

MIZORAM SUBORDINATE SERVICES SELECTION BOARD



COMPETITIVE EXAMINATION FOR RECRUITMENT TO THE POST OF TUTOR UNDER HEALTH & FAMILY WELFARE DEPARTMENT, GOVERNMENT OF MIZORAM

JUNE - 2023

Question Booklet Series

NURSING SCIENCE PAPER I

B

Time Allowed : 2 Hours

Maximum Marks : 150

INSTRUCTIONS

1. This paper consists of seventy five (75) multiple-choice type of questions.
2. Immediately after the commencement of the examination, you should check that this question booklet does not have any unprinted or missing pages or items, etc. If so, get it replaced by a complete booklet from the invigilator.
3. Please note that it is the candidate's responsibility to fill in all necessary details such as Roll Number, etc. and the Question Booklet Series A, B, C or D carefully and without any omission or discrepancy at the appropriate places in the OMR Answer Sheet. Any omission/discrepancy will render the Answer Sheet liable for rejection.
4. Each question comprises four responses (answers). You will select the response which you want to mark on the Answer Sheet. In case you feel that there is more than one correct response, mark the response which you consider the best. In any case, choose *ONLY ONE* response for each item.
5. You have to mark your responses **ONLY** on the separate OMR Answer Sheet provided. ***Read instructions given in the OMR sheet carefully.***
6. All questions carry equal marks.
7. Rough work is to be done in the spaces available in the question booklet.
8. You have to submit your Answer Sheet to the invigilators at the end of the examination compulsorily and must not carry it with you outside the Examination Hall. You are permitted to take away with you the question booklet on conclusion of examination.
9. There are no negative marks for incorrect answer.

1. Match the following modalities of cancer treatment:
 1. Chemotherapy (a) allogenic, autologous, syngeneic
 2. Gene therapy (b) internal radiation implantation
 3. Bone marrow transplant (c) antineoplastic agents
 4. Brachytherapy (d) tumor-directed therapy

(A) 1 – (b), 2 – (c), 3 – (d), 4 – (a) (B) 1 – (d), 2 – (a), 3 – (b), 4 – (c)
(C) 1 – (a), 2 – (b), 3 – (c), 4 – (d) (D) 1 – (c), 2 – (d), 3 – (a), 4 – (b)
2. Which patient is at the highest risk for cervical cancer?
 - (A) A 23 year old who reports first sexual partner at the age of 14 and that she has had at least 10 sex partners
 - (B) A 60 year old with a history of syphilis and cigarette smoking
 - (C) A 32 year old in a monogamous relationship who declined the HPV vaccine
 - (D) None of the above are at risk for cervical cancer
3. Which action occurs when you turn the palm of the hand downward?
 - (A) External rotation (B) Circumduction
 - (C) Lateral flexion (D) Pronation
4. The systematic problem-solving approach towards providing individual nursing care is known as
 - (A) Nursing process (B) Nursing care plan
 - (C) Nurses practice act (D) Nursing assessment
5. Which of the following is the correct sequential order of the phases of healing?
 - (A) Remodeling, inflammation, hemostasis, repair
 - (B) Inflammation, hemostasis, proliferation, maturation
 - (C) Hemostasis, inflammation, repair, remodeling
 - (D) Inflammation, maturation, proliferation, hemostasis
6. Consider the following about NREM sleep (Non-Rapid Movement):
 - (i) It is a deep restful sleep
 - (ii) All metabolic process is reduced
 - (iii) Most dreams take place during this period
 - (iv) It is referred to as quick wave sleep

Which of the above are true?

 - (A) (i), (ii), (iii) and (iv) (B) (iii) and (iv)
 - (C) (i) and (ii) (D) (i), (ii) and (iii)
7. While caring for a patient with bowel elimination problem, to promote normal elimination a nurse should keep in mind all of the following steps EXCEPT
 - (A) Skip the meal (B) Encourage high fibre diet
 - (C) Normal fluid intake (D) Stress free environment
8. As per BMI criteria based on WHO, the normal healthy category range is
 - (A) below 18.5 (B) 18.5 to 24.9
 - (C) 25 to 29.9 (D) above 30

9. All of the following precautions will be followed to prevent droplet transmission EXCEPT
- (A) Place a patient in private room or at least 3 feet away from other patients or visitors
 - (B) Health care provider should use surgical mask
 - (C) When necessary patients being transported out of their rooms should wear mask
 - (D) Disinfect the toilets and utensils used by the patients
10. Baby Mary, a 4 month old is not able to breastfeed and chest indrawing is present. This can be classified as
- (A) pneumonia
 - (B) severe pneumonia
 - (C) very severe pneumonia
 - (D) mild pneumonia
11. 101° F converted to Celsius is
- (A) 39° C
 - (B) 39.2° C
 - (C) 38.3° C
 - (D) 40° C
12. Match the following:
- | | |
|----------------------------|--|
| 1. Change of shift reports | (a) Occurrence report |
| 2. Incident reports | (b) report given to all nurses on duty in the next period |
| 3. Transfer reports | (c) reports with judicial value |
| 4. Legal reports | (d) report given when patient is moved to other health care unit |
- Select the answer from the codes given below:
- (A) 1 – (c), 2 – (a), 3 – (b), 4 – (d)
 - (B) 1 – (b), 2 – (a), 3 – (d), 4 – (c)
 - (C) 1 – (d), 2 – (a), 3 – (b), 4 – (c)
 - (D) 1 – (d), 2 – (c), 3 – (b), 4 – (a)
13. As per minimum norms, which four medical specialists are required to man a Community Health Center (CHC)?
- (A) Surgeon, dental surgeon, physician and pediatrician
 - (B) Surgeon, gynecologist, physician and pediatrician
 - (C) Gynecologist, radiologist, physician and pathologist
 - (D) Surgeon, physician, pathologist and radiologist
14. Ayushman Bharat is an initiative of the government of India to achieve
- (A) Primary Health Care
 - (B) Secondary and Tertiary Care
 - (C) Universal Health Coverage
 - (D) Prevention of Communicable Diseases
15. Under the Prevention of Food Adulteration Act, when is food said to be adulterated?
- (A) If any ingredient is injurious to health
 - (B) If it is obtained from a diseased animal
 - (C) If spices are sold without their essence
 - (D) All of the above
16. The nursing theorist who viewed nursing as both a science and art is
- (A) Dorothea Orem
 - (B) Imogene King
 - (C) Betty Newman
 - (D) Martha Rogers

17. All of the following are 'Essential Newborn Care' components EXCEPT
- (A) Exclusive breastfeeding (B) Prevention of hypothermia
(C) Complete immunization (D) Prevention of infection
18. Consider the following:
- (i) To reduce morbidity and mortality due to TB
(ii) To cure 90% of all cases
(iii) To eliminate tuberculosis
(iv) To break the chain of transmission of TB cases
- Which of the above are the general objectives of RNTCP?
- (A) (i), (ii), (iii) and (iv) (B) (i) and (iv)
(C) (ii) and (iii) (D) (ii), (iii) and (iv)
19. While providing care to a patient with plaster cast, a nurse should tell the patient not to
- (A) move joints above and below cast regularly
(B) elevate extremity above level of heart for first 48 hour
(C) get plaster cast wet
(D) report pain during movement
20. Consider the following:
- (i) An 80 years old man with hip fracture
(ii) A 35 years old man with cardiac arrest
(iii) A 20 years old woman who complains of urinary tract symptoms
(iv) A 50 years old man with complain of chest pain radiating to left arm
(v) A 3 years old boy with earache
- Using the Emergency Severity Index, categorize the above five patients brought to the Emergency Department for treatment in order of their ESI level 1 – 5.
- (A) (ii), (i), (iv), (iii), (v) (B) (ii), (iv), (i), (iii), (v)
(C) (iii), (ii), (i), (v), (iv) (D) (ii), (i), (iii), (iv), (v)
21. A 5 years old Kima was brought to a health centre with a history of dog bite. On examination it was found that there were scratches and abrasions without bleeding. What intervention is a Community Health Nurse expected to perform?
- (A) No intervention is required as the incident is not serious
(B) Local treatment of the wound and immediate vaccination
(C) Immediate vaccination and administration of Immunoglobulin
(D) Local treatment of the wound with antiseptic solution
22. While preparing a vaccine for immunisation clinic, a health worker found the VVM to be in stage 3 where the inner square colour matches the colour of outer circle. What should the health worker do?
- (i) Do not use the vaccine (ii) Give to the child anyway
(iii) Inform the supervisor
- Select the correct answer using the given codes.
- (A) (i) only (B) (ii) only
(C) (ii) and (iii) (D) (i) and (iii)

23. A client is brought to Emergency Department with partial thickness burns to his face, neck, arms and chest. The first priority nursing action to be implemented is
- (A) Administering IV fluids (B) Dressing of the wound
(C) Assessing for airway patency (D) Administering pain medication
24. A nurse is providing care to a patient having ineffective tissue perfusion caused by myocardial infarction. The appropriate nursing intervention would be
- (A) to administer morphine intravenously
(B) to provide rest periods
(C) to obtain 12 lead ECG
(D) to evaluate chest pain
25. Consider the following:
- (i) Avoid arm exercises in the immediate postoperative period
(ii) Elevate the affected arm on a pillow above heart level
(iii) Place cool compresses on the affected arm
(iv) Do not carry heavy things in the affected arm
- Which of the above measures are to be taken by a post mastectomy patient to prevent lymphedema of the affected arm?
- (A) (i) and (ii) (B) (i) and (iii)
(C) (iii) and (iv) (D) (ii) and (iv)
26. Match the following :
- | | |
|---------------------------|-----------------------|
| 1. Iron deficiency anemia | (a) Rickets |
| 2. Vit D deficiency | (b) Koplik spots |
| 3. Deficiency of flouride | (c) Spoon shaped nail |
| 4. Measles | (d) Rose spots |
| 5. Typhoid | (e) Dental caries |
- (A) 1-(a), 2-(c), 3-(e), 4-(b), 5-(d) (B) 1-(c), 2-(d), 3-(e), 4-(b), 5-(a)
(C) 1-(c), 2-(a), 3-(e), 4-(b), 5-(d) (D) 1-(c), 2-(a), 3-(e), 4-(d), 5-(b)
27. An 85 years old patient has an accidental fall while going to the bathroom without assistance. It appears that he has sustained a bone fracture to the left leg. The leg's shape is deformed and he is unable to move it. The patient is alert and oriented but in pain. What will be the priority intervention after confirming the client is safe and stable?
- (A) Applying an ice pack covered with a towel to the site
(B) Immobilizing the fracture with a splint
(C) Administering pain medication
(D) Elevating the extremity above heart level
28. Which of the following confirms a diagnosis of Hodgkin disease in a 20 year old client?
- (A) Reed-Sternberg cells in the lymph nodes
(B) VMA in the urine
(C) Blast cells in the blood
(D) Lymphocytes in the bone marrow

29. A 45 years old man was admitted with the diagnosis of acute pancreatitis with the chief complain of severe abdominal pain. He has been kept nil per oral (NPO) for over 8 hours and also has nasogastric tube inserted. The reason that he is kept NPO is
- (A) to allow the pancreas to rest
 - (B) to decrease his blood sugar level
 - (C) to prevent infection of pancreas
 - (D) to determine if the liver is involved as well
30. The best method for sterilizing an instrument is to
- (A) place it in a chemical germicide
 - (B) put it into an autoclave
 - (C) boil it for 20 minutes
 - (D) pass it through a bright flame
31. The establishment of 'Green Belt' between industrial area and residential area is a remedy for which type of pollution?
- (A) Air pollution
 - (B) Water pollution
 - (C) Land pollution
 - (D) Noise pollution
32. Consider the following:
(i) Sedimentation (ii) Storage (iii) Filtration (iv) Boiling
Which of the above are natural methods for purification of water?
- (A) (i), (ii), (iii) and (iv)
 - (B) (i) and (iv)
 - (C) (i), (ii) and (iii)
 - (D) (i), (ii) and (iv)
33. Absolute contraindications to oral contraceptive pills include:
- (i) breast cancer and pregnancy
 - (ii) liver disease and use of rifampicin
 - (iii) diabetes and hypertension
- Select the correct answer from the code given below.
- (A) (i) and (iii)
 - (B) (i) and (ii)
 - (C) (ii) and (iii)
 - (D) (i), (ii) and (iii)
34. The most common symptoms of benign prostatic hypertrophy are
- (A) intermittency, hesitancy and dribbling
 - (B) dysuria, abdominal pain and urinary retention
 - (C) chills, fever and nausea
 - (D) nocturia, bladder spasms and hematuria
35. A client with psoriasis has been using a topical treatment for 2 months. On assessment, which of the following characteristics will a nurse identify as improvement in the manifestations of psoriasis?
- (i) Palpable radial pulses
 - (ii) Scarce amount of silvery white scaly patches on the arms
 - (iii) Thinner and decrease in number of reddish papules
 - (iv) Absence of ecchymosis on the extremities
- Select the correct answer using the codes given below.
- (A) (i) and (ii)
 - (B) (ii) and (iii)
 - (C) (iii) and (iv)
 - (D) (ii) and (iv)

36. A nurse must be aware that the polydipsia and polyuria experienced by a patient with poorly controlled diabetes mellitus are caused primarily by
- (A) fluid shifts from the osmotic effect of hyperglycemia
 - (B) the release of ketones from cells during fat metabolism
 - (C) damage to the kidneys from exposure to high levels of glucose
 - (D) change in RBCs resulting from attachment of excessive glucose to haemoglobin
37. Match the following eye disorders with their respective surgical treatments:
- | | |
|-----------------------|---|
| 1. Retinal detachment | (a) Trabeculectomy |
| 2. Glaucoma | (b) Phacoemulsification |
| 3. Myopia | (c) Laser photocoagulation |
| 4. Cataract | (d) Laser-assisted in situ keratomileusis |
- (A) 1 – (c), 2 – (a), 3 – (d), 4 – (b) (B) 1 – (b), 2 – (c), 3 – (a), 4 – (d)
(C) 1 – (d), 2 – (a), 3 – (c), 4 – (b) (D) 1 – (c), 2 – (a), 3 – (b), 4 – (d)
38. A nurse notes that a patient has a diagnosis of presbycusis. The nurse plans care knowing the condition is
- (A) Tinnitus that occurs with aging
 - (B) Nystagmus that occurs with aging
 - (C) A sensorineural hearing loss that occurs with aging
 - (D) A conductive hearing loss that occurs with aging
39. Which respiration sound creates a high-pitched musical sound?
- (A) Stridor
 - (B) Rales and ronchi
 - (C) Stertorous
 - (D) Wheezes
40. Match the following positions with their respective physical examinations used for:
- | | |
|---------------------|----------------------------------|
| 1. Dorsal Recumbent | (a) gynecological examination |
| 2. Sim's | (b) examination of pelvic organs |
| 3. Lithotomy | (c) rectal examination |
| 4. Trendelenburg | (d) abdominal assessment |
- (A) 1 – (d), 2 – (c), 3 – (a), 4 – (b) (B) 1 – (b), 2 – (a), 3 – (d), 4 – (c)
(C) 1 – (d), 2 – (c), 3 – (b), 4 – (a) (D) 1 – (c), 2 – (d), 3 – (a), 4 – (b)
41. Consider the following:
- (i) It is permanent record for accountability
 - (ii) It is a legal record of case
 - (iii) It is sometimes used by government agencies to evaluate patient case
 - (iv) It provides data for research
- Which of the above are the basic purposes for an accurate and complete written patient record?
- (A) (i), (ii), (iii) and (iv)
 - (B) (i), (ii) and (iii)
 - (C) (i), (ii) and (iv)
 - (D) (ii), (iii) and (iv)
42. Hyperpyrexia is when the temperature rises above
- (A) 100° F
 - (B) 104° F
 - (C) 105° F
 - (D) 99° F

43. _____ is a term used when a patient leaves a hospital without any information and takes his records without depositing the fees or dues.
- (A) LAMA (B) Absconded
(C) DAMA (D) SAMA
44. The denominator for calculating IMR is
- (A) Total number of births in the previous year
(B) Total births in the same year
(C) Total number of live births and still births in the same year
(D) Total number of live births in the same year
45. The most suitable strategy to prevent diabetes is
- (A) early diagnosis and treatment (B) specific protection
(C) primordial prevention (D) rehabilitation
46. Which of the following statements about laceration wound is true?
- (A) Rough irregular wound caused by crushing or ripping forces
(B) Would caused by a clear sharp edge object
(C) Superficial wound in which topmost layer of skin are scraped off
(D) Wound caused by an object puncturing the skin
47. According to the National Immunization schedule, the group of vaccines recommended to be given at birth are
- (A) BCG, DPT and OPV
(B) BCG, Hepatitis B and OPV
(C) BCG, Hepatitis B, OPV and IPV (Hep B)
(D) BCG, Hepatitis B, OPV and Hib
48. Which strategy of polio eradication is called door to door immunization?
- (A) Expanded programmes of immunization
(B) Supplementary immunization
(C) Umbrella immunization
(D) Mop-up immunization
49. What is the new name of the mid day meal program?
- (A) Pradhan Mantri Poshan Shakti Nirman Scheme
(B) Pradan Mantri Survakosh Matrma Abhijan
(C) Rastriya Kishore Swasthya Karyakram
(D) Janani Suraksha Yojana
50. WHO approved oral rehydration solution includes all of the following EXCEPT
- (A) NaCl (B) KCl
(C) Sodium citrate (D) Sodium Carbonate
51. Malnutrition, dehydration, unusual weight loss and poor personal hygiene found in an older person is most likely an indication of
- (A) abandonment (B) neglect
(C) physical abuse (D) psychological abuse

52. Which of the following statements about Epispadias is correct?
(A) The urethral opening is on the ventral surface of the penis
(B) The foreskin is constricted so that it cannot be retracted over the glans
(C) The urethral opening is on the dorsum of the penis
(D) Edema of the retracted uncircumcised foreskin
53. A patient is admitted with an occupational disease caused by inhalation of cotton dust over long period of time. This condition is known as
(A) Byssinosis (B) Anthracosis
(C) Bagassosis (D) Farmer's lung
54. Preventive measures for Hepatitis A include
(A) use of disposable needles and syringes
(B) screening of donated blood
(C) avoiding the sharing of toothbrush and razors
(D) control and screening of food handlers
55. Which of the following nursing theorists introduced "Theory of Interpersonal relation" that emphasizes the nurse-client relationship as the foundation of nursing practice?
(A) Virginia Handerson (B) Dorothy Johnson
(C) Hildegard Peplau (D) Florence Nightingale
56. A nurse is performing GCS scoring on a patient with intermittent altered state of consciousness and found that the present score is 5. This indicates that the patient is
(A) fully alert (B) in coma
(C) confused (D) obedient of command
57. All of the following are the qualities of a professional nurse EXCEPT
(A) Honest (B) Responsible and Accountable
(C) Keen observer (D) Impulsive
58. Consider the following:
(i) Difficulty in hearing (ii) Difficulty in vision
(iii) Neurosis (iv) Difficulty in expression
Which of the above are physical barriers of communication?
(A) (i), (ii), (iii) and (iv) (B) (i) and (ii)
(C) (i), (ii) and (iv) (D) (iii) and (iv)
59. Consider the following:
(i) It is the ratio of oxyhemoglobin to the total concentration of hemoglobin in the blood
(ii) The normal value is between 95% - 100%
(iii) It is measured using pulse oximeter
(iv) Venous oxygen saturation is the percentage of oxygenated hemoglobin returning to the right side of the heart.
Which of the above statements regarding oxygen saturation are true?
(A) (i), (ii), (iii) and (iv) (B) (ii) and (iii)
(C) (i), (ii) and (iii) (D) (ii), (iii) and (iv)

60. Consider the following:
- (i) Children under the age group of 6 years, pregnant women and lactating mothers are covered
 - (ii) It provides nutritional supplementation and preschool education
 - (iii) The scheme is under Health and Family Welfare department
 - (iv) It was launched in 1978
- Which of the above statements about ICDS are true?
- (A) (i) and (ii) only
 - (B) (ii) and (iii) only
 - (C) (iii) and (iv) only
 - (D) (i) and (iv) only
61. The number of new cases occurring in a defined population during a specific period of time is
- (A) incidence rate
 - (B) mortality rate
 - (C) prevalence rate
 - (D) morbidity rate
62. All of the following are principles of Community Health Nursing EXCEPT
- (A) Considering the family as the unit of service
 - (B) Respect for the values, customs and beliefs of the clients
 - (C) Recognizing the need of individuals, families and communities
 - (D) Functioning independently for the accomplishment of goals
63. Triple-drug therapy for eradication of *H. pylori* infection includes a combination of the following drugs EXCEPT
- (A) Proton pump inhibitor
 - (B) Amoxicillin
 - (C) Metaclopramide
 - (D) Clarithromycin
64. A patient who has been receiving antiretroviral therapy (ART) to manage infection with human immunodeficiency virus (HIV) has an undetectable viral load. How would the nurse interpret this information?
- (A) HIV has been eliminated from the patient's blood
 - (B) ART has been effective in decreasing viral load
 - (C) More tests are needed to determine the effectiveness of ART
 - (D) ART can be discontinued for 3 months
65. While performing CPR for adult, the compression-to-ventilation ratio for 2-rescuer CPR is
- (A) 15 : 1
 - (B) 15 : 2
 - (C) 30 : 1
 - (D) 30 : 2
66. A nurse may use the mnemonic 'OPQRST' to assess
- (A) Mental wellbeing
 - (B) Pain
 - (C) Vital signs
 - (D) Oxygen saturation
67. A medico legal case (MLC) if brought to a hospital should be informed to the police. Which of the following cases are included under MLC?
- (A) Road Traffic Accident (RTA)
 - (B) Suicide
 - (C) Rape
 - (D) All of these

68. While educating Breast Self Examination (BSE) as a screening method to detect early breast cancer, a nurse should advise all of the following EXCEPT
- (A) BSE should be performed after menses (5-7 days) once a month
 - (B) While performing BSE, two important components a client should perform is looking and feeling
 - (C) A woman should have clinical breast examination done by a health care worker every three years
 - (D) BSE can be conducted anytime during the month
69. A nurse understands that the first line of drug to be given during advanced cardiac life support is
- (A) Epinephrine
 - (B) Amiodarone
 - (C) Lidocaine
 - (D) Atropine
70. According to Kubler-Ross the emotional responses to death are of the following five stages:
- (i) Anger
 - (ii) Denial and isolation
 - (iii) Depression
 - (iv) Bargaining
 - (v) Acceptance
- Select the stages of dying in the correct sequence.
- (A) (ii), (i), (iv), (iii), (v)
 - (B) (i), (ii), (iii), (iv), (v)
 - (C) (ii), (iii), (i), (iv), (v)
 - (D) (i), (iii), (ii), (iv), (v)
71. The most common manifestation of Pelvic Inflammatory Disease is
- (A) Hot flashes
 - (B) Dysuria
 - (C) Lower abdominal pain
 - (D) Amenorrhea
72. A physician prescribed the medication of a patient to be given as q.i.d. It means
- (A) once a day
 - (B) twice a day
 - (C) thrice a day
 - (D) four times a day
73. While giving Sitz bath, a nurse should provide the following instructions EXCEPT
- (A) Maintain a temperature of the solution between 110-115°F
 - (B) Keep ice pack ready if necessary
 - (C) Use Sitz bath for a duration of 15-20 mins
 - (D) Agitate the water while pouring additional hot water to prevent burns
74. Your patient is prepared for a lumbar puncture. What position do you assist the patient in?
- (A) Prone
 - (B) Fowlers position
 - (C) Lateral side-lying position
 - (D) Trendelenburg position
75. Which of the following is a zoonosis or zoonotic disease?
- (A) Chikungunya
 - (B) Malaria
 - (C) Rabies
 - (D) AIDS