

# MIZORAM SUBORDINATE SERVICES SELECTION BOARD



## COMBINED COMPETITIVE EXAMINATION FOR RECRUITMENT TO THE POST OF STAFF NURSE UNDER H&FW AND HOME DEPARTMENTS, GOVERNMENT OF MIZORAM AUGUST - 2021

Question Booklet Series

NURSING SCIENCE PAPER I

**A**

**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.
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. Core body temperature is  
(A) skin temperature (B) axillary temperature  
(C) rectal temperature (D) oral temperature
2. Which of the following is the appropriate route of administration for insulin?  
(A) Intramuscular (B) Intradermal  
(C) Subcutaneous (D) Intravenous
3. What is the first thing you should do for severe bleeding?  
(A) Put the victim in the recovery position  
(B) Apply direct pressure on the wound with clean cloth or hand  
(C) Cover the wound with a clean cloth  
(D) Give oxygen to the victim
4. You are working as a triage nurse during a disaster situation. Based on the triage colour code tags placed on each of the wounded, which tag colour represents the wounded who have the highest priority of being treated first?  
(A) Green (B) Yellow  
(C) Red (D) Black
5. What is the main goal when treating a fracture?  
(A) Immobilize and support the fracture  
(B) Reduce shock  
(C) Prevent swelling  
(D) All of the above
6. In CPR, the right ratio of chest compressions to breaths is  
(A) 30 : 2 (B) 10 : 1  
(C) 10 : 2 (D) 30 : 1
7. When body temperature has reached its maximum and remain constant at a high level, it is called  
(A) lysis or crisis (B) onset or invasion  
(C) defervescence or decline (D) fastigium or stadium
8. To remove blood stains from the linens they should be soaked immediately in  
(A) hot water (B) boiled water  
(C) cold water (D) disinfectant
9. When a patient arrives to the hospital for routine admission, the nurse must do the following :  
(A) Complete the admission procedure  
(B) Obtain blood for laboratory  
(C) Inform doctor about the patient arrival  
(D) Tell the routine and policy of the hospital

10. Signs and symptoms of approaching death includes all EXCEPT
  - (A) Irresponsiveness and mottling
  - (B) Restlessness and weakness
  - (C) Erythema and increase urine output
  - (D) Incontinence
  
11. Dr. Smith has determined that the client with hepatitis has contracted the infection from contaminated food. The nurse understands that this client is most likely experiencing
  - (A) Hepatitis A
  - (B) Hepatitis B
  - (C) Hepatitis C
  - (D) Hepatitis D
  
12. A female client being seen in a physician's office has just been scheduled for a barium swallow the next day. Which instruction should the nurse write down for the client to follow before the test?
  - (A) Eat low-fibre diet
  - (B) Fast for 8 hours before the test
  - (C) Continue to take all oral medications as scheduled
  - (D) Monitor own bowel movement pattern for constipation
  
13. A nurse is monitoring a female client with a diagnosis of peptic ulcer. Which assessment findings would most likely indicate perforation of the ulcer?
  - (A) Bradycardia
  - (B) Numbness in the legs
  - (C) Nausea and vomiting
  - (D) A rigid, board-like abdomen
  
14. A 58 year old client is suffering from acute phase of rheumatoid arthritis. Which of the following would the nurse in charge identify as the lowest priority of the plan of care?
  - (A) Preventing joint deformity
  - (B) Maintaining usual ways of accomplishing task
  - (C) Relieving pain
  - (D) Preserving joint function
  
15. A client with a diagnosis of diabetic ketoacidosis (DKA) is being treated in the ER. Which finding would a nurse expect to note as confirming this diagnosis?
  - (A) Elevated blood glucose level and a low plasma bicarbonate
  - (B) Decreased urine output
  - (C) Increased respiration and an increase in pH
  - (D) Comatose state
  
16. Which nursing action can best prevent infection from urinary retention catheter?
  - (A) Cleansing the perineum
  - (B) Encouraging adequate fluids
  - (C) Irrigating the catheter once daily
  - (D) Cleansing around the meatus periodically

17. Which of the following position is used for lumbar puncture procedure?  
(A) Lateral with pillow under the hip  
(B) Prone  
(C) Semi Fowler's  
(D) Lateral with the legs pulled up and head bent down onto chest
18. After the disease has ended, a person continues to spread germs. This period is known as  
(A) incubation period (B) convalescent period  
(C) infective period (D) extrinsic incubation period
19. In head injury patient, Inj Mannitol is given to  
(A) reduce intra cranial pressure (B) stop the bleeding  
(C) prevent from infection (D) protect spinal cord
20. When radiotherapy is used with chemotherapy or surgery, it is known as  
(A) primary treatment (B) adjuvant treatment  
(C) palliative treatment (D) all of these
21. The number of bones in human body system is  
(A) 220 (B) 200  
(C) 206 (D) 210
22. Muscles get fatigued due to accumulation of  
(A) carbon dioxide (B) lactic acid  
(C) ATP (D) phosphate molecules
23. The valve between the right atrium and the right ventricle is called the  
(A) bicuspid valve (B) tricuspid valve  
(C) mitral valve (D) all of these
24. Which of these organs has dual blood supply?  
(A) Pancreas (B) Spleen  
(C) Liver (D) Duodenum
25. The muscles of the oesophagus squeeze the food downward using the process of  
(A) gravity (B) peristalsis  
(C) rugae (D) chyme
26. The reason why the right kidney is slightly lower than the left in position is because  
(A) the left kidney is bigger than right  
(B) of the considerable space occupied by the heart  
(C) of the considerable space occupied by the liver on the right side  
(D) the right kidney is bigger than the left

27. Stimulation of the sympathetic nervous system produces  
(A) Bradycardia (B) Tachycardia  
(C) Hypotension (D) Decreased myocardial contractility
28. Insulin is produced in the  
(A) gallbladder (B) kidney  
(C) liver (D) pancreas
29. The largest sense organ in our body is the  
(A) nose (B) lips  
(C) skin (D) eyes
30. The bag of skin in which testes are contained is called  
(A) Epididymis (B) Scrotum  
(C) Prostate gland (D) Epicotyles
31. A nurse uses long firm, strokes distal to proximal while bathing a patient's legs because  
(A) it promotes venous circulation (B) it covers a larger area of the leg  
(C) it prevents blood clots in legs (D) it completes care in timely fashion
32. What position should be maintained during administration of enema?  
(A) Dorsal recumbent (B) Sim's left lateral  
(C) Supine (D) Prone
33. Which of the following nursing intervention should be implemented to maintain patent airway in a patient on bed rest ?  
(A) Isometric exercise  
(B) Administration of low dose heparin  
(C) Suctioning every 4 hourly  
(D) Use of incentive spirometer every 2 hourly while the patient is awake
34. The nurse must verify the client's identity before medication. Which of the following is the safest way to identify the client?  
(A) Asking the client's name  
(B) Checking the client's identification band  
(C) Stating the client's name aloud and have the client repeat it  
(D) Checking the room number
35. An elderly patient comes to hospital with a complaint of severe weakness and diarrhoea for several days. Which is the most important to assess initially?  
(A) Malnutrition (B) Incontinence  
(C) Dehydration (D) Skin breakdown

36. Which of the following items on a client's pre-surgery laboratory results would indicate a need to contact the surgeon?
- (A) Platelet count of 250,000/mm<sup>3</sup>
  - (B) Total cholesterol of 325 mg/dl
  - (C) Blood urea nitrogen (BUN) 17 mg/dl
  - (D) Hemoglobin 9.5 mg/dl
37. Which of the following is the primary purpose of maintaining NPO for 6 to 8 hours before surgery?
- (A) To prevent malnutrition
  - (B) To prevent electrolyte imbalance
  - (C) To prevent aspiration pneumonia
  - (D) To prevent intestinal obstruction
38. A patient had undergone spinal anesthesia for appendectomy. In which of the following positions should a nurse place the patient in order to prevent spinal headache?
- (A) Semi Fowler position
  - (B) Prone position
  - (C) Flat on bed for 6 – 8 hours
  - (D) Modified Trendelenburg position
39. A nurse is assessing a client with pleural effusion. The nurse expects to find
- (A) deviation of the trachea towards the involved side
  - (B) reduced or absent breath sounds at the base of the lung
  - (C) moist crackles at the posterior of the lungs
  - (D) increased resonance with percussion of the involved area
40. Nurse Becky is caring for a client who begins to experience seizure while in bed. Which action should the nurse implement to prevent aspiration?
- (A) Position the client on the side with head flexed forward
  - (B) Elevate the head
  - (C) Use tongue depressor between teeth
  - (D) Loosen restrictive clothing
41. Pulse oximetry is a non-invasive device that measures \_\_\_\_\_ saturation of haemoglobin by oxygen.
- (A) arterial
  - (B) capillary
  - (C) alveolar
  - (D) venous
42. A nurse in coronary care unit is caring a client with cardiac tamponade. Which of the following findings should the nurse expect in cardiac tamponade?
- (A) Increased CVP
  - (B) Jugular vein distention
  - (C) Pulses paradoxus
  - (D) All of these
43. Which of the following cannot be transmitted via infectious droplets?
- (A) Rubella
  - (B) Common cold
  - (C) Influenza
  - (D) None of these

44. A client is diagnosed with a disorder involving the inner ear. Which of the following is the most common client complaint associated with a disorder in this part of the ear?
- (A) Hearing loss (B) Pruritus  
(C) Tinnitus (D) Burning of the ear
45. A nurse is performing an assessment in a client with a suspected diagnosis of cataract. The chief clinical manifestation that the nurse would expect to note in the early stages of cataract formation is
- (A) eye pain (B) floating spot  
(C) blurred vision (D) diplopia
46. Which of the following is the nurse's role in the promotion of health?
- (A) Health risk appraisal  
(B) Teach client to be effective health consumer  
(C) Worksite wellness  
(D) None of the above
47. The four main concepts common to nursing that appear in each of the current conceptual models are
- (A) person, nursing, environment, medicine  
(B) person, health, nursing, support systems  
(C) person, health, psychology, nursing  
(D) person, environment, health, nursing
48. Which of the following nursing interventions is considered the most effective form of universal precautions?
- (A) Cap all used needles before removing them from their syringes  
(B) Discard all used uncapped needles and syringes in an impenetrable protective container  
(C) Wear gloves when administering IM injection  
(D) Follow enteric precaution
49. The nurse observes that Mr. Adams begins to have increased difficulty breathing. She elevates the head of the bed to the high Fowler position, which decreases his respiratory distress. The nurse documents this breathing as
- (A) Tachypnea (B) Bradypnea  
(C) Orthopnea (D) Hyperventilation
50. A person, who is unconscious, not breathing, has a weak pulse, needs
- (A) CPR (B) Heimlich maneuver  
(C) Rescue breathing (D) Back blows and chest thrusts
51. Which of the following is the meaning of PRN?
- (A) when advised (B) when necessary  
(C) immediately (D) afterward

52. Snakebites can be very serious. When caring for a snakebite victim, you should not
- (A) wash wounds
  - (B) apply ice
  - (C) keep the bitten part still and below the heart
  - (D) get professional medical care within 30 minutes
53. Which of the following parameters should be checked when assessing respirations?
- (A) Rate
  - (B) Rhythym
  - (C) Symmetry
  - (D) All of these
54. Moving a joint or extremity away from midline of the body is termed
- (A) abduction
  - (B) circumduction
  - (C) adduction
  - (D) supination
55. Vomiting and prolonged gastric suctioning causes
- (A) respiratory acidosis
  - (B) respiratory alkalosis
  - (C) metabolic acidosis
  - (D) metabolic alkalosis
56. A patient has a PPD skin test (Mantoux test). As the nurse you should tell the patient to report back to the office in \_\_\_\_\_ so the results can be interpreted.
- (A) 24 - 48 hours
  - (B) 12 - 24 hours
  - (C) 48 - 72 hours
  - (D) 24 - 72 hours
57. A patient with cardiogenic shock receives a nursing diagnosis of decreased cardiac output. With the appropriate interventions, the anticipated outcome is for the patient to achieve
- (A) baseline activity level
  - (B) baseline cardiac function
  - (C) decreased afterload
  - (D) reduced anxiety
58. When caring for a patient who has intermittent claudication, the cardiac-vascular nurse advises the patient to
- (A) apply graduated compression stockings before getting out of bed
  - (B) elevate the legs when sitting
  - (C) refrain from exercise
  - (D) walk as tolerated
59. When developing a teaching session on glaucoma for the community, which of the following statements would the nurse stress?
- (A) Glaucoma is easily corrected with eyeglass
  - (B) White and Asian individuals are at the highest risk for glaucoma
  - (C) Yearly screening for people aged 20-40 years is recommended
  - (D) Glaucoma can be painless and vision may be lost before the person is aware of a problem

60. A client has undergone a laryngectomy. The immediate nursing priority would be to  
(A) monitor for signs of infection (B) keep trachea free of secretions  
(C) promote means of communication (D) provide emotional support
61. A male client has undergone spinal surgery. The nurse should  
(A) log roll the client to prone position  
(B) assess the client's feet for sensation and circulation  
(C) encourage the client to drink plenty of fluids  
(D) observe the client's bowel movement and voiding patterns
62. What is the priority nursing assessment in the first 24 hours after admission of a client with thrombotic CVA?  
(A) Cholesterol level (B) Pupil size and papillary response  
(C) Echocardiogram (D) Bowel sound
63. Which of the following represents a significant risk immediately after surgery for repair of aortic aneurysm?  
(A) Potential wound infection (B) Potential ineffective coping  
(C) Potential electrolyte balance (D) Potential alteration in renal perfusion
64. An early indicator of hypoxia in an unconscious client is  
(A) restlessness (B) increased respirations  
(C) cyanosis (D) hypertension
65. A nurse is providing education to a patient newly diagnosed with iron deficiency anaemia. Which of the following would be a component of the education?  
(A) Avoid green leafy vegetables as they will counteract the medication  
(B) Include citrus fruits while taking the medication for this disorder  
(C) Avoid immunizations with live viruses for 3 months  
(D) Avoid intramuscular (IM) injections while on the medication
66. The process in which all living cells, spores and viruses are completely destroyed from an object is called  
(A) Disinfection (B) Pasteurization  
(C) Sterilization (D) Antisepsis
67. Which of the following immunity is obtained during a lifetime?  
(A) Acquired immunity (B) Active immunity  
(C) Passive immunity (D) All of these
68. Invasion of micro-organism to a susceptible host is known as  
(A) inflammation (B) infection  
(C) infiltration (D) contamination

69. Consistency of behaviour or conduct is referred to as  
(A) character (B) habit  
(C) sentiment (D) will
70. The defense mechanisms are reactions to  
(A) frustration (B) psychosexual behaviour  
(C) envious behaviour (D) goal directed behaviour
71. A very useful principle of learning is that a new response is strengthened by  
(A) reinforcement (B) discriminative stimuli  
(C) punishment (D) biofeedback
72. Intelligence can be defined as  
(A) knowledge of great many facts  
(B) getting good grades in school  
(C) ability to think abstractly and learn from experience  
(D) all of the above
73. According to Freud, our values are internalized within the  
(A) id (B) superego  
(C) ego (D) all of these
74. Sociology is considered as a science because  
(A) human relations cannot be studied in laboratory  
(B) it lacks exact and clear terminology  
(C) it discovers laws which are generally applicable  
(D) it does not study subject matter
75. The causes of poverty in India include  
(A) increased population (B) illiteracy  
(C) physical health problems (D) all of these