

Type 1

1) The reliability of a measuring tool has following aspects, except:

- (A) stability
- (B) internal consistency
- (C) efficiency
- (D) equivalence

Rationale - Reliability = **stability, consistency, equivado**

(2) The reliability of a measuring tool has following aspects, except:

- (A) nominal
- (B) ordinal
- (C) interval
- (D) ratio

(3) Deductive Reasoning is applied in:

- (A) Qualitative research
- (B) Quantitative research
- (C) Action research
- (D) Applied research

Rationale :**Deductive reasoning** is a basic form of valid **reasoning**. **Deductive reasoning**, or deduction, starts out with a general statement, or hypothesis, and examines the possibilities to reach a specific, logical conclusion,

(4) In qualitative research, a guiding principle in deciding sample size is:

- (A) Effect size
- (B) Number of variables
- (C) Data saturation
- (D) Sub-group analysis

(5) A hypothesis which a researcher tries to disprove is:

- (A) Research hypothesis
- (B) Null hypothesis
- (C) Alternate hypothesis
- (D) Positive hypothesis

(6) "Above all, do no harm". This principle encompassed in the ethical dimension of:

(A) Human dignity

(B) justice

(C) beneficence

(D) anonymity

(7) Which of the following classification of research designs is based on the dimension of control over independent variables?

(A) Structured and flexible

(B) Cross-sectional and longitudinal

(C) Retrospective and prospective

(D) Experimental/quasi experimental and non-experimental

(8) The primary objective of experimental methodology is:

(A) . Ensure external validity

(B) . Improve internal validity

(C) . To eliminate type I error

(D) To reduce ethical problems

(9) The following is a biased sampling method:-

(A) a) Cluster

(B) b) Quota

(C) c) Stratified random

(D) d) Systematic

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(11) The following is an advantage of close ended questions in a questionnaire:-

(A) Easy to construct

(B) Easy to administer

(C) Responses are limited

(D) Permit greater depth of response

(12) The best literature in academic terms is a :-

- (A) a) Recent book
- (B) b) Refereed journal article
- (C) c) Conference proceedings
- (D) d) Scientific publication

(13) When research findings can be applied to the larger population

- (A) internal validity
- (B) Study reliability
- (C) External validity
- (D) Study generalization

(14) Test-retest reliability in research involves:-

- (A) a) Two different measurements taken by different observers and then comparing them
- (B) b) Taking two sets of measurements of the same thing some time apart and comparing them
- (C) c) Recruiting participants randomly to the study project
- (D) d) Subjecting one study group to treatment and the other to placebo

(15) . Which of the following physical manifestations would you expect to assess in a client suffering from anorexia nervosa?

- (A) Tachycardia, hypertension, hyperthermia
- (B) Bradycardia, hypertension, hyperthermia
- (C) Bradycardia, hypotension, hypothermia
- (D) Tachycardia, hypotension, hypothermia

(16) . Ms. T. has been diagnosed with agoraphobia. Which behavior would be most characteristic of this disorder?

- (A) Ms. T. experiences panic anxiety when she encounters snakes.
- (B) Ms. T. refuses to fly in an airplane.
- (C) Ms. T. will not eat in a public place.
- (D) Ms. T. stays in her home for fear of being in a place from which she cannot escape

Agoraphobia is an anxiety disorder characterized by symptoms of anxiety in situations where the person perceives their environment to be unsafe with no easy way to escape. These situations can include open spaces, public transit, shopping centers, or simply being outside their home.

(17) The physician orders sertraline (Zoloft) 50 mg bid for Margaret, a 68-year-old woman with Major Depression. After 3 days of taking the medication, Margaret says to the nurse, "I don't think this medicine is doing any good. I don't feel a bit better." What is the most appropriate response by the nurse?

(A) "Cheer up, Margaret. You have so much to be happy about."

(B) "Sometimes it takes a few weeks for the medicine to bring about an improvement in symptoms."

(C) "I'll report that to the physician, Margaret. Maybe he will order something different."

(D) "Try not to dwell on your symptoms, Margaret. Why don't you join the others down in the dayroom?"

(18) Symptoms of alcohol withdrawal include:

(A) . euphoria, hyperactivity, and insomnia.

(B) depression, suicidal ideation, and hypersomnia.

(C) diaphoresis, nausea and vomiting, and tremors

(D) . unsteady gait, nystagmus, and profound disorientation.

(19) . Crises occur when an individual:

(A) . is exposed to a precipitating stressor

(B) . perceives a stressor to be threatening.

(C) . has no support systems.

(D) experiences a stressor and perceives coping strategies to be ineffective.

(20) Mr. J. is a new client on the psychiatric unit. He is 35 years old. Theoretically, in which level of psychosocial development (according to Erikson) would you place Mr. J.?

(A) . Intimacy vs. isolation

(B) . Generativity vs. self-absorption

(C) Trust vs. mistrust

(D) Autonomy vs. shame and doubt

(21) The personality disorders where individuals are characteristically sensitive and suspicious include;

(A) Histrionic, Borderline and Narcissistic personality disorders

(B) Paranoid, Schizoid and Schizotypal personality disorders

(C) Paranoid, avoidant and dependent personality disorders

(D) Antisocial, Schizoid and affective personality disorders

(22) In drug dependence syndrome, there is:-

- (A) a. Reduced compulsion to take a substance
- (B) b. Increased anhedonia
- (C) c. Substance tolerance
- (D) d. Neglect of alternative pleasures

(23) The most persistent adverse effect of ECT is

- (A) a. Retrograde amnesia
- (B) b. Fractures
- (C) c. Seizures
- (D) d. Hypertension

(24) A type of schizophrenia characterized by excessive negativism, bizzare body posture, echopraxia and echolalia:-

- (A) residual
- (B) paranoid
- (C) catatonic
- (D) disorganized

Echopraxia is a tic characterized by the involuntary repetition of another person's behavior or movements. It is closely related to **echolalia**, which is the involuntary repetition of another person's speech. A person with **echopraxia** might imitate another person's fidgeting, style of walking, or body language

(25) The physical manifestations of fetal alcohol syndrome include:

- (A) cleft lip and palette.
- (B) hepatomegaly, hypotonia, and microphthalmia.
- (C) hyperbilirubinemia, jaundice, and failure to thrive.
- (D) microcephaly, short philtrum, and prenatal growth retardation.

(26) Which blood gas analyses are most indicative of respiratory acidosis?

- (A) pH = 7.22, PCO₂ = 55 mm Hg, HCO₃ = 30 mEq/L.
- (B) pH = 7.28, PCO₂ = 45 mm Hg, HCO₃ = 15 mEq/L.
- (C) pH = 7.34, PCO₂ = 35 mm Hg, HCO₃ = 25 mEq/L.
- (D) pH = 7.40, PCO₂ = 25 mm Hg, HCO₃ = 30 mEq/L.

(27) The major pharmacologic action of Salbutamol is:

- (A) decreasing airway reactivity.
- (B) decreasing inflammation and airway obstruction.
- (C) improving the action of cilia to sweep trapped mucous upward.
- (D) relaxing constricted bronchial smooth muscle.

(28) A pediatric nurse, who is caring for a 12-year-old patient with septic shock, perceives a potential complication of fluid resuscitation upon noting:

- (A) a heart rate of 50 beats/min.
- (B) rales and rhonchi by auscultation.
- (C) a temperature of 102°F (38.8°C).
- (D) complaints of leg pain.

(29) The MOST common cause of under-5 mortality in developing world is

- (A) diarrheal disease
- (B) pneumonia
- (C) malaria
- (D) neonatal disease

(30) Which is the primary goal of community health nursing?

- (A) . To support and supplement the efforts of the medical profession in the promotion of health and prevention of
- (B) To enhance the capacity of individuals, families and communities to cope with their health needs
- (C) To increase the productivity of the people by providing them with services that will increase their level of health
- (D) To contribute to national development through promotion of family welfare, focusing particularly on mothers and children

(31) . CHN is a community-based practice. Which best explains this statement?

- (A) The service is provided in the natural environment of people
- (B) The nurse has to conduct community diagnosis to determine nursing needs and problems
- (C) The service are based on the available resources within the community
- (D) Priority setting is based on the magnitude of the health problems identified

(32) . Population- focused nursing practice requires which of the following processes?

- (A) . Community organizing
- (B) . Nursing, process
- (C) . Community diagnosis**
- (D) . Epidemiologic process

(33) When the occupational health nurse employs ergonomic principles, she is performing which of her roles

- (A) . Health care provider
- (B) .Health educator
- (C) .Health care coordinator
- (D) .Environment manager**

(34) "Public health services are given free of charge". Is this statement true or false?

- (A) The statement is true; it is the responsibility of government to provide haste services
- (B) The statement is false; people pay indirectly for public health services**
- (C) . The statement may be true or false; depending on the Specific service required
- (D) The statement may be true or false; depending on policies of the government concerned.

(35) . Level IV Hospital is classified as what level of facility?

- (A) Primary
- (B) Secondary
- (C) Intermediate
- (D) Tertiary**

(36) . What is true of primary facilities?

- (A) They are usually government-run
- (B) Their services are provided on an out-patient basis**
- (C) . They are training facilities for health professionals
- (D) . A community hospital is an example of this level of health facilities

(37) Which is an example of the school nurse's health care provider function?

- (A) Requesting for BCG from the EPI store for school entrance immunization
- (B) Conducting random classroom inspection during measles epidemic**
- (C) . Taking remedial action on an accident hazard in the school playground
- (D) Observing places in the school where pupils spend their free times

(38) 2010 Kenya constitution mandates devolution of basic services from the national government to county government units. Which of the following is the major goal of devolution?

- (A) To strengthen county government units
- (B) To allow greater autonomy to county government units.
- (C) To empower the people and promote their self-reliance
- (D) To make basic services more accessible to the people

(39) . Which level of health facility is the usual point of entry of a client into the health care delivery system?

- (A) primary
- (B) Secondary
- (C) Intermediate
- (D) Tertiary

(40) . The public health nurse is the supervisor of rural health midwives. Which of the following is a supervisory function of the public health nurse

- (A) . Referring cases or patients to the midwife
- (B) . Providing technical guidance to the midwife
- (C) Providing nursing care to cases referred by the midwife
- (D) Formulating and implementing training programs for midwives

(41) According to Freeman and Heinrich, community health nursing is a developmental service. Which of the following best illustrates this statement?

- (A) The community health nurse continuously develops himself personally and professionally
- (B) . Health education and community organizing are necessary in providing community health services
- (C) . Community health nursing is intended primarily for health promotion and prevention and treatment of disease.
- (D) . The goal of community health nursing is to provide nursing services to people in their own place of residence

(42) . Which step in community organizing involves training of potential leaders in the community

- (A) Integration

- (B) . Community organization
- (C) Community study
- (D) Core group formation**

(43) . In which step are plans formulated for solving community problems?

- (A) Mobilization
- (B) Community organization**
- (C) . Follow-up/extension
- (D) Core group formation

(44) The age at which the infant can reach an object, grasp it and bring it to mouth and seems excited when see the food is

- (A) 4 mo**
- (B) 5 mo
- (C) 6 mo
- (D) 7 mo

(45) An indicator of success in community organizing is when people are able to:

- (A) .Participate in community activities for the solution of a community problem**
- (B) . Implement activities for the solution of the community problem
- (C) . Plan activities for the solution of the community problem
- (D) . Identify the health problem as a common concern

(46) The MOST reported type of child abuse in Kenya is

- (A) neglect
- (B) physical abuse
- (C) sexual abuse
- (D) psychological maltreatment**

(47) . Tertiary prevention is needed in which stage of the natural history of disease?

- (A) Pre-pathogenesis
- (B) pathogenesis
- (C) predromal
- (D) terminal**

(48) . Isolation of a child with measles belongs to what level of prevention?

- (A) Primary**
- (B) Secondary

- (C) Intermediate
- (D) Tertiary

(49) Zinc deficiency is associated with increased risk for all the following EXCEPT

- (A) stunting
- (B) impaired immune function
- (C) increased risk for skin infections
- (D) increased risk for respiratory diseases

(50) Effective supplementation of folate for prevention of neural tube defect is

- (A) started at least 1 mo before conception, and continued through the first 2-3 mo of pregnancy
- (B) started at least 3 mo before conception, to be stopped after positive pregnancy
- (C) started after positive pregnancy test and continued through the first 2-3 mo of pregnancy.
- (D) started at least 1 mo before conception, to be stopped after positive pregnancy test.

(51) Expansion of the intravascular volume and increased intravascular pressure are the main causes of edema in

- (A) lymphatic obstruction
- (B) heart failure
- (C) protein-losing enteropathy
- (D) nephrotic syndrome

(52) . Which type of family-nurse contact will provide you with the best opportunity to observe family dynamics?

- (A) clinic consultation
- (B) group conferences
- (C) home visit
- (D) written communication

(53) Which of the following is an advantage of a home visit?

- (A) It allows the nurse to provide nursing care to a greater number of people
- (B) . It provides an opportunity to do first hand appraisal of the home situation
- (C) . It allows sharing of experience among people with similar health problems
- (D) It develops the family's initiative in providing for health needs of its members

(54) Increased production of CO₂ occurs in all the following EXCEPT

- (A) fever
- (B) emesis
- (C) excess caloric intake
- (D) high levels of physical activity

(55) Malignant hyperthermia is an acute hypermetabolic syndrome that is triggered by inhalational anesthetic agents and succinylcholine. Of the following, the MOST recognized clue to the risk of malignant hyperthermia is

(A) rigid clenching of the masseter muscles

(B) hypercarbia

(C) ventricular fibrillation

(D) rapid onset of fever

(56) . During the physical examination of a young child, what is the earliest sign of xerophthalmia that may observe

(A) .Keratomalacia

(B) . Corneal opacity

(C) . Night blindness

(D) . Conjunctival xerosis

Rationale

Xerophthalmia is a progressive eye disease caused by vitamin A deficiency. Lack of vitamin A can dry out your tear ducts and eyes. Xerophthalmia can develop into night blindness or more serious damage to your cornea, the outer layer of your eye. This damage may take the form of white spots on your eyes and ulcers on your corneas. Xerophthalmia usually can be reversed with vitamin A therapy.

(57) Which is CONTRARY to the principles in planning a home visit?

(A) . A home visit should have a purpose of objective

(B) . The plan should revolve around the family health .needs

(C) C. A home visit should be conducted in the manner prescribed by the Health unit

(D) Planning of continuing care should involve a responsible-family member

(58) . Which of the following is a function of epidemiology?

(A) Identifying the disease condition based on manifestations presented by a client

(B) Determining factors that contributed to the occurrence of pneumonia in a 3 year old

(C) . Determining the efficacy of the antibiotic used in the treatment of the 3 year old client with pneumonia

(D) Evaluating the effectiveness of the implementation of the Integrated Management of Childhood Illness

(59) Cyanosis (unresponsive to oxygen) is a sign of poisoning with

(A) atropine

(B) amiodarone

(C) carbon monoxide

(D) vancomycin

(60) . Which of the following is an epidemiologic function of the nurse during an epidemic?

(A) Conducting assessment of suspected cases to detect the communicable diseases

- (B) . Monitoring the condition of the cases affected by the communicable disease
- (C) Participating in the investigation to determine the source of epidemic**
- (D) Teaching the community on preventive measures against the disease

(61) The MOST common reason for a sick child visit is

- (A) vomiting
- (B) altered mental status
- (C) respiratory distress
- (D) fever**

(62) The primary purpose of conducting an epidemiologic investigation is to;

- (A) . Delineate the etiology of the epidemic**
- (B) . Encourage cooperation and support of the community
- (C) Identify groups who are at risk of contracting the disease
- (D) . Identify geographical location of cases of the disease in the community

(63) Primary health care is a total approach to community development. Which of the following is an indicator of success in the use of the primary health care approach?

- (A) Health services are provided free of charge to individuals and families
- (B) Local officials are empowered as the major decision makers in matters of health
- (C) . Health workers are able too provide care based on identified health needs of the people
- (D) . Health programs are sustained according to the level of development of the community**

(64) . What is the legal basis of Primary Health Care approach in Kenya?

- (A) Alma Ata Declaration of PHC
- (B) Letter of Instruction**
- (C) Presidential Decree No. 147
- (D) Presidential Decree 996

(65) Which of the following is a natality rate?

- (A) Crude birth rate**
- (B) Neonatal mortality rate
- (C) . Infant mortality rate
- (D) General fertility rate

Natality measures are population-based measures of birth. These measures are used primarily by persons working in the field of maternal and child health. Table 3.11 includes some of the commonly used measures of natality.

Table 3.11 Frequently Used Measures of Natality

Measure	Numerator	Denominator	10 _n

Crude birth rate	Number of live births during a specified time interval	Mid-interval population	1,000
Crude fertility rate	Number of live births during a specified time interval	Number of women ages 15–44 years at mid-interval	1,000
Crude rate of natural increase	Number of live births minus number of deaths during a specified time interval	Mid-interval population	1,000
Low-birth weight ratio	Number of live births <2,500 grams during a specified time interval	Number of live births during the same time interval	100

(66) . Knowing that malnutrition is a frequent community health problem, you decided to conduct nutritional assessment. What population is particularly susceptible to protein energy malnutrition (PEM)?

- (A) . Pregnant women and the elderly
- (B) . Under 5 year old children
- (C) . 1-4 year old children**
- (D) School age children

(67) Major cause of neonatal mortality in full-term newborn is

- (A) respiratory distress syndrome**
- (B) necrotizing enterocolitis
- (C) bronchopulmonary dysplasia (BPD)
- (D) congenital anomalies

(68) . What numerator is used in computing general fertility rate?

- (A) Estimated midyear population
- (B) Number of registered live births**
- (C) . Number of pregnancies in the year
- (D) Number of females of reproductive age

(69) Common respiratory tract manifestations of neonatal bacterial infections is

- (A) ethmoiditis
- (B) empyema**
- (C) otitis media
- (D) mastoiditis

(70) . Freedom of choice in one of the policies of the Family Planning Program. Which of the following illustrates this principle?

- (A) . Information dissemination about the need for family planning
- (B) Support of research and development in family planning methods
- (C) . Adequate information for couples regarding the different methods**
- (D) Encouragement of couples to take family planning as a joint responsibility

(71) . Secondary prevention for malaria includes?

- (A) Planting of neem or eucalyptus trees
- (B) . Residual spraying of insecticides at night
- (C) . Determining whether a place is endemic or not**
- (D) Growing larva-eating fish in mosquito breeding places

(72) . Scotch tape swab is done to check for which intestinal parasite?

- (A) Ascaris
- (B) . Pinworm**
- (C) . Hookworm
- (D) . Schistosoma

(73) Which clients are considered targets for DOTS category?

- (A) . Sputum negative cavitory cases
- (B) . Clients returning after default
- (C) Relapses and failures of previous PTB treatment regimens
- (D) Clients diagnosed for the first time through a positive sputum exam**

(74) . A 4-year old client was brought to the health center with chief complaint of severe diarrhea and the passage of “rice water”. The client is most probably suffering from which condition?

- (A) . Giardiasis
- (B) Cholera**
- (C) Amebiasis
- (D) Dysentery

(75) . Nurse manager demonstrates passion for serving her staff rather than being served. She takes time to listen, prefers to be a teacher first before being a leader, which is characteristic of

- (A) Transformational leader
- (B) . Transactional leader
- (C) . Servant leader**
- (D) Charismatic leader

(76) Chief Nurse Executive has charismatic leadership style. Which of the following behaviors best describes this style?

(A) . Possesses inspirational quality that makes followers gets attracted of him and regards him with reverence

(B) . Acts as he does because he expects that his behavior will yield positive results

(C) Uses visioning as the core of his leadership

(D) Matches his leadership style to the situation at hand

(77) One leadership theory states that “leaders are born and not made,” which refers to which of the following theories?

(A) trait

(B) charismatic

(C) great man

(D) situational

(78) A theory states that the leadership style is effective dependent on the situation. Which of the following styles best fits a situation when the followers are self-directed, experts and are matured individuals?

(A) Democratic

(B) Authoritarian

(C) Laissez faire

(D) Bureaucratic

(79) Which of the following does NOT characterize a transactional leader?

(A) . Focuses on management tasks

(B) Is a caretaker

(C) . Uses trade-offs to meet goals

(D) Inspires others with vision

(80) Some managers have benevolent-authoritative style of management. Which of the following behaviors will they exhibit most likely?

(A) . Have condescending trust and confidence in their subordinates

(B) . Gives economic or ego awards

(C) . Communicates downward to the staff

(D) . Allows decision making among subordinates

(81) The most frequent causes of death among clients with AIDS are opportunistic diseases. Which of the following opportunistic infections is characterized by tonsillopharyngitis?

(A) . Respiratory candidiasis

(B) . Infectious mononucleosis

(C) Cytomegalovirus disease

(D) . Pneumocystis carinii pneumonia

(82) Antiretroviral agents, such as AZT are used in the management of AIDS. Which of the following is not an action expected of these drugs?

- (A) They prolong the life of the client with AIDS
- (B) . They reduce the risk of opportunistic infections
- (C) . They shorten the period of communicability of the disease
- (D) They are able to bring about a cure of the disease condition**

Your Answer :

(83) non projected teaching aids includes

- (A) cartoons, flipcharts, handouts**
- (B) kaleidoscopes, videocassettes, slides
- (C) films, posters, flannel board
- (D) chalkboard/ pictures, overhead transparency

(84) the main elements of educational objective are

- (A) criterion, knowledge, skills
- (B) act, attitude, goal
- (C) knowledge, attitude, skills
- (D) performance, condition, standard**

(85) formative evaluation is useful in evaluation because it

- (A) enable institutions to award grades, certification and licences
- (B) reveal students ability to apply learning at the end of the course
- (C) reveal the outcome of the learning at the end of the course
- (D) provides feedback on the strengths of the learner during the course**

(86) . A 1 1/2 year old child was classified as having 3rd degree of protein energy malnutrition, kwashiorkor. Which of the following signs will be most apparent in this child?

- (A) voracious appetite
- (B) wasting
- (C) apathy
- (D) edema**

(87) set induction can be done through

- (A) questioning and recapping the main points
- (B) stating the objectives and stimulus variation
- (C) self introduction and stating the objectives**
- (D) previewing previous topics and use of gestures

(88) child neglect involves

- (A) physical aggression directed at a child
- (B) indecent exposure of the genital of a child
- (C) inappropriate and excessive demands on a child

(D) inadequate provision of various needs of a child

(89) abnormally low set ears could be indicative of

(A) otogenous tetanus

(B) congenital heart defect

(C) tracheoesophageal fistula

(D) renal anomalies

(90) in type three trachea-esophageal fistula

(A) upper segment of esophagus open into trachea

(B) lower segment of esophagus open into trachea

(C) normal trachea and esophagus are connected by a fistula

(D) proximal and distal segments of esophagus are blind

(91) A mother brought her daughter, 4 years old, to the RHU because of cough and colds. Following the IMCI assessment guide, which of the following is a danger sign that indicates the need for urgent referral to a hospital?

(A) Inability to drink

(B) High grade fever

(C) Signs of severe dehydration

(D) Cough for more than 30 days

Integrated Management of Childhood Illness IMCI

The Integrated Case Management Process

Check for danger signs

1. Convulsions
2. Lethargy/ unconsciousness
3. Inability to drink/breastfeed
4. Vomiting

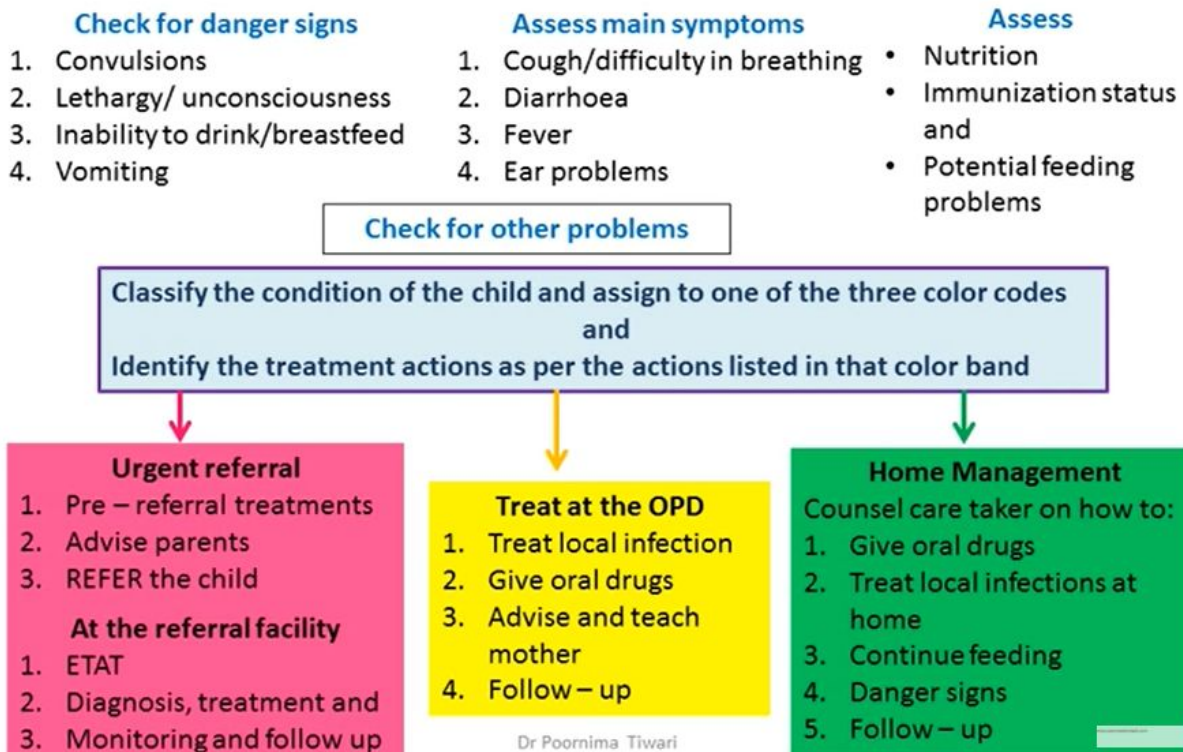
Assess main symptoms

1. Cough/difficulty in breathing
2. Diarrhoea
3. Fever
4. Ear problems

The Integrated Case Management Process

- The case management process is presented on a series of charts, which show the sequence of steps and how to perform them.
- The charts describe the following steps:
 - 1. Assess the young infant or child**
 - Means taking a history and doing a physical examination.
 - 2. Classify the illness**
 - “Classify the Illness” means making a decision on the severity of the illness and
 - Assigning to a Colour, or “Classification,” which corresponds to the severity of the disease.
 - Classifications are not specific disease diagnoses. Instead, they are colour coded categories that are used to determine treatment
 - 3. Identify treatment**
 - The charts recommend appropriate treatment for each colour coded classification
 - 4. Treat the infant or child**
 - “Treat” means giving treatment in clinic,
 - prescribing drugs or other treatments to be given at home, and

The Integrated Case Management Process



SIGNS	CLASSIFY	TREATMENT
Any general danger sign OR <ul style="list-style-type: none"> Oxygen saturation less than 90% Stridor in calm child. Central Cyanosis AVPU = V, P or U 	SEVERE PNEUMONIA OR VERY SEVERE DISEASE	<ul style="list-style-type: none"> If oxygen saturation is less than 90%, start oxygen therapy and refer or admit. Give first dose of Benzyl Penicillin and Gentamicin (see pg 16) Treat for and to prevent low blood sugar. (see pg 17) Keep the child warm. Treat wheeze if present, admit or refer urgently to hospital (see pg 17). Screen for possible TB disease and check for HIV
Chest indrawing in calm child OR <ul style="list-style-type: none"> Fast breathing AND <ul style="list-style-type: none"> No signs of severe pneumonia 	PNEUMONIA	<ul style="list-style-type: none"> Give Amoxicillin Dispersible Tablet (DT). (see pg 13) Give Vitamin A. (see pg 14) Treat wheeze if present (see pg 17). If wheezing, follow-up in 2 days (see pg 22) Soothe the throat and relieve the cough with a safe remedy. Screen for possible TB disease and check for HIV. Review in 2 days, if not possible, admit OR refer children with chest indrawing (see pg 22) Advise mother when to return immediately.
No signs of pneumonia or very severe disease.	NO PNEUMONIA: COUGH OR COLD	<ul style="list-style-type: none"> Treat wheeze if present (see pg 17) If wheezing, follow-up in 2 days (see pg 22) Soothe the throat and relieve the cough with a safe remedy (see pg 15). Follow-up in 5 days if not improving. Screen for possible TB disease and check for HIV. Advise mother when to return immediately.

(92) Management of a child with measles includes the administration of which of the following?

- (A) Gentian violet on mouth lesions
- (B) Antibiotic to prevent pneumonia
- (C) Tetracycline eye ointment for corneal opacity
- (D) Retinol capsule regardless of when the last dose was given**

(93) A mother brought her 10 month old infant for consultation because of fever which started 4 days prior to consultation. To determine malaria risk, what will you do?

- (A) Do a tourniquet test
- (B) Ask where the family resides**
- (C) Get a specimen for blood smear
- (D) Ask if the fever is present everyday

(94) . The pathognomonic sign of measles is Koplik's spot. You may see Koplik's spot by inspecting the:

- (A) Nasal Mucosa
- (B) Buccal mucosa**
- (C) Skin on the abdomen
- (D) Skin on the antecubital surface

(95) . A 32 year old client came for consultation at the health center with the chief complaint of fever for a week. Accompanying symptoms were muscle pains and body malaise. A week after the start of fever, the client noted yellowish discoloration of his sclera. History showed that he waded in flood waters about 2 weeks before the onset of symptoms. Based on this history/ which disease condition will you suspect?

- (A) Hepatitis A
- (B) Hepatitis B
- (C) Tetanus
- (D) Leptospirosis

(96) What is the most effective way of controlling schistosomiasis in an endemic area?

- (A) Use of molluscicides
- (B) Building of foot bridges
- (C) Proper use of sanitary toilets
- (D) Use of protective footwear, such as rubber boots

Rationale

Schistosomiasis is an acute and chronic parasitic disease caused by blood flukes (trematode worms) of the genus *Schistosoma*. Two types - *Schistosoma mansoni* and *Schistosoma haematobium*. *Schistosoma mansoni* is spread in infected stool while *haematobium* is spread in infected urine. *S. Mansoni* lives in the mesenteric plexus of the large intestine while *S. haematobium* lives in the plexus of the urinary bladder. *S. haematobium* vector belongs to genus *bulinus* and in *s. mansoni* vector belongs to genus *biomphalaria*

Clinical features

Inflammation, Dermatitis (itching), Swimmers itch, Cough, Late-afternoon fever, Skin eruption (giant urticaria) Swelling and tenderness of the liver
There may be blood in the stools and urine in the more acute stage.

Fatigue

Fever and chills

Muscle aches

Weight loss

Enlargement of the liver and spleen

Diarrhea

Abdominal pain.

Seizures

Paralysis

Mental status changes

Lesions on the vulva or the perianal area

Stages

Invasion

Maturation

Established infection

Late stage

Life Cycle Inside the body of the snail host, it takes the miracidia 4 to 7 days to develop and multiply into numerous infective cercariae, the snail sheds them in water where they can only live for 48hrs unless they infect the next human.

A human being becomes infected when they enter cercariae infested water such as when bathing, the cercariae penetrate the skin and enter the bloodstream from where they are carried to the liver or bladder to develop into adult worms within 4 to 6 wks, paired adults reach mesenteric and pelvic veins.

Nursing and Medical Management-

- Currently, the drug used in most people is **praziquantel (Biltricide)**; however, it only is effective against adult worms and does not affect eggs or immature worms.
- **Corticosteroids** are often used to reduce the symptoms of this reaction. **Unfortunately, this response limits the use of praziquantel. Praziquantel and oxamniquine or artemether** are used by some clinicians early in infections, or to treat individuals infected with both malaria and schistosomes, respectively.
- Psychological support to the patient, educate the patient about the disease, monitor vitals to detect any deviation from normal

Prevention

Maintain proper hygiene ,avoid walking in stagnant water,proper use of latrines,proper cooking of food, avoid using contaminated water

- Integrated vector control (IVC) measures, these measures involve using the chemical 'Endod' to kill the snails, and environmental management to destroy snail habitats by improving irrigation and farming practices; this could involve removing vegetation and draining and filling swampy areas or shallow pools wherever possible.
- Parasite control measures, treating water for washing with chlorine or iodine to kill the eggs and immature Schistosoma organisms.
- Personal protection against exposure to the parasites, e.g. farmers, fishermen and others who have to stand in infected water should wear rubber boots to protect their skin from penetration by the swimming forms of the Schistosoma parasites. Avoid swimming or wading in fres

(97) Which condition is the most frequent cause of death associated by schistosomiasis?

- (A) liver cancer
- (B) liver cirrhosis**
- (C) bladder cancer
- (D) intestinal perforation

(98) . In a mother's class, you discuss proper breastfeeding technique. Which of these is a sign that the baby has "lactated on" the breast property?

- (A) The baby takes shallow, rapid sucks
- (B) . The mother does not feel nipple pain**

- (C) The baby's mouth is only partly open
- (D) Only the mother's nipple is inside the baby's mouth

(99) under what level of measurement is marital status classified

- (A) nominal
- (B) ordinal
- (C) interval
- (D) ratio

Type 2

1) In environmental health, water based diseases are:-

- (A) A. Due to the presence of an aquatic host
- (B) B. Caused by vectors that leave near aquatic conditions
- (C) C. Caused by poor quality of water
- (D) D. Due to inadequate quantities of water

(2) . A child with marasmus will present with the following clinical symptoms

- (A) A. Oedema of the legs but not the face
- (B) B. Very poor appetite
- (C) C. Diffuse depigmentation
- (D) D. No hepatic enlargement

(3) In determination of disease incidence

- (A) A. The total population is considered
- (B) B. The ability of disease to recur is not considered
- (C) C. Persons years time at risk is considered
- (D) D. All the individuals suffering from the diseases are considered

(4) In descriptive epidemiology the important characteristics of study are:-

- (A) A. Demographic data
- (B) B. Mortality rates
- (C) C. Disease prevalence
- (D) D. Disease incidence

Rationale

Case definition, person, place, time, and causes/risk factors/modes of transmission.

Descriptive epidemiology covers time, place, and person.

(5) . To effectively combat endemic malaria, health workers should:-

- (A) A. Distribute the IT mosquito nets and intensify health education

- (B) B. Spray larvicides and cut grass
- (C) C. Give more chemoprophylaxis and treat all cases
- (D) D. Provide mosquito nets and clear vegetation

(6) The immediate treatment for an infant with severe diarrhea and sunken eyes and fontanelles includes:-

- (A) A. Giving an anti-diarrhoeal drug and admit immediately
- (B) B. Taking a blood slide for malarial parasites And then admit
- (C) C. Giving intravenous fluids and then admit
- (D) D. Giving oral rehydration solution plus an antibiotic

(7) The vector that carries the causative organism for yellow fever is:-

- (A) A. Fleas
- (B) B. Flavivirus
- (C) C. Black flies
- (D) D. Tsetse flies

Rationale

The *Flaviviridae* are a family of positive, single-stranded, enveloped RNA viruses. They are found in arthropods, (primarily ticks and mosquitoes), and can occasionally infect humans.

Members of this family belong to a single genus, *Flavivirus*, and cause widespread morbidity and mortality throughout the world. Some of the mosquitoes-transmitted viruses include: [Yellow Fever](#), [Dengue Fever](#), [Japanese encephalitis](#), [West Nile viruses](#), and [Zika virus](#). Other *Flaviviruses* are transmitted by ticks and are responsible of encephalitis and hemorrhagic diseases: [Tick-borne Encephalitis \(TBE\)](#), [Kyasanur Forest Disease \(KFD\)](#) and [Alkhurma disease](#), and [Omsk hemorrhagic fever](#).

(8) The measures that would appropriately improve the health of the elderly include:-

- (A) A. Mental health services, STI services
- (B) B. Immunization, violence prevention programs
- (C) C. Home safety programs, home based services
- (D) D. STI services, lead poisoning prevention

(9) . Some of the developmental tasks of a beginning family are:-

- (A) A. Family planning, stabilizing the family unit
- (B) B. Family planning, relating to kin network
- (C) C. Relating to kin network, maintaining a stable marriage
- (D) D. Stabilizing the family unit, socializing children

(10) Vector borne diseases include:-

- (A) A. Plague, Dysentery
- (B) B. Plague, Rubella
- (C) C. Rubella, Leishmaniasis
- (D) D. Plague, Leishmaniasis

(11) Notifiable diseases in Kenya include:

- (A) A. Plague, measles, poliomyelitis, Tuberculosis
- (B) B. Anthrax, pneumonia, rabies, cholera
- (C) C. Poliomyelitis, chicken pox, tuberculosis, measles
- (D) D. Plague, poliomyelitis, brucellosis, diphtheria

(12) The following should be highly considered when counseling on family planning methods among HIV positive clients:

- (A) A. Drug interactions between hormonal methods and anti-tuberculosis drugs
- (B) B. The clients current stage of AIDS
- (C) C. The clients nutritional states
- (D) D. The clients economic status and source of funding

(13) . Prevalence rate is defined as the number of:-

- (A) A. Old and new cases of a specified disease existing at a given time
- (B) B. New cases of a diseases in a population over a period of time
- (C) C. Old cases of a specified diseases existing at a given time
- (D) D. Deaths from a specified disease or condition at a given time

Rationale

- Incidence rates reflect the occurrence of new disease in a population.
- Prevalence reflects the presence of disease in a population.
- Prevalence differs from incidence in that prevalence includes all cases, both new and preexisting, in the population at the specified time, whereas incidence is limited to new cases only.

(14) The demographic parameters the community health nurse will examine while conducting a community diagnosis include

- (A) A. Distribution, morbidity
- (B) B. Distribution, genetics
- (C) C. Genetics, morbidity
- (D) D. Genetics, transport services

(15) The factors that promote growth and development include:-

- (A) Nutrition, security, emotional support
- (B) Nutrition, play, emotional
- (C) Play, achieving status, nutrition
- (D) Emotional support, religion, play

(16) Food rich in iron include:-

- (A) a) Liver, blood and fresh fruits
- (B) b) Flesh of animals, fresh fruits
- (C) c) Liver, birds and fresh fruits
- (D) d) **Flesh of animals, birds and fish**

(17) Complications of severe malaria include:-

- (A) a) Acute hypoglycaemia, brain damage
- (B) b) **Acute hypoglycaemia, shock**
- (C) c) Kidney failure, retinal damage
- (D) d) Kidney failure, joints pain

(18) . One characteristic of the causative organism of cholera is:-

- (A) a) A small comma motile organism found in the liver
- (B) b) **A small comma-shaped motile organism found in salty water**
- (C) c) A gram-negative bacillus found in contaminated food, water and milk
- (D) d) A gram-negative bacillus that spread rapidly

(19) The following is correct about clinical stage II of HIV/AIDS:-

- (A) a) Unexplained chronic diarrhea for more than 1 month
- (B) b) **Oral hairy leukoplakia**
- (C) c) Recurrent respiratory infections
- (D) d) Persistent generalized lymphadenopathy

(20) . Maternal factors that may interfere with breast feeding include:-

- (A) a) Infections, prematurity, birth injuries
- (B) b) Cracked nipples, mastitis congenital abnormalities
- (C) c) Inverted nipples, prematurity, birth injuries
- (D) d) **Death of a mother, cracked nipples, mastitis**

(21) Implants work primarily by:-

- (A) a) **Disrupting the menstrual cycle including preventing the release of eggs from the ovaries (ovulation)**
- (B) b) Causing a chemical change that damages sperm and egg before they meet
- (C) c) Forming a barrier that keeps the sperms out of vagina
- (D) d) Causing the membrane of sperm cells to break killing or slowing their movement

(22) . The available methods for purifying water on an individual or domestic scale are:-

- (A) a) Super chlorination, filtration, iodine
- (B) b) **Boiling, chemical disinfection, filtration**
- (C) c) Filtration, rapid sand filtration, boiling
- (D) d) Storage, boiling, biological filtration

(23) . Repression as a type of defense mechanism may be defined as:-

- (A) a) Redirecting sexual aggression from a less acceptable to more acceptable behavior
- (B) b) Exclusion of unwanted thoughts from awareness**
- (C) c) Making up for a personal deficit in one area
- (D) d) Substituting false reasons for real ones.

(24) Functions of education institutions include:-

- (A) a) Social integration, reduction of stress
- (B) b) Secondary socialization, cultural transmission
- (C) c) Social integration maintenance, social order**
- (D) d) Innovation, humanitarianism

(25) While calculating infant mortality rate the correct formula is:-

- (A) a) $IMR = \frac{\text{Number of deaths of infants in one year} \times 100}{\text{Number of live births in the previous year}}$
- (B) b) $IMR = \frac{\text{Number of deaths of infants in one year} \times 100}{\text{Number of live births in the same year}}$
- (C) c) $IMR = \frac{\text{Number of deaths of infants in one year} \times 1000}{\text{Number of births in the same year}}$
- (D) d) $IMR = \frac{\text{Number of deaths of infants in one year} \times 1000}{\text{Number of live births in the same year}}$**

(26) . Some principles of time management include:-

- (A) a) Priority setting, evaluating progress, minimal breaks
- (B) b) Time analysis, goal setting, delegation
- (C) c) Avoiding delegation, Time analysis, controlling interruptions
- (D) d) Time analysis, goal setting, minimal breaks**

(27) The benefits of school health to a child are:-

- (A) a) Immunization protection from peer pressure, counseling
- (B) b) Immunization, growth monitoring, emotional care**
- (C) c) Health promotion, counseling, maternal support
- (D) d) Treatment of opportunistic infections, follow up care, protection from peer pressure

(28) The four rights of delegation of duty in management are:-

- (A) a) Task, communication, time, feedback
- (B) b) Person, task, time, feedback
- (C) c) Task, time, person, communication
- (D) d) Task, person, communication, feedback**

(29) The reliability of a measuring tool has following aspects, except:

- (A) Stability
- (B) Internal consistency

(C) Efficiency

(D) equivalence

(30) Which scale of measurement has an absolute zero?

(A) Nominal

(B) Ordinal

(C) Interval

(D) Ratio

Rationale

- Nominal: Categorical data and numbers that are simply used as identifiers or names represent a nominal scale of measurement. Numbers on the back of a baseball jersey (St. Louis Cardinals 1 = Ozzie Smith) and your social security number are examples of nominal data. If I conduct a study and I'm including gender as a variable, I will code Female as 1 and Male as 2 or visa versa when I enter my data into the computer. Thus, I am using the numbers 1 and 2 to represent categories of data.
- Ordinal: An ordinal scale of measurement represents an ordered series of relationships or rank order. Individuals competing in a contest may be fortunate to achieve first, second, or third place. First, second, and third place represent ordinal data. If Roscoe takes first and Wilbur takes second, we do not know if the competition was close; we only know that Roscoe outperformed Wilbur. Likert-type scales (such as "On a scale of 1 to 10 with one being no pain and ten being high pain, how much pain are you in today?") also represent ordinal data. Fundamentally, these scales do not represent a measurable quantity. An individual may respond 8 to this question and be in less pain than someone else who responded 5. A person may not be in half as much pain if they responded 4 than if they responded 8. All we know from this data is that an individual who responds 6 is in less pain than if they responded 8 and in more pain than if they responded 4. Therefore, Likert-type scales only represent a rank ordering.
- Interval: A scale which represents quantity and has equal units but for which zero represents simply an additional point of measurement is an interval scale. The Fahrenheit scale is a clear example of the interval scale of measurement. Thus, 60 degree Fahrenheit or -10 degrees Fahrenheit are interval data. Measurement of Sea Level is another example of an interval scale. With each of these scales there is direct, measurable quantity with equality of units. In addition, zero does not represent the absolute lowest value. Rather, it is point on the scale with numbers both above and below it (for example, -10 degrees Fahrenheit).
- Ratio: The ratio scale of measurement is similar to the interval scale in that it also represents quantity and has equality of units. However, this scale also has an absolute zero (no numbers exist below the zero). Very often, physical measures will represent ratio data (for example, height and weight). If one is measuring the length of a piece of wood in centimeters, there is quantity, equal units, and that measure can not go below zero centimeters. A negative length is not possible

(31) Deductive Reasoning is applied in:

- (A) Qualitative research
- (B) Quantitative research**
- (C) Action research
- (D) . Applied research

(32) In qualitative research, a guiding principle in deciding sample size is:

- (A) Effect size
- (B) Number of variables
- (C) Data saturation**
- (D) Sub-group analysis

(33) A hypothesis which a researcher tries to disprove is:

- (A) Research hypothesis
- (B) Null hypothesis**
- (C) Alternate hypothesis
- (D) Positive hypothesis

(34) "Above all, do no harm".

- (A) . Human dignity
- (B) .Justice**
- (C) Beneficence
- (D) Anonymity

(35) Which of the following classification of research designs is based on the dimension of control over independent variables?

- (A) Structured and flexible
- (B) Cross-sectional and longitudinal
- (C) Retrospective and prospective
- (D) .Experimental/quasi experimental and non-experimental**

(36) The primary objective of experimental methodology is:

- (A) . Ensure external validity
- (B) . Improve internal validity**
- (C) .To eliminate type I error
- (D) To reduce ethical problems

Rationale

- External validity - External validity is related to generalizing. So, *external* validity refers to the approximate truth of conclusions involving generalizations. Put in more pedestrian terms, external validity is the degree to which the conclusions in your study would hold for other persons in other places and at other times.

- Internal Validity - Internal Validity is the approximate truth about inferences regarding cause-effect or causal relationships. Thus, internal validity is only relevant in studies that try to establish a causal relationship.
- Type 1 error- A type 1 error is also known as a false positive and occurs when a researcher incorrectly rejects a true null hypothesis. This means that your report that your findings are significant when in fact they have occurred by chance. The probability of making a type I error is represented by your alpha level (α), which is the p -value below which you reject the null hypothesis. A p -value of 0.05 indicates that you are willing to accept a 5% chance that you are wrong when you reject the null hypothesis. You can reduce your risk of committing a type I error by using a lower value for p . For example, a p -value of 0.01 would mean there is a 1% chance of committing a Type I error.
- Type 2 error - A type II error is also known as a false negative and occurs when a researcher fails to reject a null hypothesis which is really false. Here a researcher concludes there is not a significant effect, when actually there really is. The probability of making a type II error is called Beta (β), and this is related to the power of the statistical test (power = 1- β). You can decrease your risk of committing a type II error by ensuring your test has enough power.

(37) 'Emic perspective' refers to:

- (A) Outsider's view
- (B) Insider's view**
- (C) Etic perspective
- (D) Holistic view

(38) Whereas quantitative research tends to bring out a static picture of social life, qualitative research depicts it as

- (A) A. Symmetrical
- (B) B. Statistical
- (C) C. Processual**
- (D) D. Proverbial

(39) A 45-year-old man with paranoid schizophrenia is detained under the Mental Health Act. Which of the following is not directly relevant to criteria for detention under the mental health act:-

- (A) A. The patient has paranoid schizophrenia
- (B) B. The patient has threatened to assault his neighbour
- (C) C. The patient has harmed himself in the past when he was unwell
- (D) D. The patient refuses to take a depot injection**

(40) A 5-year-old girl is accompanied to the clinic by her mother. The clinical notes state that she has a mild intellectual disability. Which of the following IQ ranges is consistent with a diagnosis of a mild intellectual disability

- (A) 90-99
- (B) 70-89
- (C) 50-69**
- (D) 35-49

(41) You are asked to assess a 19-year-old woman on a medical ward who has taken an overdose of paracetamol tablets. Which of the following is not an indicator of intent:-

- (A) A. Taking precautions against discovery
- (B) B. Notifying a potential helper**
- (C) C. Drinking a volume of alcohol sufficient to impair judgement
- (D) D. Leaving a suicide note

(42) A 25-year-old woman who is struggling in her job because of her drinking habits tells herself that the problem is her difficult boss. She denies that her drinking has increased in frequency and severity and also blames the commute to work for her problems. What type of defense mechanism:-

- (A) A. Splitting
- (B) B. Projection
- (C) C. Rationalisation**
- (D) Regression

Rationale

- Repression- your mind makes the decision to bury the memory in your subconscious, thereby preventing painful, disturbing or dangerous thoughts from entering awareness. This is often the case with child abuse or other traumatic experiences that occurred early on in development.
- Displacement - With displacement, you're transferring your emotions from the person or situation that is the target of your frustration to someone or something else entirely. Subconsciously, you believe that to confront the source of your feelings may be too dangerous or risky, so you shift the focus toward a target or situation that is less intimidating or dangerous – for example, the hapless driver in the next lane over.
- Projection defense mechanism is one of the most damaging as it can lead to heightened feelings of paranoia and anxiety. It can also contribute to **limiting beliefs** about others that cause you to become bitter, suspicious or antisocial.
- Regression causes you to revert to a younger level of development and earlier, less demanding behaviors as a way of protecting yourself from confronting the actual situation. Imagine, for example, having an argument with your partner, and

instead of using conflict resolution tools, you stomp off, slam the door and give your partner the cold shoulder.

- Rationalization is a common component of defense mechanisms psychology, since it's an easy defense to rely on. In the plainest terms, rationalization occurs when you try to explain your bad behavior away.
- Sublimation defense mechanisms occur when you transform your conflicted emotions, unmet desires or unacceptable impulses into productive outlets. It's the situation where you have a stressful day at work, so you go on a long run to cool off. Or you have a fight with your partner, so you turn to writing music.
- Dissociation is one of the most powerful defense mechanisms. Psychology surrounding dissociation centers on escapism – mentally separating yourself from your body (depersonalisation) or environment (derealisation) – to distance yourself from overwhelming experiences. Dissociation is common after trauma, since it provides a temporary escape. But when employed long-term, dissociation creates separation from your true self, rendering you impermeable to positive as well as negative experiences.
- Reaction formation defense mechanisms, you are going beyond denial and behaving in the opposite way of which you think or feel. Typically, reaction formation is marked by a blatant display. For example, the man who preaches his disdain for homosexuality overtly may be a defense against confronting his own homosexual feelings. By casting stones at someone or something else, you are trying to **take the pressure off yourself** instead of directly dealing with the issue.
- Splitting (also called black-and-white thinking or all-or-nothing thinking) is the failure in a person's thinking to bring together the dichotomy of both positive and negative qualities of the self and others into a cohesive, realistic whole. It is a common defense mechanism. The individual tends to think in extremes (i.e., an individual's actions and motivations are all good or all bad with no middle ground).

(43) . A 23-year-old man is arrested for exposing his erect penis to two women in a public place. Although he has not done this before, he admits he has had urges to do so over the past few years, which he finds distressing. How best is this behaviour classified

- (A) A. Voyeurism
- (B) B. Sadomasochism
- (C) C. Frotteurism
- (D) D. Exhibitionism

Rationale

- **Voyeurism** is defined as an interest in observing unsuspecting people while they undress, are naked, or engage in sexual activities. The interest is usually more in the act of watching, rather than in the person being watched.

- **Sadomasochism** - interaction, especially sexual activity, in which one person enjoys inflicting physical or mental suffering on another person, who derives pleasure from experiencing pain. gratification, especially sexual, gained through inflicting or receiving pain; sadism and masochism combined.
 - Masochism - a **person** who has **masochism**, the condition in which sexual or other gratification depends on one's suffering physical pain or humiliation. a **person** who is gratified by pain, degradation, etc., that is self-imposed or imposed by others. a **person** who finds pleasure in self-denial, submissiveness, etc.
 - Sadochism - a person who has the condition of **sadism**, in which one receives sexual gratification from causing pain and degradation to another. a person who enjoys being cruel.

(44) 35-year-old businessman enjoys dressing up in his wife's clothes. He says he does so to experience what it feels like to be a woman and it does not cause him sexual arousal. He has no desire to be a woman. What is the correct term to describe his behaviour:-

- (A) A. Transsexualism
- (B) B. Dual-role transvestism
- (C) C. Fetishism
- (D) D. Fetishistic transvestism

Rationale

- **Transvestism** is the practice of dressing in a style or manner traditionally associated with the opposite sex. In some cultures, **transvestism** is practiced for religious, traditional, or ceremonial reasons.
- **Dual-role transvestism** is the formal diagnosis used by psychologists and physicians to describe people who wear clothes of the opposite sex to experience being the opposite sex temporarily, but don't have a sexual motive or want gender reassignment surgery.
- **Fetishism** -a form of sexual behaviour in which gratification is linked to an abnormal degree to a particular object, activity, part of the body, etc."erotic fetishism"
- **Fetishistic transvestism** is a disorder of sexual preference associated with fantasies and sexual urges to dress in opposite gender clothing as a means of arousal and as an adjunct to masturbation and coitus. The disorder has been reported in people with learning disabilities.

(45) A 35-year-old married man is referred to the emergency department for an assessment of his depressive illness. Which of the following would indicate that a hospital admission would be required:-

- (A) A. Insomnia
- (B) B. Anhedonia
- (C) C. Worthlessness
- (D) **D. Distressing auditory hallucinations**

(46) A 75-year-old man presents with prominent neurological signs such as apraxia, gait abnormalities and mild cognitive impairment. He is MOST likely to suffer from:-

- (A) A. Alzheimer's Disease
- (B) B. Dementia**
- (C) C. Delirium
- (D) D. Parkinsonism

(47) Which of the following represents a nursing intervention at the primary level of prevention

- (A) A. Teaching a class in parent effectiveness training**
- (B) B. Leading a group of adolescents in drug rehabilitation
- (C) C. Referring a married couple for sex therapy
- (D) D. Leading a support group for battered women

(48) A major difference between normal and maladaptive grieving has been identified by which of the following:

- (A) A. There are no feelings of depression in normal grieving
- (B) B. There is no loss of self-esteem in normal grieving.**
- (C) C. Normal grieving lasts no longer than 1 year
- (D) D. In normal grief, the person does not show anger toward the loss

(49) The most common comorbid condition in children with bipolar disorder is: -

- (A) A. Schizophrenia.
- (B) B. Substance disorders
- (C) C. Oppositional defiant disorder.
- (D) D. Attention deficit-hyperactivity disorder**

(50) Which of the following medications might be prescribed for someone with OCD: -

- (A) A. Anxiolytic**
- (B) B. Antipsychotic
- (C) C. Hypnotic
- (D) D. Mood stabilizers

(51) Which of the following psychiatric disorders is MOST common among patients with bulimia nervosa:-

- (A) A. Alcohol use disorder
- (B) B. Major depressive disorder**
- (C) C. Obsessive compulsive disorder
- (D) D. .Panic disorder

(52) . Which of the following physical manifestations would you expect to assess in a client suffering from anorexia nervosa:-

- (A) A. Tachycardia, hypertension, hyperthermia

- (B) B. Bradycardia, hypertension, hyperthermia
- (C) C. Bradycardia, hypotension, hypothermia
- (D) D. Tachycardia, hypotension, hypothermia

(53) A nurse on the psychiatric unit has the understanding that which of the following would describe a client with “la belle indifference”:-

- (A) A. A client with somatization disorder who is demanding narcotics
- (B) B. A client with depersonalization disorder who believes he has died
- (C) C. A client with DID who is threatening suicide
- (D) D. A client with conversion disorder showing lack of concern for an altered body function

(54) Ms. T. has been diagnosed with agoraphobia. Which behavior would be most characteristic of this disorder:-

- (A) A. Ms. T. experiences panic anxiety when she encounters snakes
- (B) B. Ms. T. refuses to fly in an airplane
- (C) C. Ms. T. will not eat in a public place
- (D) D. Ms. T. stays in her home for fear of being in a place from which she cannot escape

(55) The physician orders sertraline (Zoloft) 50 mg bid for Margaret, a 68-year-old woman with Major Depression. After 3 days of taking the medication, Margaret says to the nurse, “I don’t think this medicine is doing any good. I don’t feel a bit better.” What is the most appropriate response by the nurse:-

- (A) A. “Cheer up, Margaret. You have so much to be happy about.”
- (B) B. “Sometimes it takes a few weeks for the medicine to bring about an improvement in symptoms.”
- (C) C. “I’ll report that to the physician, Margaret. Maybe he will order something different.”
- (D) D. “Try not to dwell on your symptoms, Margaret. Why don’t you join the others down in the dayroom?”

(56) Molly, with suspected rheumatic fever, is admitted to the pediatric unit. When obtaining the child’s history, the nurse considers which information to be most important?

- (A) A fever that started 3 days ago
- (B) Lack of interest in food
- (C) A recent episode of pharyngitis
- (D) Vomiting for 2 days

(57) The nurse is aware that the most common assessment finding in a child with ulcerative colitis is:

- (A) Intense abdominal cramps
- (B) Profuse diarrhea
- (C) Anal fissures
- (D) Abdominal distention

58) When developing a plan of care for a male adolescent, the nurse considers the child's psychosocial needs. During adolescence, psychosocial development focuses on:

- (A) Becoming industrious
- (B) Establishing an identity**
- (C) Achieving intimacy
- (D) Developing initiative

(59) When developing a plan care for a hospitalized child, nurse Mica knows that children in which age group are most likely to view illness as a punishment for misdeeds?

- (A) Infancy
- (B) Preschool age**
- (C) School age
- (D) Adolescence

(60) To decrease the likelihood of bradyarrhythmias in children during endotracheal intubation, succinylcholine (Anectine) is used with which of the following agents? Epinephrine (Adrenalin) Isoproterenol (Isuprel) Atropine sulfate Lidocaine hydrochloride (Xylocaine)

- (A) Epinephrine (Adrenalin)
- (B) Isoproterenol (Isuprel)
- (C) Atropine sulfate**
- (D) Lidocaine hydrochloride (Xylocaine)

(61) 1-year-and 2-month-old child weighing 26 lb (11.8 kg) is admitted for traction to treat congenital hip dislocation. When preparing the patient's room, the nurse anticipates using which traction system?

- (A) Bryant's traction**
- (B) Buck's extension traction
- (C) Overhead suspension traction
- (D) 90-90 traction

(62) Which of the following organisms is responsible for the development of rheumatic fever?

- (A) Streptococcal pneumoniae
- (B) Haemophilus influenza

Your Answer :

A

Correct Answer :

C

(63) The well-child care intends to promote the physical and emotional well-being of children. The tasks of each well-child visit include all the following EXCEPT

- (A) disease detection
- (B) disease prevention
- (C) treatment plans**

(D) health promotion

(64) By the age of 7 months the infant is able to do all the following EXCEPT

(A) transfer object from hand to hand

(B) bounces actively

(C) cruises

(D) grasp uses radial palm

(65) All the following are parasomniac disorders EXCEPT

(A) narcolepsy

(B) sleepwalking

(C) sleep terror

(D) nightmares

(66) Clinicians tools needed to recognize early symptoms of mental disorders are called "Mental Health Action Signs". All the following are true EXCEPT

(A) involvement in many fights, wanting to badly hurt others

(B) not eating, throwing up, or using laxatives to make yourself lose weight

(C) feeling very sad or withdrawn for more than 2 months

(D) sudden overwhelming fear for no reason

(67) A parent came to your clinic complaining that their 5-year-old boy had attacks of frightening with imagination of a snake crawling over him and he is acting as trying to remove it. You assessed the child and find no acute physical illness and he is cooperative and quite intelligent. Of the following, the MOST appropriate explanation for the child behavior is

(A) acute phobic hallucination

(B) early sign of schizophrenia

(C) delusional infestation

(D) night terror E. bipolar disorder night terror E. bipolar disorder v

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(C) delusional infestation

(D) night terror E. bipolar disorder night terror E. bipolar disorder v

(69) You are following a 6-year-old boy with autism, he is under structured psychosocial behavioral training program, there is frequent complaints of aggression and self-injurious behavior. Of the following, the BEST medication to control his behavior is

(A) methylphenidate

- (B) risperidone
- (C) escitalopram
- (D) amitriptyline

(70) The neurodevelopmental function (cognition) is dependent mainly on the development of the following functions EXCEPT

- (A) sensory and motor
- (B) language
- (C) visual-spatial
- (D) cerebellar

(71) Of the following, the MOST common presenting behavior in girls with attention-deficit/hyperactivity disorder (ADHD) is

- (A) inattentive
- (B) hyperactive
- (C) impulsive
- (D) disruptive

(72) In a child less than 3 years, the diagnosis of failure to thrive (FTT) is considered if

- (A) weight is below the 3rd percentile
- (B) BMI less than the 25th percentile
- (C) weight drops down more than 2 major percentile
- (D) BMI less than the 25th percentile

(73) Approaching to a child with failure to thrive based on signs and symptoms. Of the following, the MOST common cause behind a child has spitting, vomiting, and food refusal is

- (A) gastroesophageal reflux
- (B) chronic tonsillitis
- (C) food allergies
- (D) inflammatory bowel disease

(74) Breastfeeding has been suggested to have a possible protective effect against all the following EXCEPT

- (A) otitis media
- (B) urinary tract infections
- (C) septicemia
- (D) skin infection

(75) Emergency treatment in severe malnutrition includes all the following EXCEPT

- (A) infections
- (B) severe anemia
- (C) dehydration and shock
- (D) hypoglycemia

(76) The aim of the rehabilitation phase in the treatment of malnutrition is to

- (A) repair cellular function
- (B) correct fluid and electrolyte imbalance**
- (C) restore homeostasis
- (D) prevent death from infection

(77) All the following are absolute indications for endotracheal intubation EXCEPT

- (A) inability to protect the airway against aspiration
- (B) failing to maintain adequate oxygenation**
- (C) complete airway obstruction
- (D) failing to control blood carbon dioxide levels

(78) In assessing the seriousness of adolescent drug abuse score, which of the following take +2 in the score?

- (A) female sex
- (B) age > 15 years
- (C) positive family history of drug abuse
- (D) use before driving**

(79) Nonsteroidal anti-inflammatory drugs (NSAIDs) are prescribed to decrease acute and chronic inflammation associated with various rheumatic diseases; however, many adverse effects have been encountered with long term use. Of the following, the NSAID that has the highest toxicity is.

- (A) meloxicam
- (B) indomethacin**
- (C) ibuprofen
- (D) naproxen

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(81) Whether a nurse's plan of care for a community is acceptable is probably determined by which aspect of the plan?

- (A) a. It was created in coordination with community members.**
- (B) b. It was financially feasible.
- (C) c. It was politically correct and feasible.

(D) d. It was something in which the nurse really believes

(82) . Lewin's change theory is being applied as the community is addressing improvements in public safety. Which of the following would be one of the first steps in creating change?

(A) a. Determining whether anyone else agrees.

(B) b. Having a careful plan as to what change is desirable

(C) c. Making community members aware of the need for change.

(D) d. Assessing community needs to determine whether change is possible

Rationale

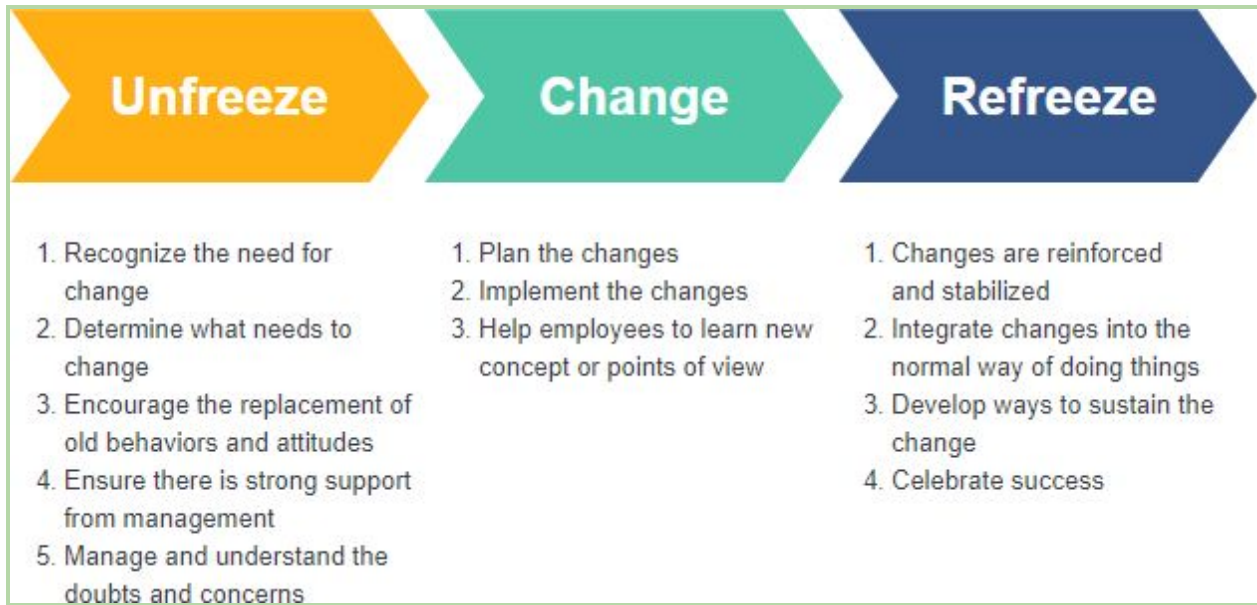
The Three Phases of Change

This early model developed by Lewin describes **change** as a **three-stage** process of **unfreezing, change, and freezing**. In this **Phases of Change Model**, Lewin emphasizes that **change** is not a series of individual processes but rather one that flows from one process to the next.

The 3-stage process of Lewin's change model entails:

1. **Unfreezing Stage:** Create the perception that a change is needed
 - Recognizing The Need For Change
 - Encouraging The Replacement Of Old Behaviors And Attributes With New Behaviors
2. **Changing Stage:** Move toward the new, desired level of behavior
 - Implement Change By Taking Specific Action
 - Help Employees To Learn A New Concept Or Point Of View
 - Role Models, Mentors, Experts, Benchmarking Results And Training Are Useful Mechanisms To Facilitate Change
3. **Refreezing Stage:** Solidify new behavior as the norm.
 - Changes Are Reinforced And Stabilized
 - Leaders Integrate The Changed Behavior Or Attribute Into The Normal Way Of Doing Things.
 - Coach Helps Reinforce The Stability Of Change

Kurt Lewin's Change model is still widely used and serves as the basis for many modern change models.



(83) Which of the following is the most effective way of prioritizing nursing diagnoses?

- (A) a. Ensuring that the diagnoses are reimbursable by third-party payers
- (B) b. Determining the degree of community concern about the problem
- (C) c. Comparing the diagnoses with the agency's mission statement
- (D) d. Discussing conclusions with another community health nurse

(84) The nurse is planning to present an educational program. Which of the following is important for the nurse to remember?

- (A) a. Having many handouts so that the audience can remember what was said
- (B) b. Ordering a microphone so that everyone in the room can hear easily
- (C) c. Using pictures and posters of professionals demonstrating the needed behaviors
- (D) d. Using many different methods of presentation with multimedia art

(85) Which one of the following is not included in the Elements of Primary Health Care?

- (A) a. Immunization services
- (B) b. Family planning services
- (C) c. Specialized services
- (D) d. Provision of essential drugs

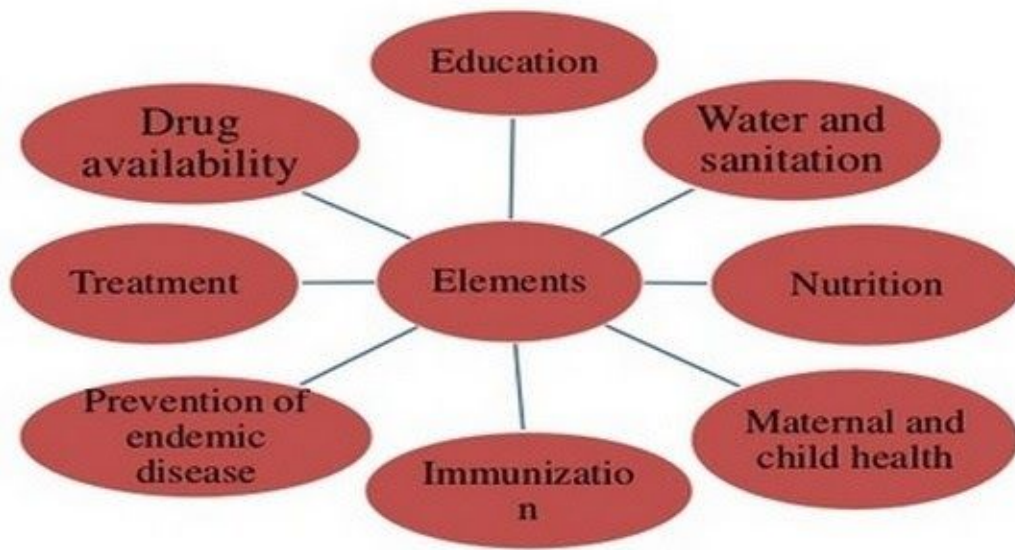
Rationale

What is Primary Health Care (PHC)?

Primary health care (PHC) is essential **health** care made universally accessible to individuals and acceptable to them, through full participation and at a cost the **community** and country can afford. It is an approach to health beyond the traditional health care system that focuses on

health equity-producing social policy. Primary health-care (PHC) has basic essential elements and objectives that help to attain better health services for all.

Elements of primary health care



Primary health care elements

Essential Elements of Primary Health Care (PHC):

There are 8 elements of primary-health care (PHC). That listed below-

1. **E**– Education concerning prevailing health problems and the methods of identifying, preventing and controlling them.
2. **L**– Locally endemic disease prevention and control.
3. **E**– Expanded programme of **immunization** against major infectious diseases.
4. **M**– Maternal and child health care including family planning.
5. **E**– Essential drugs arrangement.
6. **N**– Nutritional food supplement, an adequate supply of safe and basic nutrition.
7. **T**– Treatment of communicable and non-communicable disease and promotion of mental health.
8. **S**– Safe water and sanitation.

Extended Elements in 21st Century:

1. Expanded options of immunizations.
2. Reproductive health needs.
3. Provision of essential technologies for health.
4. **Health** promotion.
5. Prevention and control of non-communicable diseases.
6. Food safety and provision of selected food supplements.

(86) Which of the following are not necessary for a proper medical record?

- (A) a. Timely and legible entries
- (B) b. Accurate and complete entries
- (C) c. Corrections made by blacking out error**
- (D) d. A logical progression of entries with reference to concurrent records and former entries

(87) . "Above all, do no harm". This principle encompassed in the ethical dimension of:

- (A) a. Human dignity
- (B) b. Justice**
- (C) c. Beneficence
- (D) d. Anonymity

(88) Evaluation leads to all except

- (A) conflict**
- (B) co-operation
- (C) .feedback
- (D) critical thinking

(89) . The 'nuclear family' means:

- (A) a. a group of people sharing living accommodation and meals
- (B) b. a network of relatives extended within or between generations
- (C) c. the new family created when an adult leaves home and gets married
- (D) d. a two generation unit of parents and their children**

(90) The term "tabula rasa" highlights the importance of _____ in shaping behaviour.

- (A) a. genes
- (B) b. experience**
- (C) c. nature
- (D) d. predestination

(91) Which of the following is not a defence mechanism?

- (A) a. projection

- (B) b regression
- (C) c. ingratiation
- (D) d. sublimation

Rationale

Ingratiation is a psychological technique in which an individual attempts to influence another person by becoming more likeable to their target. This term was coined by social psychologist Edward E.

(92) Students are passive in

- (A) Project method
- (B) Discovery method
- (C) Lecture method
- (D) Inquiry method

(93) . According to Freud, the id is to the _____ principle as the ego is to the _____ principle

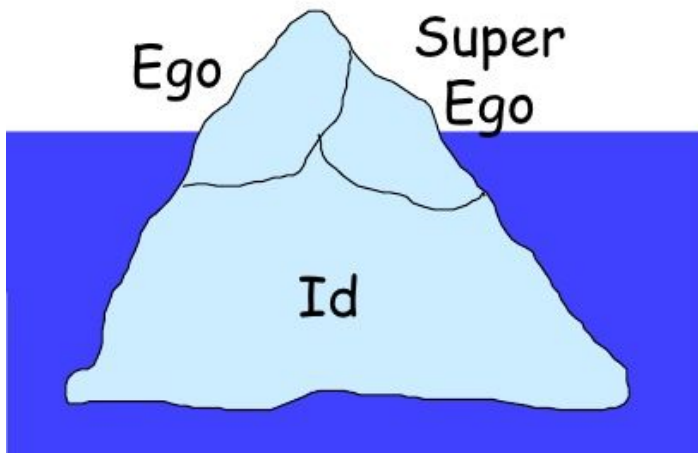
- (A) a. aggressive, sexual
- (B) b. sexual, aggressive
- (C) pleasure, reality
- (D) d. reality, pleasure

Rationale

Freud & Personality Structure

Id - energy constantly striving to satisfy basic drives
Pleasure Principle

Ego - seeks to gratify the Id in realistic ways
Reality Principle



Super Ego
- voice of conscience
that focuses on how
we *ought* to behave

Freud & Personality Development

“personality forms during the first few years of life, rooted in unresolved conflicts of early childhood”

Psychosexual Stages

Oral (0-18 mos) - centered on the mouth

Anal (18-36 mos) - focus on bowel/bladder elimination

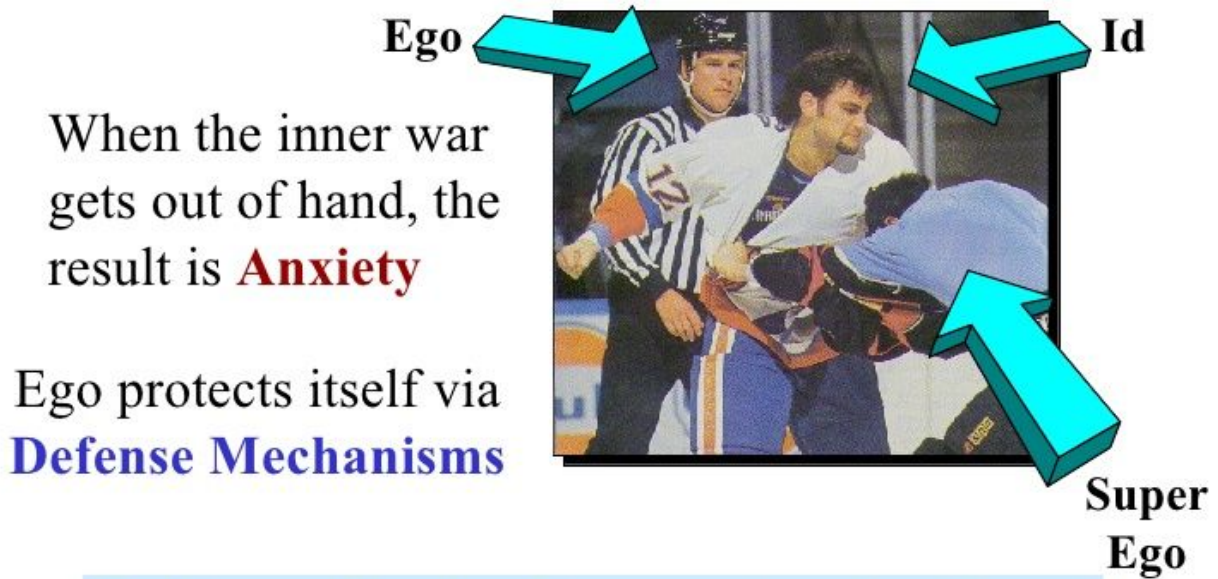
Phallic (3-6 yrs) - focus on genitals/“Oedipus Complex”
(Identification & Gender Identity)

Latency (6-puberty) - sexuality is dormant

Genital (puberty on) - sexual feelings toward others

Strong conflict can **fix a te** an individual at Stages 1,2 or 3

Struggle of Id, Ego & Super Ego



Defense Mechanisms reduce/redirect anxiety by distorting reality

Defense Mechanisms

- **Repression** - banishes certain thoughts/feelings from consciousness (underlies all other defense mechanisms)
- **Regression** - retreating to earlier stage of fixated development
- **Reaction Formation** - ego makes unacceptable impulses appear as their opposites
- **Projection** - attributes threatening impulses to others
- **Rationalization** - generate self-justifying explanations to hide the real reasons for our actions
- **Displacement** - divert impulses toward a more acceptable object
- **Sublimation** - transform unacceptable impulse into something socially valued

Freudian Theories

- Oedipus Complex [Son fixated on Mother]
- Electra Complex [Daughter fixated on Father]
- Penis Envy [Girl wishing she were a Boy]
- Transference [Our traits we see in others but don't recognize in ourselves]



(94) . Black water fever is a special manifestation of malaria caused by;

(A) a. *P. falciparum*

(B) b. *P. malariae*

(C) c. *P. ovale*

(D) d. *P. vivax*

t Answer :

A

(95) Mosquitoes is/are the vector in the following disorder(s)

(A) a. Onchocerciasis

(B) b. Visceral leishmaniasis

(C) c. African trypanosomiasis

(D) d. Bancroftian filariasis

(96) Which one is not the type of lesson plans on the basis of objectives

(A) Micro lesson plan

(B) Cognitive lesson plan

(C) Affective lesson plan

(D) Psychomotor lesson paln

(97) The extent to which a community ,structure , services or geographic area is likely to be damaged or disrupted by the impact of particular hazard is termed as

- (A) a. Capacity
- (B) b. Vulnerability
- (C) c. Risk
- (D) d. Hazard assessment

(98) Which is not true about lesson plan

- (A) It is develops confidence
- (B) It helps in oderly delivny of contents
- (C) It is developed by students
- (D) It saves from haphazard teaching

(99) . Which age group has the greatest potential to demonstrate regression when they are sick?

- (A) a. Adolescent
- (B) b. Young Adult
- (C) c. Toddler
- (D) d. Infant

(100) . Which stage of development is most unstable and challenging regarding the development of personal identity?

- (A) a. Adolescence
- (B) b. Toddlerhood
- (C) c. Childhood
- (D) d. Infancy

(101) The continuous scrutiny of the factors determining the occurrence and dis-tribution of disease is called:

- (A) a. Opportunistic infection
- (B) b. Screening
- (C) c. Diagnosis
- (D) d. Surveillance

(102) The village health volunteer in the primary health care should:

- (A) a. Be a person from outside the community.
- (B) b. Be acceptable to some sections of the community
- (C) c. Have minimum formal education at least up to VIII standard
- (D) d. Should be able to spare two hours to three hours every week

(103) Andragogy refers to:

- (A) Adult learning
- (B) Action Learning

- (C) Experiential learning
- (D) Child learning

(104) When considering philosophy of education, John Dewey was a proponent of

- (A) Existentialism
- (B) Pragmatism
- (C) Idealism
- (D) Realism

Rationale

Educator John Dewey originated the experimentalism philosophy. A proponent of social change and education reform, he founded The New School for Social Research.

(105) . The mode of intervention under secondary prevention are:

- (A) a. Health promotion (primary prevention)
- (B) b. Specific protection(primary)
- (C) c. Early diagnosis and prompt treatment
- (D) d. Rehabilitation(tertiary prevention)

(106) Cognitive domain in Bloom's Taxonomy includes all the following, except

- (A) Evaluation
- (B) Synthesis
- (C) Analysis
- (D) Criticism

Cognitive Domain

This domain is all about how students effectively learn or comprehend information. Bloom established six hierarchical levels to the cognitive domain as shown in the figure below.



Knowledge - Student can recall basic concepts like terms and facts

Comprehension - Student can demonstrate understanding of previous facts by organizing and interpreting

Application - Student can use knowledge to solve problems

Analysis - Student can examine parts to make inferences

Synthesis - Student can compile information in different ways

Evaluation - Student can present and defend opinions

(107) . Wholesome water is one which is:

- (A) a. Free from non-pathogenic agents
- (B) b. Free from harmful chemical sub-stances
- (C) c. Has color and odor
- (D) d. Usable for industrial purposes

Water-related diseases can be classified into 4 major categories, as follows:

1. Water-borne diseases: infections spread through contaminated drinking water
2. Water-washed diseases: diseases due to the lack of proper sanitation and hygiene
3. Water-based diseases: infections transmitted through an aquatic invertebrate organism
4. Water-related vector-borne diseases diseases transmitted by insects that depend on water for their propagation

(108) A type of educational assessment which is generally carried out throughout a course or project is

- (A) Summative assessment
- (B) Formative assessment
- (C) Criterion-referenced assessment
- (D) Ipsative assessment

(109) Characteristics of Problem Based Learning include all, EXCEPT:

- (A) Learning is driven by challenging, open-ended, ill-defined and ill-structured problems.

- (B) Students generally work in collaborative groups.
- (C) The teacher is the authority
- (D) Teachers take on the role as "facilitators" of learning

(110) The type of discussion where a group of 6-8 qualified experts discuss a topic in front of an audience is called:

- (A) Group discussion
- (B) Symposium
- (C) Panel discussion
- (D) Workshop

(111) Which of the following is not a 2-way communication?

- (A) Lectures
- (B) Group discussion
- (C) Panel discussion
- (D) Symposium

Type 3

(1) The process of developing and providing planned experiences to supply information, change attitudes and influence behavior is?

- (A) a) Health promotion
- (B) b) Primary prevention
- (C) c) Communication
- (D) d) Health education

(2) Community health nursing is a community-based practice. Which best explains this answer?

- (A) a) The service is provided in the natural environment of people
- (B) b) The nurse has to conduct community diagnosis to determine nursing needs and problems
- (C) c) The service are based on the availability of resources within the community
- (D) d) Priority setting is based on the magnitude of the health problems identified.

(3) A type of family in which more than one monogamous couple share resources is referred to as?

- (A) a) Dyad
- (B) b) Compound
- (C) c) Commune
- (D) d) Blended

Rationale

- Commune family** - Sharing everyday life and facilities, a **commune** is an idealized form of **family**, being a new sort of "primary group" (generally with fewer than 20 people although again there are outstanding examples of much larger communes or communes that experienced episodes with much larger populations).
- blended family** a family unit composed of a married couple and their offspring including some from previous marriages.
- dysfunctional family** one in which adult caregivers are unable to consistently fulfill their family responsibilities.
- extended family** a nuclear family and their close relatives, such as the children's grandparents, aunts, and uncles.
- nuclear family** a family consisting of a two-generation relationship of parents and children, living together and more or less isolated from their extended family.
- nuclear dyad family** a husband and wife with no children.

(4) Which of the following methods is used to remove permanent water hardness?

- (A) a) Boiling
- (B) b) Addition of sodium carbonate
- (C) c) Addition of lime
- (D) d) Chlorination

(5) With regard to noise pollution, to what level of decibels, can people tolerate without substantial damage to their hearing?

- (A) a) 50-55dB
- (B) b) 60-65dB
- (C) c) 70-75dB
- (D) d) 80-85dB

(6) The type of lochia expected 10-15 days postpartum is?

- (A) a) Rubra
- (B) b) Alba
- (C) c) Serosa
- (D) d) Clear

(7) Which of the following is not a specific function of the school health services?

- (A) a) Determine the health status of each child.
- (B) b) Conduct a special screening programme which will disclose particular health problems.

(C) c) Understanding the difference in the stages of growth and development.

(D) d) Assist in maintaining the health of school personnel

(8) Lyme disease is a parasitic infection caused by?

(A) a) *Borrelia burgdorferi*

(B) b) *Leptospira*

(C) c) *Spirochaeta*

(D) d) *Treponema pallidum endemicum* (Syphilis)

(9) Which of the following are examples of physical hazards?

(A) a) Heat, cold, vibrations, dust

(B) b) Dust, vibrations, ionizing radiation

(C) c) Ionizing radiation, vibrations, heat

(D) d) Cold, asbestos, ionizing radiations

(10) The health-belief model is composed of one of the following factors:

(A) a) Psychological factors

(B) b) Modifying factors

(C) c) Social factors

(D) d) Environmental factors

(11) Teaching breast self-examination falls under which level of disease prevention:

(A) a) Primary

(B) b) Secondary

(C) c) Tertiary

(D) d) Quaternary

(12) The oral contraceptive pill has which of the following minor side effect?

(A) a) Mild elevation of blood pressure

(B) b) Venous thromboembolism

(C) c) Post pill amenorrhea

(D) d) Carcinogenicity

(13) Which of the following channels of disease transmission is indirect transmission?

(A) a) Droplet infection

(B) b) Transplacental

(C) c) Unclean hands and fingers

(D) d) Bite of animal

(14) The form of immunity provided by B cells through immunoglobulin; IgA, IgD, IgM is best referred to as:-

- (A) a) Cellular immunity
- (B) b) Herd immunity
- (C) c) Humoral immunity
- (D) d) Vaccine immunity

(15) Which of the following vaccine is live attenuated?

- (A) a) Yellow fever
- (B) b) Rabies
- (C) c) Diphtheria
- (D) d) Influenza

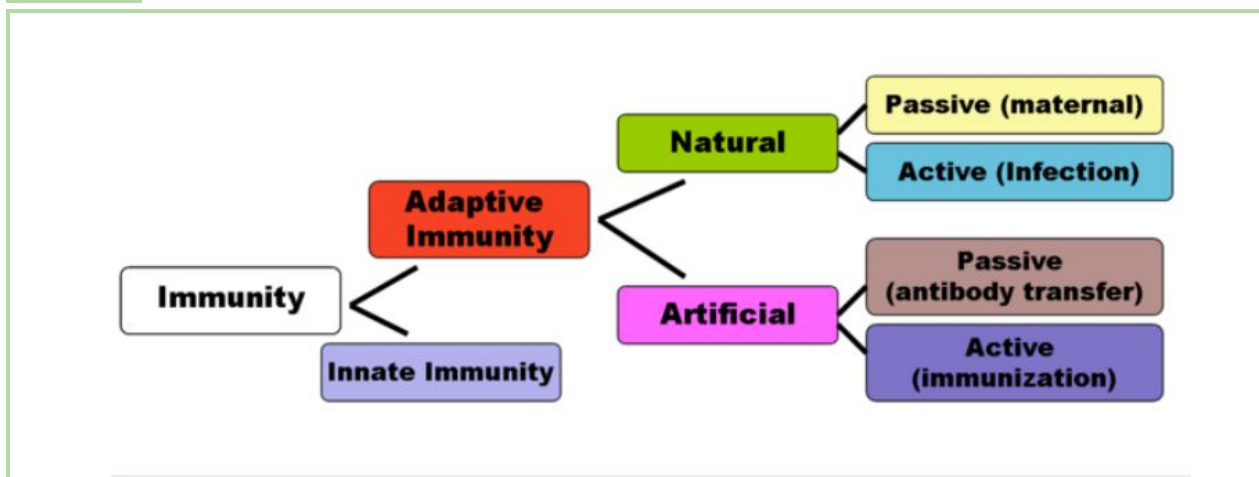
(16) The capability of an infectious agent to invade, survive and multiply in the host is?

- (A) a) Toxigenicity
- (B) b) Invasiveness
- (C) c) pathogenicity
- (D) d) infectivity

(17) What type of acquired immunity is acquired through inoculation of an antigen?

- (A) a) Natural active immunity
- (B) b) Artificial passive immunity
- (C) c) Natural passive immunity
- (D) d) Artificial active immunity

Rationale



Active vs passive immunity

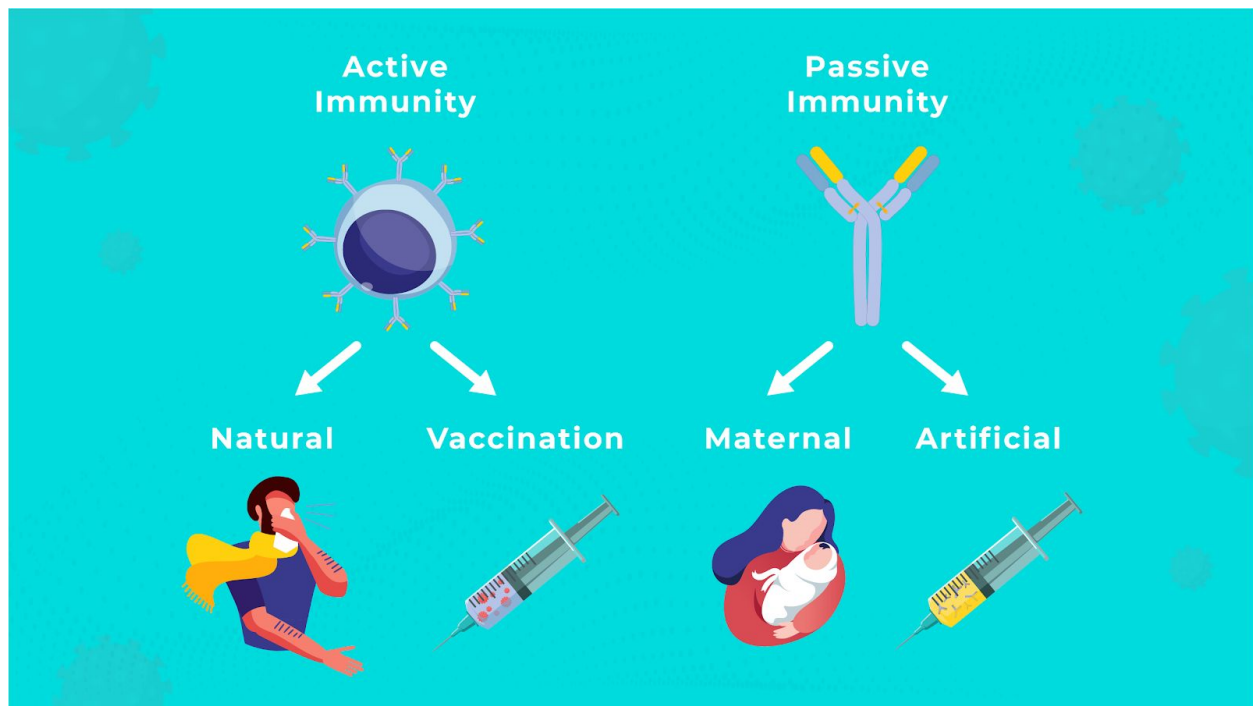
	Active Immunity	Passive Immunity
Antibodies	Produced inside of the body	Introduced from outside of the body
Results from	<ul style="list-style-type: none"> ● Direct infection ● Vaccination 	<ul style="list-style-type: none"> ● Breast milk ● Injection ● Mother to baby through the placenta
Takes effect	Over time (typically several weeks)	Immediately
Length of efficacy	Long-term to lifelong	Short-term
Produced by memory cells?	Yes	No

What is active immunity?

Active immunity is defined as immunity to a pathogen that occurs following exposure to said pathogen.

When the body is exposed to a novel disease agent, B cells, a type of white blood cell, create antibodies that assist in destroying or neutralizing the disease agent. Antibodies are y-shaped proteins that are capable of binding to sites on toxins or pathogens called antigens.

Antibodies are disease-specific, meaning that each antibody protects the body from only one disease agent. For instance, antibodies produced when the body detects the virus that causes mumps will not provide any defense against cold or flu viruses.



A diagram showing the different types of active and passive immunity

When B cells encounter a pathogen, they create [memory cells](#) in addition to antibodies. Memory cells are a type of B cell produced following the primary infection that can recognize the pathogen. Memory cells can survive for decades, waiting within the body until the pathogen invades again. When the body is exposed to the pathogen for a second time, the immune response is more robust, quickly addressing the disease agent.

Immunity does not happen immediately upon disease exposure. It can take days or weeks after the first exposure for active immunity to develop. But once it does so, the protection can last an entire lifetime.

Active immunity can occur in one of two ways: naturally or via an immunization.

Natural immunity

Natural immunity is created when a person becomes infected by a disease. Take, for instance, someone who becomes infected with chickenpox. After the initial infection, the body builds immunity against the disease. This natural active immunity is why people who catch chicken pox are immune for many decades against the disease.

Vaccine-induced immunity

Also known as artificial active immunity, a person can build a resistance to a disease following an immunization. An immunization is defined as the process by which someone becomes protected against a specific disease via the administration of a vaccine.

Vaccines use a weakened or dead form of a disease to stimulate an immune response. Vaccines are typically administered using an injection. However, there are vaccinations administered via the mouth or as a nasal spray.

When a person's immune system detects the weakened or dead pathogen, it begins to take steps to destroy it. This includes forming new antibodies and memory cells specific to that pathogen. In the future, if the body is exposed to said pathogen, antibodies will be created to protect the body.

Vaccination and immunity are essential for keeping large populations of people safe from infectious diseases. For instance, the [flu vaccine](#) prevents millions of people from becoming infected with the flu every year.

What is passive immunity?

Passive immunity is protection from a disease provided by antibodies created outside of the body. Passive immunity:

- Does not require previous exposure to a disease agent
- Takes effect immediately
- Does not last long (up to a few months)

(18) The major components comprising the community core are?

(A) a) History, values ,beliefs

(B) b) Demography, education system, economic system

(C) c) Values, political system, education system

(D) d) Demography, political system, education system

(19) Which of the following is not a driving force for the adoption of the electronic health record?

(A) a) Lower health care costs

(B) b) Improving joint commission scores

(C) c) Fragmented clinical data across the different healthcare settings

(D) d) Reduce incorrect diagnosis

(20) Sustainable development 1 is about poverty. What is the aim of this goal?

(A) a) Cut poverty in half by 2030

(B) b) Reduce poverty by 75% by 2030

(C) c) End poverty in all its forms everywhere

(D) d) Help each nation make progress on reducing poverty

(21) Maternal mortality is expressed in?

(A) a) Per 100

(B) b) Per 1000

(C) c) Per 10,000

(D) d) Per 100,000

(22) Dispensaries and clinics belong to what level of health care?

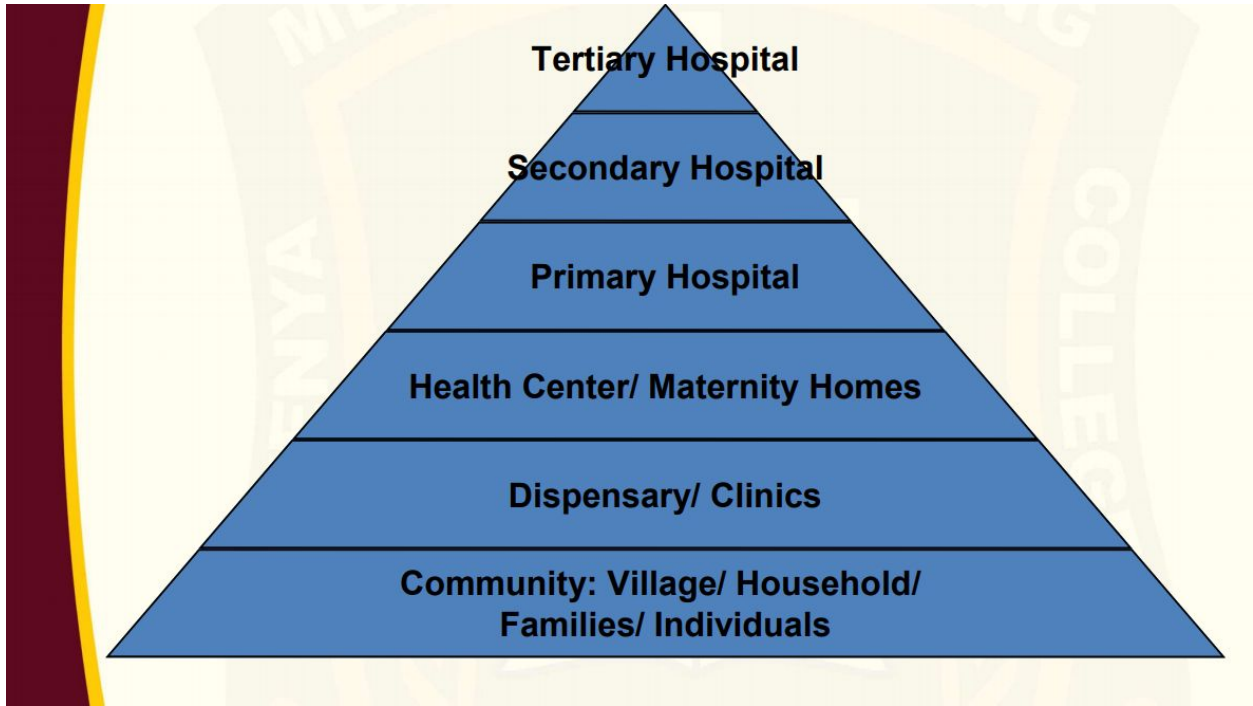
(A) I

(B) II

(C) III

(D) IV

Rationale



Level 6: national referral hospital

Level 5: provincial hospital

Level 4: district hospital

Level 3: health centre

Level 2: dispensary

Level 1: community

(23) The following is a health promotion activity;

(A) a) Rehabilitation

(B) b) Environmental sanitation

(C) c) Prompt treatment

(D) d) Provision of adequate housing

(24) Sentinel surveillance is

- (A) a) Reporting of a disease by the health workers
- (B) b) Collection and analysis of data by a designated specialized institution
- (C) c) Correction and analyses of data by the health workers
- (D) d) Notifying of diseases by community volunteers

Rationale

A sentinel surveillance system is used when high-quality data are needed about a particular disease that cannot be obtained through a passive system. Selected reporting units, with a high probability of seeing cases of the disease in question, good laboratory facilities and experienced well-qualified staff, identify and notify on certain diseases. Whereas most passive surveillance systems receive data from as many health workers or health facilities as possible, a sentinel system deliberately involves only a limited network of carefully selected reporting sites. For example, a network of large hospitals might be used to collect high-quality data on various diseases and their causative organisms, such as invasive bacterial disease caused by Haemophilus influenzae type b, meningococcus or pneumococcus.

(25) In the principles of primary health care, accessibility considers the following except

- (A) a) Elements of integrated services.
- (B) b) People's awareness.
- (C) c) Transport and road network
- (D) d) Social status of community members.

(26) The policy of open vaccine states that:

- (A) a) Discard all open vaccines at the end of the session
- (B) b) Discard polio, BCG, PCV10 at the end of the session
- (C) c) Discard all open vaccines with evidence of contamination
- (D) d) Discard measles, yellow fever and BCG after four hours.

(27) Community oriented roles of a community health nurse include

- (A) a) Case finder, care manager, counselor
- (B) b) Direct patient care, case finder, care manager
- (C) c) Care manager, counselor, primary health care provider
- (D) d) Primary health care provider, care manager, health educator.

(28) A child growing within normal developmental milestones will be able to have good head control at the age of:

- (A) a) 3-6 months
- (B) b) 6-9 months
- (C) c) 12-18 months

(D) d) 20-24 months

ASSESSING MILESTONES FOR AGE COHORT

Age in Months	Developmental Milestones
0-2	<ul style="list-style-type: none">• Social smile (Baby smiles back• Baby follows a colorful object dangles before their eye
2-4	<ul style="list-style-type: none">• Hold the head upright• Follows the object or face with their eyes• Turns the head or response in any other way to sound• Smiles when you speak
4-6	<ul style="list-style-type: none">• Rolls over• Reaches for and grabs object with hand• Takes objects to the mouth• Bubbles (makes Sounds

Age in Months	Developmental Milestones
6-9	<ul style="list-style-type: none">• Sits without support• Moves object from one hand to the other• Repeats syllables (bababa, mamama)• Play Peek Aboo (hide & Seek)
9- 12	<ul style="list-style-type: none">• Takes steps with support• Picks up small object or string with two fingers• Says 2- 3 words• Imitates simple gestures (claps hands, bye)
12-18	<ul style="list-style-type: none">• Walks without support• Drinks from a cup• Says 7- 10 words• Points to some body parts on request

Age in Months	Developmental Milestones
18- 24	<ul style="list-style-type: none"> • Kicks a ball • Build tower with 3 blocks or small boxes • Points at pictures on requests • Speak in small sentences
24 months & Older	<ul style="list-style-type: none"> • Jumps • Undresses and dresses themselves • Says first name, tells short story • Interested in playing with other children

(29) Community health action is defined as the process of

- (A) a) Gathering information on the health problems affecting the community
- (B) b) Analyzing the community health problem in order to plan for intervention
- (C) c) Providing health services to the community based on the identified problems
- (D) d) Identifying the health facilities available within the community

(30) The major practice roles of the occupational health nurse include:

- (A) a) Clinician, administrator
- (B) b) Clinician, professional
- (C) c) Administrator, environmental modifier
- (D) d) Professional, environmental modifier

(31) Some of the indirect client services provided by the community health nurse include:

- (A) a) Supervising the care provided and teaching
- (B) b) Record keeping and bed side nursing care
- (C) c) Record keeping and supervising the care provided
- (D) d) Teaching and health planning with consumers

(32) Factors that may affect the effectiveness of a home visit include:

- (A) a) The family feeling that they are viewed as dysfunctional, difficult to schedule visits.
- (B) b) Health workers have control over the home setting, making it difficult to schedule visits.
- (C) c) The family feeling that they are being viewed as dysfunctional, it is expensive for the client.
- (D) d) The health worker has control over the home setting, the family feeling that they are being viewed as dysfunctional

(33) The following concepts would enable the nurse to provide holistic care for culturally diverse clients

- (A) a) Cultural conflicts
- (B) b) Ethnocentrism
- (C) c) Stereotyping
- (D) d) Cultural brokering

(34) Max Weber is known for the development of which management theory?

- (A) a) Bureaucratic management
- (B) b) Scientific management
- (C) c) Humanistic management
- (D) d) Transformational leadership

(35) Job specifications refer to:

- (A) a) Principal duties and responsibilities
- (B) b) Function elements of a position
- (C) c) Human qualities necessary to perform a job
- (D) d) Interdepartmental relationship

(36) A low-income elderly woman is being screened for blood cholesterol level by a community nutritionist at a community health center. What level of prevention is the nutritionist using?

- (A) Primary
- (B) Secondary
- (C) Tertiary
- (D) Quaternary

(37) A community can also be defined on the basis of a common interest or goal. A nutritionist was asked to identify and design a program for common-interest communities. All of these are examples of common-interest communities except:

- (A) a) homebound elderly persons
- (B) b) teenage mothers
- (C) c) co-workers
- (D) members of churches

(38) Anthropometric measurements include:

- (A) a) skinfold measures
- (B) b) waist circumference

(C) c) capillary fragility

(D) d) a and b

Rationale

Anthropometric measurements are a series of quantitative measurements of the muscle, bone, and adipose tissue used to assess the composition of the body. The core elements of anthropometry are height, weight, body mass index (BMI), body circumferences (waist, hip, and limbs), and skinfold thickness.

(39) Which of the following would provide quantitative information about the community?

(A) a) observation of the target population in its community setting

(B) b) talking with individuals within the community who know the target population well

(C) c) data from CDCs Morbidity and Mortality Weekly Report

(D) d) interviewing key informants

(40) Specific, measurable actions of the desired outcome to be completed within a specific time frame is the definition of:

(A) a) Goals

(B) b) Objectives

(C) c) Long term plan

(D) d) Procedures

(41) The primary purpose of providing employees with feedback during a performance appraisal is to motivate employees to _

(A) a) apply for managerial positions

(B) b) remove any performance deficiencies

(C) c) revise their performance standards

(D) d) enroll in work-related training programs

(42) SMART goals are best described as

(A) a) specific, measurable, attainable, relevant, and timely

(B) b) straight forward, meaningful, accessible, real, and tested

(C) c) strategic, moderate, achievable, relevant, and timely

(D) d) specific, measurable, achievable, relevant, and tested

(43) An interpersonal conflict in which no participant is aware of the divergence of goals, needs, or interests is known as

(A) a) Latent conflict

(B) b) Manifest conflict

(C) c) Cause of action

(D) d) Overt conflict

(44) which public health Act is responsible for securing and maintaining health

(A) Cap 242

(B) Cap 257

(C) Cap 280

(D) Cap 302

(45) which of the following is the advantage of integration of services

(A) save time and money for the nurse

(B) improves immunization coverage

(C) patients are integrated in the approach

(D) there is high chance of cross infection between sick and health especially children

(46) Onchocerciasis is a vector borne disease which is transmitted by

(A) sandfly

(B) black fly

(C) female anopheles mosquito

(D) house fly

Rationale:

- Onchocerciasis**, also known as river blindness, is a disease caused by infection with the parasitic worm *Onchocerca volvulus*. Symptoms include severe itching, bumps under the skin, and blindness. It is the second-most common cause of blindness due to infection, after trachoma.
- Onchocerciasis, or river blindness, is a neglected tropical disease (NTD) caused by the parasitic worm *Onchocerca volvulus*. It is transmitted through repeated bites by blackflies of the genus *Simulium*.
- Onchocerca volvulus* spread by a black fly

(47) the characteristics of a classical syphilitic ulcer include

(A) painful, flat lesion with edema of the surrounding area

(B) painful, extensive lesions, fluid filled vesicle like blister

(C) painless, flat lesion with smooth regular firm edge

(D) painless, flat lesion with irregular edges and flat dirty base

(48) the stage of a natural history of disease at which secondary prevention is needed is

(A) terminal

(B) prodromal

(C) pre-pathogenesis

(D) pathogenesis

(49) controlling is a managerial function which involves

(A) contributing to a purposeful organization of work

(B) reducing costs and directing efforts towards desired results

(C) measuring and correcting the performances of employees

(D) integration and coordination of activities

(50) the activities that nurse engages in during preparatory phase of a home visit include

(A) location of the house

(B) clarifying sources of referral

(C) recording and reporting

(D) analyzing community references

(51) the occupational disease that persons working in information technology are likely to develop is

(A) lead poisoning

(B) radiation sickness

(C) mesothelioma

(D) carpal tunnel syndrome

(52) the commonest causative organism of urinary tract infection is

(A) proteus

(B) streptococcus aureus

(C) Escherichia coli

(D) Klebsiella

(53) causative organisms for yaws is

(A) Trypanosoma cruzi

(B) Treponema carateum

(C) Treponema pallidum

(D) Treponema pertenue

(54) The following are indicators of good nutritional status during pregnancy. Which one is not

(A) a. Mid upper arm circumference of less than 23cm

(B) b. Weight gain

- (C) c. Hemoglobin level of 11g per dl or more
- (D) d. Absence of clinical signs of micronutrient deficiency

(55) The following are clinical features of marasmus except

- (A) Hepatomegaly
- (B) Old man's' face
- (C) edema
- (D) Decrease in 60% of required weight

(56) Lisa is a 24-year-old Para 1 who has a seizure disorder and is taking anticonvulsant medication. Which contraceptive option would the provider discourage her from using?

- (A) a) COCs
- (B) b) POPs
- (C) c) Implants
- (D) d) IUCDs

(57) Which of the following falls under "DELAY" in the medical eligibility criteria?

- (A) a) Age of 18 years
- (B) b) Local skin infection
- (C) c) Depressive disorders
- (D) d) Diabetes Mellitus

(58) A situation where someone gains sexual gratification by rubbing his genitalia against a non-consenting female is

- (A) a. Transvestism
- (B) b. Fetishism
- (C) c. Masochism
- (D) d. Frotteurism

(59) Lactation amenorrhea method of family planning is suitable for a woman who

- (A) a. Breastfeeds exclusively, has history of delayed menstruation, has a baby of more than six months
- (B) b. Breastfeeds exclusively, has history of delayed menstruation, wants highly effective method in the first six months
- (C) c. Breastfeeds exclusively, has not resumed menstruation, has a baby of less than six months
- (D) a. Breastfeeds exclusively, has history of delayed menstruation, has a baby of less than six months

(60) what disease is indicative of thiamine deficiency

(A) Beriberi

(B) Pellagra

(C) Scurvy

(D) Kwashiokor

Pellagra is a disease caused by a lack of the vitamin niacin (vitamin B₃).

Beriberi is a disease caused by a vitamin B-1 deficiency, also known as thiamine deficiency. There are two types of the disease: wet **beriberi** and dry **beriberi**.

(61) fat soluble vitamins includes

(A) A,D,C,E

(B) A,D,E,K,

(C) E,D,C,K

(D) A,B,C,D

(62) Gumma lesions are the characteristics of

(A) a) Latent stage of syphilis

(B) b) Primordial stage of syphilis

(C) c) Tertiary stage of syphilis

(D) d) Secondary stage of syphilis

(63) Which is the primary goal of community health nursing?

(A) A. To support and supplement the efforts of the medical profession in the promotion of health and prevention of

(B) B. To enhance the capacity of individuals, families and communities to cope with their health needs

(C) C. To increase the productivity of the people by providing them with services that will increase their level of health

(D) D. To contribute to national development through promotion of family welfare, focusing particularly on mothers and children

(64) CHN is a community-based practice. Which best explains this statement?

(A) A. The service is provided in the natural environment of people

(B) B. The nurse has to conduct community diagnosis to determine nursing needs and problems

(C) C. The service are based on the available resources within the community

(D) D. Priority setting is based on the magnitude of the health problems identified

(65) Population- focused nursing practice requires which of the following processes?

- (A) A. Community organizing .
- (B) B. Nursing, process
- (C) C. Community diagnosis
- (D) D. Epidemiologic process

(66) A business firm must employ an occupational health nurse when it has at least how many employees.

- (A) 21
- (B) 101
- (C) 201
- (D) 301

(67) In which step are plans formulated for solving community problems?

- (A) Mobilization
- (B) Community organization
- (C) Follow-up/extension
- (D) Core group formation

(68) An indicator of success in community organizing is when people are able to:

- (A) Participate in community activities for the solution of a community problem
- (B) . Implement activities for the solution of the community problem
- (C) Plan activities for the solution of the community problem
- (D) Identify the health problem as a common concern

(69) Isolation of a child with measles belongs to what level of prevention?

- (A) . Primary
- (B) . Secondary
- (C) . Intermediate
- (D) . Tertiary

(70) Which of the following is an advantage of a home visit?

- (A) . It allows the nurse to provide nursing care to a greater number of people
- (B) . It provides an opportunity to do first hand appraisal of the home situation
- (C) . It allows sharing of experience among people with similar health problems
- (D) . It develops the family's initiative in providing for health needs of its members

(71) Which of the following is a function of epidemiology?

- (A) Identifying the disease condition based on manifestations presented by a client

- (B) Determining factors that contributed to the occurrence of pneumonia in a 3 year old
- (C) Determining the efficacy of the antibiotic used in the treatment of the 3 year old client with pneumonia
- (D) Evaluating the effectiveness of the implementation of the Integrated Management of Childhood Illness

(72) Which of the following is an epidemiologic function of the nurse during an epidemic?

- (A) Conducting assessment of suspected cases to detect the communicable diseases
- (B) Monitoring the condition of the cases affected by the communicable disease
- (C) Participating in the investigation to determine the source of epidemic
- (D) Teaching the community on preventive measures against the disease

(73) The primary purpose of conducting an epidemiologic investigation is to;

- (A) . Delineate the etiology of the epidemic
- (B) . Encourage cooperation and support of the community
- (C) . Identify groups who are at risk of contracting the disease
- (D) . Identify geographical location of cases of the disease in the community

(74) The number of cases of Dengue fever usually increases towards the end of the rainy season. This pattern of occurrence of Dengue fever is best described as;

- (A) Epidemic occurrence
- (B) Cyclical variation
- (C) Sporadic occurrence
- (D) Secular occurrence

(75) Among the following diseases, which is airborne?

- (A) Viral conjunctivitis
- (B) Acute poliomyelitis
- (C) . Diphtheria
- (D) Measles

(76) The most frequent causes of death among clients with AIDS are opportunistic diseases. Which of the following opportunistic infections is characterized by tonsillopharyngitis?

- (A) Respiratory candidiasis
- (B) Infectious mononucleosis
- (C) Cytomegalovirus disease
- (D) Pneumocystis carinii pneumonia

(77) You will not give DPT 2 if the mother says that the infant had?

- (A) .Seizures a day after DPT1
- (B) . Fever for 3 days after DPT1
- (C) .Abscess formation after DPT1
- (D) . Local tenderness for 3 days after DPT1

(78) Current concept of health promotion and the related activities lead to:

- (A) Better treatment of a problem
- (B) Critical awareness and life style changes
- (C) Adoption of prophylactic services
- (D) .Better health services usage

(79) Objectives of the health services include each of the following except:

- (A) .Delivery of curative care only
- (B) Health promotion
- (C) Prevention control, or eradication of disease
- (D) Treatment and rehabilitation

(80) Loss of anatomical structure or physiological function is known as:

- (A) .Disease
- (B) Disability
- (C) Handicap
- (D) Impairment

(81) The community health nurse should not make surprise supervisory visits because:

- (A) The village health nurse may be on leave
- (B) The village health nurse may not be prepared for visit
- (C) The aim of supervisory visit is to train the subordinates
- (D) The village health nurse may be on home visits

(82) When there is a cholera outbreak in a community, as a community health nurse, you have to carry out the following except

- (A) Notification
- (B) Oral rehydration therapy & tetracycline
- (C) Immunization of the at risk population
- (D) Chlorination of wells once a week

(83) The source of disease in transmission cycle means:

- (A) One who disseminates the disease agent to host
- (B) Disease agent multiplies and increases in number on storage
- (C) Storage of disease producing organisms
- (D) Receiver of disease agent

(84) Meeting basic goal of health promotion is;

- (A) Health
- (B) No illness
- (C) Wellness
- (D) Absence of diseases

(85) An absolute contraindication for pediatric immunization includes;

- (A) Anaphylactic reaction to previous immunization
- (B) Respiratory illness with low grade fever
- (C) Soreness, redness and itching at the previous injection site
- (D) A febrile seizure one month after the previous injection of vaccines

(86) Ottawa charter 1986 is related to:

- (A) Reproductive health
- (B) Health promotion
- (C) Primary Health care
- (D) Population development

(87) Which of the following is not included in the eight elements of PHC?

- (A) Essential drugs
- (B) Safe drinking water and sanitation
- (C) Maternal and child health
- (D) Occupational health

(88) . Vitamin A is not related to,

- (A) Retinol
- (B) Keratocornea
- (C) Keratomalacia
- (D) Rickets

(89) Bitot's spot' is the characteristic feature of deficiency

- (A) Calcium
- (B) Vitamin D
- (C) .Vitamin A

(D) Vitamin C



BITOT SPOT

(90) . An abiotic environment that can affect health of the community is:-

- (A) A. Infective organisms
- (B) B. Insects
- (C) C. Vegetation
- (D) D. Chemicals

(91) The measurement rate that is used to determine the number of new cases of a disease over an interval of time is:-

- (A) A. Incidence rate
- (B) B. Prevalence rate
- (C) C. Case fatality rate
- (D) D. Endemicities

(92) The fungal skin infection characterized by thickening and discoloration of the nails is called:-

- (A) A. Tinea versicolor
- (B) B. Tinea pedis
- (C) C. Intertrigo
- (D) D. Tinea unguium

Intertrigo is a rash that usually affects the folds of the skin, where the skin rubs together or where it is often moist. This rubbing can cause a breakdown in the top layers of the skin, causing inflammation and a rash. The breakdown of skin makes it easier for bacteria or fungus to develop in this area

(93) . Water-washed diseases include:-

- (A) A. Typhoid, poliomyelitis

(B) B. Scabies, Trachoma

(C) C. Amoebiasis, cholera

(D) D. Malaria, schistosomiasis

Scabies

- Water-washed diseases are infections that are caused by poor personal hygiene resulting from inadequate water availability. These ailments may be prevented if people have adequate supplies of clean water available for personal hygiene. Typical water-washed diseases include Shigella, which causes dysentery, scabies, trachoma, yaws, leprosy, conjunctivitis, skin infections and ulcers.
- Scabies is a highly contagious skin infection. It can be identified by an extremely itchy rash of pimple-like markings that appears on the hands, elbows, knees, breasts, shoulders, or elsewhere. Scabies is caused by a microscopic, skin-burrowing mite known as *Sarcoptes scabiei*. Scratching of the itchy scabies rash can cause open sores that may be infected by additional bacteria. Scabies is easily transferred through person-to-person contact and some 300 million people contract the disease each year.
- Trachoma is an eye infection and the world's foremost cause of preventable blindness. It is caused by a pathogenic bacterium and spreads easily from person-to-person through fluids discharged from infected eyes. The disease typically infects children. It progresses over the years, often supplemented through frequent reinfections, until blindness or other severe symptoms appear later in life. Trachoma scars the inside of a victim's eyelids and causes the eyelashes to turn in. The lashes rub and scar the cornea, eventually causing severe vision loss and blindness. More than six million people worldwide may be blind because of this disease, and some 150 million more await treatment.
- **Water-based infections:** Diseases caused by aquatic organisms, like parasitic worms.
- **Water-borne infections:** Diseases that are spread when people drink contaminated water or eat food prepared with contaminated water.
- **Water-related insect vector :** A disease spread by insects, such as mosquitoes and flies, that breed in water.
- **Water-washed infections:** Infections of the skin and eyes, like trachoma, and some dysentery that are spread from person-to-person in settings of inadequate water availability resulting in poor personal hygiene.

(94) Increasing the ability of the population to cope with a disaster is known as:

- (A) A. Preparedness
- (B) B. Triaging
- (C) C. Mobilization
- (D) D. Mitigation

(95) The following are some of the activities done to ensure the needs of a school child are met.

- (A) a) Screening and physical examination.
- (B) b) Counseling and provision of food.
- (C) c) Evaluating the process and results of the programs.
- (D) d) Promoting positive health behavior among staff and students.

(96) The clinical features of onchocerciasis include:

- (A) a) Severe itching, skin nodules, dermatitis, river blindness
- (B) b) Pyrexia, septicaemia, skin pigmentation
- (C) c) River blindness, pyrexia, dermatitis
- (D) d) Septicaemia, pruritis, river blindness, hepatomegaly

Rationale:

- Onchocerciasis or river blindness is a parasitic disease with an insect vector that breeds in water. It is the world's second leading infectious cause of blindness. Controlling insect breeding sites in rivers is one of the pillars of prevention. It is a water-related disease
- Onchocerciasis or river blindness is a parasitic disease caused by *Onchocerca volvulus*, a thin parasitic worm that can live for up to 14 years in the human body. The disease is transmitted from one person to another through the bite of a blackfly (*Simulium*). The blackfly lays its eggs in the water of fast-flowing rivers, which mature into adult blackflies in 8 to 12 days. The female blackfly typically seeks a blood meal after mating and, upon biting a person who is infected with onchocerciasis, may ingest worm larvae, which can then be passed onto the next person bitten by the blackfly. Eventually, the transmitted worm larvae develop into adult worms and settle. Interventions
- There are two main actions undertaken against onchocerciasis control: spraying of breeding sites in water of the blackflies with larvicides, and the treatment of patients with a drug (ivermectin) that kills the young worms.

(97) Which of the sugar is **least** cariogenic

- (A) a) Glucose.
- (B) b) Sucrose.
- (C) c) Lactose.
- (D) d) Xylitol

Rationale

- ★ Cariogenic: causing tooth decay.
- ★ **Sugar** is the principal cause of the most common disease in industrialised countries, dental caries. The **sugars** implicated in dental caries, in decreasing order of **cariogenicity**, are sucrose, **glucose**, and fructose; brown **sugars** are as **cariogenic** as white.
- ★ As a sweetener, **xylitol** is an excellent choice. Whereas some sweeteners may cause **health** risks, studies show that **xylitol** has actual **health** benefits. It doesn't spike blood sugar or insulin, starves the plaque-producing bacteria in your mouth and feeds friendly microbes in your digestive system.

(98) Non-digestible food ingredients that stimulate the growth and activity of certain bacteria in the colon are called:-

- (A) a) Insoluble fiber
- (B) b) Probiotics
- (C) c) Prebiotics
- (D) d) Cellulose

Rationale:

- Probiotics**: Living strains of bacteria that add to the population of good bacteria in your digestive system.
- Prebiotics**: Specialized plant fiber that acts as food for the good bacteria. This stimulates growth among the preexisting good bacteria.

(99) KEPI refrigerator should be defrosted when the thickness of ice is:-

- (A) a) 0-3 millimeters.
- (B) b) 4-5 millimeters.
- (C) c) 11-13 millimeters.
- (D) d) 6-10 millimeters.

Rationale

Discard Measles- 6hrs

Discard BCG - 4hrs

KEPI GENERAL POLICY ON IMMUNIZATIONS

- ❑ Only healthy infants weighing above 2kgs can be immunized. Critically ill and hospitalized children should not be given immunization until they recover and then be immunized on discharge .
- ❑ A correct record of the type of vaccine given, dates when given and dosage must be written both on the child's health card and on the immunization tally sheet
- ❑ Great care must be taken to store vaccines at the recommended temperature of +20C to +8OC. Vaccines should never be exposed to direct heat or light
- ❑ All vaccines should be administered in a sterile procedure . Equipment must be well cleaned and sterilized
- ❑ Read manufacturer's instructions on the container carefully before administering any vaccine
- ❑ Never use vaccines after expiry date which is clearly printed on the label of each vaccine container
- ❑ Measles vaccine should be discarded after six hours of reconstitution or dilution and BCG is discarded after 4 hours

Objectives Of K E P I

1. To increase immunization coverage to a minimum of 80% for all antigens
2. To reinforce the cold chain system in terms of better vaccine storage so as to ensure that the increased immunization coverage goes with potent vaccines.
3. To improve the managerial skills of health workers through training
4. To integrate K E P I with maternal and child health services at the peripheral level
5. To increase public participation in the programme through motivation
6. Programme monitoring and evaluation
7. Operational research for better programme management

Rules of maintaining cold chain

- Keep all vaccines at the recommended temperature +2 to +8 degrees Celsius.
- Keep vaccines in order of their sensitivity to light/heat i.e. from the coldest compartment (near the freezer). Frozen pentavalent and Tetanus Toxoid granules which do not form a homogenous solution even with rigorous shaking (small white frozen white particles seen in a clear liquid)
- Stack vaccines neatly in piles with air spaces around them.
- Do not allow vaccines to touch the back or sides of the fridge.
- Keep the doors of the fridge tightly closed at all times
- Defreeze the fridge when the layer of ice is 0- 3mm thick
- Avoid warm needles and syringes as the vaccines may lose potency or reduce their efficacy

Immunizable diseases

- Tuberculosis-----A common and severe respiratory disease among children in developing countries. It is caused by Tubercle bacilli and is characterized by cough, fever, (night sweats), loss of appetite and loss of weight
- BCG (Bacilli Calmetti Guerin) provides protection against serious forms of childhood tuberculosis e.g. miliary TB and TB meningitis. It is given at birth or to any one without a BCG scar up to age 15 years
- Poliomyelitis-----An infection of the spinal cord and sometimes the brain by poliomyelitis virus. The virus is passed in stools and is spread through oral-faecal route . The most affected group is the infants and pre-school children. It is chacterised by paralysis of one or more limbs . The muscles of respiration may also be involved (the intercostals and the diaphragm)
- Oral polio vaccine (O P V) protects he child from poliomyelitis caused by any of the types of polio virus. It gives active artificial immunity . It is given at birth and one requires 4 doses in 4 weeks interval . • Pentavalent vaccine -----made from toxoids and dead bacteria of 5 different disease causing organisms e.g. Hepatitis B -----Infection of the liver transmitted through blood contact, Haemophilus type b infections e.g. pneumonia, meningitis, septicaemia, osteomyelitis cellulitis e.t.c. •
- Diphtheria -----A respiratory condition caused by diphtheria bacilli that produce lesions mainly on the throat •
- Whooping cough-----A highly infectious respiratory disease caused by Bordetella Pertussis and is characterized by prolonged cough
- Tetanus -----A disease of the nervous system caused by toxins (chemical substance) produced by the bacteria Clostridium Tetani. The organism usually enter the body through the site of an injury. The organisms may also enter through the umbilical cord in new born babies particularly if the cord is cut with dirty instrument or is covered with dirty dressings The bacteria multiply in the body producing the toxins which affects the nerves , spinal cord and brain . The disease is characterized by involuntary contraction of muscles (spasms)
- Measles vaccine -----it protects the children from measles infection . It is given at age 9months and at 18 months.
- Measles is an acute viral infection of the respiratory system characterized by fever and a typical body rash
- Tetanus toxoid (T T) for antenatal mothers ----- It is given to pregnant mothers to sensitize their bodies to form antibodies , then they provide maternal antibodies to their unborn babies and this protect them from neonatal tetanus. TT1 is given at 1st contact or or as early as possible in pregnancy. TT2 given 4 weeks later

- Vitamin A at 6months (50,000 IU), 12months (100,000 IU) and 18 month (200,000 IU)

(100) . The distribution and frequency of disease in population is explained in:-

- (A) a) Cross-sectional studies
- (B) b) Ecological studies
- (C) c) Experimental studies
- (D) d) Descriptive studies

Type 4 Primarily Research and Mental Health

1. Ideally abstract should be about how many words: -

- (A) A. 50-75
- (B) B. 75-100
- (C) C. 150-175
- (D) D. 250-300

(2) 2. Which of the following is nurse's related barrier in utilization of research in nursing practices:-

- (A) A. Lack of motivation, knowledge and confidence
- (B) B. Inadequacies of nursing research methodologies
- (C) C. Lack of cooperation by physician to implement new research findings
- (D) D. Lack of quality nursing research publications

(3) 3. Which level of evidence is most often placed at the top of the hierarchy of evidence for practice decisions:-

- (A) A. Meta-analysis for multiple randomized clinical trials
- (B) B. Results from a single well-controlled experimental study
- (C) C. A consensus of opinion from a group of experts on the topic
- (D) D. Case-control studies

(4) 4. The basic research is conducted with which of the following as the aim:-

- (A) A. To make a decision
- (B) B. To develop knowledge for immediate use
- (C) C. To develop or refine theories and principles
- (D) D. To provide a solution for new problems

(5) 5. Which of the following is a characteristic of qualitative research:-

- (A) A. Generalization to the population
- (B) B. Random sampling
- (C) C. Unique case orientation
- (D) D. Standardized tests and measures

(6) 6. Which of the following pairs contain hypotheses that are similar to each other:-

- (A) A. Simple and complex
- (B) B. Associative and causal
- (C) C. Directional and causal
- (D) D. Null and complex

(7) 7. Which of the following is not a source to develop conceptual framework:-

- (A) A. Researcher's own experience
- (B) B. Previous research findings
- (C) C. Historical facts
- (D) D. Concepts of theories

(8) 8. Survey research is cross-sectional and therefore: -

- (A) A. High in reliability but low in internal validity
- (B) B. High in internal validity but low in reliability
- (C) C. High in ecological validity but low in external validity
- (D) D. Low in reliability and low in internal validity

Rationale

- Internal validity** is the extent to which a study establishes a trustworthy cause-and-effect relationship between a treatment and an outcome. **Internal validity** also reflects that a given study makes it possible to eliminate alternative explanations for a finding.
- In simple terms, **research reliability** is the degree to which **research** method produces stable and consistent results. A specific measure is considered to be **reliable** if its application on the same object of measurement number of times produces the same results.

(9) 9. What is a research design:-

- (A) A. A way of conducting research that is not grounded in theory
- (B) B. The choice between using qualitative or quantitative methods
- (C) C. The process in which you present your research findings e.g a graph
- (D) D. A framework for every stage of the collection and analysis of data

(10) 10. Consider this title: 'The Live Experience of Surviving a Tsunami'. This title would indicate which of the following types of qualitative research: -

(A) A. Ethnographic

(B) B. Phenomenological

(C) C. Action

(D) D. Historical

Rationale: Types of qualitative research

Phenomenological Method: Describing how any one participant experiences a specific event is the goal of the phenomenological method of research. This method utilizes interviews, observation and surveys to gather information from subjects.

Phenomenology is highly concerned with how participants feel about things during an event or activity. Businesses use this method to develop processes to help sales representatives effectively close sales using styles that fit their personality.

Ethnographic Model: The ethnographic model is one of the most popular and widely recognized methods of qualitative research; it immerses subjects in a culture that is unfamiliar to them. The goal is to learn and describe the culture's characteristics much the same way anthropologists observe the cultural challenges and motivations that drive a group. This method often immerses the researcher as a subject for extended periods of time. In a business model, ethnography is central to understanding customers. Testing products personally or in beta groups before releasing them to the public is an example of ethnographic research.

Grounded Theory Method: The grounded theory method tries to explain why a course of action evolved the way it did. Grounded theory looks at large subject numbers. Theoretical models are developed based on existing data in existing modes of genetic, biological or psychological science. Businesses use grounded theory when conducting user or satisfaction surveys that target why consumers use company products or services. This data helps companies maintain customer satisfaction and loyalty.

Case Study Model: Unlike grounded theory, the case study model provides an in-depth look at one test subject. The subject can be a person or family, business or organization, or a town or city. Data is collected from various sources and compiled using the details to create a bigger conclusion. Businesses often use case studies when marketing to new clients to show how their business solutions solve a problem for the subject.

Historical Model: The historical method of qualitative research describes past events in order to understand present patterns and anticipate future choices. This model answers questions based on a hypothetical idea and then uses resources to test the idea for any potential deviations. Businesses can use historical data of previous ad campaigns and the targeted demographic and split-test it with new campaigns to determine the most effective campaign.

Narrative Model: The narrative model occurs over extended periods of time and compiles information as it happens. Like a story narrative, it takes subjects at a starting point and reviews situations as obstacles or opportunities occur, although the final narrative doesn't always remain in chronological order. Businesses use the narrative method to define buyer personas and use them to identify innovations that appeal to a target market.

(11) 11. Which of the following studies would require the largest sample size:-

- (A) A. Correlational
- (B) B. Ethnography
- (C) C. Grounded theory
- (D) D. Phenomenological

(12) 12. Which of the following principles is followed to determine the sample size for qualitative research: -

- (A) A. The 'thumb rule'
- (B) B. The 'rule of 30'
- (C) C. Data saturation
- (D) D. Power analysis

(13) 13. Which of the following is not one of the six major methods of data collection that are used by educational researchers:-

- (A) A. Observation
- (B) B. Questionnaires
- (C) C. Interviews
- (D) D. Checklists

(14) 14. Which percent confidence interval will be the widest (i.e., the least precise) for a particular data set that includes exactly 500 cases: -

- (A) A. 99%
- (B) B. 92%
- (C) C. 95%
- (D) D. 90%

Your Answer :

Correct Answer :

A

(15) 15. The literature review should occur: -

- (A) A. Near the end of the research process
- (B) B. Shortly before the analysis of the problem
- (C) C. Early in the research process
- (D) D. After research process

Your Answer :

Correct Answer :

C

(16) 16. When conducting a literature review, it is advisable to: -

- (A) A. Seek most of the information from internet
- (B) B. Gather literature from books

- (C) C. Gather literature from journals
- (D) D. Seek assistance from a librarian

Your Answer :

Correct Answer :

C

(17) 17. The process of selecting a subset of population for survey is known as:-

- (A) A. Survey research
- (B) B. Representation
- (C) C. Triangulation
- (D) D. Sampling

Your Answer :

Correct Answer :

D

(18) 18. Ex-post facto studies are also called:-

- (A) A. Exploratory
- (B) B. Correlational
- (C) C. Longitudinal
- (D) D. Descriptive

Your Answer :

Correct Answer :

B

(19) 19. Which form of reasoning is the process of drawing a specific conclusion from a set of premises:-

- (A) A. Rationalism
- (B) B. Deductive reasoning
- (C) C. Inductive reasoning
- (D) D. Probabilistic

Your Answer :

Correct Answer :

B

(20) 20. Which of the following cannot be considered as component of the research problem:-

- (A) A. Research study tools
- (B) B. Variables
- (C) C. Study population
- (D) D. Research setting

Your Answer :

Correct Answer :

A

(21) A 60-year-old homeless man is brought to the emergency department by ambulance. He has a history of alcohol dependence syndrome. He is confused and agitated. He complains of double vision and he needs support while walking because of a disturbed gait. The most appropriate treatment is:-

- (A) A. Intravenous diazepam
- (B) B. Intravenous thiamine
- (C) C. Intravenous ascorbic acid
- (D) D. Intravenous glucose

Your Answer :

Correct Answer :

B

(22) A 20-year-old university student attends the clinic reporting a 1-year history of daily use of legal highs. She has recently experienced some mild paranoia on withdrawal from the use of mephedrone. Which class of drugs does mephedrone most closely resemble in its effect on users:-

- (A) A. Amphetamines
- (B) B. Heroin/opioids
- (C) C. Cannabinoids
- (D) D. Hallucinogens

Your Answer :

Correct Answer :

A

(23) The following can be used to treat extrapyramidal side effects of antipsychotic drugs except:

- (A) A. Benzhexol.
- (B) B. Amantadine
- (C) C. Propranolol.
- (D) D. Clozapine

Your Answer :

Correct Answer :

D

(24) Anticholinergic side effects include all of the following EXCEPT:-

- (A) A. Bradycardia
- (B) B. Constipation
- (C) C. Dry mouth
- (D) D. Exacerbation of open-angle glaucoma

Your Answer :

Correct Answer :

A

(25) 22-year-old man started on a typical antipsychotic finds it difficult to sit still and has to move his legs constantly. How is this phenomenon best defined:-

- (A) A. Tardive dyskinesia
- (B) B. Akinesia
- (C) C. Akathisia
- (D) D. Neuroleptic malignant syndrome

Your Answer :

Correct Answer :

C

(26) Which of the following physical manifestations would you expect to assess in a client suffering from anorexia nervosa:-

- (A) A. Tachycardia, hypertension, hyperthermia
- (B) B. Bradycardia, hypertension, hyperthermia
- (C) C. Bradycardia, hypotension, hypothermia
- (D) Tachycardia, hypotension, hypothermia

Your Answer :

Correct Answer :

C

(27) Disorder of motor activity in which the person constantly maintains a position without any movement

- (A) Mannerism
- (B) Cataplexy
- (C) Verbigeration
- (D) Negativism

Your Answer :

Correct Answer :

B

(28) The most common cause of mood congruent delusion is:

- (A) A. Obsessive-compulsive neurosis
- (B) B. Schizophrenia
- (C) C. Dementia
- (D) D. Mania

Your Answer :

Correct Answer :

D

(29) Psychosis is characterized by all, except:

- (A) A. Contact with reality is maintained
- (B) B. Positive symptoms are usually present
- (C) C. Impaired judgment

(D) D. Insight is lost.

Your Answer :

Correct Answer :

A

(30) Which of the following parts of the brain is associated with multiple feelings and behaviors and is sometimes referred to as the “emotional brain”: -

(A) A. Frontal lobe

(B) B. Thalamus

(C) C. Hypothalamus

(D) D. Limbic system

Your Answer :

Correct Answer :

D

(31) The main excitatory neurotransmitter in the CNS is:-

(A) A. Cytstaete

(B) B. Acetylocholine

(C) C. Aspertate

(D) D. Glutamate

Your Answer :

Correct Answer :

D

(32) . The patient has sensory, motor or neurological symptoms that don't follow a recognizable parttern or organic dysfunction:-

(A) A. Hypochondria-sis

(B) B. Obsessive compulsive disorder

(C) C. Borderline personality

(D) D. Anxiety disorder

Your Answer :

Correct Answer :

A

(33) A 34-year-old man is involved in a minor road accident. He has a small bruise on his neck but no pain or dysfunction. He tells his wife he is hoping to get a payout from his insurance company. He tells his GP he has severe back pain and PTSD and is referred to you for assessment. What is the correct term to describe his behaviour:-

(A) A. Factitious disorder (Munchausen's syndrome)

(B) B. Malingering

(C) C. Conversion disorder

(D) D. Somatoform disorder

Your Answer :

Correct Answer :

B

(34) The priority psychiatric nursing intervention in the management of an aggressive and violent patient on admission would be: -

(A) A. Engage him in a discussion, call for reinforcement to restrain him and administer intravenous fluids

(B) B. Engage him in a discussion, call for reinforcement to restrain him and administer tranquilizers

(C) C. Counsel the patient to calm down, call for reinforcement and administer tranquilizers

(D) D. Counsel the patient to calm down, call for reinforcement and administer intravenous fluids

Your Answer :

Correct Answer :

C

(35) Major tranquilizers

(A) A. Have antipsychotic effects

(B) B. Are commonly indicated in management of manic episodes

(C) C. Are used to prevent extra pyramidal side effects

(D) D. They cause muscles relaxation

Your Answer :

Correct Answer :

A

(36) Hippocrates classified mental disorders in to:

(A) A. Major and minor mental illness

(B) B. Psychosis and neurosis

(C) C. Schizophrenia, mania and depression

(D) D. Mania, melancholia and phrenitis

Your Answer :

Correct Answer :

D

(37) The belief expressed by one of your clients that an alien is creating sores on his body with a knife is classified as: -

(A) A. Idea of reference

(B) B. Neologism

(C) C. Delusions

(D) D. Depersonalization

Your Answer :

Correct Answer :

C

(38) The best approach for the mental health nurse to take when a client thinks his food is poisoned is to:-

- (A) A. assure the client that all food served on the hospital is safe to eat.
- (B) B. obtain an order for a tube feeding for the client.
- (C) C. provide the client with food in unopened containers.
- (D) D. tell the client that irrational thinking is detrimental to good health

Your Answer :

Correct Answer :

C

(39) What nursing action would be most effective in changing the behavior of a child diagnosed with attention deficit hyperactivity disorder (ADHD):-

- (A) A. Reward appropriate behavior
- (B) B. Sedate the child for acting out
- (C) C. Use aggressive punishment to control undesired behavior
- (D) D. Use lengthy time out session

Your Answer :

Correct Answer :

A

(40) . Which of the following nursing diagnoses would be considered the priority in planning care for the autistic child:-

- (A) A. Risk for self-mutilation evidenced by banging head against wall
- (B) B. Impaired social interaction evidenced by unresponsiveness to people
- (C) C. Impaired verbal communication evidenced by absence of verbal expression
- (D) D. Disturbed personal identity evidenced by inability to differentiate self from others

Your Answer :

Correct Answer :

A

(41) . The child with conduct disorder will likely to demonstrate:-

- (A) A. Distractibility
- (B) B. Ritualistic behaviour
- (C) C. Serious violation of age related norms
- (D) D. Preference to inanimate object

Your Answer :

Correct Answer :

C

(42) During psychiatric interview patient retains a constellation of ideas long after they have ceased to be appropriate. E.g. "where do you live?", "London", "How old are you", "London. The term used to explain the condition is:-

- (A) A. Perseveration
- (B) B. Mannerisms
- (C) C. Ambivalence
- (D) D. Echopraxia

Your Answer :

Correct Answer :

A

(43) Which of the following nursing diagnoses would be most appropriate for a client with schizotypal personality disorder:-

- (A) A. Ineffective coping related to repetitive behaviour such as hand washing
- (B) B. Risk for self-mutilation related to social anxiety
- (C) C. Risk for violence toward others related to lack of remorse for behaviours
- (D) D. Impaired thought processes related to ideas of reference and magical thinking

Your Answer :

Correct Answer :

D

(44) Which of the following nursing diagnoses would be appropriate for a client with an avoidant personality disorder:-

- (A) A. Risk for self-mutilation related to a desperate need for attention
- (B) B. Ineffective coping related to negative attitudes toward health behaviour
- (C) C. Anxiety related to fear of criticism, disapproval, and rejection
- (D) D. Risk for injury related to uncontrolled anger and hostility toward others

Your Answer :

Correct Answer :

C

(45) The personality disorders where individuals are characteristically sensitive and suspicious include

- (A) a) Histrionic, Borderline and Narcissistic personality disorders
- (B) b) Paranoid, Schizoid and Schizotypal personality disorders
- (C) c) Paranoid, avoidant and dependent personality disorders
- (D) d) Antisocial, Schizoid and affective personality disorders

Your Answer :

Correct Answer :

B

(46) Leo Kanner is known for his studies on:-

- (A) A. Autism
- (B) B. Schizophrenia
- (C) C. Bipolar disorders
- (D) D. Personality disorders

Your Answer :

Correct Answer :

A

(47) Which of the following is considered to be most effective and treatment of choice for phobic disorders:-

- (A) A. Behaviour therapy
- (B) B. Interpersonal psychotherapy
- (C) C. Family therapy
- (D) D. Psychoanalysis

Your Answer :

Correct Answer :

A

(48) The most persistent adverse effect of ECT is:-

- (A) A. Retrograde amnesia
- (B) B. Fractures
- (C) C. Seizures
- (D) D. Hypertension

Your Answer :

Correct Answer :

A

(49) Which of the following is a tricyclic antidepressant:-

- (A) A. Paroxetine
- (B) B. Escitalopram
- (C) C. Venlafaxine
- (D) D. Amitriptyline

Tricyclic Antidepressants



Amitriptyline
(Elavil)



Doxepin
(Sinequan)



Nortriptyline
(Pamelor)



Imipramine
(Tofranil)



Step right up, ladies & gentlemen... Leave all that depression behind ...Get on a Tricyclic and ride...



I feel so much better on my Tricyclic.

C. MILLER

This classification is used for endogenous depression, reactive depression & depression related to alcohol & cocaine withdrawal.



- Watch for signs of:
- Sedation
 - Orthostatic Hypotension
 - ↓ Sexual Ability/Desire
 - Dry Mouth
 - Urinary Retention
 - Tachycardia

Psychotropic drugs

All have decrease BP and change in weight (mostly weight gain)

Phenothiazines-all end in zine

- Old class of drugs-1st gen antipsych
- Does not cure psych diseases-decrease symptoms
- Large doses-antipsychotics
- Small doses-antiemetics
- Considered major tranquilizers

Side effects of tranquilizers

- Anticholinergic effects-Dry mouth
 - Blurred vision
 - Constipation
 - Drowsiness
- Eps (extrapyramidal syndrome-like Parkinsons)
- F I cheated-photosensitivity
- AGranulocytosis-low WBC

ABCDEFG

- Nursing actions when pt has S/E-teach pt to inform doc and keep taking pill
- Adverse effects/toxic effects-hold drug and call doc
- #1 dx for tranquilizer pts-risk for injury/safety issues
- Know decanoate (added at end of drug names)-long acting IM form given to noncompliance clients. May be court order

Benzodiazepines-always have zep in the name

- Antianxiety meds
 - Minor tranquilizers
- Prototypes-diazepam, lorazepam, flurezepam, clorazepam

More than minor tranquilizers

- Preop induce anesthesia
- Alcohol withdrawal
- Seizures
- Help relax and calm down when on ventilator
- Work quickly
- Do not take for more than 2-4 weeks
- S/E-same as psychotropic but on ABCD (anticholinergic effects)
- #1 dx-safety/injury

Clozapine (clozaril)-majority ending in zapine

- Prototype(original)-2nd gen atypical antipsychotics
- Treat schizophrenia
- Does not have S/E A-F
- Have S/E agranulocyte-low WBC-Bad
- Monitor low WBC

Tricyclic antidepressants (il)

- Old class of antidepressant
- Now into new SSRI
- Mood elevator to treat depression
- Elavil (amitriptyline)
- Tofranil (imipramine)
- Anafranil (clomipramine)
- Desyrel (trazodone HCL)

Elavil S/E

- A-D
- Euphoria-upper
- Must take 2-4 weeks for full effect-teach pt it will take a while
- Can be on it for life

Prozac (fluoxetine)-SSRI

- Depression, OCD, panic disorder
- Similar to Elavil-same S/E
 - A-D and euphoria
- Causes insomnia-give before 12pm NOT at bedtime
- When changing dose for adolescent or young adult-watch for suicide risk
- Suicidal risk
 - Prozac not risk alone
 - Recently changed dose & adolescent/young adult

Zoloft (Sertraline)-SSRI

- Antidepressant
- Causes insomnia but can give at bedtime
- When taking-have to lower dose of other meds-high levels-does not metabolize
- St Johns Wart cannot be taken-will cause serotonin syndrome (sweating, apprehension, dizzy, headache)
- Coumadin/warfarin-will bleed-need to reduce coumadin

Haldol (haloperidol)

- Long acting IM-decanoate form
 - S/E same as phenothiazine (A-G)
 - Old antipsychotics
 - NMS-neuroleptic malignant syndrome-elderly pts and young white schizophrenic due to overdose
- NMS-neuroleptic malignant syndrome
- fatal hyperpyrexia-fever
 - Anxiety and tremor
 - 105-108 temperature-medical emergency-even 102 F call for help
 - Dose for elderly- 1/2 adult dose

<p>MAO Inhibitors</p> <ul style="list-style-type: none"> ● 1st class antidepressants ● Beginning of names (Mar), (Nar), (Par)-trade name not generic <ul style="list-style-type: none"> ● Marplan (Isocarboxazid) ● Nardil (Phenelzine) ● Parnate (Tranlycypromine) <p>Side effects</p> <ul style="list-style-type: none"> ● Dry mouth ● Nausea ● Diarrhea or constipation ● Drowsiness ● Dizziness ● Headache <p>Foods</p> <ul style="list-style-type: none"> ● Fruit/veggie-do not have thiamine so can have <p>Except: banana, avocado, raisin (any dry fruit) - BAR</p> <ul style="list-style-type: none"> ● Breads, cookies, pie-OK ● No organ meat ● No preserved meats ● No dairy (cottage and mozzarella cheese OK) ● No yogurt ● No alcohol or chocolate <ul style="list-style-type: none"> ● Teach patient not to take OTC when on MAOI 	<p>Lithium</p> <ul style="list-style-type: none"> ● Treat bipolar-decreases the mania ● Stabilizes nerve cell membrane ● Most unique-side effects different ● S/E-act like electrolytes <ul style="list-style-type: none"> ● Peeing ● Pooping ● Paresthesia (numbness & tingling) ● If give large dose lithium-paresthesia first sign ● If S/E (normal occurrence to med)-give med and do not need to call doc ● Toxic effects-overdose-tremors, metallic taste, severe diarrhea <ul style="list-style-type: none"> ● Hold and call doc <p>Interventions on lithium</p> <ul style="list-style-type: none"> ● Increase fluids-peeing and poeing side effect so reduces risk of dehydration ● Monitor sodium- so reduce risk of dehydration ● Pt sweating and working outdoors-give Gatorade not water-need normal sodium <p>Lithium linked to sodium</p> <ul style="list-style-type: none"> ● Monitor sodium ● Decrease sodium-lithium becomes toxic ● Increase sodium-lithium ineffective ● Sodium needs to be normal (competitive binders)
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(50) Benzodiazepines primarily act on:-

- (A) A. GABA-A receptors
- (B) B. 5HT receptors
- (C) C. Dopamine receptors
- (D) D. Mu receptors

(51) A child has been recovering from an operation of the cleft lip. What is your priority nursing care?

- (A) A. Bleeding tendency
- (B) B. Wound care

- (C) Airway patency
- (D) Risk for Infection

(52) Which of the following effective nursing intervention in order to prevent occurrence of Gastroesophageal reflux?

- (A) Giving solid foods
- (B) Giving frequent small feedings
- (C) Giving semi-solid foods
- (D) Giving osterized feeding

(53) The following are signs and symptoms of asthma except:

- (A) Fatigue
- (B) pinkish skin
- (C) Moist skin
- (D) Use of accessory muscles

(54) A mother would like to know the reason why there is asthma in her child. How would you explain it?

- (A) An asthma attack is a response to release of inflammatory mediators to epithelial cells. The autonomic neural control to airway is affected.
- (B) An asthma attack can happen when the child is exposed to certain allergens that would trigger an allergic reaction to the bronchioles causing constriction of the bronchial tree. This is either acquired or being hereditary.
- (C) An asthma attack is an inborn problem of a child that involves abnormal growth of the bronchial tree causing restriction.
- (D) All of these

(55) According to Erikson stage, what is the stage of a toddler going through?

- (A) Trust versus mistrust
- (B) Initiative versus Guilt
- (C) Autonomy versus Shame
- (D) Identity versus Role Confusion

(56) What is the earliest time that a child can be diagnosed to have autism?

- (A) 2 years old
- (B) 2 months old
- (C) 6 years old
- (D) 6 months old

(57) The nurse leads an adolescent health information group, which often expands into other areas of discussion. She knows that these youths are trying to find out “who they are,” and discussion often focuses on which directions they want to take in school and life, as well as peer relationships. According to Erikson, this stage is known as:

- (A) . identity vs. role confusion.
- (B) adolescent rebellion.
- (C) career experimentation.
- (D) relationship testing

(58) Which of the following is not an acyanotic heart disease?

- (A) Patent Ductus Arteriosus
- (B) Patent Ductus Arteriosus
- (C) Patent Ductus Arteriosus
- (D) Tetralogy of Fallot

(59) Which of the following is not a sign of severe dehydration in children?

- (A) lethargic or unconscious
- (B) Skin pinch goes back readily
- (C) Unable to drink or drinking poorly
- (D) Sunken eyes

(60) A baby will be able to hold its head by?

- (A) 11 months
- (B) 1 month
- (C) 3 months
- (D) 9months

Your Answer :

(61) Erikson’s developmental theories differ from Freud’s in that Erikson placed greater emphasis on

- (A) Cultural factors in development
- (B) Instinctual drive
- (C) Interpersonal relations
- (D) Psychosexual development

(62) Constipation is characterized by decrease in the frequency or passage of stools the formation of hard, dry stools usually due to some disease except:

- (A) Anal fissure
- (B) Imperforate anus

- (C) Pyloric stenosis
- (D) Hirschsprung's disease

(63) While assessing a newborn with cleft lip, the nurse would be alert that which of the following will most likely be compromised?

- (A) Sucking ability
- (B) Respiratory status
- (C) Locomotion
- (D) GI function

(64) Patients with Idiopathic thrombocytopenic Purpura (ITP) have increased risk of bleeding. Therefore the nurse must carefully monitor:

- (A) WBC and bleeding time
- (B) Iron and ferritin level
- (C) PT and PTT
- (D) Platelet count and RBCs

(65) A treatment plan for child with sickle cell anemia will include:

- (A) IV fluids to adequately hydrate
- (B) Narcotic pain management when pain is severe
- (C) Transfusion of RBCs to correct anemia
- (D) All of these

(66) A 9-year old is admitted with suspected rheumatic fever. Which finding is suggested of polymigratory arthritis?

- (A) Irregular movements of the extremities and facial grimacing
- (B) Painless swelling over the extensor surfaces of the joints
- (C) Faint areas of red demarcation over the back and abdomen
- (D) Swelling, inflammation and effusion of the joints

(67) Which nursing action is a priority as the plan of care is developed for a 7-year-old child hospitalized for acute glomerulo-nephritis?

- (A) Assess for generalized edema
- (B) Monitor for increased urinary output
- (C) Encourage rest during hyperactive periods
- (D) Note patterns of increased blood pressure

(68) When assessing a 12 year old child with Wilm's tumor, the nurse should keep in mind that it most important to avoid which of the following?

- (A) Measuring the child's chest circumference
- (B) Palpating the child's abdomen
- (C) Placing the child in an upright position
- (D) Measuring the child's occipitofrontal circumference

(69) Craniotabes is a clinical sign of:

- (A) Kwashiorkor
- (B) Marasmus
- (C) Rickets
- (D) Scurvy

(70) Respiratory Distress Syndrome is a disease of preterm infant which caused due to all of the following except:

- (A) Atelectasis of alveoli.
- (B) Immaturity of the respiratory center.
- (C) Formation of surfactant substances.
- (D) Hypoxia.

(71) Sudden stimulus causes the arms to fly up and out is:

- (A) Moro
- (B) Gag
- (C) Rooting
- (D) Tonic neck

(72) A nurse is administering blood to a child who has a low hemoglobin count. He asks how long to RBC's last in my body? The correct response is:

- (A) The life span of RBC is 45 days
- (B) The life span of RBC is 60 days
- (C) The life span of RBC is 90 days
- (D) The life span of RBC is 120 days

(73) Which of the following clinical assessments would most likely be demonstrated in severe dehydration?

- (A) Pale skin turgor
- (B) Normal skin turgor
- (C) Marked oliguria
- (D) Normal blood pressure

(74) Shock is characterized by the following signs except

(A) Tachypnea

(B) Pallor

(C) Cool skin

(D) Delayed capillary refill

Your Answer :

Correct Answer :

A

(75) An infant has had frequent episodes of green, mucus-containing stools. The nursing assessment reveals that the infant has dry mucus membranes, poor skin turgor, and an absence of tearing. Based on these data, what is the most appropriate nursing diagnosis?

(A) Impaired skin integrity related to irritation caused by frequent, loose stools

(B) Deficient fluid volume related to frequent, loose stools

(C) Pain related to abdominal cramping and diarrhea

(D) Imbalanced nutrition: less than body requirements related to diarrhea

Your Answer :

Correct Answer :

B

(76) When providing postoperative care for the child with a cleft palate, the nurse should position the child in which of the following positions?

(A) Supine

(B) Prone

(C) In an infant seat

(D) lateral

Your Answer :

Correct Answer :

D

(77) Which assessment finding would the nurse expect in an infant diagnosed with pyloric stenosis?

(A) Abdominal rigidity

(B) Ribbon-like stools

(C) Visible waves of peristalsis

(D) Rectal prolapse

Your Answer :

Correct Answer :

C

(78) Which of the following nursing diagnosis would the nurse identify as a priority for the infant with tracheoesophageal fistula (TEF)?

(A) impaired parenting related to newborn's illness

- (B) risk of injury related to increased potential for aspiration
- (C) ineffective nutrition: less than body requirements, related to poor sucking ability
- (D) ineffective breathing pattern related to a weak diaphragm

Your Answer :

Correct Answer :

B

(79) In bacterial meningitis all the following may be observed during CSF analysis results except: a. b. c. d.

- (A) high cells count
- (B) high glucose
- (C) high protein
- (D) turbidity

Your Answer :

Correct Answer :

B

(80) When Baby Nicole was 1 day old she has surgery for reduction of myelomeningocele. Which nursing intervention is critical during the postoperative period?

- (A) passive range-of-motion exercises of the lower extremities
- (B) suprapubic manual expression of urine
- (C) observation of the frequency and character of the stools
- (D) daily measurement of the head circumference

Your Answer :

Correct Answer :

D

(81) What clinical manifestations would suggest hydrocephalus in a neonate ?

- (A) Bulging fontanel, dilated scalp veins .
- (B) Closed fontanel, high-pitched cry .
- (C) Constant low-pitched cry, restlessness .
- (D) Depressed fontanel, decreased blood pressure .

Your Answer :

Correct Answer :

A

(82) Kerning's sign is manifestation for:

- (A) . Wiliam's tumor .
- (B) Acute Rheumatic Fever.
- (C) Encephalitis
- (D) Meningitis

Your Answer :

Correct Answer :

D

(83) An appropriate nursing assessment of an infant with spina bifida includes all of the following, except: a. b c. d.

(A) head circumference.

(B) . checking reflexes.

(C) palpating fontanel.

(D) abdominal girth.

Your Answer :

Correct Answer :

C

(84) Which of the following heart defects usually results in hypoxemia and cyanosis ?

(A) Coarctation of the aorta .

(B) Atrial septal defect .

(C) Patent ductus arteriosus .

(D) Transposition of the great vessels .

Your Answer :

Correct Answer :

D

(85) The best prophylactic treatment for client is to prevent further rheumatic attack:

(A) Prednisone.

(B) Aspirin.

(C) Penicillin.

(D) All of the above.

Your Answer :

Correct Answer :

C

(86) What is nursing education?

(A) educating children about nurses

(B) specific training a nurse receives to be qualified to work with patients.

(C) training teachers to teach nurses

(D) educating families of nurses

Your Answer :

Correct Answer :

B

(87) Bedside performance of a student nurse can be ideally assessed by?

(A) Checklist.

(B) Rating scale.

(C) Peer review.

(D) Anecdotes.

Your Answer :

Correct Answer :

A

(88) Which aim of education allows the students to develop themselves into distinct individual personality

(A) Individual

(B) Social

(C) Vocational

(D) Moral

Your Answer :

Correct Answer :

A

(89) Which of the following is not a characteristics of good teaching?

(A) Reduces the distance between teacher and students

(B) Flexible and not tied to any method

(C) Incorporates cooperativeness and suggestiveness

(D) Is autocratic

Your Answer :

Correct Answer :

D

(90) Role-play helps to assess which domain of learning

(A) Cognitive

(B) Affective

(C) Psychomotor

(D) All of these

Your Answer :

Correct Answer :

D

(91) Educational objectives should be all except

(A) Attainable

(B) Realistic

(C) Motivational

(D) Measurable

Your Answer :

Correct Answer :

C

(92) Educational objectives according to Bloom's taxonomy are classified into how many basic domains

- (A) Two
- (B) Three
- (C) Four
- (D) Five

Your Answer :

Correct Answer :

B

(93) Other name of institutional objective is

- (A) Behavioral objective
- (B) Departmental objective
- (C) Specific Objective
- (D) General objective

Your Answer :

Correct Answer :

D

(94) The important characteristic of assessment tool that helps us know about whether the tool measures what it is intended to measure is

- (A) Validity
- (B) Objectivity
- (C) Reliability
- (D) Practicability

Your Answer :

Correct Answer :

A

(95) The character of feeling for others in their position is called

- (A) Empathy
- (B) Sympathy
- (C) Warmth
- (D) Reassurance

Your Answer :

Correct Answer :

A

(96) The educational assessment that is generally carried out throughout a course or project is known as

- (A) Criterion-referenced assessment
- (B) Continuous assessment
- (C) Formative assessment
- (D) Summative assessment

Your Answer :

Correct Answer :

C

(97) The purpose of taking return demonstration from students after a teaching session of demonstration of nursing procedure is to

- (A) Fulfill syllabus norm
- (B) Ensure safe Nursing practice
- (C) Follow institutional policy
- (D) Identify mistakes

Your Answer :

Correct Answer :

B

(98) Which one of the following is NOT a part of electronic media?

- (A) Radio
- (B) Brochure
- (C) Film
- (D) Television

Your Answer :

Correct Answer :

B

(99) Which of the following is not the purpose of assessment?

- (A) Certification
- (B) Safeguarding public
- (C) Monitoring the program
- (D) Safeguarding educational institution

Your Answer :

Correct Answer :

D

(100) All experiences of pupil that are undertaken in the guidance of the school is

- (A) Course plan
- (B) Unit plan
- (C) Curriculum
- (D) Learning experiences

Your Answer :

Correct Answer :

C

Your Score : 0 / 100

- **Red tags** - (immediate) are used to label those who cannot survive without immediate treatment but who have a chance of survival.
- **Yellow tags** - (observation) for those who require observation (and possible later re-triage). Their condition is stable for the moment and, they are not in immediate danger of death. These victims will still need hospital care and would be treated immediately under normal circumstances.
- **Green tags** - (wait) are reserved for the "walking wounded" who will need medical care at some point, after more critical injuries have been treated.

- White tags - (dismiss) are given to those with minor injuries for whom a doctor's care is not required.
- **Black tags** - (expectant) are used for the deceased and for those whose injuries are so extensive that they will not be able to survive given the care that is available.

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