

GMCH Chandigarh Nursing Officer Exam 2022

100 Questions – Corrected & Explained

Q1. Which of the following anti-tubercular drugs causes red-orange discoloration of urine?

- A. Isoniazid
- B. Streptomycin
- C. Ethambutol
- D. Rifampicin**

Correct Answer: D. Rifampicin

Rationale: Rifampicin characteristically causes orange-red discoloration of urine and other body fluids.

Q2. Absence of bowel sounds and abdominal distention after abdominal surgery indicates:

- A. Hemorrhage
- B. Intussusception
- C. Paralytic ileus**
- D. Flatulence

Correct Answer: C. Paralytic ileus

Rationale: Paralytic ileus is temporary cessation of intestinal motility and commonly occurs after abdominal surgery.

Q3. Unwanted but unavoidable pharmacodynamic effects of a drug at the therapeutic dose are known as:

- A. Hypersensitivity
- B. Side effects**
- C. Toxic effects
- D. Idiosyncrasy

Correct Answer: B. Side effects

Rationale: A side effect is an unintended pharmacological effect occurring at a normal therapeutic dose.

Q4. Which organism is a major cause of peptic ulcer disease?

- A. Staphylococcus
- B. Corynebacterium
- C. Helicobacter pylori**
- D. Streptococcus

Correct Answer: C. Helicobacter pylori

Rationale: Helicobacter pylori is a major cause of peptic ulcer disease.

Q5. When the amount of amniotic fluid is excessive, the condition is called:

A. Oligohydramnios

B. Polyhydramnios

C. Bag of waters

D. Amnionitis

Correct Answer: B. Polyhydramnios

Rationale: Polyhydramnios means excessive amniotic fluid; oligohydramnios means reduced fluid.

Q6. Under the Registration of Births and Deaths framework, the usual period for reporting a birth without late-fee provisions is:

A. 7 days

B. 21 days

C. 14 days

D. Any of the above

Correct Answer: B. 21 days

Rationale: The original paper uses 21 days. This reflects the applicable historical registration rule used by the paper; current registration procedures should be checked against the prevailing law.

Q7. In identical twins, when the fetuses share a common chorion, the placenta is generally:

A. One

B. Two

C. More than two

D. Two and fused

Correct Answer: A. One

Rationale: Monochorionic twins share a chorion and generally have a single fused/shared placental mass.

Q8. A sports person may misuse which substance to enhance physical performance?

A. Anabolic steroids

B. Caffeine

C. Whisky

D. High-calorie food

Correct Answer: A. Anabolic steroids

Rationale: Anabolic steroids can increase muscle mass and performance but have significant health risks and are prohibited in many competitive sports.

Q9. The salient features of nurses' records include all of the following except:

- A. Written with ink on paper
- B. Complete, clear and concise
- C. Countersigned by a doctor**
- D. Should not have overwriting

Correct Answer: C. Countersigned by a doctor

Rationale: A routine doctor's countersignature is not an essential characteristic of every nursing record; documentation should be accurate, complete, clear and authenticated.

Q10. The ability of the human body to defend itself against a pathogenic agent is called:

- A. Resistance
- B. Tolerance
- C. Immunity**
- D. Adaptation

Correct Answer: C. Immunity

Rationale: Immunity is the body's ability to recognize and defend against pathogens.

Q11. Fifth disease is also known as:

- A. Mumps
- B. Erythema infectiosum**
- C. Measles
- D. Rubella

Correct Answer: B. Erythema infectiosum

Rationale: Fifth disease is erythema infectiosum, commonly caused by Parvovirus B19.

Q12. In which part of the fallopian tube does fertilization most commonly take place?

- A. Infundibulum
- B. Ampulla**
- C. Isthmus
- D. Interstitial part

Correct Answer: B. Ampulla

Rationale: The ampulla is the most common site of fertilization.

Q13. Who is commonly known as the father of antiseptic surgery?

A. Hippocrates

B. Joseph Lister

C. Louis Pasteur

D. Solomon Waksman

Correct Answer: B. Joseph Lister

Rationale: Joseph Lister pioneered antiseptic surgical techniques. The question should read 'antiseptic surgery,' not 'aseptic surgery.'

Q14. World Mental Health Day is observed on:

A. July 11

B. October 10

C. April 7

D. June 5

Correct Answer: B. October 10

Rationale: World Mental Health Day is observed annually on October 10.

Q15. Shoulder dystocia is initially managed by:

A. Lovset manoeuvre

B. Leopold manoeuvre

C. McRoberts manoeuvre

D. Burns-Marshall manoeuvre

Correct Answer: C. McRoberts manoeuvre

Rationale: The McRoberts manoeuvre is a first-line manoeuvre for shoulder dystocia.

Q16. A normal human somatic cell has _____ chromosomes:

A. 23

B. 46

C. 24

D. 48

Correct Answer: B. 46

Rationale: Normal human somatic cells contain 46 chromosomes arranged in 23 pairs; gametes contain 23.

Q17. One major complication of mumps in males is:

A. Weakness

B. Infertility/sterility

C. Earache

D. Meningitis

Correct Answer: B. Infertility/sterility

Rationale: Mumps can cause orchitis, which may impair fertility. 'Sterility' is the traditional exam answer, but infertility is more precise.

Q18. Pulse pressure is defined as:

A. The difference between systolic and diastolic pressure

B. The difference between arterial and venous pressure

C. The difference between standing and supine blood pressure

D. None of the above

Correct Answer: A. The difference between systolic and diastolic pressure

Rationale: Pulse pressure = systolic blood pressure – diastolic blood pressure.

Q19. The main aim of a nursing care plan for assisted mobility at the bedside would be:

A. Perform active and passive range-of-motion exercises daily

B. Promote independence during exercises and activities

C. Both A and B

D. None of these

Correct Answer: C. Both A and B

Rationale: Assisted mobility includes maintaining joint mobility while promoting safe independence.

Q20. The role of a nurse in comprehensive management of a depressed patient essentially includes:

A. Prescribing antidepressant medications

B. Evaluation of medical condition and course of disease

C. Providing psychological support through cognitive behavioral therapy

D. Ordering investigations for the patient

Correct Answer: C. Providing psychological support through cognitive behavioral therapy

Rationale: Nurses provide therapeutic communication, support and nursing interventions. Independent prescribing and ordering of investigations are not routine nursing responsibilities. Formal CBT requires appropriate training and scope of practice.

Q21. All of the following are healthcare-associated infections or infection-related complications except:

- A. Ventilator-associated pneumonia
- B. Catheter-associated urinary tract infection
- C. Cannula-associated thrombophlebitis
- D. Drug-associated toxicity**

Correct Answer: D. Drug-associated toxicity

Rationale: Drug toxicity is an adverse drug event, not an infection. Note: thrombophlebitis itself is not necessarily an infection, so the original item is imperfectly worded.

Q22. Which of the following is not a direct cause/risk factor for a pressure injury?

- A. Drug reaction**
- B. Prolonged sitting or lying in the same position
- C. Poor circulation to the affected part
- D. Constant pressure against a particular part

Correct Answer: A. Drug reaction

Rationale: Prolonged pressure, immobility and impaired circulation contribute to pressure injury; drug reaction is not a direct mechanical cause.

Q23. Which of the following is not a major intracellular electrolyte?

- A. Sodium**
- B. Potassium
- C. Magnesium
- D. Phosphorus/Phosphate

Correct Answer: A. Sodium

Rationale: Sodium is the major extracellular cation; potassium is the major intracellular cation. Phosphate and magnesium are predominantly intracellular.

Q24. Hypervolemia can result from all of the following except:

- A. Early renal failure
- B. Congestive heart failure
- C. Diarrhoea**

D. Excessive sodium ingestion

Correct Answer: C. Diarrhoea

Rationale: Diarrhoea causes fluid and electrolyte loss and can produce hypovolemia.

Q25. Medication errors in hospitals commonly include errors related to:

A. Wrong dosage and infusion rate

B. Wrong identification of patient

C. Wrong route of drug administration

D. Wrong drug being administered

Correct Answer: A. Wrong dosage and infusion rate

Rationale: The source paper keys wrong dosage and infusion-rate errors. In practice, medication errors can occur at every listed step, so this is not a universally valid 'most common' statement.

Q26. Medication errors can occur because of flaws at which stage?

A. Prescribing

B. Transcribing

C. Dispensing

D. Administering

Correct Answer: D. Administering

Rationale: Medication errors can occur at all stages; the paper identifies administration as the intended answer. This should not be interpreted as an absolute statement that administration is always the most common stage.

Q27. Which term denotes the normal cardiac rhythm in a patient?

A. Tachycardia

B. Sinus rhythm

C. Bradycardia

D. Asystole

Correct Answer: B. Sinus rhythm

Rationale: Normal cardiac rhythm originates from the sinoatrial node and is called sinus rhythm.

Q28. Recording patients' vital signs by nursing professionals is required primarily:

A. To keep the patient happy

B. To monitor progress and detect adverse events

C. To fill the medical records

D. To have data for research

Correct Answer: B. To monitor progress and detect adverse events

Rationale: Vital signs provide objective information and help detect deterioration early.

Q29. In an adult, fever is commonly defined as an oral temperature of approximately:

A. 98.6°F

B. 99.5°F

C. 97.8°F

D. 100.4°F (38°C)

Correct Answer: D. 100.4°F (38°C)

Rationale: A commonly used threshold for fever is 38°C (100.4°F). The original paper's 100°F answer is not the standard threshold.

Q30. In a patient, fluid balance is assessed by:

A. Monitoring weight

B. Physical examination

C. Input-output charting

D. All of the above

Correct Answer: D. All of the above

Rationale: Daily weight, physical assessment and accurate intake-output records all contribute to fluid-balance assessment.

Q31. The International Nurses Day theme for 2022 was:

A. Nurses: A Voice to Lead – Invest in Nursing and respect rights to secure global health

B. Nurses: A Voice to Lead – A vision for future healthcare

C. Nurses: A Voice to Lead – Nursing the World to Health

D. None of the above

Correct Answer: A. Nurses: A Voice to Lead – Invest in Nursing and respect rights to secure global health

Rationale: The 2022 theme was 'Nurses: A Voice to Lead – Invest in Nursing and respect rights to secure global health.'

Q32. International Nurses Day is celebrated to commemorate:

A. Foundation day of the International Council of Nurses

B. Anniversary of Florence Nightingale's birth

- C. Anniversary of Mother Teresa's birth
- D. Anniversary of the opening of the first scientific nursing school

Correct Answer: B. Anniversary of Florence Nightingale's birth

Rationale: International Nurses Day is observed on May 12, Florence Nightingale's birth anniversary.

Q33. The classic WHO definition of health includes all of the following dimensions except:

- A. Mental
- B. Physical
- C. Vocational**
- D. Social

Correct Answer: C. Vocational

Rationale: The classic WHO definition refers to physical, mental and social well-being.

Q34. Which disease is least appropriately classified as a lifestyle-related disease?

- A. Cardiovascular diseases
- B. Cancer
- C. Hypertension
- D. Type 1 diabetes**

Correct Answer: D. Type 1 diabetes

Rationale: Type 1 diabetes is primarily autoimmune rather than a lifestyle disease, although lifestyle can affect management and outcomes.

Q35. Health-promotion activities regularly practiced by nurses include:

- A. Motivating patients for healthy lifestyle behaviours
- B. Psychological counselling of patients within scope of practice
- C. Counselling family members
- D. All of these**

Correct Answer: D. All of these

Rationale: Nurses support health promotion through education, motivation, counselling and family involvement within their scope of practice.

Q36. Urinary output is an important indicator of:

- A. Severity of urinary tract infection
- B. Level of consciousness

C. Kidney function and renal perfusion

D. Status of medication

Correct Answer: C. Kidney function and renal perfusion

Rationale: Urine output is an important clinical indicator of renal perfusion and kidney function.

Q37. Fluid and electrolyte status can be assessed using:

A. Blood pressure

B. Pulse rate

C. Urine output

D. All of the above

Correct Answer: D. All of the above

Rationale: Blood pressure, pulse and urine output all provide useful information about circulatory and fluid status.

Q38. Gloves are particularly indicated for which patient-care activity?

A. Medication administration

B. Perineal care after childbirth

C. Physiotherapy

D. Recording vital signs

Correct Answer: B. Perineal care after childbirth

Rationale: Perineal care can involve exposure to blood, body fluids and mucous membranes, so appropriate gloves are indicated.

Q39. Normal adult urine output is approximately:

A. 0.5–1.5 mL/kg/hour

B. 0.1–0.5 mL/kg/hour

C. 1.0–5.0 mL/kg/hour

D. 1.5–5.0 mL/kg/hour

Correct Answer: A. 0.5–1.5 mL/kg/hour

Rationale: About 0.5–1 mL/kg/hour is a commonly used adult minimum target; 0.5–1.5 mL/kg/hour is a reasonable exam range.

Q40. Which of the following is not a micronutrient?

A. Vitamin A

B. Zinc

C. Protein

D. Vitamin C

Correct Answer: C. Protein

Rationale: Protein is a macronutrient; vitamins and minerals are micronutrients.

Q41. Among dietary fats, which should be consumed in limited amounts for a healthy diet?

A. Monounsaturated fats

B. Polyunsaturated fats

C. Saturated fats

D. None of these

Correct Answer: C. Saturated fats

Rationale: Saturated fat intake should be limited; unsaturated fats are generally preferred.

Q42. Which of the following is a valid metric measurement of urine volume?

A. 30 ounces

B. One cup

C. 300 mL

D. 1 quart

Correct Answer: C. 300 mL

Rationale: 300 mL is a valid metric volume. However, urinary output should normally be documented with a time period (for example, mL/hour), so the original question is incomplete.

Q43. A major micronutrient deficiency in India is:

A. Iodine

B. Zinc

C. Vitamin A

D. Iron

Correct Answer: D. Iron

Rationale: Iron deficiency is a major public-health micronutrient deficiency, especially among vulnerable groups.

Q44. According to the older antenatal-care schedule used in the source paper, recommended antenatal visits were:

A. Four visits, including an early visit and one at term

B. Once a month

C. Once in two months

D. Every two weeks

Correct Answer: A. Four visits, including an early visit and one at term

Rationale: The original paper uses the older four-visit schedule. Current Indian ANC guidance has moved toward more contacts, so this item is historically framed.

Q45. Feeding colostrum to a newborn is essential because:

A. It is good in taste

B. It is nutrient-dense and rich in antibodies and protective factors

C. It is a tradition in India

D. It induces breast mitosis to produce more milk

Correct Answer: B. It is nutrient-dense and rich in antibodies and protective factors

Rationale: Colostrum is concentrated in nutrients and immune-protective factors, especially antibodies such as secretory IgA.

Q46. Scurvy is caused by deficiency of:

A. Vitamin A

B. Vitamin B

C. Vitamin C

D. Vitamin D

Correct Answer: C. Vitamin C

Rationale: Vitamin C is required for collagen synthesis; deficiency causes scurvy.

Q47. Vitamin D deficiency causes:

A. Rickets and osteomalacia

B. Beriberi

C. Dry eyes

D. Mouth ulcers

Correct Answer: A. Rickets and osteomalacia

Rationale: Vitamin D deficiency causes rickets in children and osteomalacia in adults.

Q48. A pulse oximeter is used to measure:

A. Oxygen saturation of blood

B. Pulse rate

C. Both A and B

D. None of these

Correct Answer: C. Both A and B

Rationale: Pulse oximeters primarily measure SpO₂ and also display pulse rate.

Q49. Range of motion depicts:

A. Exercises that move each muscle and joint

B. The arc of movement of a joint

C. The direction of movement of limbs

D. None of these

Correct Answer: B. The arc of movement of a joint

Rationale: Range of motion is the extent or arc through which a joint can move.

Q50. For a patient with severe hearing disability, the nurse should usually:

A. Face the patient and speak clearly and distinctly

B. Shout and exaggerate mouth movements

C. Keep silent

D. Communicate with family only

Correct Answer: A. Face the patient and speak clearly and distinctly

Rationale: Facing the patient and speaking clearly facilitates communication; shouting may distort lip movements.

Q51. A trochanter roll is used to:

A. Prevent internal rotation of the hip when the patient is recumbent

B. Prevent external rotation of the hip when the patient is recumbent

C. Prevent internal rotation of the hip when standing

D. Prevent external rotation of the hip when standing

Correct Answer: B. Prevent external rotation of the hip when the patient is recumbent

Rationale: A trochanter roll helps prevent external rotation of the hip in a recumbent patient.

Q52. Wrist drop occurs when the:

A. Flexor muscles of the wrist and digits do not work

B. Extensor muscles of the wrist and digits do not work

C. Abductor muscles of the wrist and digits do not work

D. Adductor muscles of the wrist and digits do not work

Correct Answer: B. Extensor muscles of the wrist and digits do not work

Rationale: Wrist drop is due to weakness/paralysis of wrist and finger extensors, commonly from radial nerve dysfunction.

Q53. Which is an important nursing measure to prevent ventilator-associated pneumonia?

A. Reduce unnecessary exposure to mechanical ventilation

B. Provide appropriate oral care and subglottic secretion management

C. Promote early mobility when appropriate

D. All of these

Correct Answer: D. All of these

Rationale: VAP prevention is multimodal and includes minimizing unnecessary ventilation, oral care, secretion management and appropriate mobility.

Q54. For replacement of non-haemorrhagic intravascular volume, a commonly used initial fluid is:

A. Blood transfusion

B. Blood substitutes

C. Isotonic crystalloid solution

D. Colloid solution

Correct Answer: C. Isotonic crystalloid solution

Rationale: Isotonic crystalloids are commonly used for initial intravascular volume replacement in non-haemorrhagic volume depletion.

Q55. The most common cause of postpartum haemorrhage is:

A. Bleeding disorders

B. Abruptio placentae

C. Placenta previa

D. Uterine atony

Correct Answer: D. Uterine atony

Rationale: Uterine atony is the leading cause of postpartum haemorrhage.

Q56. Which cells/tissues are capable of ongoing mitotic replacement most consistently?

A. Nerve cells

B. Stomach/intestinal epithelial cells

C. Mature skeletal muscle cells

D. Mature cardiac muscle cells

Correct Answer: B. Stomach/intestinal epithelial cells

Rationale: The original answer 'muscle cells' is incorrect. Gastrointestinal epithelial cells are continuously renewed. Mature skeletal and cardiac muscle cells do not undergo almost constant mitosis.

Q57. The total lung capacity in a healthy adult male is approximately:

A. 500 mL

B. 5,000 mL

C. 600 mL

D. 6,000 mL

Correct Answer: D. 6,000 mL

Rationale: Total lung capacity is approximately 6 L in an average adult, with individual variation.

Q58. Which is an example of an isotonic intravenous solution?

A. Dextrose + normal saline

B. 10% dextrose

C. 0.45% sodium chloride

D. Ringer's lactate

Correct Answer: D. Ringer's lactate

Rationale: Ringer's lactate is an isotonic crystalloid. 0.45% NaCl is hypotonic and 10% dextrose is hypertonic.

Q59. WHO declared the 2019 novel coronavirus outbreak a Public Health Emergency of International Concern on:

A. January 30, 2020

B. January 13, 2020

C. January 23, 2020

D. January 27, 2020

Correct Answer: A. January 30, 2020

Rationale: WHO declared the COVID-19 outbreak a PHEIC on January 30, 2020.

Q60. Rectal temperature measurement is most contraindicated in:

A. A patient who has had a myocardial infarction

B. A patient with Parkinson's disease

C. A patient prone to seizures

D. A patient with diabetic neuropathy

Correct Answer: A. A patient who has had a myocardial infarction

Rationale: Rectal temperature can stimulate vagal activity and may be avoided in patients in whom vagal stimulation is undesirable, including some cardiac patients. Local policy should guide practice.

Q61. In meiosis, how many daughter cells are formed?

A. 8

B. 6

C. 4

D. 2

Correct Answer: C. 4

Rationale: Meiosis consists of two divisions and produces four haploid daughter cells.

Q62. Which ovarian hormone inhibits FSH secretion most specifically?

A. Progesterone

B. Oestrogen

C. Inhibin

D. GnRH

Correct Answer: C. Inhibin

Rationale: Inhibin specifically suppresses FSH secretion. Oestrogen also participates in feedback regulation of gonadotropins, but inhibin is the best answer to this wording.

Q63. Pepsin digests:

A. Protein

B. Fat

C. Carbohydrate

D. Vitamin

Correct Answer: A. Protein

Rationale: Pepsin is a gastric protease that begins protein digestion.

Q64. Which is the most abundant and widely distributed type of connective tissue?

A. Epithelial tissue

B. Connective tissue

C. Nervous tissue

D. Muscle tissue

Correct Answer: B. Connective tissue

Rationale: Connective tissue is widely distributed and includes bone, cartilage, blood, adipose and fibrous tissues.

Q65. Quality assurance in nursing is primarily concerned with:

A. Adequacy of care

B. Practice ratings

C. Standards of practice

D. Organizational practice

Correct Answer: C. Standards of practice

Rationale: Quality assurance evaluates and maintains standards of nursing practice and patient care.

Q66. Sprengel deformity involves abnormal elevation of the:

A. Scapula

B. Radius

C. Ulna

D. Tibia

Correct Answer: A. Scapula

Rationale: Sprengel deformity is a congenital elevation/malposition of the scapula.

Q67. The smallpox vaccine was developed by:

A. Louis Pasteur

B. Paul Ehrlich

C. Edward Jenner

D. John Snow

Correct Answer: C. Edward Jenner

Rationale: Edward Jenner developed the first successful smallpox vaccine in 1796.

Q68. Amoebiasis is transmitted mainly through the:

A. Faeco-oral route

B. Vector route

C. Parenteral route

D. Airborne route

Correct Answer: A. Faeco-oral route

Rationale: Entamoeba histolytica infection is mainly transmitted by ingestion of infective cysts through contaminated food or water.

Q69. Among the listed foods, a rich dietary source of vitamin D is:

- A. Liver
- B. Cheese
- C. Egg yolk
- D. Cod liver oil**

Correct Answer: D. Cod liver oil

Rationale: Cod liver oil is a rich dietary source of vitamin D.

Q70. The '3 Ds' of pellagra are associated with deficiency of:

- A. Thiamine
- B. Biotin
- C. Niacin**
- D. Riboflavin

Correct Answer: C. Niacin

Rationale: Niacin deficiency causes pellagra, classically characterized by dermatitis, diarrhoea and dementia.

Q71. A surgical opening made in the abdominal wall to discharge contents from the ileum is called:

- A. Ileostomy**
- B. Gastroscopy
- C. Arthroscopy
- D. Vasectomy

Correct Answer: A. Ileostomy

Rationale: An ileostomy brings the ileum through the abdominal wall to divert intestinal contents.

Q72. Which complaint requires the most immediate nursing intervention?

- A. Renal stone with severe pain not relieved
- B. Fractured femur with sudden sharp chest pain**
- C. Both A and B
- D. Ulcerative colitis with lower abdominal pain

Correct Answer: B. Fractured femur with sudden sharp chest pain

Rationale: Sudden chest pain after a femur fracture raises concern for pulmonary embolism, a life-threatening emergency. Severe renal colic also requires prompt treatment.

Q73. In a psychiatry ward, whom should the nurse assess first?

A. A patient with chronic schizophrenia who is withdrawn

B. A patient with acute severe anxiety

C. A patient with agoraphobia who stays in the room

D. A depressed patient with constipation

Correct Answer: B. A patient with acute severe anxiety

Rationale: Acute severe anxiety can rapidly impair functioning and safety and warrants prompt assessment. If suicidal intent, violence or medical instability were present in another patient, that would take priority.

Q74. Medical management of coronary artery disease includes:

A. Cardiac catheterization

B. Oral medication therapy

C. CABG

D. PTCA/PCI

Correct Answer: B. Oral medication therapy

Rationale: Oral medications are part of medical management. CABG and PCI are revascularization procedures; catheterization is primarily diagnostic, though it may accompany intervention.

Q75. The Heimlich manoeuvre/abdominal thrusts are used to:

A. Clear a foreign body causing severe airway obstruction

B. Clear a foreign body from the eye

C. Clear a foreign body from the ear

D. None of these

Correct Answer: A. Clear a foreign body causing severe airway obstruction

Rationale: Abdominal thrusts are used for severe choking in appropriate conscious patients. Current resuscitation guidance uses age- and circumstance-specific choking procedures.

Q76. Carpal tunnel syndrome is caused by compression of the:

A. Radial nerve

B. Median nerve

C. Ulnar nerve

D. Axillary nerve

Correct Answer: B. Median nerve

Rationale: Carpal tunnel syndrome results from compression of the median nerve at the wrist. The original option 'medial nerve' is anatomically incorrect.

Q77. What should be the first response after a needlestick injury?

A. Report the incident

B. Talk to seniors

C. Wash the site with soap and water

D. Check immunization status

Correct Answer: C. Wash the site with soap and water

Rationale: Immediately wash the exposed area with soap and water, then report promptly for occupational exposure assessment and follow-up.

Q78. A crash cart contains all of the following except:

A. Defibrillator

B. Resuscitation medicines

C. Peripheral IV-access material

D. Stationery items

Correct Answer: D. Stationery items

Rationale: Crash carts contain emergency equipment, medications and IV-access supplies; stationery is not a resuscitation item.

Q79. Blood pressure measurement can be erroneous because of:

A. Wrong cuff size or position

B. Arm positioned above or below heart level

C. Incorrect measurement technique

D. Any of the above

Correct Answer: D. Any of the above

Rationale: Cuff selection/placement, arm position and technique can all affect blood pressure readings.

Q80. The apical pulse is assessed by:

A. Radial palpation

B. Brachial palpation

C. Auscultating the heart

D. Carotid palpation

Correct Answer: C. Auscultating the heart

Rationale: The apical pulse is auscultated with a stethoscope, typically at the fifth intercostal space at the midclavicular line in an adult.

Q81. Routine bedside respiratory assessment includes all except:

A. Rhythm/pattern/regularity

B. Depth

C. Chest injury assessment

D. Effort

Correct Answer: C. Chest injury assessment

Rationale: Pattern, depth and effort are standard respiratory-assessment components. However, chest inspection for injury may also be clinically relevant, so the original 'except' question is poorly constructed.

Q82. When the order is 'Give one unit of blood intravenously,' the immediate nursing decision is to:

A. Prepare/collect/clarify before administration

B. Seek the head nurse

C. Collect and transfuse immediately

D. Clarify the order, prepare and collect the blood

Correct Answer: D. Clarify the order, prepare and collect the blood

Rationale: The order must be clear and the required safety checks completed before the blood component is obtained and administered.

Q83. Baseline vital signs before blood transfusion should be taken:

A. Within 30 minutes

B. Within 1 hour

C. Within 1.5 hours

D. Within 2 hours

Correct Answer: A. Within 30 minutes

Rationale: A recent baseline should be obtained before transfusion; the paper specifies within 30 minutes. Follow institutional transfusion policy.

Q84. The availability and patency of the IV line should be checked:

A. Before bringing blood to the ward

B. After bringing blood to the ward

C. While transfusing

D. It is not required

Correct Answer: A. Before bringing blood to the ward

Rationale: IV access should be confirmed before obtaining the blood so it can be administered promptly and safely after required checks.

Q85. Evidence-based acute stroke nursing care includes all except:

A. Rapid identification and triage

B. Enabling time-critical treatment

C. Observe the patient only

D. Rapid transfer to a stroke unit

Correct Answer: C. Observe the patient only

Rationale: Acute stroke care requires active time-critical assessment and treatment, not observation alone.

Q86. The first priority in emergency management of a major acute burn injury is:

A. Cleaning wounds

B. Fluid replacement

C. Maintaining airway, breathing and circulation

D. Medication

Correct Answer: C. Maintaining airway, breathing and circulation

Rationale: Initial management follows ABC priorities, with immediate attention to life-threatening airway, breathing and circulation problems.

Q87. When hands are not visibly soiled, the preferred method of routine hand hygiene in many clinical situations is:

A. Soap and water

B. Alcohol-based hand rub

C. Clean only when visibly soiled

D. None of these

Correct Answer: B. Alcohol-based hand rub

Rationale: Alcohol-based hand rub is generally preferred when hands are not visibly soiled; soap and water is required in specified situations such as visible soiling.

Q88. The effectiveness of hand hygiene depends importantly on:

A. Time/duration

B. Technique

C. Both A and B

D. None of these

Correct Answer: C. Both A and B

Rationale: Correct technique and adequate duration are both important for effective hand hygiene.

Q89. An important nursing intervention to prevent postoperative DVT/PE is:

A. Adequate hydration and early physical movement/ambulation

B. Psychological counselling

C. Bed management

D. Keeping the patient in bed

Correct Answer: A. Adequate hydration and early physical movement/ambulation

Rationale: Hydration as clinically appropriate and early mobilization reduce venous stasis and help prevent venous thromboembolism.

Q90. A patient with anaemia (Hb 7 g/dL) receives IM iron and suddenly develops breathlessness, nausea and hypotension. What is the most probable cause?

A. Wrong site

B. Wrong technique

C. Anaphylaxis

D. Heart attack

Correct Answer: C. Anaphylaxis

Rationale: Sudden respiratory symptoms and hypotension after medication administration strongly suggest anaphylaxis and require emergency treatment.

Q91. Normal rectal temperature is typically:

A. Lower than oral temperature

B. Equal to oral temperature

C. Higher than oral temperature

D. Unrelated to oral temperature

Correct Answer: C. Higher than oral temperature

Rationale: Rectal temperature is generally slightly higher than oral temperature because it more closely reflects core temperature.

Q92. The best position for a patient with orthopnoea is:

- A. Lie flat
- B. Sit upright**
- C. Walk
- D. Any position

Correct Answer: B. Sit upright

Rationale: Upright or high-Fowler's positioning improves lung expansion and reduces the work of breathing.

Q93. An important strategy to prevent peripheral IV cannula-site infection is:

- A. Periodic training alone
- B. Hand hygiene and aseptic insertion**
- C. Skin antisepsis alone
- D. Frequent routine cannula changes

Correct Answer: B. Hand hygiene and aseptic insertion

Rationale: Hand hygiene and aseptic technique during insertion are fundamental prevention measures. Skin antisepsis is also important, so the original options oversimplify the answer.

Q94. Immediate nursing care of an unconscious patient includes all except:

- A. Maintaining airway patency
- B. Fluid and electrolyte management
- C. Nutrition**
- D. Medication management

Correct Answer: C. Nutrition

Rationale: Immediate priorities are airway, breathing, circulation and other urgent physiological needs; nutrition is important later but is not the immediate priority.

Q95. Which is an early indicator of hypoxia?

- A. Anxiety/restlessness**
- B. Fall in oxygen saturation
- C. Cyanosis
- D. Hypertension

Correct Answer: A. Anxiety/restlessness

Rationale: Restlessness, anxiety and altered mental status can occur early. Cyanosis is generally a later sign. A pulse-oximeter may detect reduced oxygen saturation before cyanosis appears.

Q96. What is the first response when a blood transfusion reaction is suspected?

- A. Inform the attendants
- B. Call the doctor
- C. Stop the transfusion**
- D. Monitor urine output

Correct Answer: C. Stop the transfusion

Rationale: Stop the transfusion immediately, maintain appropriate IV access with compatible fluid per protocol, assess the patient and notify the responsible clinician/blood bank.

Q97. The intended outcome of using side rails as a safety measure is to:

- A. Prevent falls**
- B. Provide support for IV drip
- C. Maintain hygiene
- D. Restrain the patient

Correct Answer: A. Prevent falls

Rationale: Side rails may reduce the risk of accidental falls from bed when appropriately used; they can constitute a restraint in some circumstances and must be used according to policy.

Q98. In acute anaphylaxis, the first-line medication is:

- A. Epinephrine (adrenaline)**
- B. Call the family
- C. Look for the causative agent
- D. Check the medication chart

Correct Answer: A. Epinephrine (adrenaline)

Rationale: Intramuscular epinephrine is the first-line treatment for acute anaphylaxis and should be given promptly.

Q99. Cardinal signs of cardiac arrest include all except:

- A. Apnoea/abnormal breathing
- B. Dilated non-reactive pupils
- C. Cold clammy skin**
- D. Absence of carotid/femoral pulse

Correct Answer: C. Cold clammy skin

Rationale: The key clinical signs are unresponsiveness, absence of normal breathing and absence of a central pulse. Cold clammy skin is nonspecific and is not a cardinal diagnostic sign.

Q100. What is the correct sequence for adult CPR according to modern Basic Life Support guidance?

A. ABC

B. CAB

C. BCA

D. Hydration, breathing, airway

Correct Answer: B. CAB

Rationale: Modern adult CPR begins with chest compressions, followed by airway and breathing (CAB). The original paper's ABC answer reflects the older traditional sequence.

Quick Answer Key

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

Questions Requiring Special Attention

- Q21 – The option set is imperfect because cannula-associated thrombophlebitis is not necessarily an infection.
- Q25–Q26 – Medication errors can occur at multiple stages; the source's 'most common' claims should not be treated as universal.
- Q29 – 100.4°F (38°C) is the commonly used fever threshold; 100°F is not the standard adult definition.
- Q42 – Urine output should be expressed with a time period; 300 mL alone is not a complete urinary-output measurement.
- Q44 – The four-visit antenatal schedule is an older/historical schedule; current guidance uses more antenatal contacts.
- Q56 – The original 'muscle cells' answer is incorrect; continuously renewing gastrointestinal epithelial cells are the appropriate concept.
- Q60 – Rectal temperature contraindications depend on clinical circumstances and local policy; the source item is oversimplified.
- Q62 – Inhibin is the best answer when the question asks specifically which ovarian hormone inhibits FSH.
- Q74 – Oral medication is medical management; CABG/PCI are revascularization procedures.
- Q81 – The question is poorly constructed because chest assessment can be relevant to respiratory assessment.
- Q87 – Alcohol hand rub is preferred when hands are not visibly soiled; soap and water is required in specified situations.
- Q93 – Aseptic insertion and hand hygiene are important, but skin antisepsis is also a key component; the options oversimplify prevention.
- Q97 – Side rails are not automatically harmless safety devices; depending on use, they can constitute restraint.
- Q100 – Modern adult CPR uses CAB, not the traditional ABC sequence.