

**ESIC Paramedical Exam-2019
(EVENING SHIFT)**

1. In the liver bacteria that found their way into portal circulation is destroyed by _____
 - (a) Cilia
 - (b) Kupffer cells
 - (c) Hydrochloric acid
 - (d) Leukocytosis
2. Cerclage (encircling cervix with suture) is done for patients with _____
 - (a) Threatened abortion
 - (b) Incompetent cervix
 - (c) Complete abortion
 - (d) Incomplete abortion
3. The following are the important preoperative nursing care for a patient with benign prostatic hypertrophy, EXCEPT
 - (a) Promoting urinary drainage
 - (b) Hormonal therapy
 - (c) Assure nutrition and correct fluid and electrolyte balance
 - (d) Acid-ash diet to treat infection
4. Beds on the unit have rapidly filled and the patient with bacterial pneumonia is about to have a roommate. The roommate is postsurgical patient without an infection, the nurse would
 - (a) Make certain that the curtains around the new patient's bed are functional and completely closed
 - (b) Simply prepare the unit for the arrival of the new patient
 - (c) Not to worry because this room has its own air filtration system
 - (d) Notify the admitting office that the new patient cannot be housed with a patient under droplet pneumonia
5. Complete dilation of cervix to birth of a baby is staged as
 - (a) Stage 3 of labor
 - (b) Stage 2 of labor
 - (c) Stage 1 of labor
 - (d) Stage 4 of labor
6. Standard precaution requires the use of protective eye wear when
 - (a) Invasive procedure are performed
 - (b) There is a danger of body fluids splashing
 - (c) Caring for a patient with cough
 - (d) When a wound is oozing blood
7. To encourage an infant's cognitive and psychosocial development, parents and other caregivers should _____
 - (a) Firmly explain the rules of acceptable behavior.
 - (b) Allow the baby to play alone several hours each day.
 - (c) Give loving, consistent care, including playing.
 - (d) Keep the baby with them at all times so he or she is safe.
8. Eclampsia is characterized by the following, EXCEPT
 - (a) Mild facial edema
 - (b) Marked proteinuria
 - (c) Seizures
 - (d) BP greater than 160/110 Hg
9. The Three Features of a Community
 - (a) Physical – Mental – Social
 - (b) Primary, Secondary and Tertiary
 - (c) Location, Population and Social System
 - (d) Agent – Host – Environment
10. Protective devices are applied snugly, which of the following findings would you be concerned about?
 - (a) Ability move fingers and toes
 - (b) Pallor of the nailbeds
 - (c) Quick capillary refill of the nailbeds
 - (d) Skin that is warm and pink
11. Progressive thinning and shortening of cervix is defined as

(a) Dilation	(b) Effacement
(c) Expulsion	(d) Contraction
12. Which of the following would not promote trust in the nurse-patient relationship?
 - (a) Maintaining confidentiality
 - (b) Examining a wound without providing privacy
 - (c) Fulfilling promises
 - (d) Returning at the stated time
13. Homan's sign is used to assess
 - (a) Deep vein thrombosis
 - (b) Wound sepsis
 - (c) Hypotension
 - (d) Hematoma
14. The bacteria that retain the stain in Gram's method of staining is a:
 - (a) Gram positive bacteria
 - (b) Broad spectrum bacteria
 - (c) Gram negative bacteria
 - (d) Spores of bacteria

15. The traditional source-oriented, narrative type of charting is characterized by all of the following forms, EXCEPT the _____
 - (a) Laboratory sheet
 - (b) History and physical examination form
 - (c) Database form
 - (d) Doctor's progress sheet
16. The cleft palate usually repaired _____
 - (a) 2-3 years
 - (b) 6 months
 - (c) 12-18 months
 - (d) 3 months
17. When considering the principle of growth and development, remember that
 - (a) Most children can run before they walk
 - (b) Development occurs evenly, with periods of no growth occurring every third year
 - (c) Although development occurs in an orderly sequence, the rate may vary between individuals
 - (d) All children should growth in the same rate; all four year olds should weigh within 4 kgs of each other
18. Accumulation of endolymph causing distention and increased pressure within the membranous labyrinth with destruction of sensory cells in the ampulla and cochlea is
 - (a) Osteosclerosis
 - (b) Otitis media
 - (c) Hordeolum
 - (d) Meniere's disease
19. Philosophy of Primary Health Care are as follows EXCEPT
 - (a) Inter – relationship of health and development
 - (b) Primary prevention
 - (c) Equity and justice
 - (d) Inter-sectoral approach
20. Medical asepsis differs from surgical asepsis in that it is aimed at
 - (a) Sterilizing all equipments
 - (b) Preventing entry of microorganisms into the body
 - (c) Killing all microorganisms
 - (d) Preventing transmission of microorganisms
21. To properly stage a pressure ulcer
 - (a) The skin must be completely dry
 - (b) The patient must be supine
 - (c) Natural light must be used
 - (d) Eschar must be removed
22. The main sign and symptom noticed in patients with Achalasia is:
 - (a) Butterfly rash
 - (b) Joints pain
 - (c) Hypertension
 - (d) Dysphagia
23. The patient with appendicitis usually exhibit the following clinical manifestations
 - (a) Rebound tenderness at the McBurney's Point
 - (b) Heartburn, regurgitation and dysphagia
 - (c) Pain occurs immediately after eating
 - (d) Hematemesis or melena
24. Tumors within sella turcica and small adenomas of the pituitary glands can be removed through _____
 - (a) Supratentorial approach
 - (b) Infratentorial approach
 - (c) Craniectomy
 - (d) Transphenoidal approach
25. Gestational diabetes increases risk for the following, EXCEPT
 - (a) Macrosomia
 - (b) Prematurity and still birth
 - (c) Congenital anomalies
 - (d) Small for date fetus
26. When a pulse rate is irregular, it is best to count the _____
 - (a) Apical pulse for a full minute
 - (b) Radial pulse for 30 seconds
 - (c) Radial pulse for a full minute
 - (d) Apical for 30 seconds
27. Vital statistics include the following, EXCEPT
 - (a) Birth rate
 - (b) Life expectancy
 - (c) Morbidity and mortality statistics
 - (d) Education rate
28. Refrigerated breastmilk should not be used if it is beyond
 - (a) 48 hours
 - (b) 1 week
 - (c) 2 weeks
 - (d) 2 months
29. Responses to avoid in therapeutic communication are as follows, EXCEPT
 - (a) Advice giving
 - (b) Closed-ended questions
 - (c) Arguing and judgmental responses
 - (d) Reflecting and clarifying
30. Potential adverse effects of surgery and anesthesia are as follows, EXCEPT
 - (a) Malignant hyperthermia / hypothermia
 - (b) Thrombosis from compression of blood vessels or stasis
 - (c) Dehydration and electrolyte imbalance

- (d) Myocardial depression, bradycardia, circulatory collapse
31. In what ways could Hepatitis A virus be spread in a, if one of the kitchen employees is in the reservoir
- While he speaks and sneezes, through droplet route
 - While he coughs out through air borne route
 - If he sustains a cut through blood borne
 - Oral-fecal route, through his hands
32. The amount of air passing into and out of the lungs during each cycle of breathing is referred as:
- Residual volume
 - Total lung capacity
 - Tidal volume
 - Vital capacity
33. Secondary prevention is
- Nutritional counseling
 - Good living and working condition
 - Safe water supply, vector and animal reservoir control
 - Early detection (diagnosis) of disease & prompt treatment
34. A significant predictor of fetal well-being is if fetal heart rate is:
- 180 – 200 beats/min
 - 100 – 120 beats/min
 - 160 – 200 beats/min
 - 120 – 160 beats/min
35. All elderly tend to be more susceptible to infection because of
- Lack of exercises
 - Increased exposure of pathogens
 - Poor nutritional status
 - A decline in immune function
36. The characteristics of lochia rubra is
- Bloody with fleshy odor
 - Foul odor
 - Pink/brown with flesh odor
 - Yellow-white
37. The most common method of microorganism transfer from one person to another in the hospital setting is prevented by_____
- Washing hands thoroughly and frequently
 - Disinfecting instruments in special solutions
 - Changing bed linen daily
 - Filtering air in the hospital
38. The main cause of genital warts (Condylomata Acuminata) is:
- Neisseria gonorrhoea
 - Herpes simplex virus
 - Human papilloma virus (HPV)
 - Pelvic inflammatory disease
39. The commonest drug which is administered during an anaphylactic reaction
- Diuretic
 - Anticonvulsant
 - Injection Epinephrine
 - Antibiotic
40. Alcohol withdrawal symptoms area as follows, EXCEPT
- Anxiety and insomnia
 - Euphoria
 - Tremor
 - Hallucinations
41. Bulging sack like lesion filled with spinal fluid and spinal cord element is:
- Spinal bifida occulta
 - Hydrocephalus
 - Myelomeningocele
 - Meningocele
42. The major determinants of health
- Public Education and Information
 - Screening for diseases
 - Agriculture, food and nutrition
 - Public works, water, sanitation and housing
43. In rheumatoid arthritis, during the acute phase the values which are significant are _____
- LFT elevation (Liver Function Test)
 - EFT elevation (Renal Function Test)
 - CBC elevation (Complete Blood Count)
 - ESR and C Reactive Protein (CRP) elevation
44. The reflex action of the toes are indicative of abnormalities in the motor control pathways leading for cerebral cortex is _____
- Achilles reflex
 - Babinski reflex
 - Patellar reflex
 - Romberg test
45. When assessing physical development of the five year old, you would find it abnormal if he _____
- Could stack up pile of six blocks
 - Could catch a large rubber ball
 - Needed to go up a stairway one step at a time
 - Cold jump on one foot a few times
46. Cardiogenic shock is precipitated by _____
- Severe allergy
 - Myocardial infarction
 - Bacteremia
 - Spinal cord injury

47. Mantoux Test (Purified Protein Derivative) is significantly positive when the erythema measures
- 3.5 mm – 9.9 mm
 - 10 mm – 14.9 mm
 - 15 mm or greater
 - 5 mm – 10 mm
48. The size of which part of the eye contributes to the controlling the amount of light entering the eye
- Optic disc
 - Lens
 - Macula lutea
 - Pupil
49. The following are presenting symptoms of patients with catatonic schizophrenia, EXCEPT
- Stereotyped position with waxy flexibility
 - Sudden onset of mutism
 - Disorganized behavior and speech
 - Have dangerous periods of agitation and explosive behavior
50. The nurse is assigned to a patient who has a bacterial pneumonia and is under droplet precautions, which personal protective equipment (PPE) will she wear to deliver the meal tray?
- Gown, mask, gloves, shoe covers
 - Special filtration mask and gloves
 - No PPE required
 - Only mask is needed
51. The key instruction to be given to the patient and the caregiver with epilepsy is as follows, EXCEPT
- Take showers in bath tubs
 - Maintain medication and seizure chart
 - Take medications daily
 - Avoid alcohol, smoking, hypoglycemia
52. Role of community nurse in school Health program, EXCEPT
- Assist in school medical examination and follow up
 - To provide immunization to the children
 - Assist in communicable disease control
 - Assist in screening physical, mental and other special examination of children in school
53. The brain region which is responsible for coordination of voluntary muscular movements, posture and balance
- Spinal cord
 - Cerebral cortex
 - Medulla oblongata
 - Cerebellum
54. The normal level of sodium in plasma is
- 97-106 mEq/L
 - 135-143 mEq/L
 - 90-196 mg/100ml
 - 60-100 mg/dl
55. The level of care which is oriented towards the promotion and maintenance of health, the prevention of Community disease, the management of common episodic disease and the monitoring of stable or chronic conditions.
- Tertiary care level
 - Secondary care level
 - Primary care level
 - Advanced care level
56. The complications for ventricular septal defect are as follows, EXCEPT
- Endocarditis
 - Cerebral palsy
 - Heart failure
 - Pulmonary hypertension
57. HbA1C indicates post serum glucose levels over previous
- 2 months period
 - 3 months period
 - 1 month period
 - 6 months period
58. The major nutrients involved in fluid balance are _____
- Vitamin B9 and magnesium
 - Chloride and carbohydrates
 - Fats and proteins
 - Potassium and sodium
59. Repetitive, uncontrollable thoughts and acts (E.g. Rituals, rigidity, inflexibility) is termed as:
- Apprehension
 - Ritualistic behavior
 - Phobias
 - Obsessive Compulsive Disorder
60. The classical substances that increases the sensitivity of pain receptors by enhancing the pain-provoking effects of bradykinin is
- Enkephalin
 - Endorphins
 - Nociceptor
 - Prostaglandins
61. Approach to health is that acknowledges and respects the interaction of a person's mind, body and spirit within the environment is termed as:
- High – Level Wellness Model
 - Health Belief Model
 - Holistic Health Model
 - Clinical Model

62. Compression of facial nerve in the temporal bone will lead to _____
- Meningocele
 - Bell's palsy
 - Multiple sclerosis
 - Gullian-Barre syndrome
63. One cardiac cycle completes in _____
- 0.9 seconds
 - 0.57 seconds
 - 0.12 seconds
 - 0.8 seconds
64. The patient who has an appointment for a Pap smear should have been instructed
- That the procedure takes about 45 minutes
 - To bring sanitary pad because moderate bleeding may occur
 - Not to douche or use vaginal medication before the test
 - That she will know the test results before leaving the office
65. "Para" is defined as:
- Born from beginning of 38 to 42 weeks
 - Total number of pregnancies
 - Number of past pregnancies gone beyond period of viability
 - Any pregnancy terminates before the period of viability
66. Artificially acquired immunity is obtained by
- Immunization with antibody response
 - Exposure to a disease
 - Recovering from a disease
 - Being breast fed
67. The cerebrospinal fluid is secreted by _____
- Choroid plexuses
 - Arachnoid villi
 - Central sulcus
 - Pons
68. Which of the following is the most abundant type of blood cells?
- Monocyte
 - Lymphocyte
 - Thrombocyte
 - Erythrocyte
69. The main clinical manifestations of pulmonary edema are as follows, EXCEPT
- Caught with expectoration
 - Hypotension
 - Cyanosis
 - Dyspnea
70. Wearing seat belts, safety helmets and other safety equipments are example for:
- Primary health promotion behavior
 - Holistic health care model
 - Tertiary health promotion behavior
 - Secondary health promotion behavior
71. APGAR score is considered excellent if the score is:
- 4-6
 - 7-10
 - 3-7
 - 0-3
72. Phototherapy is indicated for children with _____
- Hemolytic disease
 - Hyperbilirubinemia
 - Necrotizing enterocolitis
 - Hypoglycemia
73. The elderly individual is at greater risk for dehydration than the middle-aged adult because _____
- The elderly drinks little fluid
 - Their bodies are almost 80% water
 - Compensatory mechanisms work less efficiently
 - The elderly have more muscle mass
74. Principles of ethical practice includes the following, EXCEPT
- Justice
 - Beneficence
 - Maleficence
 - Respect for autonomy
75. In Erickson's theory, adolescent develop a sense of _____
- Initiative
 - Industry
 - Intellect
 - Identity
76. The extracellular fluid includes the following EXCEPT
- Cerebrospinal fluid and fluid in the interstitial spaces
 - Synovial fluid, pericardial fluid, and pleural fluid
 - Blood, plasma and lymph
 - Fluid within the cells
77. Nurses use the nursing process as a method of:
- Communicating with patients and families
 - Planning organizing and delivering patient care
 - Meeting the legal requirements and standards in nursing
 - Meeting public expectations of nurses

78. Current jelly like stools containing blood and mucus among 3 months to 3 years old child is suspected to have
- Meckel's diverticulum
 - Abdominal hernia
 - Hirschsprung's disease
 - Intussusception
79. The most significant characteristics experienced by a patient with depression is:
- Depressed mood and loss of pleasure or interest
 - Hypervigilance and nightmares
 - Lack of impulse nightmares
 - Aggressive, abusive or violent behavior
80. Patient complains of pain and has redness with swelling at the site of IV. The nurse must
- Stop infusion and remove IV cannula
 - Start nasal oxygen
 - Change IV tubing and the solution
 - Apply warm moist pack to the reddened area
81. The inflammatory/exudative phase of wound healing will last for
- 1 year
 - 21 days to a month
 - 1-4 days
 - 5-20 days
82. Rh Negative mother should receive - globulin
- RhO (M) globulin
 - Acetylcholinesterase
 - Lecithin/Sphingomyelin
 - RhO (D) immune
83. False labor manifestation are as follows, EXCEPT
- Contraction lessen with activity or rest
 - Abdominal discomfort
 - Cervix progressively effaced and dilated
 - Contractions irregular
84. Why is it important for health care providers to monitor the growth and development of the children?
- Statistical analysis is important for research
 - Early detection of potential problems leads to earlier care and treatment
 - Parents need the reassurance of professionals to know their children are healthy
 - Studying groups of children helps to determine normal ranges
85. Bipolar disorders are treated with the following medications, EXCEPT
- Amphetamine
 - Carbamazepine
 - Lithium
 - Valproic acid
86. The drug of choice to treat Bullimia nervosa is:
- Thiamine IV
 - Benzodiazepines
 - IV Glucose 10%
 - Antidepressants (Eg. SSRI)
87. Example for autosomal recessive inheritance ____
- Hemophilia
 - Cystic fibrosis
 - Craniofacial disorders
 - Skeletal disorders
88. Health maintenance program for older people in the community are as follows EXCEPT
- Health education
 - Home health service
 - Dietary guidance and food services
 - Palliative care
89. Which of the following is not a typical difference factor between benign and malignant tumors
- Cell differentiation
 - Size of the tumor
 - Growth rate
 - Encapsulation
90. The person who becomes short of breath with little exertion, such as when eating a meal, has what kind of respiratory condition?
- Hyperventilation
 - Cheyne – strokes respiration
 - Stridor
 - Dyspnea
91. Considering the chain of infection, a reservoir might be
- Staphylococcus bacteria
 - A contaminated water supply
 - A tick carrying Lyme disease
 - An uninfected patient
92. A clinical sign that a patient is close death would be ____
- Periods of apnea and irregular respirations
 - Pain that is well controlled with small doses of morphine
 - Increasing BP, pulse, respiration
 - Nausea that occurs after meals
93. Behavioral clues of impending suicide are as follows, EXCEPT
- Becomes energetic after a period of severe depression
 - Gives away valuable possessions
 - Hypervigilance and exaggerated startle response

- (d) Withdraws from social activities and plans
94. Inborn errors of metabolism are the following, EXCEPT
- (a) Cystic fibrosis
 - (b) Tay-Sachs disease
 - (c) Turner's syndrome
 - (d) Phenylketonuria
95. The key dietary advice given for patients with gastro esophageal reflux disease is:
- (a) To avoid protein and calcium
 - (b) To avoid caffeine, tobacco, beer, milk and carbonated beverages
 - (c) High fiber diet with lot of fluids
 - (d) To take high carbohydrate diet
96. When dangling the patient at the bedside, monitor for:
- (a) Malignant hypertension and dizziness
 - (b) Orthostatic hypotension and dizziness
 - (c) Visual field disturbances and dizziness
 - (d) Fever from exertion
97. Reye's syndrome is associated with _____
- (a) Use of aspirin with viral illness
 - (b) Biliary colic
 - (c) Hemolytic transfusion reactions
 - (d) Sickle cell crisis
98. Preterm labor is when it occurs between
- (a) 32-36 weeks of gestation
 - (b) 20-37 weeks of gestation
 - (c) 16-20 weeks of gestation
 - (d) 24-30 weeks of gestation
99. Positive – definite sign of pregnancy is:
- (a) Amenorrhea
 - (b) Visualization of fetus by ultrasound
 - (c) Quickening
 - (d) Uterine enlargement
100. Aganglionic disease of the intestinal tract which causes inadequate motility is termed as:
- (a) Hirschsprung's disease
 - (b) Ulcerative colitis
 - (c) Crohn's disease
 - (d) Diverticular disease

ANSWERS

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