

Community Health Nursing (सामुदायिक स्वास्थ्य नर्सिंग)

Q1. Which level of prevention involves early diagnosis and prompt treatment?

- A. Primordial prevention
- B. Primary prevention
- C. Secondary prevention
- D. Tertiary prevention

Correct Answer: C. Secondary prevention

Q2. What is the recommended chlorine concentration for disinfecting drinking water at the community level?

- A. 0.2 mg/L
- B. 1.0 mg/L
- C. 2.0 mg/L
- D. 5.0 mg/L

Correct Answer: A. 0.2 mg/L

Q3. The main aim of ASHA workers in rural health programs is:

- A. Administering surgeries
- B. Acting as a bridge between community and health system
- C. Conducting laboratory tests
- D. Managing health insurance claims

Correct Answer: B. Acting as a link between community and health system

Q4. Which program focuses specifically on maternal and child health in India?

- A. NPCDCS
- B. RMNCH+N
- C. RNTCP
- D. NACO

Correct Answer: B. RMNCH+N

Q5. What is the ideal population coverage for one sub-centre in a plain area as per Indian norms?

- A. 1000 people
- B. 2000 people
- C. 3000–5000 people
- D. 10,000 people

Correct Answer: C. 3000–5000 people

Q6. Which of the following is an example of tertiary level prevention?

- A) Vaccination to prevent infectious diseases
- B) Screening mammograms to detect breast cancer early
- C) Rehabilitation programs after a stroke
- D) Counseling to reduce tobacco use in healthy individuals

Correct Answer: C) Rehabilitation programs after a stroke

Q7. In epidemiology, the term **incidence** refers to:

- A. Total number of deaths
- B. Number of existing cases
- C. Number of new cases
- D. Mortality rate

Correct Answer: C. Number of new cases (the number of new cases of a disease or condition that develop in a population over a specific period of time).

Q8. What is the minimum period for exclusive breastfeeding as recommended by WHO?

- A. 1 month
- B. 3 months
- C. 6 months
- D. 9 months

Correct Answer: C. 6 months

Q9. Which vitamin deficiency is most commonly associated with night blindness in community health surveys?

- A. Vitamin B12
- B. Vitamin C
- C. Vitamin D
- D. Vitamin A

Correct Answer: D. Vitamin A

Q10. Under the National Health Mission (NHM), **VHSNC** stands for:

- A. Village Health Sanitation and Nutrition Committee
- B. Vital Health Survey and Nutrition Council
- C. Voluntary Health Services and Care

D. Village Help Scheme for Newborn Children

Correct Answer: A. Village Health Sanitation and Nutrition Committee