

MIZORAM SUBORDINATE SERVICES SELECTION BOARD

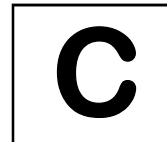


COMPETITIVE EXAMINATION FOR RECRUITMENT TO THE POST OF TUTOR UNDER HEALTH & FAMILY WELFARE DEPARTMENT, GOVERNMENT OF MIZORAM

JUNE - 2023

Question Booklet Series

NURSING SCIENCE PAPER II



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 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. Talipes varus is a condition in which the foot
 - (A) points upwards with the heel pointing down
 - (B) turns inward so that the leg and foot look somewhat like the letter J
 - (C) is twisted inward with the toes pointing down
 - (D) points downwards

2. The recommended daily moderate physical activity for a child of primary school age is
 - (A) 180 minutes
 - (B) an hour and a half
 - (C) 60 minutes
 - (D) 30 minutes

3. Match the cognitive milestones with their correct stages of development (according to Piaget):
 1. Child looks for a ball that is hidden under a pillow
 2. Child is able to conserve mass
 3. Child is able to understand hypothesis
 4. Child is egocentric and believes everyone sees three mountains in the same way as he or she does
 - (a) Sensorimotor
 - (b) Preoperational
 - (c) Concrete operations
 - (d) Formal operations
 - (A) 1 – (b), 2 – (c), 3 – (d), 4 – (a)
 - (B) 1 – (b), 2 – (d), 3 – (c), 4 – (a)
 - (C) 1 – (a), 2 – (c), 3 – (d), 4 – (b)
 - (D) 1 – (a), 2 – (c), 3 – (b), 4 – (d)

4. Irrational fear of closed spaces is called
 - (A) Acrophobia
 - (B) Agoraphobia
 - (C) Nosophobia
 - (D) Claustrophobia

5. Which best exemplifies an individual's use of the defense mechanism of compensation?
 - (A) A woman feels unattractive, but decides to pursue fashion design as a career
 - (B) A shy woman who abuses alcohol tells others that alcohol helps her overcome her shyness
 - (C) A poorly paid employee consistently yells at his assistant for minimal mistakes
 - (D) A teenager injures an ankle playing basketball and curls into a fetal position to deal with the pain

6. Which of the following statements about causation of mental illness is incorrect?
 - (A) Biochemical abnormalities in the brain are responsible for mental disorders
 - (B) Mental disorders are caused by inability to deal with environmental stressors
 - (C) Heredity does not influence one's mental health
 - (D) Strained interpersonal relationships at home and workplace may contribute to mental illness

7. Which structure is the tissue that extends from the clitoris to the posterior fourchette?
 - (A) Mons pubis
 - (B) Vestibule
 - (C) Clitoris
 - (D) Labia majora

8. Testing of a nurse by a patient is one of the barriers encountered in
 - (A) working phase of the therapeutic nurse patient relationship
 - (B) orientation phase of the therapeutic nurse patient relationship
 - (C) pre-interaction phase of the therapeutic nurse patient relationship
 - (D) termination phase of the therapeutic nurse patient relationship

9. What are the two fetal membranes?
(A) Chorion and amnion (B) Ectoderm and mesoderm
(C) Chorion and endoderm (D) Amnion and mesoderm
10. All of the following are characteristics of autism EXCEPT
(A) Onset after 6 years of age (B) Repetitive behaviour
(C) Delayed language development (D) Severe deficit in social interaction
11. The only class of immunoglobulin which is transported across the placenta is
(A) IgG (B) IgM
(C) IgA (D) IgD
12. A baby has her cleft lip repaired and has just returned from the operating room. Prioritize her care postoperatively according to highest to lowest priority tasks.
(i) Apply a cool mist for the first 24 hours
(ii) Gently suction the oropharynx and nasopharynx avoiding the suture lines
(iii) Apply elbow immobilizers that are removed every 2 hours
(iv) Medicate for pain with analgesics as ordered
(v) Cleanse the suture line with normal saline
Select the correct answer using the codes given below.
(A) (i), (ii), (iii), (iv), (v) (B) (ii), (iv), (i), (v), (iii)
(C) (i), (ii), (iv), (iii), (v) (D) (iii), (iv), (v), (i), (ii)
13. A nurse is caring for a patient whose goal is to focus on task performance. Which of the following types of therapy should this patient undergo?
(A) Electro Convulsive Therapy (B) Recreational Therapy
(C) Bibliotherapy (D) Occupational therapy
14. The focus of Milieu Therapy is to
(A) allow the client to perform what he/she wants to do
(B) role play life events to meet individual needs
(C) use natural remedies to control undesirable behaviour
(D) manipulate the environment to bring about a positive change in behaviour
15. Consider the following movements: occur during normal labour:
(i) Engagement (ii) Flexion (iii) Internal rotation
(iv) Crowning (v) Descend
The correct order of movements which occur during normal labour is
(A) (i), (ii), (iii), (iv), (v) (B) (i), (iii), (v), (ii), (iv)
(C) (i), (v), (ii), (iii), (iv) (D) (i), (ii), (v), (iii), (iv)
16. Consider the following:
(i) Epstein pearls
(ii) Ptosis of the eyelid
(iii) Absence of the red reflex in the eye
(iv) Boggy mass under the scalp that does not cross suture lines
The findings that are considered normal variations in newborn assessment are
(A) (i) and (ii) only (B) (ii) and (iii) only
(C) (i) and (iii) only (D) (iii) and (iv) only

17. Rhesus(Rh) hemolytic disease of the newborn is a severe often fatal disease caused by
- (A) an Rh-negative mother alloimmunised during the first Rh incompatible pregnancy
 - (B) an Rh-positive mother with an Rh-negative fetus
 - (C) an allergy to rhesus serum
 - (D) the inability of IgG Rh antibodies to cross placenta
18. The amount of sodium chloride (NaCl) in a litre of ORS is
- (A) 2.9 gm
 - (B) 2.5 gm
 - (C) 1.5 gm
 - (D) 20 gm
19. Excess of Vitamin K in a new born causes
- (A) Bleeding tendencies
 - (B) Hyperbilirubinemia
 - (C) Vomiting
 - (D) Haemolysis
20. In which situation would benzodiazepines be prescribed appropriately?
- (A) Long-term treatment of posttraumatic stress disorder, convulsive disorder and alcohol withdrawal
 - (B) Short-term treatment of generalized anxiety disorder, alcohol withdrawal and preoperative sedation
 - (C) Short-term treatment of obsessive-compulsive disorder, skeletal muscle spasms and essential hypertension
 - (D) Long-term treatment of panic disorder, alcohol dependence and bipolar affective disorder: manic episode
21. Which of the following tests is used for assessment of cognitive impairment?
- (A) History taking
 - (B) Mental status examination
 - (C) Mini- mental status examination
 - (D) Glasgow coma scale
22. Which of the following should be a nurse's correct interpretation if the patient's lithium level is 2.0 mEq/L?
- (A) The level is below therapeutic range; must inform the treating physician
 - (B) The level is within the normal therapeutic range; do nothing
 - (C) The level is elevated; patient must be checked for manifestations of lithium toxicity
 - (D) Level is slightly elevated; do nothing
23. Corticosteroids were ordered for a 30 week gestation, gravid 5, para 2, 32 year old in labour. Why was this patient prescribed corticosteroids as part of her therapy?
- (A) To decrease inflammation in feet and ankles
 - (B) To decrease destruction of platelets
 - (C) To prevent seizures
 - (D) To increase fetal lung maturity
24. Which statement describes a major difference between a client diagnosed with major depressive disorder and a client diagnosed with dysthymic disorder?
- (A) A client diagnosed with dysthymic disorder is at higher risk for suicide
 - (B) A client diagnosed with dysthymic disorder may experience psychotic features
 - (C) A client diagnosed with dysthymic disorder experiences excessive guilt
 - (D) A client diagnosed with dysthymic disorder has symptoms for at least 2 years

25. Which is the major cause of maternal mortality in India?
(A) Anaemia (B) Hemorrhage
(C) Hypertensive disorder (D) Puerperal sepsis
26. The amount of pulses given in a mid-day school meal is
(A) 75 gm/day/child (B) 40 gm/day/child
(C) 30 gm/day/child (D) 10 gm/day/child
27. A child with IQ ____ will be considered as 'dependent' child.
(A) 55 (B) 37
(C) 28 (D) 15
28. In children iron deficiency anaemia is a
(A) megaloblastic anaemia (B) microcytic hypochromic anaemia
(C) hemolytic anaemia (D) hereditary hemolytic anaemia
29. A 20 year-old female is sexually assaulted on her way back home. Rape is an example of
(A) situational crisis (B) social crisis
(C) maturational crisis (D) adventitious crisis
30. One of the most common psychiatric emergencies is
(A) excitement (B) suicidal threat
(C) extrapyramidal symptoms (D) schizophrenia
31. Agnes is 30 years old. She presents with abdominal pain and vaginal bleeding. The physician writes that she is a nullipara, gravida 5. This means
(A) the physician wrote her history wrong and will need to correct it
(B) the patient has never been pregnant
(C) the patient has been pregnant five times but has never delivered a viable fetus
(D) the patient has been pregnant five times but has had five abortions
32. A woman delivered a term baby. On examination, the newborn baby has the following features: Heart rate – more than 100bpm, Respiratory effort – Good or crying, Muscle tone – Active, Reflex response to stimuli – sneezing, Colour – body pink, extremities blue. What is the total Apgar score of the newborn baby?
(A) 10 (B) 9
(C) 8 (D) 7
33. At birth, the brain is typically _____ of its adult size.
(A) 20 % (B) 25 %
(C) 30 % (D) 35 %
34. Three signs indicating tracheoesophageal fistula at birth are
(A) cyanosis, choking, vomiting
(B) cyanosis, coughing, choking
(C) coughing, chest retractions, chest pain
(D) choking, coughing, dyspnea

35. All of the following are components of KMC EXCEPT
- (A) Kangaroo promotion (B) Kangaroo position
(C) Kangaroo nutrition (D) Kangaroo discharge
36. Thiamine deficiency is a major problem for clients diagnosed with alcohol dependence. Of the presenting signs and symptoms caused by this deficiency, what is most life threatening?
- (A) Paralysis of ocular muscles, diplopia, ataxia, somnolence and stupor
(B) Impaired mental functioning, apathy, euphoria or depression, sleep disturbance, increasing confusion
(C) Nausea and vomiting, anorexia, weight loss, abdominal pain, jaundice, edema, anaemia and blood coagulation abnormalities
(D) Impaired platelet production and risk for hemorrhage
37. Which of the following are the extrapyramidal symptoms of anti psychotic drugs?
- (i) Neuroleptic induced Parkinsonism (ii) Acute dystonia
(iii) Akathisia (iv) Agranulocytosis
- Select the correct answer using the codes given below.
- (A) (i), (ii) and (iv) (B) (ii), (iii) and (iv)
(C) (i), (iii) and (iv) (D) (i), (ii) and (iii)
38. A client with which personality disorder characteristically chooses solitary activities, seems indifferent to praise and criticism, and has deficits in the ability to form personal relationships or to respond to others in any meaningful way?
- (A) Schizotypal personality disorder (B) Paranoid personality disorder
(C) Schizoid personality disorder (D) Histrionic personality disorder
39. When can a breastfeeding woman start combined oral contraceptive pills?
- (A) Immediately after delivery (B) 6 weeks postpartum
(C) 3 months postpartum (D) 6 months postpartum
40. A client is admitted with a blood pressure of 150/90 mmHg, 3+ proteinuria, edema of the hands and face. A diagnosis of severe preeclampsia is made. What other clinical findings support this?
- (i) Headache (ii) Constipation (iii) Abdominal pain
(iv) Vaginal bleeding (v) Visual disturbances
- Select the correct answer using the codes given below.
- (A) (i), (ii) and (iii) (B) (i), (ii) and (iv)
(C) (i), (iii) and (iv) (D) (i), (iii) and (v)
41. The signs and symptoms of mild intellectual disability (ID) includes
- (A) few communication skills (B) lateness in walking
(C) mental age of a toddler (D) noticeable developmental delays
42. An IQ level which ranges between 50 – 70 is considered as
- (A) mild mental retardation (B) moderate mental retardation
(C) severe mental retardation (D) profound mental retardation

43. A nurse observes that an infant has asymmetric gluteal folds. For which disorder should the nurse perform a focused assessment?
- (A) Congenital inguinal hernia (B) Central nervous system damage
(C) Peripheral nervous system damage (D) Developmental dysplasia of the hip
44. Consider the following:
- (i) To create an enabling environment to ensure equal opportunities, equity, social justice and empowerment of persons with disabilities
(ii) To assist State Government to organize camps of issuance of disability certificates
(iii) To promote research and development activities in the field of disability rehabilitation
(iv) To encourage voluntary action for ensuring effective implementation of the People with Disabilities Act 1995
- Which of the above are objectives of Deendayal Disabled Rehabilitation Scheme (DDRS)?
- (A) (i) and (ii) only (B) (i) and (iv) only
(C) (ii) and (iii) only (D) (iii) and (iv) only
45. Which of the following would be the priority nursing intervention for a patient who attempted suicide previously?
- (A) Avoid bringing up the subject of suicide to prevent inducing the ideas of self harm
(B) Ask the patient frankly if she/he has thought of, or has plans of suicide
(C) Actively involve the patient in activity therapies in the ward so that he/she will not think of suicide
(D) Explain the etiologies, treatment and consequences of suicidal attempt
46. Which is a predisposing factor in the diagnosis of autism?
- (A) Having a sibling diagnosed with mental retardation
(B) Dysfunctional family systems
(C) Inadequate ego development
(D) Congenital rubella
47. Match the following features of the foetus:
- | | |
|--------------------|--|
| 1. Lie | (a) Flexion |
| 2. Presentation | (b) Occiput |
| 3. Attitude | (c) Longitudinal |
| 4. Denominator | (d) Posterior part of the anterior parietal bone |
| 5. Presenting part | (e) Cephalic/Vertex |
- (A) 1-(a), 2-(b), 3-(c), 4-(e), 5-(d) (B) 1-(b), 2-(c), 3-(a), 4-(e), 5-(d)
(C) 1-(c), 2-(e), 3-(a), 4-(b), 5-(d) (D) 1-(c), 2-(e), 3-(a), 4-(d), 5-(b)
48. Primary prevention in a community mental health setting is exemplified by which of the following concepts?
- (A) Ongoing assessment of individuals at high risk for illness exacerbation
(B) Teaching physical and psychosocial effects of stress to elementary school students
(C) Referral for treatment of individuals in whom illness symptoms have been assessed
(D) Monitoring effectiveness of aftercare services

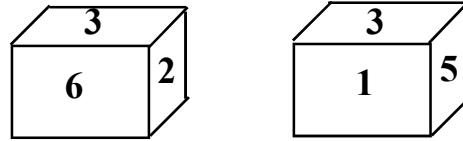
49. True labour can be differentiated from false labour because in true labour contractions will
- (A) bring about progressive cervical dilatation
 - (B) occur immediately after membrane rupture
 - (C) stop when the client is encouraged to walk around
 - (D) be less uncomfortable if client is in a side lying position
50. Which of the following is not a nursing intervention for feeding a child with cerebral palsy?
- (A) Allow the child to hold the spoon even if self-feeding is minimal
 - (B) Avoid finger foods that the child can handle alone
 - (C) Do not attempt feedings if the child is very fatigued
 - (D) Serve foods that stick to the spoon
51. In case of enuresis, the method that allows a child and parents to track dry nights as a record or as a part of reward programme is
- (A) Bell and pad technique
 - (B) Scheduled awakening technique
 - (C) Reminder therapy
 - (D) Star chart
52. All of the following are true of Beta thalassemia major EXCEPT
- (A) Splenomegaly
 - (B) Target cells on peripheral smear
 - (C) Microcytic hypochromic anaemia
 - (D) Increased osmotic fragility
53. Studies have indicated that drastically reduced levels of acetylcholine are noted in the brains of individuals diagnosed with neurocognitive disorder due to Alzheimer's disease. Which cognitive deficit is primarily associated with this reduction?
- (A) Loss of memory
 - (B) Loss of purposeful movement
 - (C) Loss of sensory ability to recognize objects
 - (D) Loss of language ability
54. When requested by the patient, under which type of admission can a mentally ill patient be admitted in a psychiatric hospital by a magistrate?
- (A) Admission of mentally ill prisoner
 - (B) Admission under reception order
 - (C) Admission on voluntary basis
 - (D) Admission under special circumstances
55. What is the ratio of chest compression and breath for the newborn baby during neonatal resuscitation?
- (A) 3 : 1
 - (B) 3 : 2
 - (C) 2 : 1
 - (D) 4 : 3
56. Match the following signs and symptoms of pregnancy with their meaning:
- | | |
|--------------------|--|
| 1. Chadwick's sign | (a) Sense of relief of pressure of gravid uterus |
| 2. Quickening | (b) Irregular, infrequent and painless contraction |
| 3. Braxton-Hicks | (c) Dusky hue of vestibule and anterior vaginal wall |
| 4. Lightening | (d) Fetal movement felt by the mother |
- (A) 1 – (b), 2 – (a), 3 – (c), 4 – (d)
 - (B) 1 – (b), 2 – (c), 3 – (d), 4 – (a)
 - (C) 1 – (c), 2 – (d), 3 – (b), 4 – (a)
 - (D) 1 – (c), 2 – (a), 3 – (b), 4 – (d)

57. Kernicterus, which may occur as a complication of jaundice, is a pathological condition of
(A) liver (B) heart
(C) kidney (D) brain
58. A nurse is caring for a child diagnosed with meningitis. What clinical findings indicate an increase in intracranial pressure?
(i) Irritability (ii) Bradycardia (iii) Hyperalertness
(iv) Decreased pulse pressure (v) Decreased systolic blood pressure
Select the correct answer using the codes given below.
(A) (iii) and (v) only (B) (ii) and (iv) only
(C) (i) and (ii) only (D) (i) and (iv) only
59. The aim and objectives of under-five clinics includes
(i) Care in illness (ii) Prevention of RTI/STD (iii) Preventive care
(iv) Growth monitoring (v) Family planning
Select the correct answer using the codes given below.
(A) (i), (ii), (iv) and (v) (B) (ii), (iii), (iv) and (v)
(C) (i), (ii), (iii) and (v) (D) (i), (iii), (iv) and (v)
60. A patient who is prescribed fluoxetine hydrochloride for treatment of depression asks when the drug will work (time lag for maximum therapeutic response). The best response would be
(A) First week (B) Second week
(C) Third week (D) Fourth week
61. Which of the following is an absolute contraindication for ECT?
(A) Raised ICP (B) Congestive heart failure
(C) Brain tumor (D) Acute myocardial infarction
62. Which of the following nursing interventions is most appropriate for a patient during acute intoxication?
(A) Building a good nurse patient relationship
(B) Decreasing environmental stimuli
(C) Educating the family on ill effects of alcohol
(D) Encouraging use of positive coping skills
63. A nurse is monitoring a client who is receiving oxytocin to induce labor. Which assessment findings should cause the nurse to immediately discontinue for oxytocin infusion?
(i) Fatigue
(ii) Drowsiness
(iii) Uterine hyperstimulation
(iv) Late decelerations of the fetal heart rate
(v) Early decelerations of the fetal heart rate
Select the correct answer using the codes given below.
(A) (i) and (ii) (B) (ii) and (iii)
(C) (iii) and (iv) (D) (iv) and (v)

64. A nurse is caring for a 3-month-old infant whose abdomen is distended and whose vomitus is bile stained. The nurse suspects an intestinal obstruction. What clinical manifestations support this suspicion?
(i) Weak pulse (ii) Hypotonicity (iii) Paroxysmal pain
(iv) High-pitched cry (v) Grunting respirations
Select the correct answer using the codes given below.
(A) (i) and (ii) only (B) (ii) and (iii) only
(C) (iv) and (v) only (D) (iii) and (v) only

65. Which factors are the most essential for a nurse to assess when providing crisis intervention for a patient?
(A) Anxiety level
(B) Communication and coping skills
(C) Patient's perception of triggering event and availability of resources
(D) Level of depression

66. Two positions of the same dice are given, which of the following number will be opposite to 3?
(A) 2
(B) 4
(C) 5
(D) 6



67. **Consider the following statements:**
There are many Indians who are honest.
Liana is an Indian.
Conclusions:
I. Liana is honest.
II. Liana is not honest.
Assuming the two statements to be true, which of the given conclusions can be drawn?
(A) Only I follows (B) Neither I nor II follows
(C) Only II follows (D) Both I and II follow
68. In a class of 45 students, Liana is placed eighth from the bottom, whereas Lala is placed tenth from the top. Mawia is placed exactly in between the two. What is Mawia's position from Lala?
(A) 14th (B) 15th
(C) 16th (D) 17th
69. Find the next number in the sequence: 16, 30, 54, 88, 132, _____.
(A) 182 (B) 184
(C) 186 (D) 188
70. If in a certain code ROPE is coded as 6821 and CHAIR is coded as 73456, what will be the code for CRAPE?
(A) 76421 (B) 75421
(C) 76412 (D) 76241

71. If the TAP is coded as SZO, then how is FREEZE coded?
(A) EQYDDY (B) ESDDYD
(C) EQCCYC (D) EQDDYD
72. Rama travels 10 km towards the north, turns left and travels 4 km and then again turns right and covers another 5 km and then turns right and travels another 4 km. How far is he from the starting point?
(A) 5 km (B) 10 km
(C) 15 km (D) 19 km
73. If white is called blue, blue is called red, red is called yellow, yellow is called green, green is called black, black is called violet and violet is called orange, what would be the colour of human blood?
(A) Red (B) Green
(C) Yellow (D) Violet
74. If A represents the total number of students in a school who likes the subject Hindi, B represents students who like English and C represents those students who like Science, then R would represent students who like
(A) both Hindi and English
(B) both Hindi and Science
(C) both English and Science
(D) all the three subjects

