

PGIMER Nursing officer Sample paper

Q1. Use of technical jargons or language jargons during the communication process is an example of which category of barrier in communication?

- (a) Physiological
- (b) Social
- (c) Cultural
- (d) Semantic

Ans.(d)

Q2. Which of these is the primary purpose of a patient's record?

- (a) Self tracking patient's progress of illness
- (b) Giving confidential information to others
- (c) Obtaining financial gains for the hospital
- (d) Planning and supporting patient care

Ans.(d)

Q3. Dextrose 5% in water (D5W) is classified as which type of intravenous (IV) fluid?

- (a) Isotonic solution
- (b) Hypertonic solution
- (c) Hypotonic solution
- (d) Colloid solution

Ans.(a)

Q4. The primary aims of nursing practice include all of the following, EXCEPT:

- (a) Promoting health and wellness
- (b) Caring for the terminally ill
- (c) Functioning independently to diagnose and prescribe without collaboration
- (d) Restoring health

Ans.(c)

Q5. Which of the following is the route by which drug is administered into the respiratory tract by a nebulizer or positive pressure breathing apparatus?

- (a) Buccal
- (b) Parenteral
- (c) Oral
- (d) Inhalation

Ans.(d)

Q6. All of the following are common types of medication delivered via inhalation, EXCEPT?

- (a) Bronchodilators
- (b) Insulin and glucagon
- (c) Corticosteroids
- (d) Inhaled anaesthetics

Ans.(b)

Q7. Dextrose 5% in water (D5W) is classified as which type of intravenous (IV) fluid?

- (a) Isotonic solution
- (b) Hypertonic solution
- (c) Hypotonic solution
- (d) Colloid solution

Ans.(a)

Q8. A patient should receive an intramuscular injection. At what angle should the nurse insert the needle?

- (a) 90 degrees
- (b) 45 degrees
- (c) 30 degrees
- (d) 15 degrees

Ans.(a)

Q9. Which of the following is the route by which drug is administered into the respiratory tract by a nebulizer or positive pressure breathing apparatus?

- (a) Buccal
- (b) Parenteral
- (c) Oral
- (d) Inhalation

Ans.(d)

Q10. Which cation level affects the overall concentration of the extracellular fluid?

- (a) Magnesium
- (b) Calcium
- (c) Potassium
- (d) Sodium

Ans.(d)

Q11. A nursing procedure carried out to help in the evacuation of the bowel by administration of a large amount of fluid through the rectum is called:

- (a) Enema
- (b) Ostomy
- (c) Colonoscopy
- (d) NG aspiration

Ans.(a)

Q12. Use of technical jargons or language jargons during the communication process is an example of which category of barrier in communication?

- (a) Physiological
- (b) Social
- (c) Cultural
- (d) Semantic

Ans.(d)

Q13. What does 'I' stand for in the SOAPIE progress notes format used for documentation?

- (a) Implementation
- (b) Institution
- (c) Inspection
- (d) Intervention

Ans.(a)

Q14. The primary aims of nursing practice include all of the following, EXCEPT:

- (a) Promoting health and wellness
- (b) Caring for the terminally ill
- (c) Functioning independently to diagnose and prescribe without collaboration
- (d) Restoring health

Ans.(c)

Q15. How does illness influence personal hygiene?

- (a) It promotes frequent hygiene practices.
- (b) It increases the motivation to maintain hygiene.
- (c) It has no impact on hygiene practices.
- (d) It may impair the ability to perform self-care.

Ans.(d)

Q16. Continuous NG tube suctioning is most likely to cause:

- (a) Hyperkalemia
- (b) Hypokalemia
- (c) Hypernatremia
- (d) Hypercalcemia

Ans.(b)

Q17. A post-operative patient lying in the supine position develops difficulty in breathing. What is the most appropriate nursing intervention?

- (a) Maintain the patient in the supine position
- (b) Place the patient in Semi-Fowler's position and assess airway and breathing
- (c) Encourage the patient to drink water immediately
- (d) Place a pillow under the patient's knees

Ans.(b)

Q18. What is the appropriate position for postural drainage to clear secretions from the posterior basal segments of the lower lobe?

- (a) Supine with the bed flat
- (b) Prone with the head of the bed elevated
- (c) Prone with the head of the bed lowered (Trendelenburg position)
- (d) High-Fowler's position

Ans.(c)

Q19. In which of the following are tetanus spores usually found?

- (a) Soil and animal faeces
- (b) Plants and insects
- (c) Blood and body fluids
- (d) Air and water

Ans.(a)

Q20. Which of the following is the causative organism of scabies?

- (a) *Sarcoptes scabiei*
- (b) *Pediculus humanus capitis*
- (c) *Staphylococcus aureus*
- (d) *Candida albicans*

Ans.(a)

Q21. Which of the following instruments automates platelet counts?

- (a) Glucometer
- (b) Sphygmomanometer
- (c) Stethoscope
- (d) Haematology analyser

Ans.(d)

Q22. What is indicated by a T-score of -2.8 on a DEXA scan?

- (a) Osteopenia
- (b) Increased bone density
- (c) Osteoporosis
- (d) Normal bone density

Ans.(c)

Q23. What is the RICE protocol in treating a sprain and strain injury?

- (a) Reduce, Ice, Compress, Elevate
- (b) Reduce, Immobilise, Compress, Exercise
- (c) Rest, Immobilise, Compress, Elevate
- (d) Rest, Ice, Compress, Elevate

Ans.(d)

Q24. Which of the following is a common ocular manifestation of Tuberous Sclerosis Complex (TSC)?

- (a) Glaucoma and Schaffer's sign
- (b) Ectropion and entropion
- (c) Cataracts, strabismus and amblyopia
- (d) Retinal astrocytic hamartoma

Ans.(d)

Q25. What is the primary goal of using insulin and glucose in the management of hyperkalaemia?

- (a) To stabilise the cardiac membrane
- (b) To directly lower the serum potassium concentration
- (c) To increase potassium uptake by the cells
- (d) To facilitate potassium excretion by the kidneys

Ans.(c)

Q26. Which of the following is a rare condition caused by destruction or dysfunction of the anterior pituitary gland, leading to a deficiency of multiple pituitary hormones?

- (a) Simmonds' disease
- (b) Sheehan's syndrome
- (c) Cushing's disease
- (d) Frohlich's syndrome

Ans.(a)

Q27. Which electrolyte is most affected by overhydration?

- (a) Potassium
- (b) Magnesium
- (c) Calcium
- (d) Sodium

Ans.(d)

Q28. Which of these nursing interventions prevents drainage accumulation and promotes wound healing in the postoperative period?

- (a) Encourage deep breathing and controlled coughing exercises
- (b) Take measures to remove accumulated drainage secretions
- (c) Follow guidelines for proper wound dressing technique
- (d) Monitor for volume deficit and correct by fluid replacement as prescribed

Ans.(b)

Q29. All of the following are potential causes of bradycardia, EXCEPT:

- (a) Beta-blocker drugs
- (b) Athlete's heart
- (c) Hypothyroidism
- (d) Fever

Ans.(d)

Q30. Which of the following signs is unique to typhoid?

- (a) Petechial rash
- (b) Jaundice
- (c) Cyanosis
- (d) Rose spots on abdomen

Ans.(d)

Q31. Which of the following is the primary compensatory mechanism that the body uses in metabolic alkalosis?

- (a) Increased urine output
- (b) Increased respiratory rate
- (c) Decreased urine output
- (d) Decreased respiratory rate

Ans.(d)

Q32. Which of the following is NOT a core element of the antibiotic stewardship programme?

- (a) Liberal use of antibiotics to all patients
- (b) Tracking and reporting
- (c) Commitment, action and education
- (d) Foundational structures

Ans.(a)

Q33. Why is 5% dextrose contraindicated in patients with acute head injury?

- (a) It may cause hyponatremia and cerebral oedema.
- (b) It dilutes plasma electrolytes.
- (c) It triggers insulin resistance.
- (d) It increases blood glucose unpredictably.

Ans.(a)

Q34. Which of the following are the common CSF findings suggestive of bacterial meningitis?

- (a) Elevated glucose, normal protein, and predominantly lymphocytes
- (b) Normal glucose, elevated protein, and predominantly lymphocytes
- (c) Decreased glucose, elevated protein, and predominantly polymorphonuclear leukocytes
- (d) Elevated glucose, normal protein, and predominantly polymorphonuclear leukocytes

Ans.(c)

Q35. Ash-leaf spots are a hallmark cutaneous manifestation of which of the following diseases?

- (a) Sturge-Weber Syndrome
- (b) Neurofibromatosis Type 1
- (c) Von Hippel-Lindau Disease
- (d) Tuberous Sclerosis Complex

Ans.(d)

Q36. Which of the following conditions is primarily characterised by neurocutaneous markers, such as café-au-lait macules and Lisch nodules?

- (a) Tuberous Sclerosis Complex
- (b) Neurofibromatosis type 1
- (c) Sturge-Weber syndrome
- (d) Von Hippel-Lindau disease

Ans.(b)

Q37. Pott disease is also known as:

- (a) Tuberculous spondylitis
- (b) Brucellosis
- (c) Malaria
- (d) Typhoid

Ans.(a)

Q38. Which of the following is the causative factor of Keratoconjunctivitis sicca?

- (a) Inadequate tear production
- (b) Glaucoma
- (c) Bacterial infection
- (d) Use of contact lens

Ans.(a)

Q39. All of the following are the primary vitamin K-dependent clotting factors produced by the liver, EXCEPT:

- (a) Factor II
- (b) Factor XI
- (c) Factor VII
- (d) Factor X

Ans.(b)

Q40. What should you avoid while wearing a Holter monitor?

- (a) Sleeping
- (b) Engaging in light exercise
- (c) Submerging the device in water
- (d) Taking medication

Ans.(c)

Q41. Calcium gluconate is not given by which method?

- (a) Fast IV
- (b) Slow IV
- (c) IV infusion
- (d) Oral route

Ans.(a)

Q42. A patient with rheumatoid arthritis has a history of gastric ulcer. Which of the following drugs is most appropriate for this patient?

- (a) Celecoxib
- (b) Naloxone
- (c) Acetaminophen
- (d) Ibuprofen

Ans.(a)

Q43. Acetylsalicylic acid should be avoided in which condition?

- (a) Bacterial fever
- (b) Viral fever
- (c) Headache
- (d) None of the above

Ans.(b)

Q44. Atropine is given before abdominal surgery to:

- (a) Reduce gastric secretions
- (b) Increase peristalsis
- (c) Prevent infection
- (d) Increase urine output

Ans.(a)

Q45. Which medicines inhibit the reabsorption (reuptake) of serotonin into neurons and act selectively on serotonin only?

- (a) TCA antidepressants
- (b) SSRIs antidepressants
- (c) MAOIs antidepressants
- (d) Atypical antidepressants

Ans.(b)

Q46. A patient receiving heparin has an aPTT of 85 seconds. What is the most appropriate next action?

- (a) Hold the next dose of heparin
- (b) Increase the heparin dose
- (c) Continue the same heparin dose
- (d) Administer vitamin K

Ans.(a)

Q47. What is the use of Tranexamic acid injection?

- (a) To control or prevent infection caused by MRSA organisms
- (b) To control or prevent infection caused by VRSA organisms
- (c) To control or prevent life-threatening arrhythmias
- (d) To control or prevent excessive or heavy bleeding

Ans.(d)

Q48. Why should corticosteroids administered via inhaler include mouth rinsing after use?

- (a) Reduce bad taste
- (b) Minimise tooth staining
- (c) Prevent oral candidiasis
- (d) Enhance drug absorption

Ans.(c)

Q49. Which of the following is a common side effect of anti-anxiety medications, particularly benzodiazepines?

- (a) Enhanced memory
- (b) Elevated blood pressure
- (c) Increased energy levels
- (d) Drowsiness and sedation

Ans.(d)

Q50. Which type of resistance mechanism involves bacteria synthesizing an enzyme that chemically modifies or destroys the active structure of an antibiotic molecule?

- (a) Enzymatic inactivation
- (b) Decreased permeability
- (c) Efflux pumps
- (d) Target modification

Ans.(a)

Q51. Which part of the fetal skull is the largest?

- (a) Face
- (b) Cranium
- (c) Base of skull
- (d) Mandible

Ans.(b)

Q52. A woman has a blockage in the fallopian tube. Which reproductive process is most directly affected?

- (a) Ovulation
- (b) Fertilization
- (c) Implantation
- (d) Menstruation

Ans.(b)

Q53. Which is a benign condition where the glandular cells that normally line the cervical canal (endocervix) are present on the outer surface of the cervix (ectocervix)?

- (a) Cervical mole
- (b) Cervical cerclage
- (c) Cervical inversion
- (d) Cervical eversion

Ans.(d)

Q54. Which of the following is NOT a characteristic of a threatened abortion?

- (a) Uterine cramping
- (b) Vaginal bleeding
- (c) Viable pregnancy
- (d) Open cervix

Ans.(d)

Q55. What is cervical effacement?

- (a) The shortening of the uterus
- (b) The descent of the baby's head
- (c) The thinning of the cervix
- (d) The opening of the cervix

Ans.(c)

Q56. Which of the following statements best describes flexion in the mechanism of labour?

- (a) The foetal chin tucks closer to the chest, reducing the presenting diameter.
- (b) The foetal head rotates externally after delivery of the head.
- (c) The foetal head descends through the birth canal.
- (d) The foetal head rotates internally to align with the pelvic outlet.

Ans.(a)

Q57. Which sign indicates placental separation?

- (a) Maternal shivering
- (b) Fetal cry
- (c) Uterine fundus rising and cord lengthening
- (d) Decreased bleeding

Ans.(c)

Q58. Which of the following defines obstructed labour?

- (a) Failure of fetal descent despite contractions
- (b) Rapid cervical dilation
- (c) Uterine overstimulation
- (d) Premature placental separation

Ans.(a)

Q59. Which of the following best describes the process of flexion during labour?

- (a) The foetal head extends backwards.
- (b) The foetal head is pushed upwards against the pubic bone.
- (c) The foetal head bends forward, decreasing the presenting diameter.
- (d) The foetal head rotates to align with the pelvic inlet.

Ans.(c)

Q60. The first motion of a foetus in the uterus felt by the mother is known as:

- (a) Lightening
- (b) Quickening
- (c) Ballottement
- (d) Engagement

Ans.(b)

Q61. Which of the following is a characteristic feature of pathological jaundice?

- (a) Total serum bilirubin level is >15 mg/dL
- (b) Maximum intensity of jaundice is seen on the fourth or fifth day in term neonate
- (c) Jaundice first appears between 24–72 hours of age
- (d) Jaundice is clinically undetectable after 14 days of birth

Ans.(a)

Q62. Which of the following peak growth hormone (GH) levels after a stimulation (provocative) test is typically considered diagnostic of GH deficiency in children?

- (a) >15 $\mu\text{g/L}$
- (b) >20 $\mu\text{g/L}$
- (c) 12 $\mu\text{g/L}$
- (d) <10 $\mu\text{g/L}$

Ans.(d)

Q63. A toddler pushes a small piece of chalk into his nose which gets stuck inside. What should be the first aid measure in this situation?

- (a) Use fingers externally to fiddle with the piece of chalk
- (b) Put a tooth pick into the nose and try to dislodge the piece of chalk
- (c) Transport the child to a nearest healthcare facility for management
- (d) Flush nose with warm water to dissolve the piece of chalk

Ans.(c)

Q64. Hirschsprung disease is associated with a defect in which of the following developmental processes involving the enteric nervous system?

- (a) Autoimmune destruction of intestinal neurons
- (b) Overproduction of intestinal smooth muscle cells
- (c) Failure of neural crest cell migration and differentiation regulated by the RET gene
- (d) Telescoping of bowel loops into each other

Ans.(c)

Q65. A 13-year-old boy with asthma is hospitalised. Which of these nursing interventions is aimed at reducing the respiratory distress for the child?

- (a) Encourage intake of oral fluids, 300 ml per hour.
- (b) Discourage parent presence during treatment.
- (c) Provide sitting position supported with pillows.
- (d) Give rest periods of 30 min after an hour of activity.

Ans.(c)

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- (d) Jaundice is clinically undetectable after 14 days of birth

Ans.(a)

Q67. In the Shakir tape method for assessing nutritional status in children, what does the red colour zone indicate?

- (a) Normal nutritional status
- (b) Moderate acute malnutrition
- (c) Overweight status
- (d) Severe acute malnutrition

Ans.(d)

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- (d) Flush nose with warm water to dissolve the piece of chalk

Ans.(c)

Q71. Eugene Bleuler's four 'A' symptoms of schizophrenia includes all of the following except:

- (a) Autism
- (b) Anhedonia
- (c) Affect disturbance
- (d) Association disturbance

Ans.(b)

Q72. Projective tests are used for assessing:

- (a) Intelligence
- (b) Personality
- (c) Organic brain lesion
- (d) Memory

Ans.(b)

Q73. A nurse is assessing a patient newly diagnosed with schizophrenia. Which of the following is not considered a negative symptom of schizophrenia?

- (a) Apathy
- (b) Alogia
- (c) Ambivalence
- (d) Anhedonia

Ans.(c)

Q74. A psychiatric nurse is assessing a 38-year-old patient who believes that his neighbors are plotting to harm him and are constantly monitoring his activities. The nurse identifies this as a specific type of delusion. Which term best describes this patient's belief?

- (a) Delusion of grandeur
- (b) Delusion of persecution
- (c) Delusion of reference
- (d) Delusion of control

Ans.(b)

Q75. A mental health nurse is evaluating a patient who reports persistent low mood, low energy, and feelings of hopelessness for the past few years, without episodes of major depression. The nurse suspects a chronic mood disorder. What is the most likely diagnosis for this patient?

- (a) Major depressive disorder
- (b) Dysthymia
- (c) Bipolar II disorder
- (d) Cyclothymic disorder

Ans.(b)

Q76. Which of the following is a common defense mechanism observed in Obsessive-Compulsive Disorder (OCD)?

- (a) Reaction formation
- (b) Regression
- (c) Magical thinking
- (d) Progression

Ans.(a)

Q77. A psychiatric nurse is assessing a patient who reports a low mood for three months followed by a recent period of excessive energy, talkativeness, and reckless behavior. The physician suspects Bipolar I disorder. What is the most likely current diagnosis for this patient?

- (a) Major depressive disorder
- (b) Bipolar I disorder with current manic episode
- (c) Generalized anxiety disorder
- (d) Bipolar II disorder with hypomania

Ans.(b)

Q78. A psychiatric nurse is developing a care plan for a 28-year-old patient diagnosed with borderline personality disorder who exhibits emotional instability and impulsive behavior. Which therapy is most commonly recommended as the first-line treatment for this condition?

- (a) Cognitive behavioral therapy (CBT)
- (b) Dialectical behavior therapy (DBT)
- (c) Psychoanalytic therapy
- (d) Family therapy

Ans.(b)

Q79. During a health education program on diabetes, a nurse notices that participants are hesitant to ask questions. What is the best approach to encourage active participation?

- (a) Continue with lecture uninterrupted
- (b) Ask open-ended questions to the group
- (c) Provide written material only
- (d) End the session early

Ans.(b)

Q80. A nurse is conducting health education for hypertensive patients. Which principle ensures adult learning effectiveness?

- (a) Passive listening
- (b) Linking content to daily life practices
- (c) Using complex medical terms
- (d) Avoiding feedback

Ans.(b)

Q81. A mother expresses fear about vaccination side effects during a health education session. What is the most appropriate nursing response?

- (a) Ignore her concern and continue
- (b) Provide evidence-based reassurance and clarify myths
- (c) Tell her vaccines never cause side effects
- (d) Ask her to consult a physician instead

Ans.(b)

Q82. During a health education program, the nurse notices participants are distracted. What is the best immediate action?

- (a) Stop the session abruptly
- (b) Increase the speed of delivery
- (c) Use interactive questioning or activities
- (d) Ignore and continue

Ans.(c)

Q83. A nurse is educating a group of factory workers about occupational hazards. Which principle of health education should guide the session?

- (a) Use of technical jargon to show expertise
- (b) Focus on learner's needs and relevance
- (c) Delivering maximum information in minimum time
- (d) Avoiding interaction to maintain discipline

Ans.(b)

Q84. A nurse is planning a health education program for adolescents on substance abuse. Which teaching method is most effective?

- (a) Role play and group discussion
- (b) Reading from textbooks
- (c) Distributing leaflets only
- (d) Showing lengthy PowerPoint slides

Ans.(a)

Q85. A community health nurse is conducting a session on hand hygiene in a rural school. Which teaching strategy will most effectively ensure retention among children?

- (a) Lecture with statistics
- (b) Demonstration followed by return demonstration
- (c) Distribution of pamphlets
- (d) Showing posters only

Ans.(b)

Q86. A nurse is evaluating the impact of a health education program on breastfeeding. Which indicator reflects successful education?

- (a) Mothers can list benefits of breastfeeding
- (b) Mothers initiate breastfeeding within one hour of birth
- (c) Mothers attend the session regularly
- (d) Mothers receive pamphlets on breastfeeding

Ans.(b)

Q87. What does VED stand for in inventory control and analysis?

- (a) Value, Economy, Demand
- (b) Vital, Essential, Desirable
- (c) Volume, Essential, Demand
- (d) Vital, Economic, Development

Ans.(b)

Q88. The concept of Management by Objectives (MBO) was introduced by:

- (a) Henry Fayol
- (b) Elton Mayo
- (c) Frederick W. Taylor
- (d) Peter Drucker

Ans.(d)

Q89. Which of the following categories of indicators measures whether patients can easily obtain needed health services?

- (a) Outcome indicators
- (b) Efficiency indicators
- (c) Access indicators
- (d) Quality indicators

Ans.(c)

Q90. What is the full form of NAAC in the context of accrediting agencies?

- (a) National Allocation and Accreditation Council
- (b) National Assertion and Allocation Council
- (c) National Assessment and Accreditation Council
- (d) National Assessment and Assertion Council

Ans.(c)

Q91. A district hospital has 200 beds. In a given month, the average daily census is 150. What is the bed occupancy rate of this hospital in that month?

- (a) 75%
- (b) 25%
- (c) 100%
- (d) 50%

Ans.(a)

Q92. According to the Staff Inspection Unit (SIU) norms in India, what is the recommended nurse-to-patient ratio for general wards?

- (a) 1 nurse for every 2 patients
- (b) 1 nurse for every 6 patients
- (c) 1 nurse for every 4 patients
- (d) 1 nurse for every 10 patients

Ans.(b)

Q93. A nurse is caring for a patient with chest tube drainage. Bubbling in the water seal chamber indicates:

- (a) Normal functioning
- (b) Air leak in the system
- (c) Blockage in tubing
- (d) Need for immediate removal

Ans.(b)

Q94. In CPR, what is the recommended compression-to-ventilation ratio for a single rescuer in adults?

- (a) 15:2
- (b) 30:2
- (c) 10:1
- (d) 20:2

Ans.(b)

Q95. A nurse is assessing a patient with suspected meningitis. Which sign is most specific?

- (a) Kernig's sign
- (b) Babinski's sign
- (c) Romberg's sign
- (d) Murphy's sign

Ans.(a)

Q96. During hand hygiene, which step ensures maximum removal of transient microorganisms?

- (a) Rinsing with water only
- (b) Using alcohol-based rub for 20–30 seconds
- (c) Washing with soap for 10 seconds
- (d) Drying hands with a towel

Ans.(b)

Q97. A patient with hypovolemic shock is admitted. What is the first priority nursing intervention?

- (a) Administer oxygen
- (b) Establish IV access with large-bore cannula
- (c) Monitor urine output
- (d) Provide emotional support

Ans.(b)

Q98. A nurse is teaching about iron supplementation. Which statement is correct?

- (a) Take iron with milk for better absorption
- (b) Best absorbed on an empty stomach with vitamin C
- (c) Avoid taking with citrus juice
- (d) Take only at bedtime

Ans.(b)

Q99. A nurse is caring for a patient with urinary retention. Which intervention is most appropriate?

- (a) Encourage fluid restriction
- (b) Perform bladder training
- (c) Insert indwelling catheter
- (d) Encourage frequent voiding attempts

Ans.(d)

Q100. Which electrolyte imbalance is most commonly associated with prolonged vomiting?

- (a) Hyperkalemia
- (b) Hypokalemia
- (c) Hypernatremia
- (d) Hyponatremia

Ans.(b)