

Chapter 2

Community Health Nursing

Ms. Monalisha pal

1. **Health according to WHO is:**
- (a) Absence of disease
 - (b) Physical fitness
 - (c) Complete physical, mental and social well-being
 - (d) Mental well-being only

Ans: C

2. **Community Health Nursing mainly focuses on:**
- (a) Individual care
 - (b) Hospital care
 - (c) Family and community care
 - (d) Curative care

Ans: C

3. **Which is NOT a dimension of health?**
- (a) Physical (b) Mental
 - (c) Spiritual (d) Financial

Ans: D

4. **Positive health refers to:**
- (a) Absence of disease
 - (b) Presence of disease
 - (c) Optimal functioning of body and mind
 - (d) Disability

Ans: C

5. **Health promotion includes:**
- (a) Treatment
 - (b) Rehabilitation
 - (c) Health education
 - (d) Surgery

Ans: C

6. **Biomedical concept of health focuses on:**
- (a) Social factors
 - (b) Disease and pathology
 - (c) Spiritual health
 - (d) Environmental factors

Ans: B

7. **Holistic health includes:**
- (a) Physical only
 - (b) Mental only
 - (c) Physical, mental, social & spiritual
 - (d) Emotional only

Ans: C

8. **The main goal of community health nursing is:**
- (a) Cure disease
 - (b) Promote and maintain health
 - (c) Hospital management
 - (d) Emergency care

Ans: B

9. **Ecological concept of health emphasizes:**
- (a) Individual (b) Environment
 - (c) Hospital (d) Nurse

Ans: B

10. **Optimum health means:**
- (a) No disease
 - (b) Maximum happiness
 - (c) Balanced functioning
 - (d) Complete rest

Ans: C

11. Health education aims to:

- (a) Cure illness
- (b) Change health behavior
- (c) Provide drugs
- (d) Hospitalize patients

Ans: B

12. Maintenance of health includes:

- (a) Rehabilitation
- (b) Promotion & protection
- (c) Surgery
- (d) Diagnosis

Ans: B

13. Which is a principle of community health nursing?

- (a) Curative focus
- (b) Community participation
- (c) Hospital based care
- (d) Individual isolation

Ans: B

14. Scope of community health nursing includes:

- (a) School health
- (b) Industrial health
- (c) Maternal & child health
- (d) All of the above

Ans: D

15. Levels of health care include:

- (a) Primary, secondary, tertiary
- (b) Preventive only
- (c) Curative only
- (d) Diagnostic only

Ans: A

Wholesome water means:

- (e) Clear water
- (f) Safe and potable water
- (g) Hard water
- (h) Rain water

Ans: B

16. Orthotolidine test is used to test:

- (a) Air quality
- (b) Residual chlorine
- (c) Noise level
- (d) Radiation

Ans: B

17. Slow sand filter removes bacteria mainly by:

- (a) Filtration
- (b) Chlorination
- (c) Biological layer
- (d) Sedimentation

Ans: C

18. Supernatant water is found in:

- (a) Rapid sand filter
- (b) Slow sand filter
- (c) Wells
- (d) Rivers

Ans: B

19. Which is a water-borne disease?

- (a) Malaria
- (b) Cholera
- (c) Dengue
- (d) Filaria

Ans: B

20. Break point chlorination indicates:

- (a) Maximum chlorine
- (b) Minimum chlorine
- (c) Chlorine demand satisfied
- (d) Excess chlorine

Ans: C

21. Primary source of air pollution is:

- (a) A. Trees
- (b) B. Vehicles
- (c) C. Rain
- (d) D. Soil

Ans: B

22. Noise is measured in:

- (a) Hertz
- (b) Decibel
- (c) Lux
- (d) ppm

Ans: B

23. Day light factor is related to:

- (a) Ventilation
- (b) Lighting
- (c) Noise
- (d) Temperature

Ans: B

24. Which instrument measures humidity?

- (a) Anemometer
- (b) Hygrometer
- (c) Barometer
- (d) Lux meter

Ans: B

25. Incineration is a method of:

- (a) Sewage disposal
- (b) Solid waste disposal
- (c) Water purification
- (d) Air disinfection

Ans: B

26. Septic tank is used for:

- (a) Water storage
- (b) Sewage treatment
- (c) Air purification
- (d) Waste composting

Ans: B

27. Arthropod-borne disease is transmitted by:

- (a) Water
- (b) Air
- (c) Insects
- (d) Food

Ans: C

28. DDT is an example of:

- (a) Larvicide
- (b) Insecticide
- (c) Rodenticide
- (d) Fungicide

Ans: B

29. Five F's in disease transmission include:

- (a) Food, flies, fingers
- (b) Food, flies, fingers, fields, fluids
- (c) Food, fire, fingers
- (d) Fluids only

Ans: B

30. Zoonoses are diseases transmitted from:

- (a) Human to human
- (b) Animal to human
- (c) Human to animal
- (d) Air to human

Ans: B

31. Food adulteration means:

- (a) Food preservation
- (b) Adding harmful substances
- (c) Food storage
- (d) Food cooking

Ans: B

32. Sulabh Shauchalaya is related to:

- (a) Housing
- (b) Sanitation
- (c) Water supply
- (d) Lighting

Ans: B

33. Composting is a method of:

- (a) Water purification
- (b) Sewage treatment
- (c) Solid waste disposal
- (d) Ventilation

Ans: C

34. Rodents transmit:

- (a) Malaria
- (b) Plague
- (c) Cholera
- (d) Typhoid

Ans: B

35. Ventilation helps in:

- (a) Lighting
- (b) Removing stale air
- (c) Noise reduction
- (d) Water purification

Ans: B

36. Hardness of water is due to:

- (a) Sodium salts
- (b) Calcium & magnesium salts
- (c) Chlorine
- (d) Iron

Ans: B

37. Air pollution indicator is:

- (a) Temperature
- (b) Smoke density
- (c) Humidity
- (d) Rainfall

Ans: B

38. Radiation effects include:

- (a) Skin burns
- (b) Cancer
- (c) Genetic mutation
- (d) All of the above

Ans: D

39. Housing standards include:

- (a) Lighting
- (b) Ventilation
- (c) Sanitation
- (d) All of the above

Ans: D

40. Epidemiology is the study of:

- (a) Individual disease
- (b) Distribution & determinants of disease
- (c) Hospital care
- (d) Nursing care

Ans: B

41. Incidence rate measures:

- (a) Old cases
- (b) New cases
- (c) Deaths
- (d) Disability

Ans: B

42. Prevalence indicates:

- (a) New cases
- (b) Existing cases
- (c) Death rate
- (d) Birth rate

Ans: B

43. Epidemic means:

- (a) Constant presence
- (b) Sudden increase of disease
- (c) Worldwide spread
- (d) Sporadic cases

Ans: B

44. Pandemic means:

- (a) Local outbreak
- (b) National spread
- (c) Global spread
- (d) Seasonal disease

Ans: C

45. Reservoir of infection is:

- (a) Agent
- (b) Host
- (c) Place where agent lives
- (d) Vector

Ans: C

46. Carrier is:

- (a) Diseased person
- (b) Healthy person spreading disease
- (c) Vector
- (d) Animal

Ans: B

47. Modes of transmission include:

- (a) Direct
- (b) Indirect
- (c) Vector
- (d) All of the above

Ans: D

48. Levels of prevention include:

- (a) Primary
- (b) Secondary
- (c) Tertiary
- (d) All

Ans: D

49. Quarantine means:

- (a) Isolation of sick
- (b) Restriction of movement of exposed
- (c) Treatment
- (d) Immunization

Ans: B

50. Surveillance refers to:

- (a) Treatment
- (b) Continuous disease monitoring
- (c) Diagnosis
- (d) Rehabilitation

Ans: B

51. Cohort study is:

- (a) Experimental
- (b) Observational
- (c) Case report
- (d) Cross sectional

Ans: B

52. Case fatality rate indicates:

- (a) Death among population
- (b) Death among cases
- (c) Birth rate
- (d) Recovery rate

Ans: B

53. Epidemiological triad includes:

- (a) Agent, host, environment
- (b) Doctor, nurse, patient
- (c) Food, water, air
- (d) Time, place, person

Ans: A

54. Endemic disease is:

- (a) Constantly present
- (b) Sudden outbreak
- (c) Worldwide
- (d) Seasonal

Ans: A

55. Vector for malaria is:

- (a) Culex
- (b) Aedes
- (c) Anopheles
- (d) Sand fly

Ans: C

56. Dengue is transmitted by:

- (a) Anopheles
- (b) Aedes
- (c) Culex
- (d) Housefly

Ans: B

57. Drug of choice for amoebiasis is:

- (a) Penicillin
- (b) Metronidazole
- (c) Chloroquine
- (d) Rifampicin

Ans: B

58. OPV stands for:

- (a) Oral Polio Vaccine
- (b) Open Polio Virus
- (c) Oral Preventive Vaccine
- (d) Official Polio Vaccine

Ans: A

59. Koplik's spots are seen in:

- (a) Mumps
- (b) Measles
- (c) Rubella
- (d) Chicken pox

Ans: B

60. Causative organism of TB:

- (a) Virus
- (b) Mycobacterium tuberculosis
- (c) Protozoa
- (d) Fungus

Ans: B

61. Rabies is transmitted by:

- (a) Air
- (b) Water
- (c) Animal bite
- (d) Food

Ans: C

62. Incubation period of chicken pox is:

- (a) 2-3 days
- (b) 7-14 days
- (c) 14-21 days
- (d) 1 month

Ans: C

63. Widal test is for:

- (a) TB
- (b) Typhoid
- (c) Malaria
- (d) Cholera

Ans: B

64. ORS is used in:

- (a) Malaria
- (b) Diarrhea
- (c) TB
- (d) Leprosy

Ans: B

65. Filaria is transmitted by:

- (a) Sand fly
- (b) Mosquito
- (c) Ticks
- (d) Fleas

Ans: B

66. MDT is used in:

- (a) TB
- (b) Leprosy
- (c) AIDS
- (d) Malaria

Ans: B

67. Hepatitis B is transmitted through:

- (a) Water
- (b) Blood
- (c) Air
- (d) Food

Ans: B

68. Cholera is caused by:

- (a) Virus
- (b) Vibrio cholerae
- (c) Protozoa
- (d) Worm

Ans: B

69. Tetanus is caused by:

- (a) Virus
- (b) Clostridium tetani
- (c) Protozoa
- (d) Fungus

Ans: B

70. Vertical transmission occurs from:

- (a) Air
- (b) Mother to child
- (c) Food
- (d) Water

Ans: B

71. AIDS is caused by:

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

Ans: B

72. Incubation period is time between:

- (a) Exposure and symptoms
- (b) Treatment and recovery
- (c) Infection and death
- (d) Diagnosis and cure

Ans: A

73. Isolation is separation of:

- (a) Exposed persons
- (b) Sick persons
- (c) Healthy persons
- (d) Carriers

Ans: B

74. Surveillance helps in:

- (a) Treatment
- (b) Prevention & control
- (c) Diagnosis only
- (d) Rehabilitation

Ans: B

75. BMI formula is:

- (a) Weight/height
- (b) Weight (kg)/height² (m²)
- (c) Height/weight
- (d) Age/weight

Ans: B

76. PEM stands for:

- (a) Protein Energy Malnutrition
- (b) Primary Energy Malnutrition
- (c) Protein Excess Malnutrition
- (d) Preventive Energy Measure

Ans: A

77. Vitamin A deficiency causes:

- (a) Night blindness
- (b) Scurvy
- (c) Rickets
- (d) Pellagra

Ans: A

78. Iron deficiency causes:

- (a) Anemia
- (b) Obesity
- (c) Diabetes
- (d) Hypertension

Ans: A

79. Fluorosis is caused by excess:

- (a) Iron
- (b) Iodine
- (c) Fluoride
- (d) Calcium

Ans: C

80. Under nutrition means:

- (a) Excess intake
- (b) Inadequate intake
- (c) Balanced intake
- (d) High protein diet

Ans: B

81. Major risk factor for CHD:

- (a) Exercise
- (b) Smoking
- (c) Balanced diet
- (d) Sleep

Ans: B

82. Demography is study of:

- (a) Disease
- (b) Population
- (c) Nutrition
- (d) Environment

Ans: B

83. Sex ratio means:

- (a) Birth rate
- (b) Female per 1000 males
- (c) Male per 1000 females
- (d) Death rate

Ans: B

84. Census is conducted every:

- (a) 5 years
- (b) 10 years
- (c) 15 years
- (d) 20 years

Ans: B

85. Family planning aims to:

- (a) Increase population
- (b) Improve maternal & child health
- (c) Reduce life expectancy
- (d) Promote disease

Ans: B

86. IUCD is:

- (a) Hormonal method
- (b) Barrier method
- (c) Intrauterine device
- (d) Natural method

Ans: C

87. Mala-D is a:

- (a) Condom
- (b) IUCD
- (c) Oral contraceptive
- (d) Injection

Ans: C

88. Vasectomy is:

- (a) Female sterilization
- (b) Male sterilization
- (c) Temporary method
- (d) Hormonal method

Ans: B

89. Emergency contraceptive should be taken within:

- (a) 12 hours
- (b) 24 hours
- (c) 72 hours
- (d) 1 week

Ans: C

90. Small family norm means:

- (a) One child
- (b) Two children
- (c) Three children
- (d) No child

Ans: B

91. Barrier method includes:

- (a) Condom
- (b) Copper-T
- (c) Pills
- (d) Injection

Ans: A

92. Natural method includes:

- (a) Safe period
- (b) Pills
- (c) IUD
- (d) Sterilization

Ans: A

93. Couple protection rate indicates:

- (a) Birth rate
- (b) Use of contraceptives
- (c) Death rate
- (d) Fertility

Ans: B

94. Over nutrition leads to:

- (a) Underweight
- (b) Obesity
- (c) Anemia
- (d) Stunting

Ans: B

95. Warning sign of cancer:

- (a) Sudden weight gain
- (b) Unhealed wound
- (c) Fever
- (d) Cough

Ans: B

96. Vitamin D deficiency causes:

- (a) Scurvy
- (b) Rickets
- (c) Pellagra
- (d) Beriberi

Ans: B

97. Primary prevention focuses on:

- (a) Early diagnosis
- (b) Preventing disease occurrence
- (c) Rehabilitation
- (d) Disability limitation

Ans: B

98. Growth monitoring is used to assess:

- (a) Mental health
- (b) Nutritional status
- (c) Intelligence
- (d) Immunity

Ans: B

99. Main role of nurse in community is:

- (a) Curative care
- (b) Preventive & promotive care
- (c) Surgery
- (d) Diagnosis

Ans: B

100. The social dimension of health mainly relates to:

- (a) Income only
- (b) Family and community relationships
- (c) Physical fitness
- (d) Mental strength

Ans: B

101. Health promotion is best achieved through:

- (a) Mass immunization
- (b) Behavior modification
- (c) Hospital admission
- (d) Drug therapy

Ans: B

102. Which concept views health as a dynamic equilibrium?

- (a) Biomedical
- (b) Ecological
- (c) Psychosocial
- (d) Spiritual

Ans: B

103. Community health nursing is primarily:

- (a) Institution-based
- (b) Population-based
- (c) Disease-based
- (d) Doctor-oriented

Ans: B

104. A key responsibility of community health nurse is:

- (a) Surgery
- (b) Case finding
- (c) Drug manufacturing
- (d) Laboratory diagnosis

Ans: B

105. Health education mainly focuses on:

- (a) Knowledge only
- (b) Attitude and practice change
- (c) Treatment
- (d) Rehabilitation

Ans: B

106. Maintenance of health includes:

- (a) Early diagnosis
- (b) Prevention of disease
- (c) Surgery
- (d) Intensive care

Ans: B

107. Which level of prevention prevents complications?

- (a) Primary
- (b) Secondary
- (c) Tertiary
- (d) Primordial

Ans: C

108. A healthy community is one that:

- (a) Has no hospitals
- (b) Meets basic needs of people
- (c) Has no disease
- (d) Has high income

Ans: B

109. Primary health care emphasizes:

- (a) Equity
- (b) Expensive technology
- (c) Specialist care
- (d) Urban focus

Ans: A

110. Spiritual health includes:

- (a) Moral values
- (b) Religion only
- (c) Exercise
- (d) Nutrition

Ans: A

111. Disease prevention through immunization is:

- (a) Health promotion
- (b) Primary prevention
- (c) Secondary prevention
- (d) Rehabilitation

Ans: B

112. Community health nursing services are:

- (a) Curative
- (b) Preventive
- (c) Promotive
- (d) All of the above

Ans: D

113. Family is the basic unit of:

- (a) Hospital
- (b) Community
- (c) Society
- (d) PHC

Ans: C

114. Which factor does NOT influence health?

- (a) Heredity
- (b) Environment
- (c) Lifestyle
- (d) Astrology

Ans: D

115. The goal of community health services is:

- (a) Disease cure
- (b) Improved quality of life
- (c) Hospital expansion
- (d) Specialist training

Ans: B

116. Health is influenced by:

- (a) Single factor
- (b) Multiple factors
- (c) Medicine only
- (d) Genetics only

Ans: B