

FEEDBACK

Crash Course was: Value for Money

Competitive Faculty Members:

- I found teachers/faculties in Mantram Nursing Academy Chandigarh are experienced and they taught us right path to prepare for competitive exam.
- Teachers are cooperative and well oriented towards aim of Crash Course (HPPSC/HPSSSB Staff Nurse).
- Well designed and focus oriented points are discussed as needed.

HR Management:

- Managing techniques/skills are good and dynamic scheduled according to need was maintained for good and skill classes.

Before Expending 15000 for Crash Course I was worried that how will four year subjects shall be completed in 15 days but the management and the skilled faculty provided it by delivering their experience right to the field and competitive focused ideas that Crash Course can also cover four year subjects in such limited time.

15 Days Crash Course "This Was Value For Money".

Environment was suitable to achieve goal for which I came here.

Thank you Mantram Nursing Academy Chandigarh.

North India's Leading...

MANTRAM NURSING ACADEMY
Expert & Highly Efficient Faculty (With Years of practical experience)

Best Wishes to Our Student Poonam Zilta (From Rohru, Himachal Pradesh) who has joined our academy for 15 Days Crash Course for the preparation of HPPSC/HPSSSB Staff Nurse Recruitment Exam 2020

9463049859 | 9779797575



Poonam Zilta
(Rohru, Himachal Pradesh)

**Previous Year HPPSC/HPSSSB Staff Nurse Exam
Core Nursing Questions
(Set-4) Day-4 (06.02.2020)**

1. Which vitamin is responsible for blood clotting?
(a) Vitamin A (b) Vitamin B
(c) Vitamin C (d) Vitamin K
2. If there is blood in Sputum, then it indicates
(a) Hemoptysis (b) Hyperpyrexia
(c) Diarrhoea (d) Pyorrhea
3. Which vaccine is given to new born to prevent TB?
(a) T.T. (b) OPV
(c) Hepatitis (d) BCG
4. Indian Red Cross Society was established in the year _____
(a) 1920 (b) 1950
(c) 1864 (d) 1913
5. Folic acid is present in
(a) Pulse (b) Fresh fruits
(c) Milk (d) Liver oil
6. Smallest bone in the human body is
(a) Stapes (b) Incus
(c) Malleus (d) Femur
7. Power house of a cell is called
(a) Mitochondria
(b) Ribosome
(c) Plasma
(d) Endoplasmic reticulum
8. pH value of blood is
(a) 7.4 (b) 5.6
(c) 0 (d) 6
9. DOTS therapy is given for
(a) STDS (b) TB
(c) Malaria (d) Polio
10. Causative organism of Diarrhoea is
(a) Rotavirus
(b) Rota virus
(c) Plasmodium vivax
(d) None of these
11. Medical term for fever is
(a) Malaria (b) Pyrexia
(c) Typhoid (d) Pneumonia
12. Blood in urine is called
(a) Hemoptysis (b) Hematoma
(c) Hematuria (d) Hematochezia
13. Life support system of developing embryo is
(a) Placenta (b) Uterus
(c) Ovary (d) Estrogen
14. First milk of mother is known as
(a) Meconium (b) Colostrum
(c) Antibiotic (d) Lactogen
15. Life span of blood Platelets is
(a) 120 days (b) 10 days
(c) 12 days (d) 5-9 days
16. Which valve is present between right Atrium and right ventricle?
(a) Pulmonary valve (b) Mitral valve
(c) Tricuspid valve (d) Aortic valve
17. Following are infectious diseases except
(a) Diarrhoea (b) Diabetes Mellitus
(c) Malaria (d) Tuberculosis
18. Lack of nutrition in adolescence can cause
(a) Protein energy malnutrition
(b) Stunting of growth
(c) Anaemia
(d) All of the above
19. Which contraceptive methods are protective against pregnancy and STIs/HIV (dual Protection)?
(a) Abstinence (b) Condoms
(c) IUCD (d) (a) & (b)
20. What can ANMs/LHVs can do to prevent STIs among adolescents?
(a) Cannot do anything
(b) Counsel them that abstinence, being faithful to one's Partner and use of condoms protect from STIs.
(c) Criticise unmarried sexually active adolescents and inform their parents of their shameful behaviour
(d) None of the above
21. Which of the following can contribute to hypothermia in newborns?
(a) The baby is not dried thoroughly and immediately after birth
(b) The baby is bathed immediately after birth
(c) The baby is dried and placed in skin to skin contact with mother
(d) (a) & (b)
22. What problems are caused by lack of menstrual hygiene?
(a) Anaemia, weakness, diarrhoea
(b) Malaria, worm infestation
(c) Vaginal discharge, burning during urinary and genital itching
(d) All of the above
23. One of the following is not an energy yielding food
(a) Carbohydrate
(b) Fat
(c) Vitamin & Minerals
(d) Protein

24. One of the following is not a macro nutrient
(a) Vitamin (b) Protein
(c) Fat (d) Carbohydrate
25. Vitamin A drops are being given orally to children in six to nine doses. The first dose of 1,00,000 LU is given at the age of
(a) 6 month (b) 9 month
(c) 1 year (d) 1 ½ year
26. Child smiles at familiar person at the age of
(a) 1 month (b) 2 months
(c) 4 months (d) 6 months
27. Physiological icterus usually appears on the regress by the
(a) 1st day and 3rd day
(b) 3rd day and 7th day
(c) 8th day and 9th day
(d) 9th day and 11th day
28. Which vitamin nurse must make sure the child diagnosed with iron deficiency anaemia, is taking with iron?
(a) Folic acid (b) Ascorbic acid
(c) Niacin (d) Riboflavin
29. Which nutrient decreases the incidence of neural tube defects (NTDs)?
(a) Vitamin A (b) Vitamin C
(c) Vitamin D (d) Folic Acid
30. A child with difficult breathing and a barking cough is displaying signs
(a) Cystic fibrosis (b) Asthma
(c) Epiglottitis (d) Croup
31. Following are the general measure to manage a simple case of morning sickness in pregnancy
(a) Use spicy and fatty acid
(b) Take small frequent meal low in carbohydrate and protein
(c) Eating bland and dry food e.g. biscuits in the morning before arising
(d) Take antiemetic drugs everyday
32. A patient report to OPD for first time with H/Q pain abdomen, bleeding P/V and amenorrhoea which could be due to
(a) Abortion
(b) Molar pregnancy
(c) Ectopic pregnancy
(d) All of the above
33. Chadwick sign is
(a) Visible contraction of uterus
(b) Pulsation over abdomen
(c) Dusky hue of vestibule and anterior vaginal wall in 1st trimester pregnancy
(d) None of the above
34. Most common site of ectopic pregnancy
(a) Tubal – Ampulla (b) Tubal Isthmus
(c) Ovarian (d) Cervical
35. Largest diameter of pelvic outlet is
(a) Anterior posterior
(b) Transverse Diameter
(c) Oblique Diameter
(d) None of the above
36. Umbilical cord composed of an embryonic form of connective tissue, intermingled with gelatinous substance is called
(a) Wharton's jelly
(b) Amnion
(c) Chorion
(d) Velamentous insertion
37. First foetal movements felt recognized by the mother between 16 to 20 weeks of pregnancy is
(a) Quickening (b) Foetal movements
(c) Uterine soufflé (d) Bladder irritability
38. Phantom or false pregnancy is
(a) Striae gravid arum
(b) Pseudocyesis
(c) Gravida
(d) Nully para
39. All are true about the signs of foetal deaths in early pregnancy except
(a) Signs of pregnancy subside
(b) Uterus is small for dates
(c) Brownish discharge per vagina
(d) Foetal heart detection in ultrasonic scanner
40. All following methods are used to determine the cephalo pelvic disproportion except
(a) Chassar moirs method
(b) Munro Kerr's method
(c) Left hand grip
(d) Lateral palpation
41. Vomiting persist throughout the day and woman's health becomes impaired is known as
(a) Morning sickness
(b) Nausea vomiting
(c) Hyperemesis gravid arum
(d) All of the above
42. Serious signs and symptoms of pre-Eclampsia are
(a) Sharp rise in blood pressure
(b) Increase proteinuria
(c) Severe headache and visual disturbance
(d) All of the above
43. Effect of polyhydramnios in pregnancy is
(a) Prolapse of cord (b) Malpresentation
(c) P.P.H. (d) All of the above
44. During labour HIV testing in emergency (if pre-test not done) is be done by
(a) Single rapid test (b) Elisa
(c) Western blot (d) Coomb's test

45. Obstetrical emergencies of pregnancy includes all except
 (a) Ectopic pregnancy
 (b) Placenta accreta
 (c) Placenta previa
 (d) Eclampsia
46. Which of the following nursing interventions after a lumbar puncture will prevent spinal headache in patient?
 (a) Instruct the patient to lie in bed for 3-4 hours
 (b) Encourage drinking extra fluids
 (c) Withheld food and fluids for 3-4 hours
 (d) Both (a) and (b)
47. Under the National Immunization schedule infants receive vaccination during all the periods except at
 (a) 6 weeks (b) 8 weeks (c) 10 weeks (d) 14 weeks
48. Child mortality rate is related to all except
 (a) Adequacy of MCH services
 (b) Immunization coverage
 (c) Preschool education
 (d) Environmental pollution
49. All of the following are methods of health promotion except
 (a) Immunization
 (b) Nutritional changes
 (c) Behavioural changes
 (d) Health education
50. Health Survey and Planning Committee was headed by
 (a) A.L. Mudaliar Committee
 (b) M.S. Chaddha
 (c) S.W. Joseph Bhore
 (d) Kartar Committee

ANSWERS

1	D	11	B	21	D	31	C	41	C
2	A	12	C	22	C	32	D	42	D
3	D	13	A	23	C	33	C	43	D
4	A	14	B	24	A	34	A	44	B
5	B	15	D	25	B	35	A	45	B
6	A	16	C	26	C	36	A	46	D
7	A	17	B	27	B	37	A	47	B
8	A	18	D	28	B	38	B	48	C
9	B	19	B	29	D	39	D	49	A
10	B	20	B	30	D	40	D	50	A

15 Days Crash Course in Dharamshala (HP)

w.e.f. 10th Feb. 2020

HPPSC/HPSSSB
Staff Nurse Exam 2020

VENUE
Aman Food Court,
Opp. Prayas Bhawan, Civil Bazar,
Dharamshala (HP)-176215

REGISTRATION OPEN

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15 Days Crash Course
From 3rd March 2020

CHANDIGARH
HPPSC/HPSSSB
Staff Nurse Exam 2020

* Spl classes for HP GK/Maths/Reasoning and Hindi Language with study material
 * Medical Surgical * Obstetric * Psychiatric
 * Community * Paediatrics * FON shall be covered.
 * Set of books (18-19) shall be provided
 * Previous year papers

Registration Open Limited Seats

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Congratulation to our student Ms. Nancy...

