

1. The outer covering of the heart is:

- A. Endocardium
- B. Pleura
- C. Pericardium
- D. Mediastinum

Answer: C. Pericardium

Rationale: The pericardium is the double-layered sac that encloses and protects the heart.

2. Which is the largest salivary gland?

- A. Sublingual gland
- B. Buccal gland
- C. Submandibular gland
- D. Parotid gland

Answer: D. Parotid gland

Rationale: The parotid gland is the largest salivary gland and is located near the ear.

3. Which substance is commonly used to measure GFR?

- A. Glucose
- B. Inulin
- C. Albumin
- D. Globulin

Answer: B. Inulin

Rationale: Inulin is freely filtered by the kidneys and neither secreted nor absorbed.

4. Which hormone peaks during ovulation?

- A. FSH
- B. LH
- C. Progesterone
- D. Estrogen

Answer: B. LH

Rationale: The LH surge triggers ovulation.

5. The innermost layer of the eyeball is:

- A. Retina
- B. Sclera
- C. Cornea
- D. Iris

Answer: A. Retina

Rationale: The retina contains photoreceptor cells for vision.

6. Which laryngeal cartilage is unpaired?

- A. Arytenoid
- B. Corniculate
- C. Thyroid
- D. Cuneiform

Answer: C. Thyroid

Rationale: Thyroid cartilage is a single unpaired cartilage.

7. Who invented the smallpox vaccine?

- A. Robert Koch
- B. Louis Pasteur
- C. Alexander Fleming
- D. Edward Jenner

Answer: D. Edward Jenner

Rationale: Edward Jenner developed the first successful smallpox vaccine.

8. Generation time of Tubercle bacilli is:

- A. 20 minutes
- B. 20 seconds
- C. 20 hours
- D. 20 days

Answer: C. 20 hours

Rationale: Mycobacterium tuberculosis multiplies slowly with a generation time of about 20 hours.

9. Which is a zoonotic disease?

- A. Malaria
- B. Rabies
- C. Measles
- D. Leprosy

Answer: B. Rabies

Rationale: Rabies spreads from animals to humans.

10. Infection occurring continuously in an area is:

- A. Pandemic
- B. Epidemic
- C. Sporadic
- D. Endemic

Answer: D. Endemic

Rationale: Endemic diseases persist regularly in a geographic region.

11. The “id” operates on:

- A. Morality principle
- B. Reality principle
- C. Pleasure principle
- D. Primitive principle

Answer: C. Pleasure principle

Rationale: Freud described the id as functioning on immediate gratification.

12. Channeling instincts into acceptable activities is:

- A. Repression
- B. Regression
- C. Compensation
- D. Sublimation

Answer: D. Sublimation

Rationale: Sublimation redirects impulses into socially acceptable behavior.

13. Psychology mainly studies:

- A. Social interactions only
- B. Mental processes and behavior
- C. Physical health only
- D. Genetics only

Answer: B. Mental processes and behavior

Rationale: Psychology focuses on human thought and behavior.

14. Which is NOT an affective behavior?

- A. Happiness
- B. Anger
- C. Sadness
- D. Imagination

Answer: D. Imagination

Rationale: Imagination is cognitive rather than emotional.

15. Mental age = 30, chronological age = 30. IQ is:

- A. 100
- B. 30
- C. 130
- D. 90

Answer: A. 100

Rationale: $IQ = \text{Mental Age} / \text{Chronological Age} \times 100$.

16. Which is a cognitive barrier of perception?

- A. Illusion
- B. Hallucination
- C. Stereotypes
- D. All of the above

Answer: D. All of the above

Rationale: All can distort perception.

17. Goffman's "Total Institution" relates to:

- A. Secondary socialization
- B. Primary socialization
- C. Re-socialization
- D. Anticipatory socialization

Answer: C. Re-socialization

Rationale: Institutions reshape behavior and identity.

18. Which statement about formalistic school is incorrect?

- A. Uses scientific methods
- B. Focuses on historical context
- C. Develops general theories
- D. Uses empirical research

Answer: B. Focuses on historical context

Rationale: Historical context is emphasized more by synthetic schools.

19. "Empty Nesters" belong to:

- A. Stage 5
- B. Stage 6
- C. Stage 7
- D. Stage 8

Answer: C. Stage 7

Rationale: Stage 7 refers to parents after children leave home.

20. Husband and wife roles described by Murdock are:

- A. Rational and traditional
- B. Instrumental and expressive
- C. Expressive and instrumental
- D. Traditional and rational

Answer: B. Instrumental and expressive

Rationale: Husband = instrumental role; wife = expressive role.

21. Two tablespoons equal:

- A. 2 mL
- B. 10 mL
- C. 20 mL
- D. 30 mL

Answer: D. 30 mL

Rationale: One tablespoon equals 15 mL.

22. Severe left-sided heart failure commonly causes:

- A. Wheezing
- B. Crackles at lung bases
- C. Rhonchi
- D. Apical crackles only

Answer: B. Crackles at lung bases

Rationale: Pulmonary congestion causes inspiratory crackles.

23. pH 7.2 and HCO₃ 8 indicate:

- A. Respiratory alkalosis
- B. Respiratory acidosis
- C. Metabolic acidosis
- D. Metabolic alkalosis

Answer: C. Metabolic acidosis

Rationale: Low pH with low bicarbonate indicates metabolic acidosis.

24. Greatest risk for hypocalcemia:

- A. Hypertension
- B. Acute renal failure
- C. Acute pancreatitis
- D. Appendicitis

Answer: C. Acute pancreatitis

Rationale: Fat necrosis binds calcium causing hypocalcemia.

25. Vivid dreaming occurs during:

- A. REM sleep
- B. Stage 1 NREM
- C. Stage 4 NREM
- D. Transition period

Answer: A. REM sleep

Rationale: REM sleep is associated with vivid dreams.

26. Elastic stockings after surgery help:

- A. Prevent muscle atrophy
- B. Ensure mobility
- C. Promote venous return
- D. Prevent arthritis

Answer: C. Promote venous return

Rationale: They reduce venous stasis and DVT risk.

27. Suction catheter should be withdrawn after:

- A. 5 seconds
- B. 15 seconds
- C. 1 minute
- D. 3 minutes

Answer: B. 15 seconds

Rationale: Prolonged suctioning causes hypoxia.

28. Best nursing model with many patients and few nurses:

- A. Team nursing
- B. Functional nursing
- C. Primary nursing
- D. Total patient care

Answer: B. Functional nursing

Rationale: Tasks are divided among staff efficiently.

29. Example of intentional tort:

- A. Negligence
- B. Malpractice
- C. False imprisonment
- D. Breach of duty

Answer: C. False imprisonment

Rationale: Intentional restriction of movement is a tort.

30. Proper body mechanics include:

- A. Narrow base
- B. Locked knees
- C. Bend at waist
- D. Wide base of support

Answer: D. Wide base of support

Rationale: Improves balance and reduces injury.

31. Highest calcium content is in:

- A. Jawar
- B. Bajra
- C. Soyabean
- D. Ragi

Answer: D. Ragi

Rationale: Ragi is rich in calcium.

32. Health and Wellness Centres are under:

- A. RCH
- B. NHM
- C. NRHM
- D. Ayushman Bharat

Answer: D. Ayushman Bharat

Rationale: Ayushman Bharat introduced HWCs.

33. Maximum APGAR score is:

- A. 8
- B. 10
- C. 12
- D. 15

Answer: B. 10

Rationale: APGAR score ranges from 0–10.

34. Baby Friendly Hospital Initiative was promoted by:

- A. WHO and UNICEF
- B. WHO and World Bank
- C. UNICEF and Red Cross
- D. WHO and Red Cross

Answer: A. WHO and UNICEF

Rationale: BFHI encourages breastfeeding practices.

35. First year of life is called:

- A. Newborn
- B. Infant
- C. Toddler
- D. Preschool

Answer: B. Infant

Rationale: Infancy extends from birth to one year.

36. Optimum fluoride level in water:

- A. 0.1–0.5 mg/L
- B. 0.2–0.8 mg/L
- C. 0.5–0.8 mg/L
- D. 0.3–0.5 mg/L

Answer: C. 0.5–0.8 mg/L

Rationale: Prevents dental caries without fluorosis.

37. Basic healthcare resources exclude:

- A. Money
- B. Time
- C. Machine
- D. Health manpower

Answer: C. Machine

Rationale: Basic resources mainly include manpower, money, and materials.

38. Incubation period of pertussis:

- A. 3–5 days
- B. 7–14 days
- C. 21–25 days
- D. <5 days

Answer: B. 7–14 days

Rationale: Typical incubation lasts about one to two weeks.

39. Best index for burden of disease:

- A. Dependency ratio
- B. DALY
- C. Morbidity data
- D. CFR

Answer: B. DALY

Rationale: Disability Adjusted Life Years measure disease burden.

40. Prevention of emergence of risk factors:

- A. Primordial prevention
- B. Primary prevention
- C. Secondary prevention
- D. Tertiary prevention

Answer: A. Primordial prevention

Rationale: Prevents development of risk factors themselves.

41. Preferred fluid for extracellular fluid deficit:

- A. Albumin
- B. 0.45% saline
- C. Dextrose 5%
- D. Ringer lactate

Answer: D. Ringer lactate

Rationale: RL effectively replaces extracellular losses.

42. Drug to prevent fever/chills during immunotherapy:

- A. Aspirin
- B. Avil
- C. Dexona
- D. Acetaminophen

Answer: D. Acetaminophen

Rationale: It reduces fever and discomfort.

43. Paraneoplastic syndrome is commonly associated with:

- A. Thyroid cancer
- B. Colon cancer
- C. Lung cancer
- D. Esophageal cancer

Answer: C. Lung cancer

Rationale: Small cell lung cancer commonly causes paraneoplastic syndromes.

44. Main advantage of Venturi mask:

- A. 100% oxygen delivery
- B. Humidity
- C. Precise oxygen concentration
- D. Patient can eat

Answer: C. Precise oxygen concentration

Rationale: Venturi masks deliver fixed FiO₂.

45. Cardiac conduction defects in MI indicate blockage of:

- A. LAD
- B. RCA
- C. Coronary sinus
- D. Circumflex artery

Answer: B. RCA

Rationale: RCA supplies SA and AV nodes.

46. Early manifestations of ARDS:

- A. Cyanosis and tachycardia
- B. Dyspnea and tachypnea
- C. Retractions
- D. Edema and diaphoresis

Answer: B. Dyspnea and tachypnea

Rationale: Respiratory distress appears early.

47. Right-sided weakness with aphasia indicates involvement of:

- A. Right MCA
- B. Left MCA
- C. Vertebral artery
- D. PCA

Answer: B. Left MCA

Rationale: Left hemisphere controls language.

48. Artificial airway care includes:

- A. Cuff pressure 30 cm
- B. Suction every 2 hrs
- C. Oral care every 2 hrs
- D. Ignore dysrhythmias

Answer: C. Oral care every 2 hrs

Rationale: Prevents ventilator-associated pneumonia.

49. Morphine in heart failure acts by:

- A. Increasing preload
- B. Dilating pulmonary vessels
- C. Increasing oxygen demand
- D. Stimulating beta receptors

Answer: B. Dilating pulmonary vessels

Rationale: Reduces preload and pulmonary congestion.

50. Electrolyte imbalance in AKI diuretic phase:

- A. Hyperkalemia + hyponatremia
- B. Hypokalemia + hyponatremia
- C. Hypokalemia + hypernatremia
- D. Hyperkalemia + hypernatremia

Answer: B. Hypokalemia + hyponatremia

Rationale: Excess urine output causes losses.

51. Crisis intervention focusing on common group responses is called:

- A. Generic approach
- B. Individual approach
- C. Catharsis
- D. Environmental manipulation

Answer: A. Generic approach

Rationale: Generic approach addresses common reactions during crises.

52. Avoiding criticism toward schizophrenic clients focuses on:

- A. Explicit emotions
- B. Exaggerated emotions
- C. Implicit emotions
- D. Expressed emotions

Answer: D. Expressed emotions

Rationale: High expressed emotion worsens schizophrenia outcomes.

53. Sudden deviation in train of thought without blocking is:

- A. Tangentiality
- B. Derailment
- C. Schizophasia
- D. Paraphasia

Answer: B. Derailment

Rationale: Derailment involves disconnected thought progression.

54. “I will stay with you until breakfast is finished” demonstrates:

- A. Focusing
- B. Broad opening
- C. Offering self
- D. Reflecting

Answer: C. Offering self

Rationale: The nurse offers presence and support.

55. Avoiding arguments against psychotic symptoms applies the principle:

- A. Avoid increasing anxiety
- B. Observation helps behavior understanding

- C. Use self-understanding therapeutically
- D. Patient-centered care

Answer: A. Avoid increasing anxiety

Rationale: Arguing increases anxiety and mistrust.

56. Persistent feelings of inferiority and fear of rejection indicate:

- A. Anankastic personality disorder
- B. Avoidant personality disorder
- C. Dependent personality disorder
- D. Emotionally unstable personality disorder

Answer: B. Avoidant personality disorder

Rationale: Avoidant personality involves social inhibition and sensitivity.

57. Delusion of persecution during mania is:

- A. Mood congruent delusion
- B. Secondary delusion
- C. Mood incongruent delusion
- D. Primary delusion

Answer: C. Mood incongruent delusion

Rationale: Persecution does not match elevated manic mood.

58. Anticholinergic drug used for extrapyramidal symptoms:

- A. Bromocriptine
- B. Trihexyphenidyl
- C. Sinemet
- D. Pergolide

Answer: B. Trihexyphenidyl

Rationale: It relieves drug-induced extrapyramidal effects.

59. Involving elderly in decisions is:

- A. Primary prevention
- B. Secondary prevention
- C. Tertiary prevention
- D. Primordial prevention

Answer: A. Primary prevention

Rationale: Promotes mental well-being before illness develops.

60. False written statement harming reputation is:

- A. Battery
- B. Assault
- C. Negligence
- D. Defamation

Answer: D. Defamation

Rationale: Written false statements are defamatory.

61. “Sunset sign” is seen in:

- A. Marasmus
- B. Xerophthalmia
- C. Night blindness
- D. Hydrocephalus

Answer: D. Hydrocephalus

Rationale: Downward eye deviation is characteristic.

62. Daily calorie requirement for 2-year-old child:

- A. 1000 kcal
- B. 1100 kcal
- C. 1150 kcal
- D. 1200 kcal

Answer: D. 1200 kcal

Rationale: Holliday-Segar formula estimates about 1200 kcal/day.

63. Tics are most common among:

- A. Infants
- B. Toddlers
- C. Preschoolers
- D. School children

Answer: D. School children

Rationale: Tics commonly appear in school-age children.

64. Cyanotic congenital heart disease:

- A. Tetralogy of Fallot
- B. Coarctation of aorta
- C. Pulmonary stenosis
- D. Mitral stenosis

Answer: A. Tetralogy of Fallot

Rationale: TOF causes cyanosis due to right-to-left shunt.

65. Birth length doubles at:

- A. 6 months
- B. 1 year
- C. 2 years
- D. 4 years

Answer: D. 4 years

Rationale: Child's birth length doubles by four years.

66. Parkland formula for burns:

- A. 2 ml/kg/% burn
- B. 4 ml/kg/% burn
- C. 6 ml/kg/% burn
- D. 8 ml/kg/% burn

Answer: B. 4 ml/kg/% burn

Rationale: Standard Parkland formula uses 4 mL.

67. Preferred IM injection site in infants:

- A. Deltoid
- B. Posterior gluteal
- C. Vastus lateralis
- D. All of the above

Answer: C. Vastus lateralis

Rationale: Safest and best-developed muscle in infants.

68. Gross proteinuria occurs in:

- A. Acute glomerulonephritis
- B. Nephrotic syndrome
- C. Chronic glomerulonephritis
- D. UTI

Answer: B. Nephrotic syndrome

Rationale: Massive protein loss is characteristic.

69. Cheiloplasty repairs:

- A. Pyloric stenosis
- B. Cleft lip
- C. Biliary atresia
- D. Cleft palate

Answer: B. Cleft lip

Rationale: Cheiloplasty is surgical correction of cleft lip.

70. Common play in infants and toddlers:

- A. Solitary play
- B. Cooperative play
- C. Associative play
- D. All of the above

Answer: A. Solitary play

Rationale: Young children usually play alone.

71. Normal newborn respiratory rate:

- A. 10–20/min
- B. 20–40/min
- C. 30–60/min
- D. 40–80/min

Answer: C. 30–60/min

Rationale: Normal neonatal respiratory rate is 30–60/min.

72. Late complication of molar pregnancy:

- A. Hemorrhage
- B. Sepsis
- C. Pre-eclampsia
- D. Choriocarcinoma

Answer: D. Choriocarcinoma

Rationale: Malignant transformation can occur.

73. APGAR score for apneic babies despite stimulation:

- A. 0–2
- B. 3–4
- C. 5–7
- D. 8–10

Answer: A. 0–2

Rationale: Severe depression gives very low APGAR scores.

74. Prevention of preterm labor includes:

- A. Only (i) and (ii)
- B. Only (ii) and (iii)
- C. Only (i) and (iii)
- D. All of the above

Answer: A. Only (i) and (ii)

Rationale: Infection reduction and corticosteroids help prevent complications.

75. Sperm count less than 20 million/mL is:

- A. Azoospermia
- B. Oligospermia
- C. Aspermia
- D. Asthenozoospermia

Answer: B. Oligospermia

Rationale: Oligospermia means reduced sperm count.

76. Mismanaged third stage of labor includes:

- A. Only (i) and (ii)
- B. Only (ii) and (iii)
- C. Only (i) and (iii)
- D. All of the above

Answer: C. Only (i) and (iii)

Rationale: Cord pulling and uterine kneading are harmful.

77. Dangerous placenta previa:

- A. Type I
- B. Type II
- C. Type III
- D. Type II posterior

Answer: D. Type II posterior

Rationale: Posterior placenta previa increases hemorrhage risk.

78. Antifertility effects of IUCDs include:

- A. Only (i) and (ii)
- B. Only (ii) and (iii)
- C. Only (i) and (iii)
- D. All of the above

Answer: D. All of the above

Rationale: IUCDs act through inflammatory and enzymatic mechanisms.

79. Management of cracked nipples includes:

- A. Only (i) and (ii)
- B. Only (ii) and (iii)
- C. Only (i) and (iii)
- D. All of the above

Answer: D. All of the above

Rationale: Hygiene, lanolin, and support promote healing.

80. Classic lesion of pelvic endometriosis:

- A. Powder burns
- B. Pelvic peritonitis
- C. Adhesion
- D. Nodules

Answer: A. Powder burns

Rationale: Bluish-black lesions resemble powder burns.

81. “Educo” means:

- A. I learn out
- B. I lead out
- C. I teach out
- D. I study out

Answer: B. I lead out

Rationale: Education means drawing out inner potential.

82. Not a principle of teaching:

- A. Motivation
- B. Activity
- C. Flexibility
- D. Constancy

Answer: D. Constancy

Rationale: Teaching should be flexible, not constant.

83. Simulated enactment of real-life problems:

- A. Discussion
- B. Demonstration
- C. Role play
- D. Lecture

Answer: C. Role play

Rationale: Role play recreates interpersonal situations.

84. Survey design studying relationships between variables:

- A. Comparative study
- B. Correlational study
- C. Descriptive survey
- D. Methodological study

Answer: B. Correlational study

Rationale: Correlation examines variable relationships.

85. Instrument producing same results repeatedly:

- A. Validity
- B. Feasibility
- C. Reliability
- D. Objectivity

Answer: C. Reliability

Rationale: Reliability means consistency.

86. Participants unaware of being observed:

- A. Non-concealment & participation
- B. Concealment & non-participation
- C. Concealment & participation
- D. Non-concealment & non-participation

Answer: B. Concealment & non-participation

Rationale: Observer remains hidden and uninvolved.

87. Intensive study of one person/group/community:

- A. Phenomenology
- B. Ethnography
- C. Survey
- D. Case study

Answer: D. Case study

Rationale: Case studies deeply explore one entity.

88. Value occurring most frequently:

- A. Mean
- B. Median
- C. Mode
- D. Variance

Answer: C. Mode

Rationale: Mode is the most repeated value.

89. Rectangular blocks without gaps form a:

- A. Frequency polygon
- B. Frequency curve
- C. Pie diagram
- D. Histogram

Answer: D. Histogram

Rationale: Histograms use adjacent bars.

90. Test comparing more than two means:

- A. Chi-square
- B. ANOVA
- C. t-test
- D. z-test

Answer: B. ANOVA

Rationale: ANOVA compares multiple sample means.

91. Treating all patients equally reflects:

- A. Autonomy
- B. Beneficence
- C. Non-maleficence
- D. Justice

Answer: D. Justice

Rationale: Justice means fairness and equality.

92. Assigning different tasks to different nurses is:

- A. Case method
- B. Functional method
- C. Team nursing
- D. Primary nursing

Answer: B. Functional method

Rationale: Work is divided by tasks.

93. NOT a condemnation criterion:

- A. Beyond repair
- B. Repairable
- C. Hazardous
- D. Obsolete

Answer: B. Repairable

Rationale: Repairable equipment need not be condemned.

94. Involving nurses in decision making reflects:

- A. Authoritarian
- B. Bureaucratic
- C. Democratic
- D. Laissez-faire

Answer: C. Democratic

Rationale: Democratic leaders encourage participation.

95. Statements guiding managerial decisions are:

- A. Policies
- B. Strategies
- C. Procedures
- D. Premises

Answer: A. Policies

Rationale: Policies provide decision-making guidelines.

96. INC nurse-patient ratio in wards and ICUs:

- A. 1:5 and 1:2
- B. 1:10 and 1:1
- C. 1:6 and 1:2
- D. 1:3 and 1:1

Answer: A. 1:5 and 1:2

Rationale: Recommended ratios ensure safe care.

97. Detailed list of ward articles is:

- A. Standards
- B. Inventory
- C. Buffer stock
- D. Safety stock

Answer: B. Inventory

Rationale: Inventory records equipment and supplies.

98. Evaluation of records to assess nursing care:

- A. Nursing care conference
- B. Bedside clinic
- C. Nursing audit
- D. Medical audit

Answer: C. Nursing audit

Rationale: Nursing audits improve quality of care.

99. Record describing significant events and behavior:

- A. Cumulative record
- B. Anecdotal record
- C. Permanent record
- D. Personal record

Answer: B. Anecdotal record

Rationale: Anecdotal records document specific incidents.

100. Nursing care causing injury is:

- A. Negligence
- B. Tort
- C. Defamation
- D. Battery

Answer: A. Negligence

Rationale: Failure to provide proper care resulting in harm is negligence