

RRB PARAMEDICAL EXAM HEALTH INSPECTOR

QUESTIONS

1. For education of measles, immunization coverage should be at least
(a) 80% (b) 85% (c) 96% (d) 100%
2. Period of maximum infectivity in mumps is during
(a) incubation period (b) onset of swelling (c) after swelling appears (d) prodromal period
3. Major epidemics of influenza A occur at intervals of
(a) 1 year (b) 2-3 years (c) 10-15 years (d) 20-25 years
4. The most common source of infection for diphtheria is a
(a) case (b) sub clinical case (c) carrier (d) all of the above
5. Shick test is done in
(a) meningitis (b) diphtheria (c) pertussis (d) polimyelitis
6. Adjuvant present in DPT vaccine is
(a) aluminium phosphate (b) aluminium hydroxide (c) zinc phosphate (d) magnesium phosphate
7. Recommended site of administration of DPT in infants is
(a) gluteal (b) deltoid (c) lateral aspect of thigh (d) forearm
8. The most severe complications following DPT are due to component
(a) diphtheria (b) pertussis (c) tetanus (d) adjuvant
9. The vaccine usually given to pilgrims to the Middle East is
(a) DPT (b) influenza (c) yellow fever (d) meningitis
10. Best index to estimate case load of T.B. in a community is
(a) incidence of infection (b) prevalence of infection (c) incidence of disease
(d) prevalence of disease
11. Prevalence of T.B. infection in a community is estimated by
(a) tuberculin test (b) sputum microscopy (c) culture (d) chest X-ray
12. The amount of PPD used in mantoux test in India is
(a) 1 TU (b) 5 TU (c) 25 TU (d) 250 TU
13. Result of mantoux test is read after
(a) 6 hours (b) 24 hours (c) 48 hours (d) 72 hours
14. Present day BCG vaccine is supplied as
(a) liquid vaccine (b) freeze dried vaccine (c) both (d) none of the above
15. The diluent used for reconstituting BCG vaccine is
(a) normal saline (b) distilled water (c) dextrose (d) none of the above
16. Reconstituted BCG vaccine should be used with in

(a) 3 hours (b) 6 hours (c) 18 hours (d) 24 hours

17. The age for BCG vaccination is recommended at

(a) birth or at 6th week (b) only 6th week (c) 6-8 weeks (d) within 1 year

18. At the village level sputum for AFB is collected and fixed by

(a) anganwadi worker (b) village health guide (c) health worker male (d) health worker female

19. Source of most polio infections are

(a) clinical cases (b) sub clinical cases (c) carrier (d) both (b)&(c)

20. Risk factors for development of paralytic polio include

(a) 1/M injections (b) Tonsillectomy (c) DPT (d) all of the above

21. Major route of transmission of Hepatitis A is

(a) Faeco oral route (b) parenteral route (c) sexual transmission (d) perinatal transmission

22. Vaccine vial monitor is present on which of these vaccines

(a) BCG (b) DPT (c) OPV (d) Measles

23. Immunity after Hepatitis A lasts for

(a) 6 months (b) 1 year (c) 6 years (d) life long

24. Following methods destroy vibrio cholerae except

(a) boiling (b) drying (c) bleaching powder 1 mg/L (d) cresol

25. Best method of collecting choleric stools for diagnosis is by

(a) rectal catheter (b) rectal swab (c) disinfected stool (d) all of the above

26. All are vaccines included under the Universal Immunization Programme except

(a) diphtheria (b) pertussis (c) measles (d) MMR

27. The MTP act was passed in the year

(a) 1975 (b) 1971 (c) 1986 (d) 2000

28. All are Anti Rabies vaccine currently used in Kerala except

(a) chick embryo cell vaccine (b) human diploid cell vaccine (c) vero cell vaccine (d) neural tissue vaccine

29. Annual Parasitic incidence is used to measure the problem of

(a) Filariasis (b) Dengue fever (c) Malaria (d) Japanese encephalitis

30. The causative organism of plague is

(a) Y pestis (b) R. Prowazeki (c) Coryne bacterium (d) Arbovirus

31. Which of these is a Conventional Contraceptive

(a) Combined pill (b) IUD (c) Condom (d) Mini pill

32. Which of these insecticides is used as a space spray

(a) paris green (b) abate (c) pyrethrum (d) mineral oil

33. Chemical ideally used for disinfecting sputum is

(a) cresol (b) dettol (c) savlon (d) phenol

34. Census is carried out at regular intervals of

(a) 5 years (b) 10 years (c) 7 years (d) 15 years

35. Vaccine carrier should ideally have number of ice packs

(a) 1 (b) 2 (c) 3 (d) 4

36. The dose of elemental iron in Folifer tablet given to pregnant women under the RCH programme is

(a) 60 mg (b) 80 mg (c) 50 mg (d) 100 mg

37. Sanitary latrine should be located at least feet from source of contamination

(a) 15 (b) 25 (c) 50 (d) 75

38. For calculating Bacterial index in Leprosy a minimum of sites should be examined

(a) 4 (b) 6 (c) 7 (d) 9

39. Number of Tetanus toxoid doses to be given to an antenatal mother with last child birth 2 years back is

(a) 2 (b) 1 (c) 3 (d) none

40. As per the Birth and Deaths Registration Act all births are to be registered with in a period of

(a) 7 days (b) 14 days (c) 21 days (d) 1 month

41. Dengue fever is transmitted by the bite of mosquito

(a) anopheles (b) aedes (c) mansonina (d) culex

42. Route of administration of BCG vaccine is

(a) intramuscular (b) intradermal (c) subcutaneous (d) intrathecal

43. Pasteurisation of milk kills all organisms except

(a) Anthrax (b) M. Tuberculosis (c) Streptococcus (d) Brucella

44. Prevalence of hook worm infection in a community is assessed by

(a) pearl index (b) breteau index (c) chandler index (d) none of the above

45. The level of iodisation of iodised salt at the consumer level as specified under the IDD control programme is

(a) 40 ppm (b) 30 ppm (c) 15 ppm (d) 50 ppm

46. All are steps in Primary Prevention of diseases except

(a) promotion of healthy life styles (b) good nutrition (c) immunization (d) treatment

47. Communicability of measles declines

(a) after onset of fever (b) during prodromal period (c) at the time of eruption

(d) after appearance of rash

48. After effective chlorination of water free residual chlorine should not be less than

(a) 0.5 mg/L (b) 1 mg/L (c) 50 mg/L (d) 200 mg/L

49. All are side effects of oral contraceptives except

(a) hypertension (b) cervical cancer risk (c) gall bladder disease (d) iron deficiency anaemia

50. World AIDS day is observed on

(a) December 1st (b) January 31st (c) May 1st (d) October 1st

51. Highest source of vitamin A is seen in

(a) Cod liver oil (b) green leafy vegetables (c) papaya (d) carrot

52. Which is a live vaccine

(a) Hepatitis B vaccine (b) Hepatitis A vaccine (c) Oral polio vaccine (d) DPT vaccine

53. Scurvy is a deficiency disease due to

(a) Vitamin A (b) Vitamin D (c) Vitamin C (d) Vitamin B12

54. Number of sputum smears to be taken for confirmation of tuberculosis under the Revised National Tuberculosis control

programme is

(a) 1 (b) 2 (c) 3 (d) 4

55. The target population under the Universal Immunization Programme is

(a) infants and antenatal mothers (b) infants (c) under fives (d) under fives and antenatal mothers

56. RCH programme was launched in the year

(a) 1997 (b) 1992 (c) 1990 (d) 1998

57. Additional energy requirement to be supplemented for a lactating mother is

(a) 200 calories (b) 550 calories (c) 350 calories (d) 100 calories

58. Dental caries is caused due to deficiency of

(a) Iodine (b) Iron (c) Fluorine (d) Copper

59. Most ideal equipment for vaccine storage in a PHC is

(a) domestic refrigerator (b) ice lined refrigerator (c) cold box (d) vaccine carrier

60. Village Health Guide is present in all these states except

(a) Uttar Pradesh (b) Bihar (c) Orissa (d) Kerala

61. Route of transmission of pneumonic plague is

(a) Vector (b) Droplet (c) Fomite (d) Food

62. Most simple way of data presentation to a common man is

(a) Bar chart (b) Line diagram (c) Pictogram (d) Histogram

63. The best method for operation theatre disinfection is

(a) dettol (b) phenol (c) lysol (d) formaldehyde

64. Primary schedule of hepatitis B immunization is

(a) 0,1,6 months (b) 1,3,6 months (c) 1,2,12 months (d) 0,1,5 years

65. The control of has led to the eradication of guinea worm disease

(a) mosquito (b) rat flea (c) sand fly (d) cyclops

66. The confirmatory test for paralytic poliomyelitis is a

(a) stool examination (b) CSF examination (c) blood examination (d) nerve examination

67. The drug given to peripheral health worker under the Actute Respiratory infection Control Programme is

(a) Tetracycline (b) Cotrimoxazole (c) Doxy cycline (d) Chloroquine

68. The fitration technique in modern water treatment plant is

(a) slow sand filter (b) rapid sand filter (c) activated sludge process (d) double pot method

69. World Health Day is observed every year on

(a) May 9th (b) July 11th (c) April 7th (d) July 1st

70. Health education technique most suited for introducing the correct use of O.R.S. among Rural mothers is

(a) group discussion (b) flash card (c) demonstration (d) flannel graph

71. All are anti scabies preparations except

(a) BHC (b) permethrin (c) benzyl benzoate (d) malathion

72. All are tests used for bacteriological quality testing of drinking water except

(a) multiple tube method (b) membrane filtration technique (c) colony count (d) biological oxygen demand

73. During an epidemic of cholera, wells should be disinfected ideally

(a) Every day (b) 2 days (c) 3 days (d) 1 week

74. All are components of under five clinic except

(a) immunization (b) growth monitoring (c) oral rehydration (d) referral treatment

75. All are true of prevention of Food Adulteration Act except

(a) prescribes minimum standards (b) is not mandatory

(c) punishment includes imprisonment (d) latest amendment was in the year 1986

76. Physical quality of life index includes all except

(a) infant mortality (b) life expectancy at age one (c) per capita GNP (d) literacy

77. Incubation period is less than 3 days in all the following except

(a) influenza (b) cholera (c) mumps (d) staphylococcal food poisoning

78. The type of influenza virus causing epidemics every year is

(a) A (b) B (c) C (d) Any one of the above

79. The incubation period of Rabies in men is determined by

(a) Site of bite (b) Severity of bite (c) Number of wounds (d) All of the above

80. Noso comial infection means

(a) infection of nose (b) hospital acquired infection (c) notifiable disease (d) new disease

81. All of the following are mosquito borne diseases except

(a) Malaria (b) Filaria (c) Kysanur forest disease (d) Dengue fever

82. Which is not true of small pox

(a) No animal reservoir (b) No carrier stage (c) No sub-clinical infection (d) No air borne transmission

83. ORS contains all except

(a) sodium chloride (b) potassium sulphate (c) trisodium citrate (d) glucose

84. The danger zone for bacterial growth in food is

(a) 10-49 degree C (b) 20-49 degree C (c) 10-60 degree C (d) 20-60 degree C

85. Aldehyde test is used for the diagnosis of

(a) Malaria (b) Kala Azar (c) Japanese encephalitis (d) Typhus fever

86. The period from disease initiation to disease detection in chronic disease is called

(a) incubation period (b) serial interval (c) latent period (d) median period

87. Herd immunity does not protect an individual in

(a) Diphtheria (b) Poliomyelitis (c) Small pox (d) Tetanus

88. Vaccines which should not be frozen include

(a) Typhoid (b) DPT (c) TT (d) All of the above

89. ILR stands for

(a) Income Literacy Ratio (b) Illiteracy- Literacy Ratio

(c) Ice Lined Refrigerator (d) Infant Living Rate

90. Cold chain equipment used at out reach sites is

(a) cold box (b) vaccine carrier (c) ice pack (d) freezer

91. Most heat sensitive vaccine is

(a) BCG (b) Polio (c) Measles (d) DPT

92. Zero dose of polio vaccine means

(a) no vaccination (b) dose before first dose (c) no antibody response (d) vaccination at mobile camps

93. Pasteurisation of milk is an example disinfection

(a) Pre current (b) Con current (c) Terminal (d) Absolute

94. Boiling for 5-10 minutes kills

(a) bacteria (b) spores (c) virus (d) none of the above

95. All of the following can be sterilized by Auto claving except

(a) gloves (b) culture media (c) plastics (d) linen

96. All are suitable for disinfection of faces and urine except

(a) 8% bleaching powder (b) 1% crude phenol (c) 5% cresol (d) 1-2% formalin

97. Ideally bed pans and urinals are sterilized using

(a) 1% cresol (b) bleaching powder (c) steam (d) all of the above

98. Sputum is best disposed by

(a) burning (b) boiling (c) 5% cresol (d) any of the above

99. Immunity conferred by an attack of small pox is for

(a) 10 years (b) 15 years (c) 20 years (d) life long
100. Which is not true regarding measles

(a) source of infection is a case (b) secondary attack rate is 80%

(c) carries do not occur (d) sub clinical measles not known

Answers:

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

RRB PARA MEDICAL JUNIOR HEALTH INSPECTOR QUESTIONS

1. A sub-center is meant to be there for every population in Hilly areas

(a) 1000 (b) 3000 (c) 5000 (d) 10000

2 One primary health center should be there for every rural population in the plains

(a) 10000 (b) 20000 (c) 30000 (d) 40000

3 Hind Kusht Nivaran Sangh is a voluntary agency related to the disease:

(a) Tuberculosis (b) Leprosy (c) Malaria (d) Filaria

4 The colour of the center square in the vaccine vial monitor in a well stored polio vaccine should be:

(a) White (b) Violet (c) Blue (d) Pink

5 The world Health Day is celebrated on

(a) March 1st (b) April 7th (c) July 1st (d) December 1st

6 GOBI campaign of the UNICEF includes all except:

(a) Growth monitoring (b) Observation (c) Breast feeding (d) Immunization

7 The international agency providing support for the National Blindness Control Programme is:

(a) DANIDA (b) SIDA (c) USAID (d) CARE

8 Major symptoms of an AIDS patient is:

(a) Weight loss (b) Diarrhea (c) Fever (d) All of the above

9 The ideal weight for an adult person is calculated on the basis of his:

(a) Age (b) Height (c) Economic status (d) All of the above

10 Risk factors for developing coronary heart disease include:

(a) Smoking (b) Hypertension (c) Serum Cholesterol (d) All of the above

11 The salt intake per day should be kept to a limit of:

(a) 1 gm daily (b) 5 gm daily (c) 10 gm daily (d) 15 gm daily

12 A normal blood pressure is said to be about:

(a) 300 / 200 (b) 200 / 150 (c) 120 / 80 (d) 70 / 40

13 Pulse rate of babies is:

(a) More than adults (b) Less than adults (c) Same as adults (d) No fixed pattern

14 Normal respiratory rates in adults is about:

(a) 5/ min (b) 10/min (c) 17/min (d) 27/min

15 Streptococcal throat infection can later lead to:

(a) Tuberculosis (b) Leprosy (c) Rheumatic heart Disease (d) Malaria

16 India's population at present is about:

(a) Ten Thousand (b) One Million (c) One Billion (d) Ten Billion

17 While calculating birth rates the denominator used is:

(a) live births (b) mid-year population (c) census population (d) any of the above

18 The objective of National population policy is to bring the total fertility rates to replacement level by:

(a) 2005 (b) 2010 (c) 2015 (d) 2020

19 A woman is expected to attend the antenatal clinic at least / month during the first 7 months:

(a) one (b) twice (c) thrice (d) four times

20 On an average a normal healthy woman should gain about kg of weight during pregnancy

(a) 5 kg (b) 12 kg (c) 20 kg (d) 30 kg

21 An unimmunised mother should be given doses of Tetanus toxoid during pregnancy

(a) one (b) two (c) three (d) four

22 The extra amount of calories required during pregnancy is:

(a) 300 Kcal (b) 440 Kcal (c) 550 Kcal (d) 600 Kcal

23 At one year of age a baby should weigh around:

(a) 5 kg (b) 10 kg (c) 15 kg (d) 20 kg

24 As per Baby friendly hospital initiative breast feeding by the mother after normal delivery should be started within:

(a) one hour (b) five hours (c) 10 hours (d) 24 hours

25 Under the ICDS programme the amount of protein provided for children between 1-6yrs is:

(a) 5 gms (b) 10 gms (c) 15 gms (d) 20 gms

26 Father of medicine is:

(a) Hippocrates (b) Aesculapius (c) Susrutha (d) Thomas Sydenham

27 James Lind is related to the disease:

(a) small pox (b) scurvy (c) scabies (d) scoliosis

28 DPT vaccination is related to the disease:

(a) Polio (b) Measles (c) Pertussis (d) All of the above

29 Chicken pox is caused due to a:

(a) Virus (b) Bacteria (c) Fungus (d) Protozoa

30 Measles vaccine is given under the National Immunization Programme

(a) 1 month (b) 6 months (c) 9 months (d) 15 months

31 The classical triad of Rubella include:

(a) Cataract (b) Cardiac Malformation (c) Deafness (d) all of the above

32 BCG vaccination is given to protect against:

(a) Tuberculosis (b) Meningitis (c) Chicken pox (d) All of the above

33 Oral polio vaccine:

(a) Live vaccine (b) Killed vaccine (c) Freeze dried vaccine (d) Recombinant vaccine

34 Hepatitis A virus is mainly transmitted through:

(a) facial-oral route (b) parental route (c) sexual transmission (d) blood transmission

35 Rice water stools is seen in:

(a) Cholera (b) Typhoid (c) Salmonellosis (d) Botulism

36 DOTS is related to the disease:

(a) Leprosy (b) Tuberculosis (c) Hepatitis (d) Malaria

37 Ancylostomiasis is the other name for

(a) Hook worm (b) Round worm (c) Tape worm (d) Guinea worm

38 The worm infestation eliminated from India is:

(a) Hook worm (b) round worm (c) Tape worm (d) Guinea worm

39 Dengue fever is transmitted by:

(a) aedes (b) culex (c) anopheles (d) mansonias

40 Malaria is caused by:

(a) bacteria (b) protozoan (c) virus (d) fungus

41 The disease not present in India is

(a) dengue (b) yellow fever (c) Japanese encephalitis (d) Kyasanur forest disease

42 Leptospirosis is transmitted through:

(a) rat urine (b) rat bite (c) mosquito (d) dog bite

43 Beef tapeworm is:

(a) Taenia saginata (b) Taenia solium (c) Echinococcus granulosus (d) Guinea worm

44 Trachoma is a disease related to:

(a) eyes (b) ears (c) nose (d) throat

45 Leprosy should be treated for a minimum period of:

(a) life long (b) 20 yrs (c) 5 yrs (d) 6-12 months

46 Gonorrhoea is a disease transmitted through

(a) food (b) needle prick (c) blood transfusion (d) sexually

47 Modifiable risk factors in case of hypertension include all except

(a) age (b) obesity (c) salt intake (d) alcohol intake

48 Rheumatic heart disease is related to the condition:

(a) throat infection (b) ear infection (c) eye infection (d) leg infection

49 Goiter is related to the gland:

(a) pancreas (b) thyroid (c) parotid (d) adrenals

50 Diabetes is caused due to deficiency of:

(a) insulin (b) ptyalin (c) thyroxin (d) glucagon

51 Most common cause of blindness in India is:

(a) cataract (b) glaucoma (c) refractive index (d) vitamin A deficiency

52 Barrier method of contraception is:

(a) condom (b) intra-uterine device (c) oral pills (d) injectables

53 One gram of protein will give Kcal/gm

(a) 4 (b) 9 (c) 12 (d) 15

54 The reference protein is:

(a) egg (b) milk (c) meat (d) fish

55 Limiting Amino acid in plus is:

(a) lysine (b) threonine (c) methionine (d) valine

56 The amount of protein required by an Indian adult is gm protein/kg body wt.

(a) 0.5 (b) 1 (c) 5 (d) 10

57 Saturated fatty acids are all except

(a) lauric (b) palmitic (c) stearic (d) oleic

58 Deficiency of vitamin D causes

(a) rickets (b) scurvy (c) night blindness (d) all of the above

59 Pellagra is a deficiency disease caused due to the deficiency of

(a) riboflavin (b) thiamine (c) niacin (d) folate

60 Rich source of vitamin A is

(a) ripe papaya (b) ripe mango (c) green leafy vegetables (d) all of the above

61 The mineral that is associated with anemia is:

(a) calcium (b) iron (c) magnesium (d) sodium

62 Infections primarily of animals that can be transmitted through milk is all except

(a) tuberculosis (b) brucellosis (c) Q fever (d) malaria

63 The addition of colouring agents to food is called

(a) food additives (b) food adulteration (c) food fortification (d) none of the above

64 As per the Mid-day meal programme the meals should supply at least of the total energy requirement

(a) 1/3rd (b) 1/4th (c) 1/2 (d) 3/4th

65 The type of learning relating to skills is:

(a) cognitive (b) affective (c) psychomotor (d) all of the above

66 The average population of a village in India is estimated to be:

(a) 5000 (b) 2500 (c) 1500 (d) 550

67 The amount of bleaching powder required to disinfect 1000 liters of water is

(a) 1.5 gms (b) 2.5 gms (c) 3.5 gms (d) 4.5 gms

68 Hardness of water can be caused due to

(a) chlorides (b) sulphates (c) nitrates (d) all of the above

69 Free and combined chlorine in water can be determined using:

(a) orthotoluidine test (b) methylene blue test (c) phosphatase test (d) all of the above

70 In a house window area should be at least of the floor area

(a) 1/20th (b) 1/10th (c) 1/5th (d) 1/2

71 Overcrowding is said to exist if no of persons over 9 yrs of age not husband and wife, of opposite sexes are obliged to

sleep in the same room

(a) 2 (b) 3 (c) 4 (d) 5

72 The method of waste disposal in which waste is disposed along with night soil is known as

(a) dumping (b) tipping (c) composting (d) incineration

73 The mosquito which lays its eggs on the leaves of certain aquatic plants is

(a) aedes (b) anopheles (c) mansonina (d) culex

74 The tiger mosquito is

(a) anopheles (b) culex (c) aedes (d) mansonina

75 Biological control of mosquitoes is by using

(a) minerals oils (b) fishes (c) insecticides (d) all of the above

76 Lindane is a:

(a) DDT (b) BHC (c) malathion (d) fention

77 Zinc phosphide is an efficient

(a) rodenticide (b) insecticide (c) bactericide (d) disinfectant

78 Bird flu is caused by:

(a) virus (b) bacteria (c) fungus (d) protozoa

79 The normal human body contains

(a) 20 chromosomes (b) 25 chromosomes (c) 36 chromosomes (d) 46 chromosomes

80 Among the blood groups the blood group considered as the universal donor is

(a) A group (b) B group (c) AB group (d) O group

81 The sex chromosome composition of XO is related to

(a) turners syndrome (b) klinefelters syndrome (c) super female (d) none of the above

82 Erythroblastosis foetalis is a disease related to

(a) blood groups (b) red blood cells (c) white blood cells (d) platelets

83 Births and deaths should be registered with in

(a) 7 days (b) 14 days (c) 21 days (d) 30 days

84 The census is taken at intervals of

(a) 5 yrs (b) 10 yrs (c) 15 yrs (d) 20 yrs

85 The diseases notifiable to the WHO under the international Regulation Act are all except

(a) cholera (b) plague (c) yellow fever (d) diphtheria

86 The best method to present data to the man on the street is:

(a) bar chart (b) pie chart (c) pictogram (d) frequency polygon

87 When a set of numbers is arranged in ascending or descending order and the center number is taken it is called a:

(a) mean (b) median (c) mode (d) range

88 Socratic method of communication is

(a) one-way (b) two-way (c) verbal (d) non-verbal

89 The recommended illumination required for casual reading is

(a) 50 lux (b) 100 lux (c) 300 lux (d) none of the above

90 A daily exposure of ...dB is about the limit people can tolerate without substantial damage to hearing

(a) 35 (b) 55 (c) 65 (d) 85

91 The best method that can be used to teach mothers on how to use oral rehydration solution is

(a) Lecture (b) Flash cards (c) Demonstration (d) Panel discussion

92 Message in a poster created for health education should be

(a) short (b) simple (c) direct (d) all of the above

93 Resource for health planning are:

(a) man power (b) money (c) material (d) all of the above

94 The committee that visualized the development of primary health center is:

(a) Bhore Committee (b) Mukerji Committee (c) Chadah Committee (d) Shrivastav Committee

95 Zila parishad is at the:

(a) Village level (b) Town level (c) Block level (d) District level

96 The drug used for tuberculosis include all except

(a) dapsone (b) rifampicin (c) ethambutol (d) isoniazid

97 Crude death rate in India as per the latest population statistics is:

(a) 25 (b) 20 (c) 15 (d) 8

98 Infant mortality rate in Kerala is about / 1000 live births

(a) 67 (b) 50 (c) 25 (d) 14

99 Sex ratio in Kerala is / 1000 males

(a) 850 (b) 933 (c) 1000 (d) 1058

100 As per the ICDS scheme an Anganwadi worker is meant to be there for every....population

(a) 500 (b) 1000 (c) 3000 (d) 5000

Answers

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

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RRB PARA MEDICAL PUBLIC HEALTH NURSE EXAM QUESTIONS

1. Mode of transmission of Pertussis:
(a) Vector transmission (b) Through contaminated water
(c) Droplet infection (d) Faecooral
2. Time required to measure the Mantoux test:
(a) 24 to 48 hrs (b) 48 to 72 hrs (c) 10 to 12 hrs (d) 2 to 4 hrs
3. Name of the oral Polio Vaccine:
(a) BCG (b) TAB (c) Salk (d) Sabin
4. The following are the standard tuberculosis drug except:
(a) Chloromycin (b) Streptomycin (c) INH (d) PAS
5. Combination of Triple Antigen:
(a) DPT (b) BCG (c) TAB (d) ECG
6. The time interval between infection of suspected person and the appearance of signs and symptoms of the disease is called
(a) Quarantine (b) Recovery period
(c) Incubation (d) Isolation period
7. Route of transmission of Hepatitis B:
(a) Oral (b) Potential (c) Faeco oral (d) Contaminated water
8. Mode of transmission of typhoid fever:
(a) Intravenous (b) Oro facial (c) Respiratory (d) Droplet
9. Causative organism of diphtheria:
(a) Mycobacteria (b) Streptococcus
(c) Coryne Bacterium diphtheria (d) Staphylococcus
10. Incubation period of measles:
(a) 1-7 days (b) 7-14 days (c) 14-21 days (d) 21-28 days
11. Site for Mantoux test:
(a) Outer and upper quadrant of gluteus maximus (b) Deltoid region
(c) Posterior left forearm (d) Anterior left forearm
12. Media of transmission of bovine type of tubercle bacilli:
(a) Milk (b) Water (c) Air (d) Food
13. Painful Micturition:
(a) Eneuresis (b) Dysuria (c) Retention of urine (d) Diarrhoea
14. Amount of solution used for evacuant enema in adults:
(a) 100-250 ml (b) 250-350ml (c) 500-1000ml (d) 1000-1500 ml
15. Drugs used to relieve pain:
(a) Anti-inflammatory (b) Antipyretics (c) Antibiotics (d) Analgesics
16. Hormone secreted by the testes:
(a) Oestrogen (b) Pitocin (c) Androgens (d) Progesterone
17. One teaspoon contains ml
(a) 2ml (b) 5ml (c) 10ml (d) 15ml
18. One ml contains drops
(a) 5 drops (b) 10 drops (c) 15 drops (d) 20 drops
19. Average weight of a new born baby:
(a) 2 kg (b) 4 Kg (c) 3kg (d) 5kg
20. How much salt must be added to one litre of water to make a solution of normal saline?
(a) 2 grams (b) 5 grams (c) 6 grams (d) 9 grams
21. Number of vertebra in the sacrum:
(a) 5 (b) 3 (c) 4 (d) 1
22. Number of chromosome in a cell:

- (a) 23 (b) 44 (c) 46 (d) 40
23. A trial septal defect occurs due to the persistence of:
 (a) Foramen ovale (b) Ductus arteriosus (c) Ductus venosus (d) Mitral valve
24. is a water soluble vitamin:
 (a) Vitamin A (b) Vitamin K (c) Vitamin B (d) Vitamin D
25. Quickening means:
 (a) Hearing of the fetal heart sound (b) Sudden cessation of Menstruation
 (c) The movement of the feuts in the uterus felt by the mother (d) Nausa and vomiting in the morning
26. Cholera is caused by a kind of bacterium called:
 (a) Tubercle bacillus (b) Vibrio cholerae (c) Protozoa (d) Entamoeba histolytica
27. Drinking of alcohol will severely effects the
 (a) Kidney (b) Brain (c) Stomach (d) Liver
28. The disease in which the patients blood does not clot easily is:
 (a) Sickle cell anaemia (b) Haemophilia (c) Rabies (d) Diabetes
29. Discolouration of teeth is caused by a kind of antibiotics called
 (a) Streptomycin (b) Neomycin (c) Tetracycline (d) Penicillin
30. is caused by the fungus
 (a) Malaria (b) Athletes foot (c) Filariasis (d) Typhus fever
31. The Filariasis is transmitted by
 (a) Anopheles female mosquito (b) Anopheles male mosquito (c) Culex female mosquito (d) Culex male mosquito
32. The blood group contain no antibodies:
 (a) A (b) B (c) O (d) AB
33. The disease that spread through sexual contact is
 (a) Leprosy (b) AIDS (c) Itches (d) Scabies
34. Typhoid is transmitted through –
 (a) Water and food (b) Air (c) Touch (d) Personal contact
35. is example for the disease caused by bacteria:
 (a) Cold (b) Typhoid (c) Typhus fever (d) Chicken pox
36. is the immunity get by the body after the first attack of disease.
 (a) Natural immunity (b) Passive immunity (c) Artificial immunity (d) Acquired immunity
37. The cells that are responsible for the production of antibodies are
 (a) Red blood cells (b) Platelets (c) Plasma (d) White blood cells
38. A healthy person can donate blood or times a year.
 (a) Six or seven (b) Five or six (c) Three or four (d) Two or three
39. Radio active cobalt and radium are used for the treatment of –diseases.
 (a) Cholera (b) Haemophilia (c) Cancer (d) Sickle cell anaemia
40. World health day is on
 (a) May 12th (b) April 7th (c) April 30th (d) December 18th
41. To relieve from dyspnoea the appropriate position to be used is:
 (a) Prone position (b) Supine position (c) Side lying position (d) Fowler's position
42. Protein requirement for a pregnant woman per day:
 (a) 50grams (b) 55 grams (c) 60 grams (d) 65 grams
43. The fundus is at the level of umbilicus during week pregnancy
 (a) 16 (b) 20 (c) 24 (d) 28
44. Total weight gain during pregnancy is
 (a) 7-8 kg (b) 10-11 kg (c) 13-14 kg (d) 15-16 kg
45. The birth weight of the baby doubles at the age of
 (a) 3 months (b) 6months (c) 9months (d) 12months
46. Infancy period is from
 (a) Birth to one month (b) One month to 1 year (c) 1 years to 3 years (d) 3 years to 5 years
47. The following are the signs of dehydration except:
 (a) Sunken tearless eyes (b) Loss of skin elasticity (c) Diuresis (d) depressed fintenelle
48. The following are the contests of ORS except:
 (a) Sodium chloride (b) Sugar (c) Potassium Chloride (d) Calcium Carbonate
49. The most common from of malnutrition are the following except
 (a) Beri-beri (b) Protein energy malnutrition (c) Marasmus (d) Kwashiorkor

50. The first course of oral pills should be started on the day of menstrual cycle.
 (a) 2nd (b) 7th (c) 5th (d) 10th
51. The following are the natural method of contraception except:
 (a) Foam tablet (b) Basal metabolic temperature (c) Rhythm method (d) Safe period
52. is the permanent method of sterilization.
 (a) MTP (b) Diaphragm (c) Tubectomy (d) D & C
53. The following organs are situated in the abdominal cavity except:
 (a) Stomach (b) Oesophagus (c) liver (d) Spleen
54. The system of body which helps for the removal of waste matter from body:
 (a) Digestive system (b) Endocrine system (c) Respiratory system (d) Excretory system
55. Total number of bones in human body:
 (a) 306 (b) 206 (c) 106 (d) 406
56. Eruption of teeth starts at the age of month
 (a) 4 months (b) 6 months (c) 8 months (d) 10 months
57. The never, which carries messages from the brain and spinal cord muscles and glands:
 (a) Motor nerve (b) Sensory nerve (c) Mixed nerve (d) Autonomic nerve
58. Speech centre is situated in:
 (a) Parietal lobe (b) Frontal lobe (c) Occipital lobe (d) Temporal lobe
59. Largest gland in the body:
 (a) Pituitary gland (b) Adrenal gland (c) Liver (d) Gall bladder
60. Head control of the infant occurs at the age of month
 (a) 2 (b) 3 (c) 5 (d) 6
61. Peurparium is the period begins:
 (a) As soon as the placenta is expelled and last for 6 to 8 weeks (b) As soon as the baby is expelled and last for 6 to 8 weeks
 (c) As soon as the membrane ruptures and last for 6 to 8 weeks (d) As soon as the placenta is expelled and last for 10 to 12 weeks
62. When the umbilical cord lies in front of the presenting part and the membranes are intact it is known as:
 (a) Cord prolapse (b) Cord presentation (c) Cord pulsation (d) Cord delivery
63. Starting of menstrual cycle is called:
 (a) Ovulation (b) Menstruation (c) Menarche (d) Menopause
64. Normal blood urea level is:
 (a) 40-60 mg% (b) 20-40 mg% (c) 10-20 mg% (d) 80-120 mg%
65. One gram of carbohydrate yields:
 (a) 4 calories (b) 8 calories (c) 9 calories (d) 1 calorie
66. A method of making the victim to breath passively
 (a) Artificial respiration (b) Spontaneous respiration (c) Deep breathing (d) Kusmal breathing
67. Minute, this walled blood vessels between the ends of the arteries and beginning of veins is called:
 (a) Arteries (b) Veins (c) Capillaries (d) Alveoli
68. A waste gas produced by the body and exhaled through the lungs is:
 (a) Carbon dioxide (b) Carbon monoxide (c) Nitrogen peroxide (d) Oxygen
69. A condition characterized by moving of bones out joint:
 (a) Fracture (b) Sprain (c) Strain (d) Dislocation
70. A tube of muscular tissue carrying ingested food from the mouth to stomach:
 (a) Oesophagus (b) Duodenum (c) Trachea (d) Pharynx
71. A red pigment in the blood cells which combines with oxygen and carbon dioxide for carrying them:
 (a) Red blood cells (b) Haemoglobin (c) Platelet (d) Plasma
72. Information given by the sufferer about his illness:
 (a) Sign (b) Symptom (c) Observation (d) Diagnosis
73. Normal respiratory rate in adults is:
 (a) 20-40/min (b) 40-60/min (c) 16-20/min (d) 10-15/min
74. The normal body temperature is 0C.
 (a) 350C (b) 370C (c) 400C (d) 420C
75. Characteristic of the blood flow due to arterial bleeding is the following except:
 (a) Bright red in colour (b) Spurts at each cartrachian of the heart
 (c) Flow is pulsatile (d) Dark red in colour
76. An agent that has power to kill Micro-organism:

- (a) Bacteriostat (b) Bactericide (c) Antiseptic (d) Bacteriostasis
77. Strength of savlon for cleaning of wounds:
 (a) 1:10 (b) 1:100 (c) 1:1000 (d) 1:10000
78. Inflammation of the tongue:
 (a) Glossitis (b) Gingivitis (c) Stomatitis (d) Parotitis
79. Following are predisposing cause for bedsore except:
 (a) Impaired circulation (b) Lowered vitality (c) Emaciation (d) Anorexia
80. Inability to sleep is termed as:
 (a) Dyspepsia (b) Dyspnoea (c) Anorexia (d) Insomnia
81. Tobacco contains a poisonous substance called
 (a) Nicotine (b) Narcotics (c) Alcohol (d) Caffeine
82. A disease caused by allergic disease is called
 (a) Asthma (b) Tuberculosis (c) Cancer (d) Gastroenteritis
83. An adult has litres of blood in his body.
 (a) 7-8 (b) 5-6 (c) 9-10 (d) 2-3
84. Several persons in a town got the attack of leukemia. Which of the following can be possible reason for that?
 (a) Exposed to radiation (b) Drinking polluted water (c) Smoking (d) Breathing in impure air
85. The energy value of is more than that of others
 (a) Fats (b) Starch (c) Protein (d) Sugar
86. The product formed when amino acid molecules combine together is called
 (a) Nucleic acid (b) Starch (c) Carbohydrate (d) Proteins
87. Women having normal limbs may sometimes give birth to babies with deformed limbs. This must be due to:
 (a) Spontaneous generation (b) Mutation (c) Inheritance of acquired character (d) Natural selection
88. Hormones are transported to all parts of the body through the
 (a) Nerves (b) Blood (c) Lymph (d) Muscles
89. Deficiency of in food causes simple goiter.
 (a) Sodium (b) Iron (c) Iodine (d) Calcium
90. Cortisone is used as an effective anti-inflammatory drug in the treatment of
 (a) High blood pressure (b) Arteriosclerosis (c) Arthritis (d) Diabetes
91. Deficiency of thyroxin in adults leads to a condition called:
 (a) Tetani (b) Cretinism (c) Myxoedema (d) Graves diseases
92. The hormone that is injected to pregnant women at the time of delivery is
 (a) Vasopressin (b) Oxytocin (c) Androgen (d) Oestrogen
93. The outer layer of the eye ball is
 (a) Sclera (b) Choroids (c) Retina (d) Conjunctiva
94. The smallest bone in the human body is
 (a) Malleus (b) Incus (c) Stapes (d) Sternum
95. Central nervous system includes:
 (a) The brain and cranial nerves (b) The cranial nerves and spinal cord
 (c) The spinal nerves and brain (d) The spinal nerves and brain
96. Short sightedness can be corrected by using spectacles with lens.
 (a) Concave (b) Convex (c) Cylindrical (d) Opaque
97. Normal sugar level in our blood is:
 (a) 95-125 mg/100ml (b) 65-130 mg/100ml (c) 80-120 mg/100ml (d) 90-140 mg/100 ml
98. Labour takes place after days of last menstrual period
 (a) 300 (b) 280 (c) 365 (d) 240
99. Signs of true labour are the following except:
 (a) Painful rhythmic uterine contraction (b) Dilatation of the OS
 (c) Fetal movement (d) Show
100. Signs of separation of placenta are the following except:
 (a) Lengthening of the cord at vulva (b) Gush of blood is seen
 (c) Fundus rises upto umbilicus (d) Temperature rises

Answers

1 C	11 D	21 A	31 C	41 D	51 A	61 A	71 B	81 A	91 C
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