

MONIKA'S NURSING ACADEMY HAMIRPUR

"Innovation is our Tradition"

Punjab CHO memory Based paper 2021

1. 20-35 Intelligence quotient (IQ) indicate to ?
 - A. Mild MR
 - B. Moderate MR
 - C. Severe MR
 - D. Profound MR
2. Mission Indradhanush programme launched in which year?
 - A. 2013
 - B. 2014
 - C. 2015
 - D. 2018
3. National programme was launched in?
 - A. 1965
 - B. 1975
 - C. 1982
 - D. 1976
4. Mid-Day Meal programme was launched in?
 - A. 1965
 - B. 1975
 - C. 1985
 - D. 1995
5. LaQshya programme launched in which year?
 - A. 11th December 2015
 - B. 11th December 2016
 - C. 11th December 2017
 - D. 11th December 2018
6. Nirmal Bharat Abiyan launched in?
 - A. 2005
 - B. 2014
 - C. 2010
 - D. 2012
7. What is the antidote of PCM poisoning?
 - A. Calcium Gluconate
 - B. Flumazenil
 - C. Acetylcysteine
 - D. Protamine sulfate
8. Antidote of benzodiazepine is?
 - A. Calcium gluconate
 - B. Flumazenil
 - C. Vit.K
 - D. Protamine sulfate
9. Antidote of Iron overload is?
 - A. Deferoxamine
 - B. Glucose
 - C. Dimercaprol
 - D. Activated charcoal
10. Negri bodies are found in which disease condition?
 - A. Brucellosis
 - B. Anthrax
 - C. Rabies
 - D. Tuberculosis
11. How many dose of rotavirus vaccines are required?
 - A. 3
 - B. 1
 - C. 4
 - D. 5
12. Side effect of tetracycline is?
 - A. Abdominal pain
 - B. Teeth discoloration
 - C. Bone marrow depression
 - D. Red man syndrome
13. ESI (Employee's state Insurance)act legalized in?
 - A. 1945
 - B. 1946
 - C. 1948
 - D. 1952
14. Covishield is a type of vaccine?
 - A. Inactivated viral vaccine
 - B. Live-attenuated viral vaccine
 - C. Both A&B
 - D. None of these

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- 15. Deep freezer temperature is?**
- A. 2 to 8°C
 - B. 15 to 20°C
 - C. -15 to -20°C
 - D. None of these
- 16. Daily energy requirement for sedentary women is?**
- A. 1800 kcal
 - B. 1900 Kcal
 - C. 2230 Kcal
 - D. 2850 Kcal
- 17. Which drug affect the contraceptive efficacy is?**
- A. Phenytoin
 - B. PCM
 - C. Antacid
 - D. Metformin
- 18. Daily energy requirements for infants?**
- A. 110-120 Kcal/kg
 - B. 150-160 Kcal/kg
 - C. 200-250 Kcal/kg
 - D. All of the above
- 19. Green color of triage system indicates?**
- A. Immediate
 - B. Delayed
 - C. Minimal
 - D. Expectant
- 20. Withdrawal symptoms of cannabis start within?**
- A. 2 days
 - B. 2 weeks
 - C. 4 weeks
 - D. 2 months
- 21. Light sensitive vaccine to heat includes all except?**
- A. OPV
 - B. TT
 - C. MMR
 - D. BCG
- 22. How many deliveries conducted on type PHC-B is?**
- A. Delivery load of less than 40 deliveries per month
 - B. Delivery load of 40 or more deliveries per month
 - C. Delivery load of 20 or more deliveries per month
 - D. Delivery load of less than 20 deliveries per month.
- 23. BCG vaccine once constituted should be used within?**
- A. 3-5 hrs
 - B. 4-6 hrs
 - C. 12 hrs
 - D. 24 hrs
- 24. Daily requirement of Vitamin C in adults is?**
- A. 30 mg
 - B. 60 mg
 - C. 80 mg
 - D. 10 mg
- 25. How much nicotine present in a cigarette?**
- A. 10-12 mg
 - B. 10-20 mg
 - C. 15-25 mg
 - D. 20-30 mg
- 26. Human anatomical waste, fetal parts should be discarded in?**
- A. Red bins
 - B. Yellow bins
 - C. Blue bins
 - D. Black bins
- 27. Glass material and without cytotoxic drug are disposed in?**
- A. Red bins
 - B. Yellow bins
 - C. Blue bins
 - D. Black bins
- 28. Gray baby syndrome is a side effect of which drug?**
- A. Amoxicillin

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- B. Ciprofloxacin
C. Metronidazole
D. Chloramphenicol
- 29. Delirium tremors are commonly seen in which one of these?**
A. Alcohol tolerance
B. Alcohol dependence
C. Alcohol abuse
D. Alcohol withdrawal
- 30. National viral Hepatitis Control Program was launched in?**
A. 28th July 2018
B. 28th June 2018
C. 28th January 2018
D. 24th July 2018
- 31. Cannabis withdrawal symptoms?**
A. Insomnia
B. Anorexia, Headache,
C. Cold sweating
D. All of the above
- 32. Drug of choice for withdrawal symptoms of alcohol is?**
A. Chlordiazepoxide
- 33. Normal protein required in adult according to weight in kg?**
A. 1gm/kg/day
- 34. Pearl index is used for?**
A. Failure of contraceptive device
- 35. What is the storage temperature and route of covishield vaccine?**
A. 2 to 8°C, IM Route
- 36. Pattern of bleeding in placenta previa?**
A. Painless and causeless bleeding
- 37. Length of Umbilical cord?**
A. Average 50 cm
- 38. Vitamin A deficiency can cause?**
A. Blindness?
- 39. What is cephalocaudal?**
A. Growth of baby from head to toe
- 40. Postnatal home visits in case of home delivery?**
A. 3 Visit
- 41. Antidote of lead poisoning?**
A. Dimercaprol
- 42. RBSK full form?**
A. Rashtriya Bal Swasthya Karyakram
- 43. Daily requirement of calcium in adults is?**
A. 500 mg
- 44. Most common complications of mumps?**
A. Meningitis And encephalitis
- 45. Most heat sensitive vaccine is?**
A. Polio vaccine is the most sensitive to heat, while tetanus is the least sensitive.
- 46. Daily energy requirements for adolescent boys?**
A. 2800 calories for boys 2200 calories for girls

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Answer key

1. C
2. B
3. D
4. D
5. C
6. D
7. C
8. B
9. A
10. C
11. A
12. B
13. C
14. B
15. C
16. B
17. A
18. A
19. C
20. A
21. A
22. C
23. B
24. B
25. A
26. B
27. C
28. D
29. D
30. A
31. D

