoms of upper gastrointestinal bleeding of the following *except* :
 - (1) Hypertension
 - (2) Hematemesis
 - (3) Coffee ground gastric aspirate
 - (4) Tachycardia

3. All of the following are causes of abdominal distension *except* :
 - (1) Intestinal perforation
 - (2) Peritonitis
 - (3) Diabetes mellitus
 - (4) Cirrhosis of liver

4. A patient with dyspepsia would be advised all the following measures *except* :
 - (1) Avoid excess tea, coffee
 - (2) Stop alcohol and smoking
 - (3) Avoid spicy food
 - (4) Follow meal at any time

5. Dietary measures for upper respiratory infections include all of the following *except* :
 - (1) Vitamin C
 - (2) Refined carbohydrates
 - (3) Chicken soup
 - (4) Sprouts

6. A patient with sinusitis should avoid :
 - (1) Decongestant spray
 - (2) Pain killer
 - (3) Antibiotics
 - (4) Steam inhalation

7. Acute chest pain is common symptom in all of the following conditions *except* :

- (1) DVT
- (2) Pulmonary embolism
- (3) Heart diseases
- (4) Anxiety disorders

8. One of the natural home remedies for patient with bronchial asthma includes :

- (1) Start I/V infusion
- (2) Rubbing of mustard oil-camphor mixed on back
- (3) Start humidified oxygen therapy
- (4) Give cold water to drink

9. All of the following conditions are related to urinary tract infections *except* :

- (1) Cystitis
- (2) Pyelonephritis
- (3) Vaginitis
- (4) Prostatitis

10. One of the first aid measure for conjunctivitis includes :

- (1) Do not bandage the eye without knowing cause
- (2) Torch light examination
- (3) Intraocular pressure measurement
- (4) Fundus examination

11. The shock which occurs immediately after injury is :

- (1) Acute
- (2) Primary shock
- (3) Chronic
- (4) Secondary shock

12. One of the following is true about haemorrhagic stroke :

- (1) Similar to heart attack
- (2) Clot forms in the blood vessels
- (3) Rupture of blood vessels in the brain
- (4) Fatty deposits clogs the blood vessels

13. A scheme launched to motivate women to deliver at health facility is :

- (1) Janani Suraksha Karyakram (JSK)
- (2) Janani Shishu Suraksha Karyakram
- (3) Navjat Shishu Janani Suraksha Karyakram
- (4) Janani Suraksha Yojna (JSY)

14. New initiatives to strengthen routine immunization involves all of the following *except* :

- (1) Auto Disabled (AD) syringes
- (2) Maintaining cold chain only on the day of immunization
- (3) Mobilization of children by ASHA
- (4) Alternate vaccine delivery from PHC to subcenters

15. One of the following related to colour coded dashboard under HMIS (Health Management Information System) is not true :

- (1) Very good (light green)
- (2) Good (green)
- (3) Promising (yellow)
- (4) Very poor performing (red)

16. All of the following delay the seeking of MCH services *except* :
- (1) Deciding to seek care
 - (2) Identifying and reaching health facility
 - (3) Receiving appropriate treatment
 - (4) Accepting inadequate care from health facility
17. A pregnant woman attending the health facility with vomiting during first trimester requires one of the following action :
- (1) to eat small frequent meals.
 - (2) start I/V ringer lactate.
 - (3) refer her to MO for further management.
 - (4) advise her to have a hospital delivery.
18. All the following are true about TT infection *except* :
- (1) Dosage is 0.5 ml
 - (2) Given in gluteal muscles
 - (3) Deep intramuscular
 - (4) Given in the upper arm
19. The daily Recommended Dietary Allowance (RDA) for calcium in pregnancy and lactation is :
- (1) 400 mg/day
 - (2) 600 mg/day
 - (3) 1200 mg/day
 - (4) 1000 mg/day
20. Fetus is dependent on which of the following maternal hormones in first trimester of pregnancy ?
- (1) Insulin
 - (2) Glucagon
 - (3) Progesterone
 - (4) Maternal transplacental thyroid hormone

21. Protocol for management of hypothyroidism includes all of the following *except* :
- (1) Drug to be taken half an hour after lunch
 - (2) Drug of choice is tablet levothyroxine
 - (3) Drug to be taken in morning–empty stomach
 - (4) Drug can be used safely during pregnancy and lactation
22. Treatment for hypothyroidism should be discontinued, when level of TSH is within :
- (1) 1-8 ml U/L
 - (2) 2-9 ml U/L
 - (3) 3-10 ml U/L
 - (4) Above 10 ml U/L
23. For treating syphilis during pregnancy, most suitable drug is :
- (1) Amoxicillin
 - (2) Penicillin
 - (3) Cloxacilin
 - (4) Amikacin
24. All the following are true about normal labour *except* :
- (1) Between 37 to 42 completed weeks of gestation
 - (2) Spontaneous onset
 - (3) Cephalic presentation
 - (4) Completes within 18 hours or more
25. Magnesium sulphate is the drug of choice for treatment of :
- (1) Eclampsia
 - (2) Antepartum haemorrhage
 - (3) Post-partum haemorrhage
 - (4) Retained placenta

26. WHO recommendation for spacing after a miscarriage or induced abortion is :

- (1) 3 months
- (2) at least 6 months
- (3) 4 months
- (4) at least 5 months

27. All the following are causes of secondary dysmenorrhoea *except* :

- (1) Uterine fibroid
- (2) Cervical narrowing
- (3) Nulliparity
- (4) Ovarion-abscess

28. All of the following are commonly prescribed medications for premenstrual syndrome *except* :

- (1) Antiviral
- (2) Diuretics
- (3) Analgesics
- (4) Antidepressants

29. Thick, white, cheesy vaginal discharge is caused by :

- (1) Gonorrhoea
- (2) Trichomoniasis
- (3) Bacterial infection
- (4) Yeast infection

30. All of the following preventive measures should be taken for prevention of mastitis *except* :

- (1) Equal breast feed from both breasts
- (2) Apply cold compress to the breast
- (3) Avoid dehydration by drinking plenty of fluids
- (4) Wear a supportive bra

31. One of the following is a type of vaginal prolapse :
- (1) Cystocele
 - (2) Released perineum
 - (3) Rectocele
 - (4) Enterocele
32. Other name for ovulation method is :
- (1) Basal body temperature method
 - (2) Calender method
 - (3) Cervical mucus method
 - (4) Standard days method
33. An Oral Contraceptive Pills (OCPs) packet contains :
- (1) 7 white pills of contraceptive + 21 brown pills
 - (2) 21 white pills of contraceptive + 7 brown pills (icon)
 - (3) 20 white pills of contraceptive + 6 brown pills
 - (4) 30 white pills of contraceptive + 7 brown pills
34. All of the following are advantages of infectable contraceptives *except* :
- (1) Highly effective
 - (2) Reversible
 - (3) Long acting
 - (4) Irreversible
35. Under Prerna strategy, B. P. L. couples are awarded :
- (1) ₹ 9,000 for boy or ₹ 10,000 for girl child
 - (2) ₹ 10,000 at birth of a boy or ₹ 12,000 for girl
 - (3) ₹ 8,000 for boy or ₹ 9,000 for girl child
 - (4) ₹ 6,000 for body or ₹ 8,000 for girl child

36. All of the following are principles of counselling *except* :

- (1) Counsellor has right to take decision
- (2) Client has right to choose actions
- (3) Strictly confidential
- (4) Helps client to identify the problem

37. Correct sequence of counselling session is :

- (1) Connect-Reassure-Stabilise-Facilitate Coping
- (2) Reassure-Connect-Stabilise-Facilitate Coping
- (3) Stabilise-Reassure-Connect-Facilitate Coping
- (4) Facilitate Coping-Stabilise-Reassure-Connect

38. Rate of teenage pregnancy in India is :

- | | |
|------------------------|------------------------|
| (1) 102 per 1000 women | (2) 202 per 1000 women |
| (3) 62 per 1000 women | (4) 152 per 1000 women |

39. All of the following components of warm chain are important during delivery *except* :

- (1) Delivery room temperature is 25°C.
- (2) Dry the baby with wet cloth.
- (3) Cover baby with clean dry cloth.
- (4) Skin to skin contact with mother.

40. Respiratory rate of a normal newborn baby is :

- | | |
|-------------------------------|-------------------------------|
| (1) 40 to 60 times per minute | (2) 30 to 50 times per minute |
| (3) 20–40 times per minute | (4) 25–40 times per minute |

41. Taking out of curdled milk soon after feed is known as :
- (1) Aspiration
 - (2) Inhalation
 - (3) Regurgitation
 - (4) Exhalation
42. All of the following diseases are caused by Staphylococcol and Streptococcol *except* :
- (1) Impetigo
 - (2) Cellulitis
 - (3) Folliculitis
 - (4) Vertigo
43. Assessment of sick young infant involves all of the following skills *except* :
- (1) Classifying
 - (2) Asking
 - (3) Looking at
 - (4) Listening
44. All of the following points should be kept in mind while giving intramuscular antibiotics *except* :
- (1) Explain to the mother why the drug is given.
 - (2) Determine the dose of antibiotic.
 - (3) Administer the drug with clean needle and syringe.
 - (4) Administer the drug with sterile auto-disposable syringe.
45. A condition in which placenta is implanted partially or completely over the lower uterine segment is called :
- (1) Placenta accreta
 - (2) Placenta praevia
 - (3) Abruptio placenta
 - (4) Placenta circumvalleta
46. Common drug to treat both pneumonia and dysentery is :
- (1) Cotrimaxazole
 - (2) Gentamicin
 - (3) Amoxicillin
 - (4) Penicillin

47. All of the following are birth defects *except* :

- (1) Neural tube defects
- (2) Down's syndrome
- (3) Rickets
- (4) Congenital heart defects

48. All of the following are disabilities among children *except* :

- (1) Vision impairment
- (2) Hearing impairment
- (3) Language impairment
- (4) Convulsion

49. Country having largest coverage of universal immunization programme is :

- (1) China
- (2) India
- (3) Bangladesh
- (4) Sri Lanka

50. Government of India launched Mission Indradhanush to achieve :

- (1) To reduce maternal mortality
- (2) To reduce infant mortality
- (3) Full immunization coverage
- (4) To reduced malnutrition in children

51. One of the following vaccines is sensitive to freezing :

- (1) BCG
- (2) Measles
- (3) Hepatitis-B
- (4) OPV

52. All of the following vaccines can cause anaphylactic shock after administration *except* :

- (1) Hepatitis-B
- (2) Measles
- (3) Tetanus
- (4) BCG

53. All of the following infections result from unsafe injection practices *except* :

- (1) Hepatitis-B
- (2) HIV/AIDS
- (3) Hepatitis-A
- (4) Hepatitis-C

54. To prepare hypochlorite solution at home use one of the following :
- (1) mix 2 table spoons of bleaching powder with coil
 - (2) dissolve 10-15 gm of bleaching powder in one litre of water.
 - (3) one teaspoon of bleaching powder with 1 litre of water.
 - (4) freshly diluted solution of salt and water.
55. All of the following needs to be cleared from an injured person's mouth after meeting safety need *except* :
- (1) any blood
 - (2) vomit
 - (3) any foreign body
 - (4) pus
56. The size of the needle required to aspirate the fluid in haemothorax is :
- (1) 14 or 16 gauze needle
 - (2) 16 or 18 gauze needle
 - (3) 18 or 20 gauze needle
 - (4) 24 or 26 gauze needle
57. One of the following disease is 100% fatal, 100% vaccine preventable and incurable :
- (1) Scabies
 - (2) Scoliosis
 - (3) Rabies
 - (4) Pneumoconiosis
58. A patient with severe epigastric pain radiating to back is :
- (1) Acute pancreatitis
 - (2) Peptic ulcer
 - (3) Duodenal ulcer
 - (4) Chronic pancreatitis
59. The choice of drug for treatment of trachoma is :
- (1) Doxycycline ointment
 - (2) Tetracycline eye ointment
 - (3) Tetracycline oral capsules
 - (4) Doxycycline oral capsules

60. In which of the following conditions there is protrusion of abdominal contents through a sac outside the abdominal wall ?

- (1) Varicocele
- (2) Hydrocele
- (3) Hernia
- (4) Lymphedema

61. Dysphagia is known as :

- (1) Swelling of glands
- (2) Difficulty in swallowing
- (3) Difficulty in eating
- (4) Difficulty in drinking

62. All of the following are true about atrophic vaginitis *except* :

- (1) Occur in post-menopausal women
- (2) Thinning and drying of vaginal wall
- (3) Dyspareunia
- (4) Painless intercourse

63. Talipes equinus is also commonly known as :

- (1) Club foot
- (2) Exomphalos major
- (3) Exomphalos minor
- (4) Gastroschisis

64. Palliative care involves :

- (1) Superspeciality approach
- (2) Multi-disciplinary team approach
- (3) Specific team approach
- (4) Speciality care approach

65. Which one of the following diet reduces the risk of cancer ?

- (1) Animal fats
- (2) Salted foods
- (3) Rich in fibre
- (4) High sugar foods

66. Drug used as a prophylaxis of post-operative nausea :

- (1) Domperidone
- (2) Metoclopramide
- (3) Diclofenac
- (4) Salicylic acid

67. Which of the following drugs is used as osmotic diuretic ?

- (1) Furosemide
- (2) Lasix
- (3) Mannitol
- (4) Hydrochlorothiazide

68. Mebendazole is used for treatment of the following infections *except* :

- (1) *W. bancrofti*
- (2) Hookworm
- (3) Roundworm
- (4) Whipworm

69. All of the following are rapid acting insulin *except* :

- (1) Insulin lispro
- (2) Regular insulin
- (3) Insulin aspart
- (4) Insulin glulisine

70. Honey and steam are natural remedies for relieve symptoms of :

- (1) Vomit
- (2) Fever
- (3) Cough
- (4) Pain

Rough Work