

CERTIFICATE IN COMMUNITY HEALTH FOR NURSES (BPCCHN)

Term-End Examination

December, 2022

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, note-books 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 Invigilators 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 Test Booklet 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 Test Booklet 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.

1. All the following are priority interventions for adolescents *except* :
 - (1) Iron and Folic acid supplementation
 - (2) IUCD insertion
 - (3) Counselling on sexual health
 - (4) Menstrual hygiene

2. National Iron Plus Initiative includes
 - (1) WIFS – Weekly Iron and Folic acid Supplementation for school-going adolescents.
 - (2) Weekly Iron Supplementation for ‘out of school’ adolescents.
 - (3) Folic acid Supplementation to school-going adolescents on daily basis.
 - (4) Iron and Folic acid to adolescents daily through AWC.

3. A minimum benchmark of performance in terms of number of deliveries conducted per month for Community Health Centre is
 - (1) 3
 - (2) 10
 - (3) 20
 - (4) 50

4. Frontline worker trained to provide special care to pre-term babies as part of home-based newborn care is
 - (1) Anganwadi worker
 - (2) ANM
 - (3) ASHA
 - (4) LHV

5. All the following include Comprehensive Abortion care interventions *except* :
 - (1) ‘Delivery points’ at Subcentre level
 - (2) Manual Vacuum Aspiration (MVA)
 - (3) Medical methods of Abortion
 - (4) NGO sector to provide MTP

- 6.** All the following signs and symptoms by expectant mothers must be reported *except* :
- (1) Unusual bleeding
 - (2) Swelling in feet
 - (3) High fever
 - (4) Baby's movements being felt
- 7.** Protocol for Investigation of Gestational Diabetes Mellitus is
- (1) Testing recommended once during ANC.
 - (2) Testing for GDM recommended twice during ANC.
 - (3) Testing for GDM recommended three times.
 - (4) There should be a gap of 2 months between the two tests.
- 8.** All the following are high risk factors for hypothyroidism *except* :
- (1) Gastritis
 - (2) Obesity
 - (3) Goiter
 - (4) Family H/O mental retardation
- 9.** Average duration of third stage of labour in case of Primigravida is
- (1) 30 minutes
 - (2) 25 minutes
 - (3) 20 minutes
 - (4) 15 minutes
- 10.** All the following factors are contraindications for normal vaginal delivery *except* :
- (1) Cord prolapse
 - (2) Face presentation
 - (3) Breech presentation
 - (4) Vertex presentation

- 11.** Examination of the placenta and membranes includes
- (1) Place the placenta in hands with fetal side up.
 - (2) Hold placenta in the palm with maternal side facing upward.
 - (3) Keep the fetal side of the placenta horizontally.
 - (4) Ensure all the lobules are visible on the palm.
- 12.** Magnesium sulphate is administered in pregnancy to prevent
- (1) Seizures
 - (2) Hypertension
 - (3) Proteinuria
 - (4) Anaemia
- 13.** All the following are characteristics of effective suckling during breastfeed by baby *except* :
- (1) Slow sucks
 - (2) Deep sucks with pause
 - (3) Burping
 - (4) Visible swallowing at the throat
- 14.** Eye care is essential soon after the delivery to protect the baby from
- (1) HIV
 - (2) Gonorrhoea
 - (3) AIDS
 - (4) Chlamydial infection
- 15.** All the following are important advices about breastfeeding *except* :
- (1) Exclusive breastfeeding.
 - (2) If difficulty in giving feed, get help.
 - (3) Assess breastfeeding before planning for discharge.
 - (4) Discharge the baby irrespective of establishing breastfeed or not.

16. All the following should never be done by health worker in labour room *except* :

- (1) Do nasal suction before oral suction.
- (2) Do not leave the door and windows open.
- (3) Nothing to apply on cord stump.
- (4) Do not give tactile stimulation more than twice.

17. Burping after feed helps babies in solving the problem of

- (1) Gastritis
- (2) Passing urine
- (3) Regurgitation of milk
- (4) Passing meconium

18. Systemic Acyclovir is indicated for treatment of

- (1) Chicken Pox
- (2) Herpes Simplex
- (3) Impetigo
- (4) Ecthyma

19. Chemical treatment for dog bite includes all the following *except* :

- (1) Alcohol
- (2) Tincture
- (3) Povidone-iodine
- (4) Lyzole

20. In case of Oral Thrush, teach mother to apply

- (1) 0.25% Gentian violet paint
- (2) 0.01% aqueous solution
- (3) Betadine
- (4) Savlon solution

- 21.** Normal breathing is recognised in an Infant as
- (1) Whole chest wall moves in.
 - (2) Chest wall (lower) and abdomen moves out.
 - (3) Upper and lower chest wall and abdomen moves out during breathing in.
 - (4) Chest wall (upper) and abdomen moves out.
- 22.** Prophylactic Vitamin A as single dose is administered at
- (1) 16 – 18 months
 - (2) 9 months
 - (3) 30 months
 - (4) 36 months
- 23.** All the following are birth defects *except* :
- (1) Down Syndrome
 - (2) Cleft Lip and Palate
 - (3) Dental Caries
 - (4) Congenital Heart Disease
- 24.** Cause of pain in any side of lumbar area radiating to groin is
- (1) Renal/Ureteric-renal stone
 - (2) Peritonitis
 - (3) Appendix
 - (4) Splenic cause
- 25.** Amount of fluid to be replaced in cholera-related diarrhea is
- (1) Plenty of water as much as patient desires
 - (2) IV fluids – dextrose 10%
 - (3) Normal saline 0.9% may be started
 - (4) ORS – 2200 – 4000 ml in first four hours

- 26.** Lactulose 15 – 20 ml is given orally at night to treat
- (1) Gastritis
 - (2) Stomatitis
 - (3) Constipation
 - (4) Pancreatitis
- 27.** All the following are causes of bleeding per rectum *except* :
- (1) Hematemesis
 - (2) Fissures
 - (3) Amoebic diarrhea
 - (4) Haemorrhoids
- 28.** Vitamin that helps to strengthen immune system and fight against infection is
- (1) Vitamin A
 - (2) Vitamin B
 - (3) Vitamin D
 - (4) Vitamin C
- 29.** All the following are risk factors of Pneumonia due to impaired immune system *except* :
- (1) HIV/AIDS
 - (2) Alcoholism
 - (3) Malignancy
 - (4) Stroke
- 30.** All the following are causes of Haemoptysis *except* :
- (1) Change of weather
 - (2) Bronchitis
 - (3) Pulmonary tuberculosis
 - (4) Bronchiectasis

- 31.** Patient with chest pain, dyspnea associated with deep vein thrombosis should be assessed for
- (1) Gastro-esophageal reflux
 - (2) Pericarditis
 - (3) Pulmonary embolism
 - (4) Panic disorder
- 32.** All the following parameters are to be screened to detect non-communicable diseases *except* :
- (1) Blood pressure
 - (2) Blood sugar
 - (3) Cholesterol level
 - (4) Haemoglobin
- 33.** All the following are important counselling points in blood disorders *except* :
- (1) Pre-marriage counselling
 - (2) Encourage community not to donate blood
 - (3) Avoid marriage between two sickle cell disease patients
 - (4) Keep contact number of blood bank
- 34.** Treat unconscious patient with hypoglycemia with
- (1) Reassurance
 - (2) 4 to 6 ounces of fruit juice
 - (3) 5 to 6 hard candies
 - (4) Glucose powder under tongue
- 35.** All the following local treatments for insect bite are correct *except* :
- (1) Wasp venom is acidic — apply ammonia
 - (2) Bee venom is acidic — neutralised by ammonia soda
 - (3) Apply calamine lotion for jellyfish sting
 - (4) Give antihistamine for allergy

36. Other name for Opium is

- (1) Bhang
- (2) Ganja
- (3) Afim
- (4) Hashish

37. Avalanches and floods are natural disasters of

- (1) Geophysical type
- (2) Biological type
- (3) Hydrological type
- (4) Meteorological type

38. All the following steps should be taken by people before disaster *except* :

- (1) Know the risk
- (2) Put the plan into action
- (3) Know danger signs
- (4) Purchase insurance

39. Do not use intramuscular route of injecting vaccine in case of

- (1) Bleeding disorders
- (2) Acute illness
- (3) Anaphylactic shock
- (4) Minor infections

40. Important reason for antibiotic resistance is

- (1) Over-use in viral infection
- (2) Over-use in fungal infection
- (3) Inappropriate doses and duration in protozoal infection
- (4) Misuse of antibiotics in bacterial infection

- 41.** One of the following is a topical steroid :
- (1) Miconazole
 - (2) Betamethasone
 - (3) Benzoic acid
 - (4) Salicylic acid
- 42.** Drug for treatment of cerebral oedema is
- (1) Furosemide
 - (2) Hydrochlorothiazide
 - (3) Mannitol
 - (4) Paracetamol
- 43.** Local anesthesia used for normal intact skin is
- | | |
|-----------------------------|----------------|
| (1) Lignocaine + Prilocaine | (2) Lignocaine |
| (3) Lignocaine + Adrenaline | (4) Adrenaline |
- 44.** All the following are anti-amoebic drugs *except* :
- (1) Metronidazole
 - (2) Tinidazole
 - (3) Ornidazole
 - (4) Albendazole
- 45.** Vitamin D helps in absorption of
- (1) Iron
 - (2) Calcium
 - (3) Zinc
 - (4) Folic acid
- 46.** All the following actions lead to Hypoglycaemia *except* :
- (1) Large dose of dextrose
 - (2) Large dose of insulin
 - (3) Missing meals
 - (4) Vigorous physical exercises

- 47.** All the following are antihypertensive drugs *except* :
- (1) Enalapril
 - (2) Atenolol
 - (3) Miglitol
 - (4) Amlodipine
- 48.** The drugs used to control postpartum haemorrhage is known as
- (1) Utero tonic
 - (2) Uretono tonics
 - (3) Urethro tonics
 - (4) Urgo tonics
- 49.** All the following are benefits of using combined oral contraceptives *except* :
- (1) Treat dysmenorrhoea
 - (2) Regularity of menstrual cycle
 - (3) Decreased blood loss
 - (4) Iron deficiency anaemia
- 50.** Emergency contraceptive pill is
- (1) Estrogen
 - (2) Levonorgestrel
 - (3) Progestin only
 - (4) Estrogen and Progestin
- 51.** Two most important and most commonly used Anti-Tuberculosis Treatment (ATT) drugs are
- (1) Rifampicin and Ethambutol
 - (2) Isoniazid and Ethambutol
 - (3) Isoniazid and Rifampicin
 - (4) Rifampian and Pyrazinamide
- 52.** All the following are physical premenstrual syndrome (PMS) symptoms *except* :
- (1) Acne
 - (2) Fatigue
 - (3) Mastalgia
 - (4) Sadness and anger

- 53.** Cloudy or yellow vaginal discharge is possible due to
- (1) Gonorrhoea
 - (2) Trichomoniasis
 - (3) Yeast infection
 - (4) Fungal infection
- 54.** All the investigations are required to rule malignancy in breast *except* :
- (1) Mammography
 - (2) Ultrasound
 - (3) Aspiration biopsy
 - (4) Endometrial aspiration
- 55.** Lactational Amenorrhoea method can be used after delivery only for the first
- (1) 2 months
 - (2) 6 months
 - (3) 3 months
 - (4) 4 months
- 56.** No-Scalpel Vasectomy method has all the following benefits *except* :
- (1) Requires minimal infrastructure set-up
 - (2) Performed by MBBS trained doctor
 - (3) ANM with training can do the procedure
 - (4) Safe and simple procedure
- 57.** Duration of antibiotic therapy course for mastitis is
- (1) 10 to 14 days
 - (2) 5 days
 - (3) 7 days
 - (4) More than 20 days

- 58.** Feeling of something coming down the vagina on movement is a suspected case of
- (1) Cystocele
 - (2) Uterine prolapse
 - (3) Urethrocele
 - (4) Rectocele
- 59.** All the investigations are required to diagnose acute pelvic pain *except* :
- (1) CT Scan
 - (2) Mid-stream urine for microscopic examination
 - (3) Urine for immunological test of pregnancy
 - (4) Ultrasonography to rule out ectopic pregnancy
- 60.** Standard screening test for cervical cancer is
- (1) Ultrasound
 - (2) Microscopy
 - (3) Cytology for cervical smear
 - (4) Rapid test
- 61.** Early identified and effectively managed cancer is
- (1) Cervical
 - (2) Breast
 - (3) Oral
 - (4) Uterine
- 62.** Cancer which is preventable, curable, and responds well to surgery and radiation if detected early is
- (1) Breast
 - (2) Oral
 - (3) Uterine
 - (4) Ovarian

- 63.** Best frequency for breast self-examination by women is
- (1) Four times in a month
 - (2) Thrice a month
 - (3) Once a month
 - (4) Twice a month
- 64.** All the following are suspected symptoms of heart disease *except* :
- (1) Bluish discolouration of the lips and nails
 - (2) Cyanotic spells — baby becomes deeply blue
 - (3) Rapid breathing
 - (4) Baby is hyperactive
- 65.** Atrophic Vaginitis is a condition which can occur in
- (1) Post-menopausal women
 - (2) Pre-menopausal women
 - (3) Lactating women
 - (4) Pregnant women
- 66.** Foul smelling or blood-stained discharge from ear can lead to
- (1) Throat infection
 - (2) Brain abscess
 - (3) Optic nerve damage
 - (4) Olfactory nerve damage
- 67.** To stop epistaxis, use gauze soaked in
- (1) Normal saline
 - (2) Ringer's lactate
 - (3) Adrenalin
 - (4) Lignocaine

- 68.** All are measures to be taken care in keratitis before referring to higher facility *except* :
- (1) Administer Chloramphenicol every 5 minutes for the first hour
 - (2) Apply Atropine ointment to affected eye
 - (3) Tab Paracetamol orally administered before referral
 - (4) Refer as an emergency without any intervention
- 69.** Pulse to be checked after giving recovery position to an injured person followed by accident is
- (1) Carotid
 - (2) Brachial
 - (3) Femoral
 - (4) Radial
- 70.** Before transporting an accident victim to higher health facility, the order of priority examination to be followed by health worker includes
- (1) Control external bleeding
 - (2) Check blood pressure
 - (3) Clear and maintain airway
 - (4) Look at pupils for reaction to light

SPACE FOR ROUGH WORK