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(A State Govt. University)

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Answer Keys

for the post of Community Health Officer (CHO)

Examination

held on 9th October, 2022

If a candidate does not satisfy with the key answers, he/she can make representation with documentary proof to the COE, Atal Medical and Research University, HP, at Nerchowk, Distt. Mandi, HP-175008 through email on coomedicaluniv.mandi@gmail.com up to 11.10.2022 by 05:00 PM and thereafter, no representation will be entertained under any circumstances.

1. The first person becoming sick in an epidemic is called:

- A. Primary case
- B. Secondary case
- C. Contact case
- D. Index case

2. Immunization is:

- A. Primary prevention
- B. Secondary prevention
- C. Tertiary prevention
- D. Disability prevention

3. The disease imported in a country, which was not otherwise present?

- A. Epornithic disease
- B. Zoonotic disease
- C. Exotic disease
- D. Epizootic disease

4. The aldehyde test of Napier is used for the diagnosis of?

- A. Measles
- B. Dengue
- C. Kala Azar
- D. Pneumonia

5. Sunken eyes, hollow cheeks, subnormal temperature, decrease urine output, washer man's hands are the features of?

- A. Measles
- B. Polio
- C. Dehydration
- D. Over hydration

6. Blood sample from a patient with malaria should be collected?

- A. At the peak of fever
- B. Before taking meal
- C. When fever is just started

D. When temperature is normal

7. Following is the criteria for a screening test except:

- A. Disease should be a public health problem
- B. Facility for diagnosis and treatment of disease should be available
- C. Disease should have low prevalence
- D. Test should be acceptable to the population

8. Which of the following is second line anti tuberculosis drug:

- A. Rifampicin
- B. Ethambutol
- C. Levofloxacin
- D. Isoniazid

9. Under Vande Matram Scheme which of the following statements is true?

- A. It is cash assistance provided to eligible pregnant women for giving birth in a government health facility
- B. It is a facility under which on 9th of every month all antenatal women are examined free of cost at all health centers/clinics.
- C. It entitles all pregnant women delivering in public health institutions to free and no expense delivery, including caesarean section.
- D. It entitles sick neonates up to one month of age for free treatment in public health institutions

10. Sullivan Index is:

- A. Life expectancy free of disease
- B. Disability adjusted life years
- C. Life expectancy free of disability
- D. Number of years lost due to disability

11. Which of the followings is a true case definition of confirmed case in Integrated Disease Surveillance Program?

- A. It is based on clinical pattern of disease which can be identified by paramedical personal and members of community
- B. It is based on typical history and clinical examination by medical officer of primary and community health centers
- C. It is based on clinical diagnosis by a medical officer and positive laboratory identification at primary and community health centers**
- D. It is based on clinical pattern of disease which can be identified by medical officer of primary and community health centers

12. A disease is known to be an endemic:

- A. When a disease is appearing or happening at irregular intervals in time
- B. When a disease becomes very widespread and affects a whole region, a continent, or the entire world**
- C. When there is a sudden severe outbreak of disease within a region or a group
- D. The disease is always constantly present in a community, but in relatively low frequency.

13. Which of the followings is not true about case control epidemiological studies?

- A. Both exposure and outcome (disease) have occurred before start of the study
- B. The study proceeds backward from effect to cause.
- C. It uses control or comparison group to support or refute an inference
- D. The study proceeds forward from cause to effect**

14. A six-month-old child presenting with symptoms of cough, cold, respiratory rate more than 40 per minute and no chest in-drawing. Under which classification of acute respiratory diseases this child will fall?

- A. No pneumonia
- B. Pneumonia (not severe)**
- C. Severe pneumonia
- D. Very severe disease

15. Which nutrition supplement is given during episode of diarrhea to reduce the duration and severity of the episode?

- A. Iron
- B. Calcium
- C. Zinc**
- D. Vitamin B complex

16. Which of the following is modifiable risk factor for causing cardiovascular diseases?

- A. Age
- B. Genetic factor
- C. Family history
- D. Cigarette smoking**

17. Which of the following diseases is caused due to food adulteration of Arhar Dal with Kesari Dal?

- A. Lathyrism**
- B. Pneumoconiosis
- C. Epidemic dropsy
- D. Kwashiorkor

18. At what temperature DPT vaccine is stored for years?

- A. Below 0 degree centigrade
- B. 0 degree centigrade
- C. 2-8 degree centigrade**
- D. 10-15 degree centigrade

19. How much salt intake is recommended for an adult in a day?

- A. Less than 2 gm
- B. Less than 4 gm
- C. Not more than 6 gm
- D. More than 8 gm

20. Transient ischemic attack (TIA) is a sudden episode of focal, reversible neurological deficit and last for a period of:

- A. Less than one minute
- B. Less than 24 hours
- C. More than 24 hours
- D. More than 48 hours

21. Which of the followings is probability sampling technique?

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

22. With reference to National Rural Health Mission, which of the following is not the job of ASHA?

- A. Accompanying woman to the health facility for antenatal health check up
- B. Using pregnancy test kits for early detection of pregnancy
- C. Providing information on nutrition and immunization
- D. Conducting the delivery of the baby

23. Within how many population is a primary health center established?

- A. 3,000-5,000
- B. 20,000-30,000
- C. 30,000-40,000
- D. 2 Lakhs- 3 Lakhs

24. PMJAY is an acronym for:

- A. Pradhan Mantri Jan Arogya Yojana
- B. Pradhan Mantri Janani Arogya Yojana
- C. Pradhan Mantri Jan-swasthya Arogya Yojana
- D. None of the above

25. The Rural Health Scheme was based on the recommendations of which committee?

- A. Chaddha Committee
 - B. Kartar Singh Committee
 - C. Srivastav Committee
 - D. Jungalwala Committee
- Medical & Surgical Nursing

26. The typical Bacterial growth curve shows:

- A. 5 phases
- B. 4 phases
- C. 3 phases
- D. 2 phases

27. A condition characterized by a prolonged PR interval more than 0.2 secs in ECG is called:

- A. Second degree AV block
- B. Mobitz Type II AV block
- C. First degree AV block
- D. Complete block

28. In which type of Diabetes circulation of insulin is virtually absent?

- A. Type I diabetes
- B. Type-II diabetes
- C. Pancreatic diabetes
- D. Maturity Onset Diabetes of Young (MODY)

29. During emergency rapid adjustment made by the body are due to increased activity of:

- A. Pituitary gland
- B. Thyroid gland
- C. Adrenal gland**
- D. Pancreas gland

30. Which of the following organism is associated with peptic ulcer disease:

- A. H. pylori**
- B. Hepatitis-B virus
- C. Treponema pallidum
- D. Measals virus

31. Nuchal rigidity, fever and headache are classical signs of:

- A. Meningitis**
- B. Increased ICP
- C. Hypervolemia
- D. Parkinson's Disease

32. Hypergastronomia is associated with which disease?

- A. Constipation
- B. Pernicious anaemia**
- C. Cholelithiasis
- D. Perforation

33. What should be advised to prevent progress of Buerger's Disease?

- A. Monitor BP
- B. Check vitals
- C. Avoid Alcohol
- D. Stop Smoking**

34. Ferrous sulphate is prescribed for a client. She returns to the clinic in two weeks. Which assessment by the nurse indicates that she has NOT been taking iron as ordered?

- A. The client's cheeks are flushed
- B. The client reports having more energy
- C. The client complains of nausea
- D. The client's stools are light brown**

35. What is the primary purpose of administering potassium chloride infusion to patient with diabetic ketoacidosis?

- A. Treatment of hypopnea caused by potassium deficiency
- B. Prevention of flaccid paralysis caused by potassium deficiency
- C. Replacement of deficiency caused by intracellular movement of potassium**
- D. Treatment of Cerebral Oedema caused by potassium deficiency

36. Suitable position for rectal examination is:

- A. Prone position
- B. Lithotomy position
- C. Dorsal recumbent position
- D. Sim's position**

37. Which of the following is the most important initial care when chemical burn is suspected?

- A. Immediately cover the burn area
- B. Remove all the dressings
- C. Provide the calm environment
- D. Excessive flushing with water for 20-30 minutes**

38. Normal respiration is also called:

- A. Apnoea
- B. Orthopnoea
- C. Eupnoea**
- D. Dyspnoea

39. The difference between apical and radial pulse is:

- A. Pulse deficit**
- B. Pulsus paradoxus
- C. Auscultatory gap
- D. Pulse pressure

40. Which of the following is NOT a moment of hand hygiene laid down by WHO?

- A. Before touching a patient
- B. Before clean/ aseptic procedure
- C. Before touching patient surroundings**
- D. After touching a patient

41. Who has given 14 principles of management?

- A. Daniel Fraud
- B. Mary Follett
- C. Henri Fayol**
- D. Florence Nightingale

42. The enema given to relieve gaseous distention is:

- A. Cold enema
- B. Anthelminthic enema
- C. Carminative enema**
- D. Purgative enema

43. Involuntary passing of urine is known as:

- A. Enuresis**
- B. Elimination
- C. Micturition
- D. Defaecation

44. Term malena means:

- A. Dark coloured stool, containing blood**
- B. Pus in the urine
- C. Painful micturition
- D. Sugar in the urine

45. The theory that involves care and help through which the client attains total self-care is:

- A. Nightingale theory
- B. Orem's theory**
- C. Paplau's theory
- D. Roy's theory

46. Which of the following is the presumptive sign of pregnancy?

- A. Hegar sign
- B. Nausea and vomiting**
- C. Skin pigmentation changes
- D. Positive serum pregnancy test

47. During which of the following stages of labor "crowning" occurs?

- A. First stage
- B. Second stage**
- C. Third stage
- D. Fourth stage

48. The hormone responsible for a positive pregnancy test is:

- A. Oestrogen
- B. Progesterone
- C. Human Chorionic Gonadotropin**
- D. Follicle stimulating hormone

49. A woman who is not now and never has been pregnant is called:

- A. Nulliparous
- B. Nulligravida**
- C. Nullipuerpera
- D. Nil mother

50. Which of the following characteristics of contractions would the nurse expect to find in a client experiencing true labor?

- A. Occurring at irregular intervals
- B. Starting mainly in the abdomen
- C. Gradually increasing intervals
- D. Gradually decreasing intervals**

51. The period beginning immediately after the birth of a child and extending for about six weeks is called:

- A. Puerperium**
- B. Lochia
- C. Postparium
- D. Periparium

52. Which hormone is helpful in the growth of Ovarian follicles?

- A. Follicle Stimulating Hormone**
- B. Testosterone
- C. Estrogen.
- D. Progesterone.

53. What is the commonest cause of Postpartum Haemorrhage?

- A. Atony of uterus**
- B. Sub-involution
- C. Birth Injury
- D. Puerperal sepsis

54. Which of the following is the management of partial placenta previa?

- A. Caesarean section
- B. Blood transfusion
- C. Dilation and Curettage (D&C)
- D. Complete bed rest**

55. When will the uterus normally reach the level of xiphisternum?

- A. 32 weeks
- B. 36 weeks**
- C. 40 weeks
- D. 42 weeks

56. Which of the following trait leads to cystic fibrosis?

- A. Autosomal dominant
- B. Autosomal recessive**
- C. X linked dominant
- D. X linked recessive

57. Which of the following is the most common type of childhood malignancy?

- A. Polycythaemia
- B. Leukaemia**
- C. Acute Lymphoma
- D. Chronic Lymphoma

58. Which among the following manifests with fever catarrhal symptoms of upper respiratory tract followed by typical rashes?

- A. Poliomyelitis
- B. Measles**
- C. Rubella
- D. Tetanus

59. Which virus causes chicken pox?

- A. Pox virus
- B. RNA enterovirus
- C. Varicella zoster virus**
- D. Clostridium tetani

60. Which apparatus is used to maintain environmental conditions suitable for a neonate?

- A. Radiant warmer
- B. Incubator**
- C. Phototherapy oven
- D. Mechanical ventilator

61. The drug of choice for neonatal seizure is:

- A. Phenytoin
- B. Phenobarbitone**
- C. Lorazepam
- D. Diazepam

62. Pink to red discoloured area with slight oedema indicates:

- A. First degree burns
- B. Second degree burns
- C. Superficial burns
- D. Both a and c

63. "Rule of Ten" is used for:

- A. Cleft Lip
- B. Imperforate anus
- C. Burns
- D. Tracheoesophageal fistula

64. What does herd immunity means?

- A. Interruption of transmission
- B. All to be vaccinated
- C. Selected group for vaccination
- D. Shorter incubation

65. The first sign of puberty in males is?

- A. Facial hair growth
- B. Height spurt
- C. Pubic hair growth
- D. Testicular enlargement

66. All are affective disorders except:

- A. Depression
- B. Schizophrenia
- C. Grief
- D. Euphoria

67. All are Blueler's 4 A's of schizophrenia except:

- A. Autism
- B. Affective disturbance
- C. Ambivalence
- D. Apathy

68. Preoccupation with body diseases is seen in:

- A. Obsession
- B. Somatization
- C. Hypochondriasis
- D. Conversion disorder

69. A false belief unexplained by reality, shared by a number of people is:

- A. Superstition
- B. Illusion
- C. Delusion
- D. Obsession

70. A client expresses the belief that armed forces are out to kill him. This is an example of:

- A. Hallucinations
- B. Delusion of infidelity
- C. De realization
- D. Delusion of persecution

71. Individual's life goal is:

- A. Social motives
- B. Biological motives
- C. Personal motive
- D. An instinct

72. Which of the following is NOT an external cause of frustration?

- A. Standing in line
- B. Low IQ
- C. Standing in traffic
- D. Roadblocks

73. Which of the following is the best conflict management style?

- A. Accommodating
- B. Avoiding
- C. Collaborating
- D. Completing

74. Reversibility is a characteristic feature of:

- A. Late childhood
- B. Adolescence
- C. Early childhood
- D. infants

75. Early diagnosis and treatment is an example of:

- A. Primordial prevention
 - B. Primary Prevention
 - C. Secondary prevention
 - D. Tertiary prevention
- Applied Nutrition

76. All are true about milk as diet EXCEPT:

- A. It is low in iron content but rich in calcium, sodium, and potassium
- B. The major carbohydrate is lactose
- C. The chief proteins are caseinogens and lactalbumin
- D. It is rich in vitamin C and D but poor in vitamin A and Riboflavin

77. A child presents with growth retardation, inability to walk and bruises all over the body. Which of the following nutrients should be recommended as a supplement to the diet?

- A. Milk
- B. Egg yolk
- C. Citrus fruits
- D. Pulses

78. Which of the following has highest glycaemic index?

- A. Ice-cream
- B. Cucumber
- C. Bread
- D. Dextrose

79. In a person on hunger strike from past three days which of the following urinary tests would give a positive reaction?

- A. Benedict
- B. Barfoed
- C. Rothera
- D. Biuret

80. Choose the incorrect statement about BMR out of the following:

- A. BMR is directly related to the surface area
- B. BMR is inversely proportional to the age
- C. BMR is increased in warm climate
- D. Males have higher BMR than age matched females

81. In Zero order kinetics of elimination:

- A. A fixed quantity of drug is excreted in a unit time
- B. A fixed fraction of drugs is excreted in a unit time
- C. A fixed volume of plasma is freed of the drug in a unit time
- D. Zero amount of drug is excreted in a unit time

82. cAMP is synthesised with the help of enzyme:

- A. Phosphodiesterase
- B. Adenosyl mono-phosphate
- C. Adenylyl cyclase
- D. G-protein

83. Elimination of free radicals occur with the help of:

- A. Bound radicals
- B. Vitamin D
- C. Oxygen
- D. Antioxidants

84. Clinical findings of systemic amyloidosis include:

- A. Nephrotic syndrome
- B. Restrictive cardiomyopathy
- C. Tongue enlargement
- D. All of the above

85. Polyploidy refers to:

- A. Extra copies of a gene adjacent to each other on a chromosome
- B. An individual with complete extra sets of chromosomes
- C. A chromosome which has replicated but not divided
- D. Multiple ribosomes present on a single mRNA

86. Normal uric acid levels are:

- A. 1-2 mg/dl
- B. 2-3 mg/dl
- C. 3-6 mg/dl
- D. 10-15 mg/dl

87. pKa of the amino group of glycine is 9.6. The pH range at which glycine can be used as effective buffer due to its amino group is:

- A. 7.6 to 9.6
- B. 8.6 to 10.6
- C. 9.6 to 11.6
- D. 10.6 to 12.6

88. Which one among the following gives negative Benedict's test?

- A. Fructose
- B. Sucrose
- C. Ascorbate
- D. Glucose

89. The resolution power of compound microscope is:

- A. 0.2 micron
- B. 0.2 millimeter
- C. 0.2 Angstrom units
- D. 0.2 cenimeter

90. Gram staining is an example of:

- A. Simple staining
 - B. Differential staining
 - C. Negative staining
 - D. None of the above
- Research & Statistics

91. Observation method of data collection is used when researcher wants to determine:

- A. Beliefs of participants
- B. Attitude of participants
- C. Behaviour of participants
- D. Personal experiences of participants

92. Which of the followings is probability sampling technique?

- A. Purposive sampling
- B. Stratified random sampling
- C. Quota sampling
- D. Convenience Sampling

93. Basic principles that are accepted as being true based on logic or reason, without proof or verification is termed as:

- A. Assumption
- B. Hypothesis
- C. Construct
- D. Proposition

94. Independent variable is:

- A. Which cannot be manipulated
- B. Presumed cause
- C. Presumed effect
- D. Also known as outcome variable

95. The group of people or animals in which the researcher is interested is called:

- A. Experiment group
 - B. Sample**
 - C. Controls
 - D. Variables
- General Knowledge

96. To which of the following kingdoms in Himachal Pradesh, did Thomas Coryot make a reference in his book?

- A. Chamba
- B. Kangra**
- C. Sirmour
- D. Bilaspur

97. As per Census 2011 data, what is the approximate population of Himachal Pradesh?

- A. 65.45 Lakhs
- B. 60.30 Lakhs
- C. 68.65 Lakhs**
- D. 69.78 Lakhs

98. Ghadasaru lake is located in which of the following districts in Himachal Pradesh?

- A. Una
- B. Hamirpur
- C. Kangra
- D. Chamba**

99. What was the name given to Ravi river by historians of Alexander?

- A. Hydaspus
- B. Hydraster**
- C. Arjikiya
- D. Vipasha

100. Who was the first governor of Himachal Pradesh?

- A. Y.S. Parmar
- B. Thakur Ram Singh
- C. E. Penderal Moon
- D. S. Chakravarti**

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