

MIZORAM SUBORDINATE SERVICES SELECTION BOARD



COMPETITIVE EXAMINATION FOR RECRUITMENT TO THE POST OF STAFF NURSE 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. A nurse is caring for a patient with gastroenteritis. The priority nursing intervention in the care of the patient would be
 - (A) Encourage fluids and monitor intake and output
 - (B) Maintain a clean environment free from odours
 - (C) Assist the patient to wash hands before meals
 - (D) Provide foods that the patient likes and allow plenty of time for meals

2. A nurse is giving health education to patients. Which factors can she use to ensure the attention of the audience?
 - (A) Size of the audience
 - (B) Movement
 - (C) Change in intensity of stimulus
 - (D) Contrast

3. Inflammation of the tongue is known as
 - (A) Halitosis
 - (B) Sordes
 - (C) Cheilosis
 - (D) Glossitis

4. A nurse while examining the patients back skin observed reddening which is neither relieved by massage nor by relief of the pressure which has caused it. In which stage of pressure ulcer will it be marked in the assessment sheet?
 - (A) Stage I
 - (B) Stage II
 - (C) Stage III
 - (D) Stage IV

5. In human intraocular pressure is about
 - (A) 10-15mmHg
 - (B) 15-20mmHg
 - (C) 10-20mmHg
 - (D) 15-30mmHg

6. Which of the following statement regarding the lobes of the lungs is correct?
 - (A) The right lung is divided into two main lobes
 - (B) The left lung is divided into three main lobes
 - (C) The right lung has no middle lobe
 - (D) The left lobe has no middle lobe

7. Second degree burn injury appears as
 - (A) erythema, no vesicles or blisters
 - (B) dry, waxy white, leathery or hard skin
 - (C) visible thrombosed vessels
 - (D) fluid-filled vesicles that are red, shiny, wet

8. A pre-operative patient expresses fear of pain after surgery. The nurse assists the patient to cope with his fear by
 - (A) diverting his thoughts about anticipated pain
 - (B) explaining the availability of pain medications
 - (C) explaining the level of pain to be expected
 - (D) informing that pain will reduce as the wound heals

9. Which of the following biological factors is the most important in determining one's personality?
 - (A) Nervous system
 - (B) Endocrine glands
 - (C) Body structure
 - (D) Height and weight

10. An appropriate nursing management for a patient with pneumonia who is having ineffective airway clearance related to thick secretions and fatigue would be :
 - (A) Perform postural drainage every 2 hours
 - (B) Provide analgesic to promote comfort
 - (C) Administer oxygen to maintain optimal oxygen level
 - (D) Teach the patient how to cough effectively to expel the secretions

11. A patient is admitted to a hospital with acute renal failure due to prerenal cause. The nurse understands that prerenal causes of acute renal failure include
 - (A) strictures and calculi formation
 - (B) hypovolemia and decreased cardiac output
 - (C) nephrotoxic injury due to drugs and radiocontrast agents
 - (D) thrombotic disorders and bladder cancer

12. The nurse suspects the presence of a varicose vein based on the findings of
 - (A) leathery skin of the legs with characteristic brownish colour
 - (B) erythema and systemic temperature greater than 100.4°F
 - (C) pain after prolonged standing relieved by walking or elevating the limb
 - (D) a positive Homan's sign

13. To decrease postoperative painful scrotal edema after an inguinal hernia repair, the most appropriate nursing action is
 - (A) scrotal support with application of an ice bag
 - (B) application of truss
 - (C) to support the incision during coughing
 - (D) allowing the patient to stand while voiding

14. Which statement is true about polyandry?
 - (A) One woman has many husbands
 - (B) One woman has one husband
 - (C) One man has many wives
 - (D) One man has one wife

15. What is the optimum temperature in an autoclave to achieve sterility?
 - (A) 34°C for 30 min
 - (B) 60°C for 30 min
 - (C) 121°C for 30 min
 - (D) 27°C for 20 min

16. The outermost layer of the skin is called
 - (A) epidermis
 - (B) dermis
 - (C) hypodermis
 - (D) dermis papilla

17. The functions of skin include
 - (A) protection
 - (B) regulation of body temperature
 - (C) formation of vitamin D
 - (D) all of these

18. Effective collaborative management of diabetes mellitus includes
 - (A) administering insulin to all the patients with diabetes
 - (B) relying solely on diet control regimen
 - (C) relying solely on health care provider
 - (D) balance of diet, activity, medications, monitoring, patient and family teaching

19. The addition of grab bars in the shower to accommodate a frail older person is an example of
- (A) improving the physical environment
 - (B) improving the educational environment
 - (C) improving the social environment
 - (D) none of the above
20. You are preparing admission bed for a new patient who will be arriving on a stretcher. Which type of bed will you prepare?
- (A) Closed bed
 - (B) Surgical Bed
 - (C) Wait until the patient arrive in the ward
 - (D) Open bed
21. A nurse understands that when a terminal patient states, "No, I don't need anything. What would you get me anyway?", he or she is most likely in the stage of grief called
- (A) denial
 - (B) acceptance
 - (C) anger
 - (D) bargaining
22. Which of the following is not a cause of decubitus ulcer?
- (A) Exercise
 - (B) Pressure
 - (C) Friction
 - (D) Moisture
23. Difficulty in swallowing is known as
- (A) Anorexia
 - (B) Dysphagia
 - (C) Dyspepsia
 - (D) Regurgitation
24. All of the following are characteristics of a well-nourished person EXCEPT
- (A) Confidence and good attire
 - (B) Adequate appetite
 - (C) Firm healthy skin and mucus membrane
 - (D) Erect posture with straight arms and legs
25. Which of the following method is not recommended to sterilize sharp instruments?
- (A) Autoclaving
 - (B) Hot air oven
 - (C) Boiling
 - (D) Antiseptic solution
26. Following a spinal cord injury, the patient has paraplegia and the nurse explains to the family members that this means
- (A) paralysis of all four extremities
 - (B) paralysis and loss of sensation in the arms
 - (C) paralysis and loss of sensation in the legs
 - (D) paralysis of left side of the body
27. Which of the following about dengue fever is false?
- (A) Gradual onset of fever
 - (B) Severe frontal headache
 - (C) Muscle and joint pains
 - (D) Measles-like rash over chest and upper limbs

28. Which of the following statements best describes behavior as studied in psychology?
- (A) It has to be observable
 - (B) It can be quantified
 - (C) It has to be studied under laboratory conditions
 - (D) It can be overt or covert
29. Consider the following phases of menstrual cycle:
- (i) Menstrual phase
 - (ii) Ovulation
 - (iii) Secretory phase
 - (iv) Proliferative phase
- The correct sequence is
- (A) (i), (ii), (iii), (iv)
 - (B) (i), (iv), (ii), (iii)
 - (C) (iv), (i), (iii), (ii)
 - (D) (iii), (iv), (ii), (i)
30. Match the following hormones with their actions:
- 1. Thyroid
 - 2. Parathormone
 - 3. Insulin
 - 4. Glucagon
- (a) Utilization of glucose
 - (b) Increases basal metabolic rate
 - (c) Increases serum calcium level
 - (d) Increases blood level of glucose
- (A) 1 – (b), 2 – (c), 3 – (d), 4 – (a)
 - (B) 1 – (b), 2 – (c), 3 – (a), 4 – (d)
 - (C) 1 – (c), 2 – (b), 3 – (d), 4 – (a)
 - (D) 1 – (a), 2 – (b), 3 – (c), 4 – (d)
31. A nurse assesses a patient's surgical incision for signs of infection. Which would be interpreted as a normal finding at the surgical site?
- (A) Red, hard skin
 - (B) Warm, tender skin
 - (C) Serous drainage
 - (D) Purulent drainage
32. The accumulation of fluid in the pleural space is called
- (A) Pneumothorax
 - (B) Pyelothorax
 - (C) Hemothorax
 - (D) Pleural effusion
33. Risk factors of cholelithiasis includes
- (A) male gender
 - (B) obesity
 - (C) history of gastritis
 - (D) diabetes mellitus
34. Using Parkland formula, the amount of fluid required for resuscitating a person weighing 70kg with 30% TBSA burns is
- (A) 8600 ml
 - (B) 8900 ml
 - (C) 8200 ml
 - (D) 8400 ml
35. Consider the following:
- (i) Nursing is caring
 - (ii) Nursing is adaptive
 - (iii) Nursing is invariable
 - (iv) Nursing is holistic
- Which of the above statement(s) about nature of nursing is/are true?
- (A) (i), (ii), (iii) and (iv)
 - (B) (i) and (iv)
 - (C) (i), (ii) and (iii)
 - (D) (i), (ii) and (iv)

36. An opacity within the crystalline lens of the eye is known as
(A) conjunctivitis (B) glaucoma
(C) blindness (D) cataract
37. Following tympanoplasty, the nurse teaches the patient
(A) to avoid blowing the nose
(B) to perform deep breathing and coughing exercises
(C) that he can get up from bed independently
(D) that he can cough and/or sneeze as he wants
38. Which of the following is used commercially for sterilisation of disposable plastic items?
(A) Ethylene oxide (B) Autoclaving
(C) Glutaraldehyde (D) Ethyl alcohol
39. In which defence mechanism does a person channelize his strong and socially unacceptable drive or urge into a form that is socially acceptable?
(A) Displacement (B) Reaction Formation
(C) Sublimation (D) Conversion
40. Which of the following systems of the body are affected by hypertension?
(A) Cardiovascular, gastrointestinal, reproductive, kidney
(B) Brain, respiratory, kidney, cardiovascular
(C) Cardiovascular, brain, kidney, eyes
(D) None of the above
41. In order for population to grow, which of the following is required to be achieved?
(A) Death rate must be higher than birth rate
(B) Birth rate must equal death rate
(C) Natality and Migration
(D) Birth rate must be higher than death rate
42. The most common site of occurrence of pressure ulcer in ICU patient is
(A) sacrum and heels (B) ears and knees
(C) elbows and hips (D) shoulder blades and wrist
43. Which of the following is not part of standard infection control precaution practice?
(A) Placing a patient in an isolation room
(B) Washing hands with soap and water
(C) Disposing of sharps in a sharp container
(D) Manage a blood or body fluid spillage
44. Which of these is the most accurate way to palpate a pulse?
(A) Avoid compressing the artery against a bone or solid structure
(B) Use your thumb to increase surface area of your palpation
(C) Apply firm pressure with your ring and little fingers
(D) Place the tips of your index and middle finger over the pulse

45. Mr Sanga, a 40 years old patient was admitted for Cholecystectomy. A doctor advised the postoperative patient to have 3 litres of isotonic fluid to run in 24 hours. A nurse will adjust the flow rate of the fluid at
- (A) 15 drops/min (B) 25 drops/min
(C) 31 drops/min (D) 45 drops/min
46. Which is the correct ratio of chest compressions to rescue breaths for use in CPR of an adult casualty?
- (A) 2 compressions : 30 rescue breaths
(B) 5 compressions : 1 rescue breath
(C) 30 compressions : 2 rescue breaths
(D) 15 compressions : 2 rescue breaths
47. In Glasgow Coma scale, three indicators of response are evaluated. Which of the following is not included?
- (A) Opening of the eyes (B) Stable vital signs
(C) Best verbal response (D) Best motor response
48. Therapeutic environment consider _____ needs and design a space to accommodate those needs.
- (A) social (B) physical
(C) psychological (D) all of these
49. The Nightingale's Pledge was composed by
- (A) Florence Nightingale (B) Lystra E. Gretter
(C) Griffin Graham (D) Catherine of Sienna
50. The accrediting agency for nursing in India is
- (A) State Nursing Council (B) International Council of Nurse
(C) Indian Nursing Council (D) Trained Nurses Association of India
51. Consider the following:
- (i) To ensure that the patient can rely on family members
(ii) To ensure that family members can take care of the patient
(iii) To ensure that the patient receives proper care at home
(iv) To ensure that patients and family members know what to do
- The rationale behind the inclusion of family members during discharge teaching are
- (A) (i), (ii), (iii) and (iv) (B) (ii), (iii) and (iv)
(C) (i) and (ii) (D) (iii) and (iv)
52. Which of the following is an indicator of AIDS?
- (A) CD4 count lower than 200/mm³ (B) CD4 count lower than 400/mm³
(C) CD4 count lower than 600/mm³ (D) CD4 count lower than 1000/mm³
53. The synovial fluid of the joints minimizes
- (A) efficiency (B) work output
(C) friction in the joints (D) velocity of movements

54. Dysuria means
- (A) dark colored stool containing blood
 - (B) pus in the urine
 - (C) painful micturition
 - (D) absence of urine
55. In an isotonic IV fluid the concentration of NaCl is
- (A) 0.45%
 - (B) 0.65%
 - (C) 0.90%
 - (D) 0.70%
56. All of the following are instructions for oxygen administration EXCEPT
- (A) It should be started after doctor's prescription
 - (B) Adjust the flow of oxygen 8 – 10 litres per minute
 - (C) Use strict aseptic techniques
 - (D) Frequently assesses the vital signs
57. Due to danger of hitting the nerve and to avoid possibility of paralysis, intramuscular injection should be avoided in
- (A) Dorsal gluteal site
 - (B) Vastus laterals site
 - (C) Mid deltoid site
 - (D) Ventrogluteal side
58. If you want to study the personality of a child reported to have emotional problems, it is best to use
- (A) Personality inventory
 - (B) Rating scales
 - (C) Projective technique
 - (D) Interview technique
59. Match the following cardiovascular diseases with their respective meaning:
- 1. Hypertension (a) chest pain not relieved by rest
 - 2. Myocardial infarction (b) abnormal cardiac rhythm
 - 3. Congestive heart failure (c) sustained elevation of blood pressure
 - 4. Arrhythmia (d) impaired cardiac pumping
- (A) 1 – (c), 2 – (a), 3 – (d), 4 – (b)
 - (B) 1 – (a), 2 – (d), 3 – (b), 4 – (c)
 - (C) 1 – (d), 2 – (b), 3 – (c), 4 – (a)
 - (D) 1 – (a), 2 – (c), 3 – (b), 4 – (d)
60. Which of the following condition concerning risk factors of atherosclerosis is false?
- (A) Family history
 - (B) Hypotension
 - (C) Obesity
 - (D) Diabetes mellitus
61. A patient with renal calculi report of acute pain. While providing care to relief pain, which of the following intervention should a nurse avoid?
- (A) Assessing the pain
 - (B) Encouraging fluid intake
 - (C) Administering analgesics
 - (D) Applying cold to flank area
62. The name of the tenth cranial nerve is
- (A) Hypoglossal
 - (B) Vagus
 - (C) Abducent
 - (D) Vestibulocochlear

63. Which supplement should a nurse recommend to a patient diagnosed with iron-deficiency anemia to increase the absorption of dietary iron?
- (A) Vitamin C (B) Vitamin B12
(C) Folic acid (D) Vitamin D
64. The type of shock that occurs in burn patients with neglected fluid resuscitation is
- (A) Anaphylactic shock (B) Cardiogenic shock
(C) Hypovolemic shock (D) Neurogenic shock
65. A patient, who is in the chronic stage of HIV, has a CD4 count tested. What does this test measure?
- (A) B cells (B) Helper T cells
(C) Red blood cells (D) Cytotoxic T cells
66. Which assessment data indicate to the nurse that the client's gastric ulcer has perforated?
- (A) Frequent, clay-colored, liquid stool
(B) Complaints of sudden, sharp, substernal pain
(C) Rigid, board-like abdomen with rebound tenderness
(D) Complaints of vague abdominal pain in the right upper quadrant
67. Factors that trigger asthma attack includes
- (A) allergens, e.g. pollen, house-dust
(B) drugs : NSAIDs
(C) viral infections of the respiratory tract
(D) all of the above
68. Consider the following:
- (i) It is loss of sensation with loss of consciousness
(ii) It is loss of sensation to a region of the body
(iii) It is technique of choice for patients who are extremely anxious
(iv) It can be given by topical application
- Which of the above statements about general anaesthesia are true?
- (A) (ii) and (iii) only (B) (i) and (iii) only
(C) (ii) and (iv) only (D) (i) and (iv) only
69. In case of acute asthma attack, the nursing interventions according to priority of needs are
- (i) Administering bronchodilators (ii) Administering oxygen
(iii) Providing chest physiotherapy (iv) Ongoing patient monitoring
- Select the correct answer using the codes given below.
- (A) (i), (ii), (iii), (iv) (B) (iii), (ii), (iv), (i)
(C) (ii), (i), (iii), (iv) (D) (iv), (iii), (ii), (i)
70. The life span of erythrocyte in circulation is
- (A) 100 days (B) 120 days
(C) 150 days (D) 180 days

71. A diet in which the foods are easily digestible and free from substances which might cause irritation of the gastro intestinal tract is known as
- (A) soft diet (B) liquid diet
(C) special diet (D) bland diet
72. The role of pancreas is to secrete
- (A) glucose (B) insulin
(C) ketones (D) hormones
73. Gout is a type of acute arthritis characterized by elevation of _____ in the blood that causes needle-like crystals to form around the joints.
- (A) purines (B) amino acids
(C) uric acid (D) creatinine
74. A 74 year patient has come to the emergency department with numbness and weakness of the left arm and slurred speech. Which nursing intervention is a priority?
- (A) Prepare to administer thrombolytic medication
(B) Discuss the precipitating factors that caused the symptoms
(C) Prepare for computer tomography (CT) scan of the head
(D) Perform passive and active range of motion exercises
75. The first symptom of a kidney stone is usually
- (A) pain (B) fever
(C) dysuria (D) pyuria