



Atal Medical & Research University, H.P.

(A State Govt. University)

(SLBS Govt. Medical College & Hospital Campus, Ner Chowk, Mandi, H.P.)

Website:- www.amruhp.ac.in , Email: coomedicaluniv.mandi@gmail.com, Phone No. 01905-243967

Answer Keys

for the post of Female Health Worker Examination

held on 16th 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 19.10.2022 by 05:00 PM and thereafter, no representation will be entertained under any circumstances.

1. Which App is used by ANM ?

A. NIKSHAY

B. ANMOL

C. Poshan Tracker App

D. Hospital Information System

2. Followings are the features of community health officer except :

A. Possesses B.Sc. Nursing qualification

B. Works as team leader at Health and wellness centre

C. Connected to Medical officer at PHC through tele-consultation

D. Prescribes medication

3. How much population an Accredited Social Health Activist (ASHA) looks after ?

A. 1000

B. 2000

C. 3000

D. 5000

4. Which Health worker was introduced under NRHM at subcentre level to manage the workload of sub centre ?

A. Anganwari worker

B. Second ANM

C. LHV

D. CHO

5. A nurse was reported about a delivery 2 days ago during her visit to the family. Though mother has initiated breast feeding to the baby but still she is very anxious about feeding the baby. What advice nurse should be giving to mother regarding feeding of baby ?

A. Mother should give exclusive breast feed to baby for three months and there after she can initiate complimentary feeding to the child

B. Mother should give exclusive breast feed to baby for four months and there after she can initiate complimentary feeding to the child

C. Mother should give exclusive breast feed to baby for six months and there after she can initiate complimentary feeding to the child

D. Mother should be encouraged to breast feed the baby but if she feels baby is not satisfied with the feed, she can give top feed to child

6. Community health nurse visits the house with one week old neonate and finds out that it is a home delivery, and the neonate is not immunized. Which vaccines this child needs as per National Immunization Schedule ?

A. Oral polio vaccine, BCG

B. BCG, oral polio vaccine, DPT

C. Oral polio vaccine, hepatitis B, BCG

D. Injectable polio vaccine, BCG, hepatitis B

7. Mrs. Usha visits the Sub centre for her health check-up. She informs that she is missing her period. This is her initial visit. What should be the action of ANM at sub-centre ?

A. Ask her to get her pregnancy tested if positive come to ante natal clinic for registering the pregnancy

B. Get her pregnancy test done, if pregnant register her pregnancy and ask her to come for tetanus toxoid injection after completing three months of pregnancy

C. Get her pregnancy test done, if pregnant and ask her to come ante natal clinic to get her pregnancy register

D. Get her pregnancy test done, if pregnant register her pregnancy, perform complete antenatal examination give her first dose of Td

8. A woman has reported to you about unprotected sex last night. What will be your right action ?

A. Tell her nothing will happen just relax

B. Give her one dose of i-pill and tell her to take within 72 hours of unprotected sex

C. Give her one dose of i-pill and tell her to take within 24 hours of unprotected sex

D. Ask her to wait for next menstruation then only you can decide what should be done

9. A two year old child has come to you in a sub Centre with diarrhea presenting with symptoms of irritability, thirst with eager to drink water, reduction in urine output. What will be the correct action for managing this child ?

A. Advise mother to give ORS solution at home regularly after each stool, teach her the signs of dehydration and explained her when to take child to hospital

B. Ask mother to stay in sub center and give ORS in your supervision for 3- 4 hours. Reassess if the child shows improvement in hydration status. Advise mother to give ORS solution at home regularly after each stool, teach her the signs of dehydration and explained her when to take child to hospital

C. Immediately refer the child to PHC/ CHC or nearest hospital for further management

D. Immediately refer the child to PHC/ CHC or nearest hospital for further management and advised her that on the way to hospital she should be giving ORS solution to child

10. The name of Malaria Parasite is :-

A. Plasmodium

B. E coli

C. Amoeba

D. Mosquito

11. National Non Communicable Disease Prevention and Control Program includes:

- A. Cancer, Hypertension, Cardiovascular & diabetes
- B. Cancer, Leprosy, Diabetes & tuberculosis
- C. Cancer, Diabetes, Cardiovascular & strokes**
- D. Cancer, Diabetes, Leprosy & Tuberculosis

12. The innovative IT application of NIKSHAY makes it possible for the grass root level healthcare providers to track every patient of which disease :

- A. HIV/ AIDS
- B. Leprosy
- C. Tuberculosis**
- D. Malaria

13. Under Vande Matram Scheme which of the following statement is true?

- A. It is cash assistance is provided to eligible pregnant women for giving birth in a government health facility.
- B. It is a facility under which provision of free OPD services including ante natal check up to all pregnant women and Family planning counseling to new mothers on the 9th of every month at public and private 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

14. Under Antara program of contraceptive which of the statement is not true?

- A. Injectable contraceptive Medroxy Progesterone Acetate (MPA) is a hormonal contraceptive method for women that prevent pregnancy for three months.
- B. It can easily be administered in the arms, thighs or buttocks.
- C. Suitable for breastfeeding women (after 6 weeks of childbirth).
- D. It is a non-reversible method of contraception**

15. The drugs abbreviations and the total treatment period for all new pulmonary tuberculosis cases is :

- A. 4 HRZE + 2HR
- B. 2 HRZE S + 4 HR
- C. 3HRZE + 5 HR
- D. 2HRZE + 4HRE**

16. Equipment used for carrying few vaccines vial to administer it in outreach community vaccination programme is :

- A. Refrigerator
- B. Iced lined refrigerator (ILR)
- C. Deep refrigerator
- D. Vaccine carrier**

17. Under National Leprosy Control Programme (NLCP) On confirming and diagnosis of Leprosy case from her village Accredited Social Health Activist (ASHA) will get how much money?

- A. Rs. 150 /-
C. Rs. 350/-

- B. Rs. 250/-**
D. Rs 500/-

18. As per National Nutritional Anemia Prophylaxis Programme (NNAPP), a pregnant woman should get the following number of tablets containing 60 mg. ferrous sulphate and 500 mg. folic acid:

- A. 30 tablets
C. 90 tablets

- B. 60 tablets
D. 100 tablets

19. While assessing vaccine vial monitor on Polio Vaccine vial, which of the following statements regarding the color of square inside the circle is not true?

A. If the color of square is lighter than the color of circle around it that means vaccine has lost its potency and it should not be given

B. If the color of internal square inside the circle is heat sensitive and changes the color as it is exposed to heat

C. If the color of internal square becomes of same color of circle that means vaccine has lost its potency and it should not be given

D. If the color of internal square becomes darker than the circle around it that means vaccine has lost its potency and it should not be given

20. Under Ayushman Bharat Rashtriya Swasthya Bima Yojana (RSBY), how much is the coverage per family per year for secondary and tertiary care hospitalization?

- A. Rs 2,00,000/-
C. Rs 7,00,000/-

- B. Rs 5,00,000/-**
D. Rs 10,00,000/-

21. Population covered by a Health and wellness centre in plain area is :

- A. 3000
C. 20000

- B. 5000**
D. 30000

22. In reference to National Rural Health Mission which of the followings is not the job responsibility of Accredited Social Health Activist (ASHA)?

- A. Getting an antenatal woman registered at Health and wellness centre
B. Confirming pregnancy by using pregnancy kit

C. Conducting a normal delivery

D. Providing information about immunization and nutrition

23. Primary health is the care of people with all the following features except :
- A. Accessible
B. Affordability,
C. Acceptability
D. Highly technical
24. In the health care delivery system of India, Primary health care services are provided through:
- A. Health and wellness centre**
B. Community health centre
C. Sub Divisional Hospital
D. District Hospital
25. Which of the following is NOT the ideal women candidate for Intrauterine device (IUD) insertion :
- A. Nulliparous**
B. No history of Pelvic inflammatory disease
C. Willing to check the IUD tail
D. In monogamous relationship
26. Which of the following kits are available at sub centre?
- A. kit A**
B. Kit E
C. Kit H
D. Kit k
27. Who is the team leader at Primary Health Centre for providing Primary health care services in health care delivery system of India?
- A. Community Health Officer
C. Medical Officer
B. ANM
D. Health Assistant
28. Community Based Assessment Checklist (CBAC) Form for Early Detection of NCDs and Tuberculosis (TB) is filled by which health worker by doing house to house visit ?
- A. Anganwari worker
C. ASHA
B. Doctor
D. Social worker
29. Which of the followings is NOT the key component to provide Comprehensive Primary Health Care at Health and Wellness Centre?
- A. Expanded service delivery
B. Community Mobilization and health promotion
C. Indoor services
D. Robust IT System
30. How many health services will be provided at Health and wellness centre to provide Comprehensive primary health care services?
- A. 8
C. 12
B. 10
D. 15

31. Gravida means:
A. Gravity
C. Abortion
B. Pregnancy
D. Childbirth
32. Stillbirth means:
A. Yet to give birth
C. Baby born alive
B. Baby is not born
D. Baby born dead
33. Pregnancy can be confirmed by:
A. HCL in Blood
C. HCG in Urine
B. HCL in Urine
D. HCL in Saliva
34. Placenta will be delivered in:
A. 1st stage of labour
C. 3rd stage of labour
B. 2nd stage of labour
D. 4th stage of labour
35. Nutrition and Oxygen will be provided to foetus by:
A. Placenta
C. Foetal circulation
B. Umbilical cord
D. Maternal circulation
36. Preterm labour means:
A. Labour starts before 30 weeks
C. Labour starts before 37 weeks
B. Labour starts before 35 weeks
D. Labour starts before 40 weeks
37. Vaginal examination is conducted when?
A. Mother is in labour
C. Mother is undergoing surgery
B. Mother is in rest
D. Mother is breast feeding
38. Postpartum period represents:
A. Before delivery
C. After delivery
B. During delivery
D. After delivery within six weeks
39. Postpartum haemorrhage indicates:
A. Blood loss during pregnancy
C. Blood loss After delivery
B. Blood loss during delivery
D. No blood loss during pregnancy
40. Progress of labour is monitored by:
A. Partograph
C. Stethoscope
B. Bar graph
D. Finnard scope

41. Pregnancy occurred in Tubes is called:

- A. Ectopic pregnancy**
- B. Late pregnancy
- C. Pre-pregnancy
- D. Normal conception

42. In Cord prolapse:

- A. Umbilical cord present before presenting part**
- B. Umbilical cord present after presenting part
- C. Umbilical cord present around the presenting part
- D. Umbilical cord abnormality

43. Pitocin is the drug given in labour to:

- A. Increase uterine contraction**
- B. Decrease uterine contraction
- C. Stop uterine contraction
- D. Maintain the same rate of uterine contraction

44. Permanent method of family planning is:

- A. Vasectomy
- B. Tubectomy
- C. Both**
- D. Only tubectomy

45. Baby blues means:

- A. Baby will turn into blue colour
- B. Mother will turn into blue after delivery
- C. Mother will be affected psychologically after delivery**
- D. Baby will be affected by jaundice after delivery

46. Live attenuated vaccines are:

- A. BCG, MMR, DPT
- B. BCG, MMR, Rotavirus, Varicella**
- C. MMR, Rotavirus, Acellular pertussis
- D. Hib, Rotavirus, Acellular pertussis

47. To store OPV vaccine up to 1 year the storage temperature is :

- A. -20 degree Celsius**
- B. 4-8 degree Celsius
- C. -40 degree Celsius
- D. 2-8 degree Celsius

48. The colostrum contains:

- A. Large amount of antibodies and vitamins A, D, E, K**
- B. Protein, fat and sugar
- C. Protein, sodium, Fe, vitamins
- D. Water and sugar

49. As per IMNCI, a child having diarrhea for more than 14 days with no dehydration is classified under:

- A. Pink classification
C. Green classification
B. Yellow classification
D. Red Classification

50. A newborn with temperature between 34 degree Celsius is classified under:

- A. Severe hypothermia
C. Mild hypothermia
B. Moderate hypothermia
D. Normal temperature

51. A child having weight for age below 3rd percentile is:

- A. Underweight**
C. Wasted
B. Stunted
D. Normal

52. Kwashiorkor is associated with deficiency of:

- A. Protein**
C. Both protein and calories
B. Calories
D. Macro and micronutrients only

53. The positive Mantoux test for healthy child is :

- A. >5mm
C. <10 mm
B. >10mm
D. <5mm

54. Beneficiary of Balwadi nutrition program are:

- A. Preschool Children**
C. Adolescents girls
B. School age children
D. Mothers and children

55. National Goiter control program was started to control:

- A. Fe deficiency disorders
B. Iodine deficiency disorders
C. Protein Energy Malnutrition
D. Ca deficiency disorders

56. Which of the following manoeuvre is used to open airway if cervical injury is suspected in an unconscious victim?

- A. Head tilt and chin lift
C. Head tilt and jaw thrust
B. Jaw thrust
D. Lift the chin

57. Which of the following technique is used to move an unconscious patient, if there is suspected spinal injury?

- A. Shift the patient on stretcher
C. Shift the patient on wheelchair
B. Logrolling technique
D. Move the patient with the help of five persons from the road to the ambulance.

58. What should be your first action if you see an unconscious non-breathing adult?

A. Call emergency and request to get an AED

B. Start CPR with ratio of 30:2

C. Shout loudly so that people come to help

D. Give five initial rescue breaths

59. Which of the following drug is given in case of severe allergy?

A. Paracetamol

B. Aspirin

C. Insulin

D. Adrenaline

60. What should be the first nursing action if a friend of yours gets accidentally hurt herself with a knife and is bleeding profusely?

A. Call the doctor

B. Take patient to the hospital

C. Press the injured site immediately with your finger/hand and clean cloth

D. Put her finger in your mouth to suck the blood.

61. What should be your first action in case of an electrical burn?

A. Assess the victim for airway, breathing and circulation

B. Disconnect the electrical source

C. Pour cold water on the burn

D. Counsel the family members of the victim

62. Which of the following statement best describes an 'open fracture'?

A. A fracture in which the bone is exposed and the skin is broken

B. A fracture in which bone has bent and split

C. A fracture with lot of complications such as fat embolism

D. A fracture in which bone ends can move around

63. Which of the following action is appropriate while treating a choking adult?

A. Using a blind-finger sweep if a patient is choking and no foreign object is seen

B. Stand directly behind the adult and place both of arms around the patient's waist

C. Giving prone position to the patient and start beating at the back

D. Ask patient to kneel down and try to cough

64. Which of the best describes the purposes of applying dressings and bandages over the wound?

- A. Reduce the victim's pain
- B. Reduce internal bleeding
- C. Make it easier to take the victim to the hospital
- D. Help control bleeding and prevent infection**

65. Which of the following is the general principle of applying splints to a wound?

- A. Loose, so that the victim can still move the injured limb
- B. Snug, but not so tight that it slows circulation**
- C. Tied with cravats over the injured area
- D. None of the above

66. Which of the following statement is NOT CORRECT pertaining to health record of a patient?

- A. It is a legal document
- B. It contains information related to health care management of patient
- C. It is a method of communication between health professionals and relevant others
- D. It can be used as a means to prove one's identity**

67. Which of the following is NOT an important characteristic of reports?

- A. Factual
- B. Incomplete**
- C. Accurate
- D. Current

68. Which of the following is included in 'Health care discipline records'?

- A. Physician orders, treatments and medications
- B. Patient's progress and response to medical therapy
- C. Records maintained by health professionals of all disciplines such as radiology, lab, social work etc**
- D. Summary of patient's condition, progress, prognosis, rehabilitation and teaching needs

69. Which of the following statement is CORRECT about 'Incident Report'?

- A. Should be written by a person witnessing the event**
- B. Detailed narrative information about the incident is being written
- C. Submitted to the police for information and necessary action
- D. Serves least purpose in Quality Improvement Programs

70. Which of the following describes the objectives of ‘Computer – Based Patient Care Recording (CPCR)’?

- A. Improved uniformity, accuracy and retrievability of data**
- B. Easy access to everybody
- C. Breach of confidentiality of patient information
- D. Short-term availability of health-record of patient

71. Which of the following is NOT a purpose of keeping records?

- A. Communication
- B. Financial billing
- C. Auditing
- D. Obtaining personal loans**

72. While documenting in the patient’s record, if an error is made, what action should a nurse undertake?

- A. Draw a single line through an error and write a word ‘error’ above it.**
- B. Erase the error and rewrite it.
- C. Apply correction fluid to erase the error.
- D. Scribble out over the error.

73. Which of the following is CORRECT about ‘Reports’?

- A. Includes written information only
- B. Includes oral information only
- C. Includes both written and oral exchange of information between caregivers**
- D. Includes medication related information only

74. For how long, immunization record of an infant should be kept?

- A. For 10 years
- B. Permanently**
- C. For 5 years
- D. Until the age of maturity

75. When writing in patients’ notes what must always be there?

- A. Date, time, signature, printed name, position held, mentor’s signature
- B. Date, time, ward, signature
- C. Date, time, signature, printed name, position held**
- D. Date, time, signature, printed name

76. Which of the following combination of drugs are used in Anti-tuberculosis treatment (ATT)?

- A. Isoniazid, Pyridoxin, Rifampicin
- B. Isoniazid, Streptomycin, Ciprofloxacin
- C. Azithromycin, Rifampicin, Erythromycin
- D. Isoniazid, Rifampicin, Pyrazinamide**

83. Which of the following is the BEST practice to administer medication to children?

- A. Always prefer solid drug preparations such as tablet, capsule etc.
- B. Mix medicine with large amount of juice to ensure complete administration of medicine.

C. Use of spoon, plastic cup or oral syringe (without needle) to administer liquid medicine

- D. Ensure accuracy of drug dosage using plastic cup

84. A 500 mg tablet Amoxycillin is to be given to a patient two times a day. The tablet comes in 250 mg preparation. How many tablets are needed to be given in a day?

- A. 2 tablets

- B. 6 tablets

C. 4 tablets

- D. 1.5 tablets

85. Which of the following method ensures correct instillation of ear drops to an adult?

A. Pull the pinna upward and outward

- B. Pull the pinna downward and backward

- C. Pull the pinna downward and outward

- D. Pull the pinna upward and backward

86. Drug of choice in treating cholera in pregnant women

- A. Doxycycline

- B. Erythromycin

- C. Trimethoprim

D. Furazolidone

87. What is the cutoff of blood pressure for the diagnosis of Hypertension?

- A. SBP > 120mmHg

B. SBP > 140mmHg

- C. SBP > 160mmHg

- D. SBP > 170mmHg

88. Mission Indradhanush launched by Government of India is related to:

- A. Sanitation

B. Immunization

- C. Health insurance

- D. None of the above

89. First dose of measles vaccine is administered at:

- A. Birth

- B. 6 weeks

C. 9 months

- D. one year

90. Which of the following is not a live attenuated vaccine?

- A. Measles
B. BCG
C. OPV
D. DPT

91. NPCDCS programme recommends bidirectional screening for which of the following diseases?

- A. DM- HIV
B. HTN- Cancer
C. TB- DM
D. DM- Cancer

92. What is the time limit to register birth event as per the central birth and death registration act of India?

- A. 5 days
B. 7 days
C. 14 days
D. 21days

93. Last case of guinea worm disease in India was reported in:

- A. 1994
B. **1996**
C. 2000
D. 2002

94. All of the following are recommended as a measure to control cholera in a community EXCEPT:

- A. Food hygiene
B. Boiling of water
C. Mass chemoprophylaxis
D. Early detection and treatment of cases

95. Exclusive breast feeding is recommended upto the period of:

- A. 4 months
B. **6 months**
C. 9 months
D. 12 months

96. Where is Renuka lake located?

- A. Nahar (Sirmaur)**
B. Mandi
C. Paonta Sahib
D. Mcloedganj

97. Which of the following is the smallest wildlife sanctuary in Himachal Pradesh?

- A. Talra
B. **Shilli**
C. Shikari Devi
D. Tirthan

98. Which of the following districts of Himachal Pradesh is located on the international border of india?

A. Kinnaur

C. Chamba

B. Shimla

D. None of the above

99. A temple dedicated to 'Lord Druveshwar' is located near which of the following lakes?

A. Manimahesh lake

C. Mahakali Lake

B. Lama Lake

D. Dal Lake

100. Which of the following rivers does not flow through Himachal Pradesh?

A. Ganga

C. Chenab

B. Yamuna

D. Ravi