

MONIKA'S NURSING ACADEMY HAMIRPUR

"Innovation is our Tradition"

Haryana CHO paper 2021

1. **The most common psychological problem in adolescent is?**
 - A. Anxiety Disorder
 - B. Depression
 - C. Frustration
 - D. Excessive irritability
2. **Expanded CPHC service delivery includes?**
 - A. Population enumeration and empanelment of family at HWC
 - B. Organization of services and service delivery framework
 - C. Continuity of care and patient centric care
 - D. All of above
3. **Sterilization Services cannot be provided to the following except?**
 - A. Every married male/female client.
 - B. Widow without children
 - C. Live-in couples
 - D. Unmarried women
4. **Sterilization procedure can be form in all except?**
 - A. Women immediately after birth of 1 Child.
 - B. Women delivered at home
 - C. Women not in eligible couple list of that area
 - D. All of above
5. **As per GOI guidelines, pre-anesthe/analgesic medication recommended before sterilization is/are?**
 - A. Pethidine
 - B. Pentazocine
 - C. Promethazine
 - D. All of above
6. **Technique use to organize the elements of FP counseling process is?**
 - A. GATHER
 - B. RACE
 - C. RAGE
 - D. AMSTL
7. **IUSD should not be inserted if?**
 - A. Cervical movement is painful
 - B. Uterus is enlarged and tender
 - C. Cervix is not mobile, hard or bleeds to touch
 - D. All of the above
8. **Following are Appropriate candidate for IUCD except?**
 - A. HIV women without AIDS
 - B. HIV women who have developed AIDS
 - C. AIDS women who are clinically well on anti retroviral therapy
 - D. None of the above
9. **0.5% chlorine solution is prepared by using?**
 - A. 30% Bleaching powder
 - B. 10% Bleaching powder
 - C. 20% Bleaching powder
 - D. 40% Bleaching powder
10. **Linens & Surgical Instruments are autoclaved for 30 minutes at?**
 - A. 15 lbs/sq. inch pressure
 - B. 30/lbs/sq, Inch pressure
 - C. 20 lbs/sq. inch pressure
 - D. 40 lbs/sq. inch pressure
11. **Anatomical wastes such as placenta, body parts etc. are segregated in?**
 - A. Red bin.
 - B. Yellow bin.
 - C. Black bin.
 - D. White /blue bin
12. **Family planning commodities for distribution through ASHA at community level includes all except?**

MONIKA'S NURSING ACADEMY HAMIRPUR

"Innovation is our Tradition"

- A. Nirodh
- B. Mala-N, E. pill and Chhaya
- C. Tubal Ring
- D. PTK

13. Important sources of vital statistics are?

- A. Population census
- B. Civil Registration System
- C. Sample Registration System
- D. All of above

14. According to NHP-2017, 90:90:90 is related to which disease?

- A. AIDS
- B. Malaria
- C. IMR & MMR
- D. TB

15. Sub centre covering a population of?

- A. 3000-5000
- B. 4000-5000
- C. 3000-4500
- D. 4000-8000

16. The principle of delivery of Comprehensive Primary Health Care Services being "Time to Care" is to be not more than?

- A. 20 Minutes
- B. 30 Minutes
- C. 40 Minutes
- D. 60 Minutes

17. An urban PHC centers established about _____ Population?

- A. 50000
- B. 60000
- C. 100000
- D. 70000

18. Number of visits in home based new born care in case of home delivery is?

- A. 5
- B. 7
- C. 4
- D. 2

19. Expanded range of services in comprehensive primary health care includes?

- A. RCH Services & General & palliative Care
- B. Screening and Management of Communicable and Non-Communicable diseases
- C. Emergency medical services
- D. All of above

20. First point of referral for a cluster of Health wellness center, for many disease condition in its jurisdiction is a?

- A. CHC
- B. UPHC
- C. PHC
- D. None of the above

21. Essential output of health wellness centre are?

- A. CHC
- B. UPHC
- C. PHC
- D. Non of these

22. Basic Principle of HWC is?

- A. Provision of continuum of care of all illnesses in a community
- B. Strategic Modification of component of health systems at secondary and tertiary levels
- C. Re-organization of work flow processes to effect CPHC
- D. All of above

23. Essential output of Health Wellness centre are?

- A. HWCD Data base
- B. Health cards and Family health folders
- C. Increased access to services
- D. All of above

MONIKA'S NURSING ACADEMY HAMIRPUR

"Innovation is our Tradition"

- 24. Fulcrum of CPHC for planning/delivery and monitoring service for defined catchment population?**
- A. Primary health care team at HWC
 - B. Primary Health care Team at Sub center
 - C. Primary Health care Team at PHC
 - D. Primary health care team at CHC
- 25. Pre-School and School Child Health Care Services includes?**
- A. Bi-annual screening
 - B. School Health Record
 - C. Eye care and Deworming
 - D. All of above
- 26. Basic Oral Health care includes?**
- A. Awareness, early detection and referral about common oral problems.
 - B. Mobilization for screening of oral cancer
 - C. Creating awareness about ill effects of Substance abuse
 - D. All of the above
- 27. First aid animal bite includes all except?**
- A. Administration of tetanus vaccine & early wound cleaning
 - B. Prophylactic anti-biotic
 - C. Rabies post exposure treatment
 - D. Stitching of the wound
- 28. ASHA is working under which program?**
- A. NRHM
 - B. RCH
 - C. ICDS
 - D. IMNCI
- 29. The role of Mid Level Health Provider is broadly expected to carry out the following?**
- A. Public health function
 - B. Leadership at Health wellness centre
 - C. Ambulatory care and management
 - D. All of above
- 30. Key requirement of information and Communication Technology (ICT) is?**
- A. Adherence to applicable standard led down under MDDS and HER with security and data privacy
 - B. Configurability and high level of interoperability to integrate with state and national level portals.
 - C. Managing large data volumes online and offline
 - D. All of above
- 31. Medicines listed as per EDL for a ---- needs to be ensure at Health Wellness Centre ?**
- A. PHC/sub-Centre
 - B. CHC
 - C. Both A and B above
 - D. None of the above
- 32. Diagnostics services as per guideline for National Free Diagnostic Initiative need to be available at HWC is?**
- A. Sub Health Centre-10 and PHC-19 investigations
 - B. Sub Health Centre-9 and PHC-15 investigations
 - C. Sub Health center-7 and PHC-19 investigations.
 - D. Sub Health Center-6 and PHC-12 investigations.
- 33.days in a week is to be fixed for conducting Ayurveda Clinics in a HWC?**
- A. 2 days
 - B. 1 days
 - C. Every alternate day
 - D. Not required
- 34. Key role as a member of Primary Health Care team at HWC is played by?**

MONIKA'S NURSING ACADEMY HAMIRPUR

"Innovation is our Tradition"

- A. ANM
B. ASHA
C. Self Help Groups
D. CHO
- 35. Indicators for monitoring HWC services are?**
A. HMIS
B. HMIS & RGI
C. Community Surveys
D. All of above
- 36. In addition to approved budgetary allocations, the untitled funds for SHCs would be Rs..... per HWC to meet additional and non-anticipated requirements for delivery of CPHC services?**
A. Rs. 10000/-
B. Rs. 50000/-
C. Rs. 25000/-
D. Rs. 15000/-
- 37.% of salary of Service providers at HWCs may be linked with performance based on measurable performance indicators?**
A. 40%
B. 30%
C. 50%
D. 20%
- 38. Clinical signs for acute respiratory infection in a new born are following except?**
A. High Respiratory rate
B. Shallow Breathing
C. Chest In drawing
D. Stridor
- 39. AMIS stands for?**
A. Health Management information System.
B. House Management Information System.
- C. Human Malnutrition Including Starvation.
D. None of the above
- 40. As per guidelines the approximate time to be spent by ASHA on contact with the community is?**
A. 10 hours per week
B. 40 hours per week
C. 20 hours per week
D. 15 hours per week
- 41. Folder (Digital/Manual) for every family under the care of ASHA should have?**
A. MCP cards for all mothers and children
B. Simple card/register to line all health events.
C. Separate card for any one on TB/HIV/Leprosy/Kalaazar treatment protocol.
D. All of above
- 42. The first case of COVID-19 infection reported in India was from?**
A. Mumbai
B. Kerala
C. Kolkata
D. Delhi
- 43. The first known infection from SARS-CoV-2 was discovered in?**
A. Holland
B. Wuhan (China)
C. Germany
D. Britain
- 44. Corona Virus is an?**
A. DNA virus
B. RNA virus
C. Both DNA & RNA virus
D. All of above
- 45. Person usually responsible for dispensing medications is?**
A. Medical Officer

MONIKA'S NURSING ACADEMY HAMIRPUR

"Innovation is our Tradition"

- B. Pharmacist
C. ANM
D. Lab Technician
- 46. Main approaches for social mobilization are?**
A. Political, Government Mobilization
B. Community, Corporate, Beneficiary Mobilization
C. Both (a) and (b)
D. None of above
- 47. RBSK aims on early identification and intervention for children from birth to cover the 4Ds?**
A. 15 years
B. 18 years
C. 20 years
D. 12 years
- 48. ICDS program started on?**
A. 1975
B. 1992
C. 1999
D. 1997
- 49. World Hearing Day is celebrated on?**
A. 3 March
B. 28 February
C. 30 march
D. 1st January
- 50. Mental Health can be affected by?**
A. Dietary factors
B. Physical Activity
C. Seasonal and Geographical factors
D. All of above
- 51. The most appropriate explanation on "Prevalence rate" is?**
A. The number of patients who have the disease at a particular time, divided by the population at risk of having the disease at that time.
B. The number of new cases with existing case of a disease in a population over a period of time.
C. Not useful for developing HIV/AIDS control program
D. Useful for developing Avian flu control program
- 52. If a state has 500000 live births in year 2020-21, and 500 maternal deaths were reported during this period, then, what would be the MMR of the state for this period?**
A. 600
B. 450
C. 150
D. 100
- 53. If 3000 infants died out of total 80000 live births in a state in a given year of 2019-20, then, what will be the IMR of the State for this period?**
A. 25.5
B. 37.5
C. 45.5
D. 47.5
- 54. Perinatal death rate is?**
A. Sum of the fetal and neonatal death rates
B. Sum of the fetal and infant death rates
C. Difference between pregnancy and birth rate
D. Sum of abortion and fetal death rates
- 55. Which is the state bird of Haryana?**
A. Cochkoo
B. Monal
C. Black Francolin
D. Peacock
- 56. The Markanda river ancient name was?**
A. Saraswati
B. Giri
C. Aruna
D. Yamuna

MONIKA'S NURSING ACADEMY HAMIRPUR

"Innovation is our Tradition"

57. The current MMR of Haryana and India is?
- A. 108 and 153
 - B. 98 and 122
 - C. 91 and 113
 - D. 115 and 212
58. Expected date of delivery (EDD) can be calculated by?
- A. LMP+9 Months+7 Days
 - B. LMP+9 Months+0 Days
 - C. LMP+9 Months+9 Days
 - D. LMP+9 Months+6 Days
59. Apart from reducing the duration and severity of diarrhea, zinc administration also?
- A. Reduces the incidence of subsequent episodes of diarrhea and measles over the ensuing 3 months.
 - B. Reduces the incidence of subsequent episodes of diarrhea and possibly pneumonia over the ensuing 3 months
 - C. Reduces the incidence of diarrhea over ensuing 6 months
 - D. None of the above
60. The dose of Zinc given during diarrhea episode is Mg for child between 2m to 6m and mg for child above 6m of age given for Days?
- A. 10mg, 20mg, 7 days
 - B. 5mg, 10mg, 5 days
 - C. 10mg, 20mg, 14 days
 - D. 20mg, 50mg, 14 days
61. In children when diarrhea lasts for 14 days or more, it is diagnosed as?
- A. Chronic Dysentery
 - B. Severe dysentery
 - C. Severe chronic diarrheal episode
 - D. Severe persistent diarrhea
62. The dose of deworming tablets (Albendazole) given below 1 year old child is?
- A. 200 mg once a year
 - B. 400 mg twice a year
 - C. Not to be given
 - D. 500 mg once a year
63. A 1 month infant has temperature of 37.6 degree, as per IMNCI he will be classified as?
- A. Local serious bacterial infection
 - B. Possible serious bacterial infection
 - C. Severe febrile illness
 - D. None of the above
64. Severe jaundice in a young infant is assessed by checking if he has?
- A. Yellowish chest
 - B. Yellowish chest and abdomen
 - C. Yellowish soles and palms
 - D. None of the above
65. If a young infant has diarrhea and is lethargic and has sunken eyes, he will be classified as (as per IMNCI)?
- A. Diarrhea with Mild dehydration
 - B. Diarrhea with Moderate dehydration
 - C. Diarrhea with Severe dehydration
 - D. Severe diarrhea
66. Grunting is the short, soft sounds a young infant makes while?
- A. Breathing in
 - B. Breathing out
 - C. Breathing in and out
 - D. None of the above
67. What is total dose of tab. Misoprostol given for prevention of PPH?
- A. 200 mg
 - B. 400 mg
 - C. 600 mg
 - D. 800 mg

MONIKA'S NURSING ACADEMY HAMIRPUR

"Innovation is our Tradition"

- 68. Patient with 20 weeks of pregnancy with history of bleeding reports at Sub Centre. Which of the followings should be done?**
- A. PV examination and refer to FRU
 - B. Refer to FRU
 - C. PN examination
 - D. All of the above
- 69. BCG is an**
- A. IM injection
 - B. Subcutaneous injection
 - C. Intradermal injection
 - D. None of the above
- 70. Following the insertion of the IUD the women should return to the clinic**
- A. After the next period/ in 3 to 6 weeks (or at least within 3 months)
 - B. Every 6 months
 - C. Only if she is having a problem or wants to have it removed
 - D. In 10 years (for copper T 380 A) to have it removed or replaced
- 71. Which of the following statements about vaccine storage conditions is NOT correct?**
- A. Measles should be kept at -15°C at all levels
 - B. DPT-HEPB should be kept at +2°C to +8°C
 - C. Diluents must never be frozen
 - D. BCG vaccine can safely be kept at +2°C to +8°C
- 72. How much weight gain is a sign of preeclampsia?**
- A. 3-5 pounds/week
 - B. 3-5kg/week
 - C. 3-5 pounds/months
 - D. 3-5 pounds/Trimester
- 73. Which of the following are the methods to prevent child from Hypothermia just after delivery?**
- A. Maintain the room temp >25°C
 - B. Provide heat by Kangaroo Mother Care
 - C. Immediately remove the wet cloth & wrap in another warm cloth
 - D. All of the above
- 74. During counseling, using the GATHER technique, it is important to ?**
- A. Tell the woman about every contraceptive options and methods available
 - B. Greet the client respectfully
 - C. Explain and demonstrate how to use the methods
 - D. All of the above
- 75. Used IV sets should be discarded in which colour BMW bins?**
- A. Red
 - B. Yellow
 - C. Blue
 - D. Black
- 76. Which of the following is not to be discarded in yellow BMW bin?**
- A. Mask
 - B. Cap
 - C. Shoe Cover
 - D. Used gloves without blood tinged
- 77. Which statement is true regarding hand hygiene?**
- A. Hand washing needs to be done before & after doing a sterile procedure
 - B. Hands should be washed for 120 seconds
 - C. Hand sanitizer can be used for hand hygiene before delivering baby
 - D. Observers entering labor room and no need hand wash
- 78. Used cotton balls and gauze pieces should be discarded in which colour BMW bin?**

MONIKA'S NURSING ACADEMY HAMIRPUR

"Innovation is our Tradition"

- A. Blue
B. Yellow
C. Red
D. Black
- 79. For processing of used instruments, following is true?**
- A. Dirty instruments should be placed separately in a tray and dried blood can be washed latter
B. All instruments should be washed with water and soap using brush
C. Boiling and autoclave has equal efficiency and both can be done for sterilization
D. Autoclaved instruments can be used for 4 weeks after autoclaving
- 80. When should you use alcohol based hand rub/sanitizer?**
- A. After touching bodily fluid
B. When hands are visibly clean
C. When hands are visibly dirty
D. Before a sterile procedure
- 81. What personal protective equipment should you wear while attending a birth?**
- A. Clean apron, gloves, eye wear, cap, mask and closed footwear
B. Eye wear, cap, mask and gloves
C. Apron and closed toed-shoes
D. Gloves and mask
- 82. Which vaccine should all health workers have?**
- A. Hepatitis A
B. Hepatitis B
C. HIV
D. Polio
- 83. How is it recommended to dry hands after hand wash?**
- A. Use a shared towel
B. Use your gown
C. Air dry or use sterilized paper/towel
D. Use any cloth as it does not matter
- 84. Where should sterile items be placed?**
- A. In a closed cabinet
B. On a shelf in the labor room so they are easily accessible
C. Open and placed on delivery trolley, ready to be used when required
D. All of the above
- 85. The principles of primary health care are?**
- A. Accessibility
B. Public participation
C. Health promotion
D. All the above
- 86. Health is a state of complete?**
- A. Physical wellbeing
B. Mental wellbeing
C. Social wellbeing
D. All of the above
- 87. How many types of Cu-IUCDs are available under national program?**
- A. 1
B. 2
C. 3
D. All of the above
- 88. PPUCD can be placed in the following condition?**
- A. Immediately following the delivery of the placenta
B. Within 72 hours following childbirth
C. Within 7 days of the child birth
D. All of the above
- 89. CU-IUCD 380-A is effective up to?**
- A. 5 years from the day of insertion
B. 10 years from the day of insertion
C. 1 years from the day of insertion
D. 7 years from the day of insertion
- 90. Expiry date on the IUCD package refers to?**
- A. The shelf life of the sterility of the package

MONIKA'S NURSING ACADEMY HAMIRPUR

"Innovation is our Tradition"

- B. Contraceptive effectiveness of the IUCD itself
C. None of the above
D. All of the above
- 91. In an outbreak of cholera in a village of 2000 population, 20 cases have occurred and 5 cases died, case fatality rate is?**
A. 1%
B. 25%
C. 5%
D. 0.25%
- 92. The dimensions of wellness are?**
A. Physical and emotional
B. Spiritual and intellectual
C. Environmental and social
D. All of the above
- 93. COVID-19 is caused by infection with the virus strain:**
A. SARS-CoV2
B. SARS-CoV1
C. SARS-CoV3
D. None of the above
- 94. As a thumb rule, in any given month, approximately how many Antenatal cases should be in the record?**
A. 50% of the number of pregnancies estimated
B. 75% of the number of pregnancies estimated
C. 25% of the number of pregnancies estimated
D. 100% of the number of pregnancies estimated
- 95. IMR of india as per SRS report-2016-18?**
A. 32
B. 38
C. 50
D. 25
- 96. What do you mean by AEFI?**
A. Adverse events following Immunization
B. After effects following immunization
C. Adverse events following injection
D. After effects following injection
- 97. Who is the Union Health Minister of Govt. Of india?**
A. Sh. Harsh vardhan
B. Amit Shah
C. Smt. Smriti irani
D. Smt. Nirmala Sitharaman
- 98. What is the obstetric formula of a woman who is presently pregnant with twin pregnancy, is pregnant for the 4th time and had previous 2 live birth and 1 abortion?**
A. G4T2P0A1L2
B. G4P1A1
C. G3P2A1
D. G4P2A1
- 99. Pentavalent vaccination protects against which all disease?**
A. Diphtheria, Pertussis, Typhoid, Hepatitis B, Homophiles Influenza B
B. Diphtheria, Pertussis, Tetanus, hepatitis B, Homophiles Influenza B
C. Diphtheria, Polio, Tetanus, Hepatitis B, Homophiles Influenza B
D. Diphtheria, Pertussis, Tuberculosis, HepatitisB, Homophiles influenza B
- 100. Which is the drug of choice for controlling eclamptic fits?**
A. Injection sodium Bocarbonate
B. Injection Calcium Gluconate
C. Injection magnesium sulphate
D. Injection Oxitocin

MONIKA'S NURSING ACADEMY HAMIRPUR

"Innovation is our Tradition"

ANSWER KEY

- | | | |
|-------|-------|--------|
| 1. A | 39. A | 78. B |
| 2. D | 40. B | 79. D |
| 3. A | 41. D | 80. D |
| 4. D | 42. B | 81. A |
| 5. D | 43. B | 82. B |
| 6. A | 44. B | 83. C |
| 7. D | 45. B | 84. D |
| 8. C | 46. D | 85. D |
| 9. B | 47. B | 86. D |
| 10. A | 48. A | 87. B |
| 11. B | 49. A | 88. D |
| 12. D | 50. D | 89. B |
| 13. D | 51. B | 90. B |
| 14. A | 52. D | 91. B |
| 15. A | 53. A | 92. D |
| 16. B | 54. A | 93. A |
| 17. A | 55. C | 94. A |
| 18. B | 56. C | 95. A |
| 19. A | 57. C | 96. A |
| 20. D | 58. A | 97. A |
| 21. C | 59. B | 98. A |
| 22. D | 60. C | 99. B |
| 23. D | 61. D | 100. C |
| 24. A | 62. A | |
| 25. D | 63. D | |
| 26. D | 64. C | |
| 27. C | 65. C | |
| 28. A | 66. A | |
| 29. D | 67. C | |
| 30. D | 68. B | |
| 31. D | 69. C | |
| 32. C | 70. A | |
| 33. B | 71. A | |
| 34. D | 72. A | |
| 35. D | 73. D | |
| 36. B | 74. D | |
| 37. A | 75. A | |
| 38. B | 76. D | |
| | 77. A | |