RRB Nursing Superintendent

Memory Based Paper

(English Medium)

25 Nov 2026 (Shift 1)

50 Questions | Answer Key | Nursing + GK

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Q1. Antepartum haemorrhage (APH) is defined as bleeding from or into the genital tract occurring after 24 weeks of pregnancy and before which event?

(a) Onset of labour
(b) Delivery of the baby
(c) Delivery of the placenta
(d) Complete cervical dilatation

Q2. Which hormonal change is primarily responsible for increased bone resorption during menopause?

(a) Increased progesterone secretion
(b) Decreased oestrogen secretion
(c) Increased prolactin secretion
(d) Decreased thyroid hormone secretion

Q3. A patient receiving long-term antitubercular treatment develops numbness and tingling in the hands and feet. Which vitamin deficiency is commonly associated with this adverse effect of isoniazid?

(a) Vitamin B1 (b) Vitamin B6 (c) Vitamin B12 (d) Vitamin C

Q4. A breastfeeding mother complains of nipple pain and develops superficial nipple fissures. Which nursing intervention is most appropriate?

(a) Stop breastfeeding permanently
(b) Assess and correct the baby's attachment and positioning
(c) Clean the nipples with antiseptic solution after every feed
(d) Restrict breastfeeding to once daily

Q5. Which practice should a mother follow for routine umbilical cord care at home?

(a) Apply mustard oil regularly
(b) Cover the stump with a tight bandage
(c) Keep the stump clean and dry
(d) Apply traditional herbal preparations

Q6. At what cervical dilatation is the first stage of labour considered complete?

(a) 6 cm (b) 8 cm (c) 9 cm (d) 10 cm

Q7. External respiration refers to the exchange of respiratory gases between which two structures?

(a) Blood and body tissues
(b) Alveoli and pulmonary capillary blood
(c) Mitochondria and cytoplasm
(d) Bronchi and pleural cavity

Q8. Which of the following is an important function of a Sub-Centre under the Indian public healthcare delivery system?

(a) Performing major surgical procedures
(b) Providing essential maternal and child health services
(c) Providing specialised cardiac surgery
(d) Managing tertiary-level intensive care units

Q9. Why are calcium and vitamin D supplements commonly recommended for postmenopausal women?

(a) To prevent iron-deficiency anaemia
(b) To reduce the risk of osteoporosis
(c) To prevent urinary tract infections
(d) To increase ovarian hormone production

Q10. Which of the following behavioural patterns is characteristic of Attention Deficit Hyperactivity Disorder (ADHD)?

(a) Persistent inattention and hyperactivity
(b) Progressive memory loss and disorientation
(c) Repetitive motor movements with social withdrawal only
(d) Loss of previously acquired motor abilities

Q11. According to Erikson's psychosocial theory, which developmental conflict is characteristic of the school-age child?

(a) Trust versus mistrust
(b) Autonomy versus shame and doubt
(c) Industry versus inferiority
(d) Identity versus role confusion

Q12. The femur is classified anatomically as which type of bone?

(a) Flat bone (b) Short bone (c) Long bone (d) Irregular bone

Q13. Which anthropometric finding is most characteristic of marasmus?

(a) Bilateral pitting oedema
(b) Severe wasting of subcutaneous fat
(c) Moon face
(d) Enlarged fatty liver

Q14. Which medication is the specific antidote for excessive anticoagulant activity of heparin?
(a) Vitamin K (b) Protamine sulphate (c) Atropine sulphate (d) Calcium gluconate

Q15. Which clinical finding is most characteristic of nephrotic syndrome?
(a) Massive proteinuria and hypoalbuminaemia
(b) Severe haematuria and hypertension only
(c) Glycosuria and ketonuria
(d) Polyuria and hypercalcaemia

Q16. Which of the following procedures is classified as Assisted Reproductive Technology (ART) in infertility management?
(a) Intrauterine insemination
(b) In vitro fertilisation
(c) Cervical mucus examination
(d) Basal body temperature monitoring

Q17. A woman experiences postpartum haemorrhage due to retained placenta. Which condition is commonly associated with failure of placental separation?
(a) Uterine atony (b) Placenta accreta (c) Cervical incompetence (d) Uterine inversion

Q18. Which hormone plays the primary role in regulating water reabsorption in the renal collecting ducts?
(a) Aldosterone
(b) Antidiuretic hormone
(c) Atrial natriuretic peptide
(d) Parathyroid hormone

Q19. What is the recommended temperature range for storing most routine vaccines in the vaccine cold chain at peripheral health facilities?
(a) −20°C to −10°C (b) 0°C to 2°C (c) +2°C to +8°C (d) +8°C to +15°C

Q20. Which action of progesterone during pregnancy contributes to constipation?
(a) Increasing intestinal peristalsis
(b) Relaxing gastrointestinal smooth muscle and reducing intestinal motility
(c) Increasing gastric acid secretion
(d) Accelerating gastric emptying

Q21. Which action is essential for preventing cross-infection through medical asepsis?
(a) Washing hands only when visibly soiled
(b) Performing hand hygiene before and after patient contact
(c) Wearing sterile gloves during every patient interaction
(d) Using the same gloves for consecutive patients

Q22. Which position is most appropriate for an unconscious patient who is breathing spontaneously and has no suspected spinal injury?
(a) Supine position (b) Recovery position (c) Trendelenburg position (d) High Fowler's position

Q23. Which dietary modification is generally recommended for a patient with chronic kidney disease and persistent hyperphosphataemia?
(a) Increase dairy product consumption
(b) Restrict high-phosphorus foods
(c) Increase processed food consumption
(d) Increase phosphate-rich protein sources

Q24. Which intervention is an important primary preventive measure under the National Programme for Control of Blindness and Visual Impairment?
(a) Cataract extraction
(b) Early detection and treatment of refractive errors
(c) Corneal transplantation
(d) Management of advanced glaucoma

Q25. Which position is most appropriate for a bedridden patient to reduce prolonged pressure over the sacral area?
(a) Supine position
(b) 30-degree lateral position
(c) High Fowler's position
(d) Trendelenburg position

Q26. Which type of tissue primarily provides support, binding and connection between different body structures?
(a) Epithelial tissue (b) Connective tissue (c) Nervous tissue (d) Muscular tissue

Q27. Which of the following is a probable sign of pregnancy?
(a) Nausea and vomiting
(b) Breast tenderness
(c) Positive urine pregnancy test
(d) Quickening perceived by the mother

Q28. A nurse identifies umbilical cord prolapse immediately after rupture of membranes. Which intervention should be performed first?
(a) Apply fundal pressure
(b) Elevate the presenting fetal part manually
(c) Encourage the mother to bear down
(d) Administer oxytocin infusion

Q29. A solution having a pH of 4.5 is classified as:
(a) Strongly alkaline (b) Neutral (c) Acidic (d) Weakly alkaline

Q30. Which of the following is considered a measure of fertility in vital statistics?
(a) Crude death rate
(b) Infant mortality rate
(c) General fertility rate
(d) Maternal mortality ratio

Q31. A female patient with a documented diagnosis of NTD is admitted to the hospital. Which nursing action should receive priority?
(a) Assess the patient's immediate clinical condition
(b) Initiate routine health education
(c) Prepare the discharge summary
(d) Encourage independent ambulation

Q32. Deficiency of which vitamin is commonly associated with megaloblastic anaemia?
(a) Vitamin B12 (b) Vitamin K (c) Vitamin E (d) Vitamin D

Q33. Which of the following is classified as a presumptive sign of pregnancy?
(a) Positive pregnancy test
(b) Fetal heart sound
(c) Amenorrhoea
(d) Fetal movement palpated by the examiner

Q34. A hospitalized child requires isolation due to a communicable infection. Which nursing intervention is most appropriate?
(a) Restrict all parental visits
(b) Maintain appropriate isolation precautions
(c) Keep the child in a common ward
(d) Avoid providing play activities

Q35. Under the POCSO Act, 2012, a child is defined as a person below which age?
(a) 14 years (b) 16 years (c) 18 years (d) 21 years

Q36. Which of the following practices is most effective in reducing biomedical waste generation in a hospital?
(a) Mixing general waste with biomedical waste
(b) Segregating waste at the point of generation
(c) Disposing of all waste in yellow bags
(d) Increasing the use of disposable equipment

Q37. During a routine ward visit, which activity should the ward in-charge perform first?
(a) Check the ward inventory
(b) Assess the general condition of patients
(c) Review the duty roster
(d) Inspect the ward furniture

Q38. Why are valves present in veins but generally absent in arteries?
(a) Veins carry oxygenated blood
(b) Venous blood flows under relatively low pressure
(c) Arterial blood flows against gravity
(d) Arteries have thinner walls than veins

Q39. What is the primary purpose of measuring head circumference during infancy?
(a) Assessing nutritional status
(b) Monitoring brain growth and development
(c) Detecting skeletal abnormalities
(d) Assessing respiratory development

Q40. Which factor is commonly associated with the development of eating disorders such as anorexia nervosa in adult females?
(a) Distorted body image and psychological stress
(b) Increased dietary fibre intake
(c) Regular physical activity alone
(d) Increased basal metabolic rate

Q41. Menopause is clinically diagnosed after the absence of menstruation for which duration, without another pathological or physiological cause?
(a) 3 consecutive months (b) 6 consecutive months (c) 9 consecutive months (d) 12 consecutive months

Q42. Neonatal fibroplasia, now termed Retinopathy of Prematurity (ROP), is primarily associated with which factor?
(a) Excessive oxygen exposure in premature infants
(b) Maternal vitamin A deficiency
(c) Neonatal hypoglycaemia
(d) Congenital cataract

Q43. A 52-year-old woman presents with hot flushes and vaginal bleeding after three months of amenorrhoea. What is the most appropriate nursing recommendation?
(a) Reassure her that menopause is complete
(b) Advise immediate clinical evaluation of abnormal uterine bleeding
(c) Recommend hormonal therapy without investigation
(d) Explain that bleeding is always normal during menopause

Q44. Which type of joint permits movement primarily in one direction, as seen at the elbow joint?
(a) Ball-and-socket joint **(b)** Hinge joint **(c)** Pivot joint **(d)** Gliding joint

Q45. Which vaccine is relatively more heat-stable in its freeze-dried form before reconstitution?
(a) Oral polio vaccine **(b)** Freeze-dried BCG vaccine
(c) Hepatitis B vaccine **(d)** Tetanus toxoid vaccine

Q46. Which hospital layout is characterised by the arrangement of departments around a central corridor?
(a) Circular layout **(b)** Linear layout **(c)** Radial layout **(d)** Pavilion layout

Q47. During hospital stock management, which method ensures that items with the earliest expiry dates are issued first?
(a) LIFO **(b)** FIFO **(c)** FEFO **(d)** ABC analysis

Q48. A postoperative patient develops shallow breathing and reduced breath sounds over the affected lung region. Which condition is most likely?
(a) Pulmonary embolism **(b)** Atelectasis **(c)** Pleural effusion **(d)** Bronchiectasis

Q49. A child with severe dehydration is admitted to the emergency department with lethargy and weak peripheral pulses. Which intervention should the nurse anticipate first?
(a) Oral rehydration solution in small sips **(b)** Immediate intravenous isotonic fluid administration
(c) Restriction of all fluids **(d)** Administration of a diuretic

Q50. Which medication is contraindicated during pregnancy because of its association with fetal renal dysfunction and oligohydramnios?
(a) Labetalol **(b)** Methyldopa **(c)** Enalapril **(d)** Nifedipine

Answer Key

1. (a)	**2.** (b)	**3.** (b)	**4.** (b)	**5.** (c)	**6.** (d)	**7.** (b)	**8.** (b)	**9.** (b)	**10.** (a)
11. (c)	**12.** (c)	**13.** (b)	**14.** (b)	**15.** (a)	**16.** (b)	**17.** (b)	**18.** (b)	**19.** (c)	**20.** (b)
21. (b)	**22.** (b)	**23.** (b)	**24.** (b)	**25.** (b)	**26.** (b)	**27.** (c)	**28.** (b)	**29.** (c)	**30.** (c)
31. (a)	**32.** (a)	**33.** (c)	**34.** (b)	**35.** (c)	**36.** (b)	**37.** (b)	**38.** (b)	**39.** (b)	**40.** (a)
41. (d)	**42.** (a)	**43.** (b)	**44.** (b)	**45.** (b)	**46.** (c)	**47.** (c)	**48.** (b)	**49.** (b)	**50.** (c)

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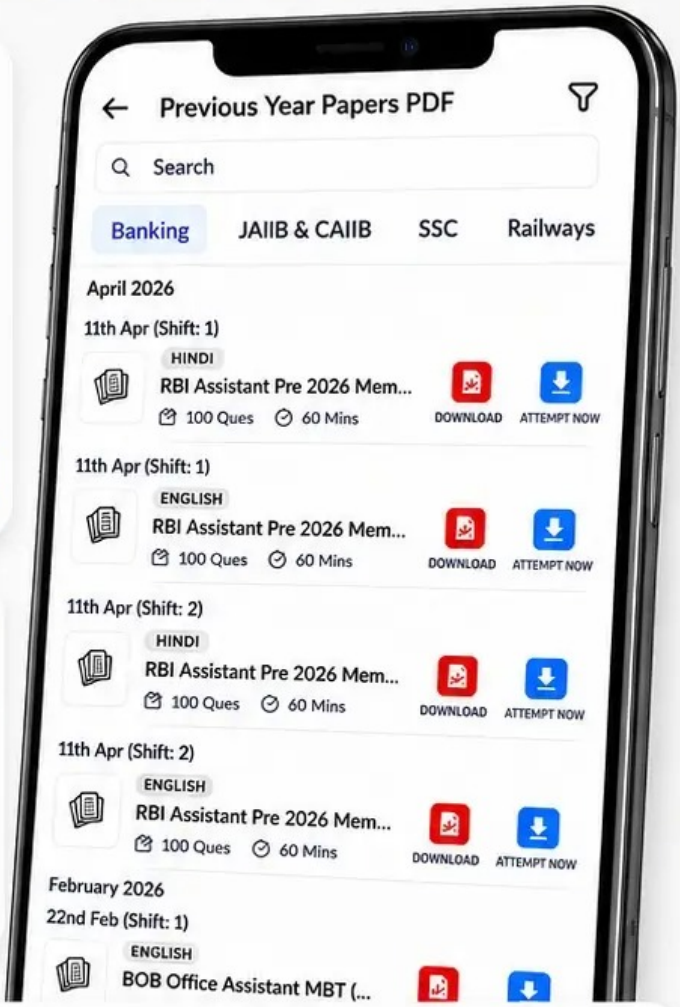

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