



Uncategorized

## Title

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### COMMUNITY MEDICINE

1. Incineration of hospital waste is done in various form of incinerators. Which of the following waste must not be incinerated?

A. Broken thermometers

B. Catheters

C. juice boxes

D. Syringes

E. Vaccines vial boxes

notes. contraindication for incineration..

.pvc plastic

.reactive chemicals

.radioactive wastw

.heavy metals(cad,pb,mercury)

.pressurized waste

.red bag



2. The estimate of average number of years a person expects to live if age specific death rate for a given year prevails for rest of his life. Which of the following demographic parameter represents this statement?

- A. Survival Index
- B. Probability of Dyeing
- C. Age Specific Death Rate
- D. Crude Death Rate
- E. Life Expectancy



3. A 10 Years girl has weight for height less than -2 S.D. Which of the following is true about the girl?

- A. She has moderate wasting
- B. She has severe wasting
- C. She has moderate stunting
- D. She has severe stunting
- E. She has mild malnutrition

4. A 38 years old female presented in OPD for nutritional advice. On examination, her height was 1.5 and her weight was 90 kg. Which of the



4.A 38 years old female presented in OPD for nutritional advice. On examination, her height was 1.5 and her weight was 80 kg. Which of the following category her BMI will fall?

A. Normal

**B.Over** weight

C. Mild obesity

**D.moderate** obesity

E. Severe obesity

**.below** 18.5 ..underweight

**18.5-24.9**..normal

**25-29.9**..overweight

**30-34.9** obese class 1(moderate)

**35-39.9** obese class 2(severe)

above 40 obese class 3 (very severe)

**.note.in** above ques her bmi is 35.5

CLASSIFICATION OF ADULTS ACCORDING TO BMI & RISK OF COMORBIDITIES		
CLASSIFICATION	BMI	RISK OF COMORBIDITIES



CLASSIFICATION OF ADULTS ACCORDING TO BMI & RISK OF COMORBIDITIES		
CLASSIFICATION	BMI	RISK OF COMORBIDITIES
1. Underweight	<18.50	Low (but risk of other clinical problems is increased)
2. Normal range	18.50-24.99	Average
3. Overweight	≥25.00	
a. Preobese	25.00-29.99	Increased
b. Obese class I	30.00-34.99	Moderate
c. Obese class II	35.00-39.99	Severe
d. Obese class III	≥40.00	Very severe

In overweight, protein content is increased and in obese fatty tissue is increased.

#### Hazards of Obesity

- Increased mortality
- Increased morbidity due to: HTN, DM, CHD

5. A 5 year old child is brought to OPD with the complaints of difficulty in vision in dim light. On examination there is triangular pearly-white foamy spot on bulbar conjunctiva. Which of the following vitamin deficiency could be the cause?

A. Folic Acid

B. Vitamin A

C. Vitamin B1

D. Vitamin B6



D. Vitamin B6

E. Vitamin C

6. A 27 years old woman who has 2 male children visited a family planning center asking for long term reversible Contraception. Which of the following is the method of choice for this lady?



A. Combined OCP

B. Diaphragm

C. IUCD

D. Progesterone Only pills.

E. Tubal ligation.

7. An urban community in a city X were having repeated stomach upsets. The source of drinking water supply was tube well water which is supposed to be clean. However when the water was tested it tested positive for the following chemical water quality parameters. Which one of these would show recent faecal contamination

A. Biological oxygen demand

B. Carbon dioxide

C. Chemical oxygen demand



C. Chemical oxygen demand

D. Chlorides

E. Nitrites

8. A 30 Year old man is working in a textile industry for the last 10 years. Which of the following measure is most appropriate for assuring use of personal protective equipment?

A. Administrative Measures

B. Engineering Measures

C. Legislative Measures

D. Medical Measures EPP

E. Measures

9. A country with population of 220 million has Crude Birth Rate of 27/1000 population and Crude Death Rate of 7/1000 population. Which of the following stage of demographic transition this country is passing?

A. High stationary

B. Low stationary

C. Early expanding

D. Late expanding



C. Early expanding

D. Late expanding

E. Declining

explanation..the population is same as that of pakistan and the CBR and CDR are also same (pakistan CBR=26 and CDR=6.7)

10. An 18 months old child suffering from repeated chest infections is referred to Nutritionist for assessment. Which of the following anthropometric measures should be used?

A. Growth chart

B. Mid upper arm circumference

C. Weight and height

D. Head circumference

E All of the above

explanation..if age known..height for age and weight for age

- if age unknown
- weight for height
- arm circumference
- clinical signs and syndromes



clinical signs and syndromes

11. A teacher was explaining the importance of balanced diet in daily life and the factors that affect the basal metabolic rate of healthy individuals, she explained the ratio of carbohydrates in balanced diet which is

A. 20-30%

B. 40-50%

C. 12-25%

D. 50-60%

E. 10-40%

note.the exact figure is 50-70% for carbs

10% of proteins

10% fats

12. A child of 1 year presents with muscle wasting, loss of subcutaneous fat with no signs of edema and weight below 60% of WHO standard. The mother gives history of not giving enough proteins and other nutrients to the child after six months of age. What is the likely diagnosis?

A. Kwashiorkor





A. Kwashiorkor

B. Marasmus

C. Marasmus & kwashiorkor

D. Under nutrition

E. Vitamin B1 deficiency

FEATURE	Kwashiorkor	Marasmus
Deficiency	Protein	Energy
Appearance	Sugar Baby	Very Thin
Growth	Retarded	Retarded
Edema	Pitting Edema Present	Absent
Activity	Apathetic, Less Active and Refuse to eat	Notably Apathetic, Less Active and Interested
Appetite	Poor	Good
Muscle Wasting	Present	Markedly Present
Mental Changes	Common	Uncommon
Hepatomegaly	Present	Absent
Infections	More prone	Less prone
Hair Changes	Common, Sparse and Scanty	Uncommon
Anemia	Moderate-Severe	Mild generally
Subcutaneous fat	Reduced	Absent
Face	Moon-shaped	Monkey-facies

13. A 50 Years old man is working in a hospital.

He is exposed to some occupational hazard.

Which of the



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Which of the

following hazard is controlled on the basis of ALARA (As low as reasonably achievable) principle

- A. Dust suppression
- B. Ionizing Radiations
- C. Radio frequency radiation
- D. Sound Waves
- E. Ultraviolet Radiation

14. A forty-year-old woman came to the outpatient department with a lump in the left breast. The lump is soft but not mobile. There is no nipple discharge. What is the most appropriate screening test for the diagnosis of the condition?

- A. Breast ultrasound
- B. Mammography
- C. MRI scan
- D. Fine needle aspiration (FNA)
- E. Self-examination



15. Chlorine in the form of bleaching powder is the most commonly used disinfectant used for water purification because it is effective, inexpensive, easily available and easy to use.

What is the minimum recommended concentration of free chlorine in water for effective disinfection?

A. 0.5 mg/L

B. 1mg/L

C. 1.5 mg/L

D. 2 mg/L

E. 2.5 mg/L

16. A 2 year old baby presented to you in emergency department. He is having difficulty in breathing. He is fed on formula milk and mother use well water for making formula milk. Child belongs to an area where high concentration of nitrates are used as fertilizer and contaminates drinking water of well. What is the most probable diagnosis?

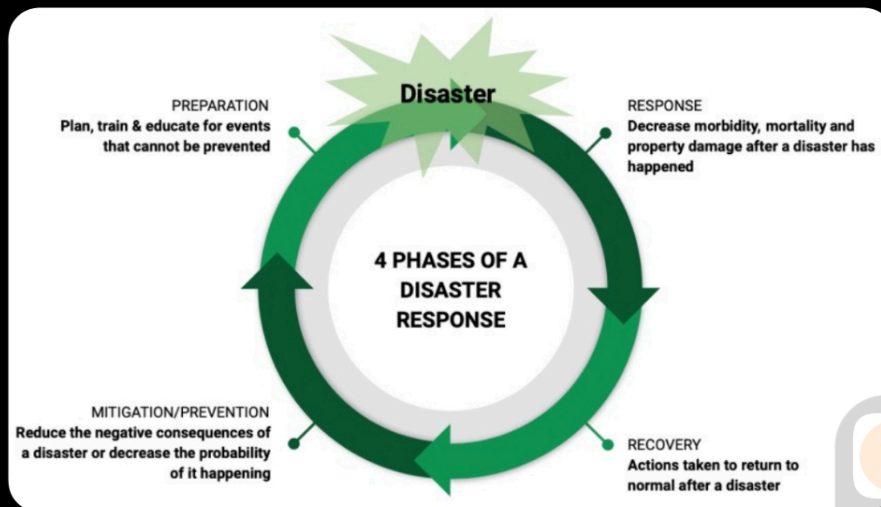
A. Blue baby syndrome



- A. Blue baby syndrome
- B. Cyanotic heart disease
- C. Infant Meth Haemoglobinemia
- D. Legionnaire Disease
- E. Nitrogen toxicity

17. Disaster is defined as "a serious disruption of the functioning of a community or a society causing widespread human, material, economic or environmental losses that exceed the ability of the affected community or society to cope using its own resources". What are key components of Disaster Management Cycle?

- A. Management, Mitigation and Recovery
- B. Mitigation, Prevention, Preparedness and Recovery
- C. Preparedness, Response, Mitigation and Health Care Delivery
- D. Recovery, Response and Reconstruction
- E. Response, Recovery, Prevention and Preparedness



18. Waste collection system includes different color coding system. Which of the following waste must be collected in black bag?

**A. body parts**

B. Blades

C. Catheters

D. Mercury compounds

E. Packaging material

19. In a remote area of the country a gastroenteritis epidemic broke out. A community shallow well was suspected to be the cause. The doctor in charge of the BHU had no other facility to check the quality of water. All he could do was



...ctor in charge of the BTO had no other facility to check the quality of water. All he could do was physical examination of water to assess its quality. Which one of the following parameters would have been the easiest, quickest and safest physical water quality parameter to confirm.

A. Colour

B. PH

C. Odour

D. Taste

E. Turbidity

20. A 35 years old women who has completed her family visited a family planning center asking for permanent family planning method. Which of the following is the method of choice for this purpose:

A. Combined OCP

B. Progesterone Only pills.

C. Intra dermal implant.

D. Tubal ligation.

E. IUCD

21. Recently massive floods across the country



## E. Turbidity

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21. Recently massive floods across the country have caused tremendous loss of human life and infra-structure. Which of the following terminology best suits disasters due to floods?

- A. Metrological
- B. Telluric
- C. Tectonic
- D. Topological
- E. Technological



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notes..

metrological(above the level of earth).

for example storms

topological(at the level of earth)

floods,avalanches,landslides

telluric and tectonic(below the level of earth)earth quakes ,volcanic eruptions.

22. A 45-year-old known diabetic patient comes to the outpatient department of tertiary care hospital. He is

having all the symptoms of the condition. Which of the following is the most appropriate test for





having all the symptoms of the condition. Which of the following is the most appropriate test for checking mean plasma glucose concentration over the previous 8-10 weeks?

- A. Fasting plasma glucose concentration
- B. Fructosamine test
- C. Haemoglobin Alc
- D. Oral glucose tolerance test (OGTT)
- E. Random blood sugar test

23. A woman was advised combined oral contraceptive pills by the women medical officer in a BHU for her family planning purpose after consideration all the parameters. What is the appropriate day of menstrual cycle to take her first tablet?

- A. 1st day of menstrual cycle
- B. Last of menstrual cycle
- C. 3rd day of menstrual cycle
- D. 4th day of menstrual cycle.
- E. 5th day of menstrual cycle.