
COMMUNITY MEDICINE IMPORTANT MCQs

GENERAL EPIDEMIOLOGY

1. While investigating a point source epidemic it was found that 120 students ate five different foods (meat burgers, fried fish, steak, and rice and fruit salad. The relative risk was calculated for all those five foods. It was concluded that fish was not responsible for this epidemic. The relative risk of fish is:

- a) 0.7
- b) 1.2
- c) 1.7
- d) 3.0
- e) 7.0

Key: True: a

2. In a prospective study of the relationship between oral contraceptive use and the subsequent risk of developing endometrial cancer, a cohort of 1000 women were followed for 5 years. The results were as follows:

Present Absent

A 245

B 75

C 50

D 630

A + C = 295 B + D = 705 n = 1000

3. What is the incidence rate (absolute risk) of endometrial cancer among who didn't use oral contraceptives?

- a) $630 / (50 + 630)$
- b) $75 / (245 + 75)$
- c) $50 / (50 + 630)$
- d) $245 / (245 + 75)$
- e) Insufficient data

Key: True: c $50 / (50 + 630)$

4. In a prospective study of the relationship between oral contraceptive use and the subsequent risk of developing endometrial cancer, a cohort of 1000 women were followed for 5 years. The results were as follows:

Present Absent

A 245

B 75

C 50

D 630

$$A + C = 295 \quad B + D = 705 \quad n = 1000$$

4. What is the incidence rate (absolute risk) of endometrial cancer among women who used oral contraceptives in person-years? If the study was carried out for five years.

a) $630 / (680 \times 5)$

d) $75 / (320 + 5)$

b) $75 / (320 \times 5)$

e) $245 / (320 \times 5)$

c) $50 / (630 \times 5)$

Key: True: e $245 / (320 \times 5)$

5. In a prospective study of the relationship between oral contraceptive use and the subsequent risk of developing endometrial cancer, a cohort of 1000 women were followed for 5 years. The results were as follows:

Present Absent

A 245

B 75

C 50

D 630

$$A + C = 295 \quad B + D = 705 \quad n = 1000$$

What is the relative risk in this study?

a) $[75 / (245 + 75)] / [50 / (50 + 630)]$

b) $[75 / (245 + 75)] / [630 / (50 + 630)]$

c) $[50 / (245 + 50)] / [630 / (75 + 630)]$

d) $[245 / (245 + 75)] / [50 / (50 + 630)]$

e) Insufficient data

Key: True: d $[245 / (245 + 75)] / [50 / (50 + 630)]$

6. Among 10 women with cervical cancer, medical records confirm a past history of herpes simplex type II infection in eight. What is the relative risk of developing cervical cancer in women with a history of HSV type II infection?

- a) 8/10
- b) 10/8
- c) 8/2
- d) 2/10
- e) 2/8

Key: True: c

7. In an outbreak of cholera in a village of 2,000 population, 20 cases have occurred and 5 die. Case fatality rate is:

- a) 1%
- b) .25%
- c) 5%
- d) 25%
- e) .0025%

Key: True: d

Questions # 8-9.

The results of a study of the incidence of pulmonary tuberculosis in a village in India are given in the table below. All persons in the village are examined during two surveys made 2 years apart, and the number of new cases was used to determine the incidence rate.

Category of Household at First survey

Number of Persons

Number of New cases

With culture positive case

500

10

Without culture positive case

10,000

10

8. What is the incidence of new cases per 1000 person years in households that had a culture positive case during the first survey?

- a) 0.02
- b) 0.01

c) 1.0

e) 20

d) 10

Key: True: d

10 new cases = 10 cases/1000 persons years

500 persons x 2 years

9. What is the incidence of new cases per 1000 person years in households that did not have a culture positive case during the first survey?

a) 0.001

d) 1.0

b) 0.1

e) 5.0

c) 0.5

Key: True: c

10 new cases = 0.5 cases/1000 persons years

10,000 persons x 2 years

10. In a population of 1000, measles coverage is 60%, one child goes out of station and comes back with measles from whom 20 more children get measles. Secondary attack rate of measles is:

a) 0.65%

d) 6.5%

b) 5%

e) 7%

c) 6%

Key: True: b

11. A village has total of 100 under-five children. The coverage with measles vaccine in this age group is 60%. Following the occurrence of a measles case in a child after a visit outside, twenty-six children developed measles. The secondary attack rate of measles is:

a) 25%

d) 65%

b) 40%

e) 66%

c) 50%

Key: True: e

12. If an epidemiologist while investigating an epidemic makes a graph to plot distribution of cases of disease by the time of onset and gets a polymodal distribution curve. The most likely disease is:

a) Salmonellosis

b) Staphylococcal food poisoning

- c) Measles
- d) Typhoid

e) Hepatitis A

Key: True: c

13. 10 cases of food poisoning had been reported in hospital, 2 out of these developed mild gastrointestinal symptoms, 4 developed moderate dehydration but recovered and 2 succumbed to the disease. The characteristic of the organism of food poisoning that produces the severest form of the disease is:

- a) Infectivity
- b) Pathogenicity
- c) Virulence

- d) Communicability
- e) Resistibility

Key: True: c

14. Public Policies in Pakistan aim at avoiding the underlying reasons for the development of environmental and atmospheric concentration of SO₂ to protect the health of people. It's an example of

- a) Primordial
- b) Primary
- c) Secondary

- d) Rehabilitation
- e) Screening

Key: True: a

15. The number of deaths due to diarrhoea, total cases of measles, total number of accidents and the total number of drug addicts were to be reported by a researcher. The best title given to all of this data would be:

- a) Mortality data
- b) Morbidity data
- c) Case fatality rate

- d) Addiction rate
- e) Health related data

Key: True: e

16. When total number of deaths due to measles is presented in relation to the total cases of measles, it is best labeled as:

- a) Cause specific death rate
- b) Incidence rate
- c) Prevalence rate

- d) Case fatality rate
- e) Proportional mortality

Key: True: d

17. Japanese have a higher rate of stomach cancer and a low rate for colon carcinoma than the U.S. However third generation descendants of Japanese immigrants to U.S have rates of stomach & colon cancer like that of U.S. This particular characteristic supports effects of:

- a) Environment
- b) Genetics
- c) Mutation
- d) Accidents
- e) Misinterpretation

Key: True: a

18. Influenza pandemic occurs after every 7 – 10 years. This kind of disease distribution in time is known as:

- a) Secular trend
- b) Short time fluctuation
- c) Cyclical trend
- d) Seasonal trend
- e) Endemicity

Key: True: c

19. If the age incidences curve of leukemia shows two peaks it is suggestive of bimodality. Bimodality usually signifies:

- a) Non homogeneity
- b) Cluster sampling
- c) Large number of observations
- d) Accuracy
- e) Short duration of disease

Key: True: a

20. A doctor is required to study the incidence of silicosis in a stone cutting industry, which study design should he choose:

- a) Longitudinal
- b) Cross-sectional
- c) Ecological surveys
- d) Case reports
- e) Case series report

Key: True: a

21. The health statistics department revealed that the sale of anti-Asthma drugs was more in those countries where Asthma deaths were mor This association may prove wrong when the individual based study designs are conducte This association is an example of:

a

- a) Ecological fallacy
- b) Berkesonian bias
- c) Indirect association
- d) Temporal association
- e) Specific association

Key: True: a

22. A researcher wanted to study the time sequence to prove the concept of causativity, which design of study should be preferred by the researcher:

- a) Longitudinal
- b) Cross-sectional
- c) Case report
- d) Case series report
- e) Quasi experimental

Key: True: a

23. Smoking leads to esophageal carcinom Coffee intake has its effect on smoking and also esophageal carcinom This factor can distort the results of the study which intends to prove an association between smoking and esophageal cancer. This effect of this factor is known as:

- a) Confounding
- b) Multiple causation
- c) One to one relationship
- d) Dose response relation
- e) Strength of association

Key: True: a

24. The health authorities are launching a smoking cessation program by designing different activities for the smokers. These are very expensive but still useful as a large proportion of lung cancer will be eliminated if smoking is stoppe This proportion of lung cancer can be indicated by:

- a) Relative risk
- b) Prevalence
- c) Attributable risk
- d) Attributable fraction
- e) Incidence density

Key: True: d

25. A researcher was studying maternal mortality in Rawalpindi District. He observed more deaths in women who were brought to hospital and without taking other factors into account concluded that hospital managed cases have more mortality as compared to home deliveries. This is an example of:

- a) Indirect association
- b) Relative risk
- c) Spurious association
- d) Attributable risk
- e) Causal association

Key: True: c

26. Early diagnosis & prompt treatment is focused on:

- a) Disease identification
- b) Host factors

- c) Environmental factors
- d) Restoration of ability

e) Behaviour modification

Key: True: a

27. An expert in the field of public health is required to estimate the magnitude of a health problem. Which rate would he calculate for this?

- a) Incidence
- b) Prevalence
- c) Case fatality

- d) Proportionate mortality
- e) Cause specific mortality

Key: True: b

28. When the number of educated females is expressed as a percentage of total females present in a village it is known as:

- a) Proportion
- b) Rate
- c) Ratio

- d) Frequency
- e) Cumulative frequency

Key: True: a

29. The trend in mortality from tuberculosis in England showed a steady fall in years 1855 – 1965 but thereafter a gradual rise in the incidence of this disease was reported. This type of time trend or fluctuation in disease occurrence is termed as:

- a) Epidemic trend
- b) Cyclical trend
- c) Seasonal trend

- d) Secular trend
- e) Pandemic trend

Key: True: d

30. In the mid nineteenth century, an epidemiologist suggested that cholera was caused by drinking water in which an invisible agent is present. This type of association gives:

- a) Specificity
- b) Temporal sequence
- c) Biological plausibility

- d) Consistency
- e) Gradient

Key: True: c

31. The incidence of pollen allergy at Wah Cantt is 10 cases per thousand populations. The mean duration of illness is 3 months from February to April. The prevalence of pollen allergy at Wah Cantt is:

a) 10

b) 20

c) 30

e) 50

d) 40

Key: True: c

32. When a new treatment is developed that delays deaths but does not produce recovery from a chronic disease, which of the following will occur.

- a) Prevalence of the disease will decrease
- b) Incidence of the disease will increase
- c) Prevalence of the disease will increase
- d) Incidence of the disease will decrease
- e) Incidence & prevalence of the disease will decrease

Key: True: c

33. If the number of deaths from tuberculosis is expressed in relation to the total mid year population, it is:

- a) Case fatality rate
- b) Age specific death rate
- c) Proportionate mortality rate
- d) Crude death rate
- e) Cause specific death rate

Key: True: e

34. In a cohort study concerning the relationship between the use of exogenous estrogens and the subsequent risk of breast cancer, a sample of 1000 pre- menopausal women were followed for 8 years. The results are presented in the table above. The absolute risk / incidence of breast cancer among women receiving estrogen therapy is:

Present Absent

A 200

B 100

C 100

D 200

$A + C = 300$ $B + D = 300$ $n = 600$

a) 0.6

b) 0.2

c) 0.3

e) 0.8

d) 0.4

Key: True: a

35. The proportion of the disease in a population that would be eliminated if the risk factor is eliminated is determined by:

a) Relative risk

d) Odds ratio

b) Absolute risk

e) Exposure rate

c) Attributable fraction

Key: True: c

36. A 39-year-old man who presents with a mild sore throat, fever, malaise, and headache is treated with penicillin for presumed streptococcal infection. He returns after week with hypotension, fever, rash, and abdominal pain. He responds favorably to chloramphenicol, after a diagnosis of Rocky Mountain spotted fever is made which option explains the given example?

a) Case series report

d) Cohort study

b) Case-control study

e) Case report

c) Clinical trial

Key: True: e

37. A total of 3500 patients with thyroid cancer are identified and surveyed by patient interviews regarding past exposure to radiation. Which options explains the given example?

a) Case series report

d) Cohort study

b) Case-control study

e) Case report

c) Clinical trial

Key: True: a

38. A total of 10,000 Vietnam veterans, half of whom are known by combat records to have been in areas where Agent Orange was used and half of whom are known to have been in areas where no Agent Orange was used, are asked to give a history of cancer since discharg Which option explains the given example?

a) Case series report

d) Cohort study

b) Case-control study

e) Case report

c) Clinical trial

Key: True: d

39. Patients admitted for carcinoma of the stomach are age and sex-matched, with smoking history to assess the possible association. Which option explains the given example?

- a. Case series report
- b. Case-control study
- c. Clinical trial
- d. Cohort study
- e. Case report

Key: True: b

40. California highway patrol statistics revealed that more accidents occurred to blue cars than to cars of any other colour. The inference that, while driving a blue car, one is at higher risk of accident than while driving a car of another colour is:

- a) Correct
- b) Incorrect, because the comparison is not based on rates
- c) Incorrect, because no control or comparison group is used
- d) Incorrect, because no test of statistical significance has been made
- e) Incorrect, because prevalence is used instead of incidence

Key: True: b

41. In a study of 500 cases of a disease and 500 controls, the suspected etiological factor is found in 400 of the cases and 100 of the controls. The absolute risk (incidence of disease in persons with the factor) is:

- a) 80%
- b) 40%
- c) 16%
- d) 20%
- e) Cannot be computed from data given

Key: True: e

42. In 1945, 1,000 women were identified who worked in a factory painting radium dials on watches. The incidence of bone cancer in these women up to 1975 was compared to that of 1,000 women who worked as telephone operators in 1945. Twenty of the radium dial workers and four of the telephone operators developed bone cancer between 1945 and 1975. The relative risk of developing bone cancer for radium dial workers is:

- a) 2
- b) 4
- c) 5
- d) 8
- e) cannot be computed from the data given

Key: True: c

43. Prophylactic administration of vitamin K in breast fed babies is an example of:

- a) Health Promotion
- b) Treatment
- c) Specific protection
- d) Rehabilitation

e) Primordial prevention

Key: True: c

44. In an epidemiological study the incidence of disease in females is more than that of males but the prevalence is equal in both. It indicates:

- a) Case fatality is more in female
- b) Mortality in male is higher
- c) Disease is of less duration in males
- d) Females harbour disease for longer duration
- e) Males harbour disease for longer duration

Key: True: a

45. Bhopal gas tragedy is an example of:

- a) Slow epidemic
- b) Continuous epidemic
- c) Point source epidemic
- d) Propagated epidemic
- e) An accident which did not warrant an emergency

Key: True: c

46. Residents of three villages with three different types of water supply were asked to participate in a study to identify cholera carriers because several cholera deaths had occurred in the recent past. Virtually everyone was present at the time of examination. The proportion of carriers in each village was computed and compare This study is a:

a

- a) . Cross-sectional study
- b) Case-control study
- c) Concurrent cohort study
- d) Non-concurrent cohort study
- e) Retrospective cohort study

Key: True: a

47. In a village of 1 lakh population, among 20,000 exposed to smoking, 200 developed cancer, and among 40,000 people unexposed, 40 developed cancer. The relative risk of smoking in the development of cancer is:

- a) 20
- b) 10
- c) 5
- d) 15
- e) 25

Key: True: b

48. In a population of 1000, measles coverage is 60%, one child goes out of station and comes back with measles from whom 26 more children get the measles. The secondary attack rate is:

- a) 6.5
- b) 65
- c) 7.5
- d) 0.65
- e) 7.0

Key: True: a

49. To compare the death rate of India with the death rate of Pakistan, the most appropriate measure is a comparison between:

- a) Age specific mortality rates
- b) Crude death rates
- c) Maternal mortality rates
- d) Standardized mortality rates
- e) Life expectancy

Key: True: d

50. About 2500 deaths were reported in road side accidents during the year 2006 in Pakistan. If the total number of deaths due to accidents is expressed against the mid-year population of Pakistan in year 2006 this will give:

- a) Crude death rate
- b) Age specific death rate
- c) Cause specific death rate
- d) Case fatality rate
- e) Proportional mortality rate

Key: True: c

51. In a universe comprising of 1500 children less than 5 years of age, 75 children with severe malnutrition were found. If 75 new cases of severe malnutrition were registered over a period of one year, the incidence rate for severe malnutrition during the same year is:

- a) 50 / 1000
- b) 53 / 1000
- c) 55 / 1000
- d) 60 / 100
- e) 63 / 1000

Key: True: b

52. Every year during the winter season the hospital admissions are more for pneumonia cases. This year also about 358 children with pneumonia were admitted in the Pediatric department of POF Hospital between the months of Jan – Mar 2007. This increased frequency of respiratory infections during winter months is an example of:

- a) Epidemic trend
- b) Cyclical trend
- c) Seasonal trend
- d) Secular trend
- e) Pandemic trend

Key: True: c

53. Prevalence measures the burden of disease in a population inclusive of old & new cases. Prevalence of a disease can be obtained from:

- a) Quasi – experimental study
- b) Cross – sectional study
- c) Case – control study
- d) Cohort study
- e) Intervention study

Key: True: b

54. A 55 years old hypertensive patient was admitted in the Medical Ward with cerebral stroke. After treatment he recovered but was unable to move his right lower limb. He was advised physiotherapy. This type of assistance is:

- a) Health promotion
- b) Specific protection
- c) Prompt treatment
- d) Disability limitation
- e) Rehabilitation

Key: True: e

55. According to a study conducted by WHO the incidence of polio in Sindh province having a total population of 20 million was 1 during the year 2007, which type of study was this:

- a) Case report
- b) Cross sectional
- c) Case control
- d) Cohort
- e) Ecological

Key: True: d

56. An epidemiologist is assigned to conduct a study on 5000 people having hyperlipidemia and those having normal lipid profile. He has to keep track of all the participants to observe the development of stroke in these patients to confirm that hyperlipidemia increases the risk of stroke. This study is:

- a) Retrospective cohort study
- b) Retrospective study
- c) Prospective study
- d) Cross – sectional study
- e) Case – series

Key: True: c

57. To compare the death rate of Nepal with the death rate of Pakistan, the most appropriate measure is a comparison between:

- a) Age specific mortality rates
- b) Crude death rates
- c) Maternal mortality rates
- d) Standardized mortality rates

e) Life expectancy

Key: True: d

58. A 40 years old man of 75 kg came to a physician for his routine checkup. His serum cholesterol was found to be 230 mg/dL and he was diagnosed as hypertensive. The risk factor of this particular condition is classified as:

- a) Physical
- b) Chemical
- c) Biological
- d) Nutritive
- e) Mechanical

Key: True: b

59. Acute hemorrhagic conjunctivitis affected a large proportion of population over a wide geographic area in 1971 and 1981. This spread of disease is:

- a) Epidemic
- b) Sporadic
- c) Pandemic
- d) Endemic
- e) Opportunistic

Key: True: c

60. A patient came in emergency with signs of dehydration and severe diarrhea. An Intra venous infusion was given to correct electrolytes and fluid levels. He was discharged after 2 days. About 2 months later the patient came back with signs of jaundice and Hepatitis B surface antigen was positive. He did not give history of any event which could have led to this disease. This hepatitis infection may be labeled as:

- a) Sub clinical
- b) Idiopathic
- c) Opportunistic
- d) Cross infection
- e) Iatrogenic

Key: True: e

61. A cross-sectional study was conducted at Wah Medical College in the year 2006 to measure the period prevalence of smokers among 105 students. Out of them 5 were already smokers and 15 started during 2006, period prevalence of 2006 is:

- a) 22%
- b) 19%
- c) 15%
- d) 11%
- e) 10%

Key: True: b

62. In a village of population 10,000, 250 cases of Hepatitis B were reported in the month of July. The point prevalence of Hepatitis B per thousand populations is:

- a) 20
- b) 25
- c) 30
- d) 50
- e) 100

Key: True: b

63. A household survey of 10 families was conducted by students of 4th year MBBS, Wah Medical College. In the data they collected, the ages of heads of families were: 32, 34, 35, 36, 36, 42, 44, 46, 48, and 52. The mean age of heads of families is

- a) 36
- b) 38.5
- c) 40
- d) 40.5
- e) 42

Key: True: d

64. A woman brings her child to the hospital for mongolism. The possible agent of the disease that comes in your mind is?

- a) Bacteria
- b) Virus
- c) Nutritional factor
- d) Hormonal factor
- e) Chromosomal factor

Key: True: e

65. A child of three years comes with complaints of night blindness. On examination conjunctiva is dry and corneal haziness is also seen. There is no history of any other disease or injury. The likely agent type is:

- a) Physical
- b) Chemical
- c) Nutritional
- d) Hormonal
- e) Immunological

Key: True: c

66. A man brought his child with complaints of fever, diarrhea and abdominal pain. He gave history of living in an unhygienic small house around a factory area where his son had many friends. He had three more children who also had same complaints off and on. Which environment is likely to have resulted in this condition?

- a) Physical
- b) Chemical
- c) Social
- d) Psychological
- e) Occupational

Key: True: a

67. A new drug was introduced in some of patients to assess its usefulness compared with the old on patients nor did clinicians who evaluated patients for effect under consideration in this clinical trial know individual treatment assignments. This method of assignment is known as:

- a) Single blinding
- b) Double blinding
- c) Triple blinding
- d) Randomization
- e) Stratification

Key: True: b

68. 10 cases of food poisoning had been reported in a hospital, 2 out of these developed mild gastrointestinal symptoms, 4 developed moderate dehydration but recovered and 2 succumbed to the disease. The characteristic of the organism of food poisoning that produces the severest form of the disease is:

- a) Infectivity
- b) Pathogenicity
- c) Virulence
- d) Communicability
- e) Resistibility

Key: True: c

69. The trend in mortality from tuberculosis in England showed a steady fall in years 1855 – 1965 but thereafter a gradual rise in the incidence of this disease was reported. This type of time trend or fluctuation in disease occurrence is termed as:

- a) Epidemic trend
- b) Cyclical trend
- c) Seasonal trend
- d) Secular trend
- e) Pandemic trend

Key: True: d

70. An outbreak of brucellosis in cattle is reported, threatening the health of human population. This outbreak is:

- a) Epizootic
- b) Epornithic
- c) Enzootic
- d) Exotic
- e) Epidemic

Key: True: a

71. A survey report in 1960 concluded that there was an increase in asthma deaths with the increased use of pressurized aerosol bronchodilators; although the deaths were more because of the severity of disease. This association is:

- a) Spurious
- b) Temporal
- c) Indirect
- d) Consistency
- e) Coherence

Key: True: a

72. In a coal mine the expected deaths of coal worker were 7 while the deaths that really occurred were 9. The standardized mortality ratio for coal workers is:

- a) 100
- b) 109
- c) 11
- d) 5+
- e) 129
- f) 130

Key: True: d

73. At Lahore Grammar School a student of class II developed mumps. He was isolated from other children till swelling subsided and his brother of class IV who looked apparently healthy was also advised to be away from school for about a fortnight. His brother's type of carrier state is most likely to be:

- a) Incubatory
- b) Healthy
- c) Convalescent
- d) Temporary
- e) Chronic

Key: True: a

74. In a colony located near an industrial area 50 people died due to asphyxia and many developed difficulty in breathing and were hospitalized within 24 hours. The cause was the leakage of carbon monoxide from a nearby chemical plant. The distribution of cases in time is suggestive of:

- a) Propagated epidemic
- b) Slow epidemic
- c) Common source – single exposure
- d) Common source – continuous exposure
- e) Pandemic

Key: True: c

75. Cement industry is suspected for more deaths among its workers. So the industrialist gets worried and wants to assess whether more deaths are likely in these workers or not. The measure that predicts the mortality in this industrial group is:

- a) Age specific death rate
- b) Standardized mortality ratio
- c) Cause specific death rate
- d) Proportionate mortality
- e) Case fatality rate

Key: True: b

76. The annual report of POF Hospital for the year 2006 shows 200 cases of Myocardial Infarction, 35 cases of Cholecystitis, 105 cases of Pneumonia and 350 cases of Acute Gastroenteritis. The result of this report cannot be generalized on the total population of Wah on account of:

- a) Confounding bias
- b) Memory bias
- c) Selection bias
- d) Berksonian bias
- e) Interviewer's bias

Key: True: d

77. Increased number of Malaria cases was reported in the time intervals between August to October and March to April. There are 2 different periods in a year, where increased malaria transmission is reported. Such an occurrence of malaria cases in time will give a distribution which is:

- a) Unimodal
- b) Sporadic
- c) Bimodal
- d) Endemic
- e) Multimodal

Key: True: c

78. .In the medical OPD of teaching hospital of Wah Medical College, Wah Cantt, diastolic blood pressures of 10 patients were as follows:

80, 75, 81, 79, 71, 95, 75, 77, 84 & 90. The mean of this data is:

- a) 80
- b) 81
- c) 82
- d) 83
- e) 84

Key: True: b

79. In a poor community, there is high prevalence of acute diarrhea cases. The best method for preventing this health problem in the long run is:

- a) Anti-diarrheal drugs.
- b) Immunization against cholera and typhoid
- c) Provision of sanitary latrine
- d) Use of boiled water.
- e) Living in fly proof zone

Key: True: c

80. In a sample of 49 individuals, the mean total leukocyte count is found to be 7600 cells /mm³, If total leukocyte count follows a normal distribution curve, the 50 % of the individuals will have which of the following values:

- a) Between 6200 and 9000
- b) Between 7400 and 7800
- c) Below 6200 or Above 9000
- d) Below 7600
- e) Above 9000

Key True: d

1 % of the Time

81. In a sample of 49 individuals, the mean total leukocyte count is found to be 7600 cells /mm³ and standard deviation of 1400 /mm³, a randomly selected individual will have total leukocyte count lower than 4800 cell /mm³

- a) 2.5 % of the Time
- b) 5 % of the Time
- c) 10 % of the Time
- d) 16.5 % of the Time

Key True: b

82. Higher crude annual mortality rate in a developing country as compared to a developed country is mostly due to one of the following reasons:

- a) An incorrect record keeping
- b) A younger age distribution
- c) An inaccurate census of the population.
- d) More stressful life style
- e) Greater exposure to occupational hazards.

Key True: b

83. Birth rates of a population of infants at 40 weeks gestational age are approximately normally distributed, with a mean of 3000 grams. Roughly 68% of such infants weigh between 2500 and 3500 at birth. If a sample of 100 infants was studied, the standard error would be

- a) 50
- b) 100
- c) 250
- d) 500
- e) None of the above

Key: True: a

84. In 1993 Burkina Faso had Gross reproductive rate of 3.5 while United Kingdom was only 0.86 that means if 1993 Fertility levels were to continue, which one of the following options will be correct.

- a) The Net Reproductive Rate of Burkina Faso would definitely be more than 3.5

- b) In United Kingdom, a woman would produce more than one daughter on average during her life time
- c) In Burkina Faso, a woman would produce 3.5 daughters on average through her life time
- d) The Net Reproductive Rate of UK will be more than on
- e) The Net Reproductive Rate of Burkina Faso would be equal to Gross Reproductive Rate of the country

Key: True: c

85. The estimate of the average number of additional years a person could expect to live if the age specific death rates for a given year prevail for the rest of his life, is best expressed by:

- a) Survival index
- b) Probability of dying
- c) Life expectancy
- d) Crude death rate
- e) Age specific death rate

Key: True: c

Scarlet fever

86. A patient who has come from India, reports to a health facility with generalized aches and pain and rash on the body excluding palms and soles. The most likely diagnosis is:

- a) Trypanosomniasis
- b) Malaria
- c) Dengue
- d) Yellow Fever

Key: True: d

87. In a medical journal report, the observed mortality of smokers and nonsmokers for laryngeal squamous cell carcinoma was reported to be significant at $p < 0.05$. Such a statement means that

- a) The investigator is rejecting the null hypothesis even though the results could have occurred purely by chance a maximum of 5 times out of 100.
- b) There is a difference between the mortality rates of smokers and nonsmokers 5% of the time
- c) The null hypothesis claims that there is a difference between the mortality rates of smokers and nonsmokers.
- d) A causal relationship between smoking and mortality may be established through this study
- e) There is insufficient data, as the total number of smokers and nonsmokers were not given.

Key: True: a

88. In study carried out in the hospital ward, every 10th admitted patient was included in the sample, which sampling procedure is this:

- a) Random sampling
- b) Stratified sampling
- c) Quota sampling
- d) Convenient sampling
- e) Systematic sampling

Key: True: e

89. Three groups of subjects were followed over the course of five years to compare treatments for sideroblastic anemia. The most appropriate statistical analysis to determine the quantitative serologic differences resulting from these treatments would be a (n)

- a) Regression analysis
- b) F test (ANOVA)
- c) Correlation analysis
- d) Chi-square test
- e) T test

Key: True: b

90.

Breast Cancer

Present Absent

A 300

B 200

C 100

D 400

$$A + C = 400 \quad B + D = 600 \quad n = 1000$$

In a cohort study concerning the relationship between the use of exogenous estrogens and the subsequent risk of breast cancer, a sample of 1000 premenopausal women were followed for 8 years. The results are presented in the table above. The absolute risk of breast cancer among women receiving estrogen therapy is

- a) 0.2
- b) 0.3
- c) 0.4
- d) 0.6
- e) 0.8

Key: True: d

91. In a cohort study concerning the relationship between the use of exogenous estrogens and the subsequent risk of breast cancer, a sample of 1000 premenopausal women were followed

for 8 years. The results are presented in the table above. The absolute risk of breast cancer among women who did not receive estrogen therapy is

- a) 0.05
- b) 0.2
- c) 0.4
- d) 0.6
- e) 0.8

Key: True: b

92. In a cohort study concerning the relationship between the use of exogenous estrogens and the subsequent risk of breast cancer, a sample of 1000 premenopausal women were followed for 8 years. The results are presented in the table above. The relative risk associated with estrogen therapy in this study is

- a) 0.25
- b) 0.33
- c) 0.5
- d) 2
- e) 3

Key: True: e

93. Following a large group of cigarette smokers for a period of 10 years to determine the occurrence of chronic obstructive pulmonary disease (COP, coronary heart disease, and various forms of lung cancer would be an example of

- a) Randomized clinical trial
- b) Cross-sectional study
- c) Prevalence study
- d) Cohort study
- e) Case-control study

Key: True: d

94. A nutritional research team followed serum levels of vitamin B12 and folic acid in 125 children for five years to determine the association between cyanocobalamin deficiency and the subsequent risk of developing megaloblastic anemia. The results were as follows:

VITAMIN B12 LEVELS

Mean

262 pg/mL

Median

228 pg/mL

Mode

196 pg/mL

From the data, it can be concluded that this distribution is

- a) Normal
- b) Positively skewed
- c) Negatively skewed
- d) Skewed toward the left
- e) Unable to be identified

Key: True: b

95. If, in one of the groups of premature infants, the maximum value for hexosaminidase A was substituted with a much higher value, which of the given values remains unchanged:

- a) Variance
- b) Range
- c) Standard deviation
- d) Median
- e) Mean

Key: True: d

96. In a cohort study involving the relationship between HIV status and the subsequent risk of developing pneumocystis carinii pneumonia, 50 HIV-positive volunteers were followed for 6 months: 100 for 1 year, 100 for 3 years, and 200 for 5 years. The number of person-years of observation in this study was

- a) 9.5
- b) 1425
- c) Unable to be determined for different periods
- d) Unable to be determined without a mortality rate
- e) Unable to be determined without an incidence rate

Key: True: b

97. The smoking history of pregnant women is taken in the antenatal period and correlated with the birth weight at the time of delivery. To find an association between them would be an example of:

- a) Clinical trial
- b) Nested cohort study
- c) Retrospective study
- d) Prospective study
- e) Cross sectional study

Key: True: d

98. In a study of 500 cases of a disease and 500 controls, the suspected etiological factor is found in 400 of the cases and 100 of the controls. The absolute risk (incidence of disease in persons with the factor is:

- a) 80%
- b) 40%
- c) 16%
- d) 20%
- e) Cannot be computed from data given

Key: True: e

99. Prophylactic administration of vitamin K in breast fed babies is an example of:

- a) Health Promotion
- b) Treatment
- c) Specific protection
- d) Rehabilitation
- e) Primordial

Key: True: c

100. In a bulk of hundred children out of whom 28 are immunized 2 of them get measles simultaneously. Subsequently 14 get measles. Assuming the efficacy of the vaccine to be 100%, what is the secondary attack rate?

- a) 5%
- b) 10%
- c) 20%
- d) 21.5%
- e) 19.4%

Key: True: c

101. A village has a total of 100 under-five children. The coverage with measles vaccine in this age group is 60% (assuming the efficacy of vaccine to be 100%). Following the occurrence of a measles case in a child after a visit outside, twenty-six children developed measles. The secondary attack rate of measles is:

- a) 25%
- b) 40%
- c) 50%
- d) 65%
- e) 66%

Key: True: e

102. In an epidemiological study the incidence of disease in females is more than that of males but the prevalence is equal in both. It indicates:

- a) Case fatality is more in female
- b) Mortality in male is higher
- c) Disease is of less duration in males
- d) Females harbour disease for longer duration
- e) Males harbour disease for longer duration

Key: True: a

103. Which one of the following is the Odds ratio, calculated from the given data?

Diseased Un-diseased

Positive 30 20

Negative 20 30

- a) 0.44
- b) 1.5
- c) 0.8
- d) 2.25
- e) 2.00

Key: True: d

104. A total of 300 newly diagnosed patients with laryngeal cancer are allocated to treatment with either surgical excision alone or surgical excision plus radiation treatment. What is the study design?

- a) Case series report
- b) Case-control study
- c) Clinical trial
- d) Cohort study
- e) Case report

Key: True: c

105. An analysis of the race of patients who visit an emergency room reveals that 40% are white, 25% are black, 20% are Native American, and 15% are Asian. These data would best be depicted graphically with a

- a) Venn diagram
- b) Cumulative frequency graph
- c) Normal curve
- d) Histogram
- e) Pie chart

Key: True: e

106. A study was conducted in America to find out the proportion of blacks and white Americans in California. This variable chosen is:

- a) Nominal
- b) Ordinal
- c) Continuous
- d) Discret numerical
- e) Dichotomous

Key: True: e

107. A public health physician wants to study the load of hypertension in Rawalpindi district to establish special screening & treatment services in the mentioned area which design is more useful for this?

- a) Cross sectional
- b) Case series
- c) Cohort
- d) Case control
- e) Experimental

Key: True: a

108. Japan has a high rate of stomach carcinoma and a low rate of colon carcinoma than the U.S. Which study would you suggest to prove or support the environmental effect on the incidence of these cancers?

- a) Migrant studies
- b) Case control
- c) Incidence
- d) Case reports
- e) Mortality survey

Key: True: a

109. To give the relevant importance to hypertension control in a health service a researcher wants to study the prevalence of hypertension. He chose a cohort study. The design to assess prevalence is?

- a) Inappropriate
- b) Suitable
- c) Quick
- d) Feasible
- e) Expensive

Key: True: a

- a) 110. A researcher wants to study natural history of silicosis in a population of industrial workers.
- b) Which design is most useful?
- c) Cross sectional
- d) Case report
- e) Case control
- f) Incidence
- g) Ecological survey

Key: True: d

111. If a researcher wants to study precedence relationship between the exposure and effect, which design should he prefer?

- a) Descriptive survey
- b) Ecological survey
- c) Case series
- d) Cross sectional

e) Cohort

Key: True: e

112. Smokers have risk of lung cancer four times more than non-smokers. If smoking indicates causal association this characteristic gives:

- a) Specificity
- b) Strength of association
- c) Coherence
- d) Consistency
- e) Temporal sequence

Key: b

113. The incidence of gonorrhoea is continuously increasing in a particular locality. An investigator reveals that mostly sex workers are living there. This epidemic may be classified as:

- a) Common source single exposure
- b) Common source continuous exposure
- c) Propagated epidemic
- d) Slow epidemic
- e) Modern epidemic

Key: b

IMMUNOLOGY

1. Most important reason for recommending oral polio vaccine in the polio eradication campaign despite availability of a safe injectable vaccine that, it:

- a) Provides 90% immunity in one dose
- b) Does not interfere with vertical immunity
- c) Has been donated by WHO
- d) Provides herd immunity
- e) Has less side effects

Key: True: d

2. A 5 year old child comes to the immunization centre without BCG scar on his arm; what would you prefer?

- a) Give BCG vaccine
- b) Perform mantoux if positive then give BCG
- c) No need of BCG
- d) Chemoprophylaxis
- e) Perform mantoux if negative then given BCG

Key: True: e

3. A woman reports for vaccination against tetanus only 25 days before delivery; she has not received the first dose what will you do?

- a) Give anti tetanus immunoglobulin
- b) Give two doses of tetanus toxoid with 2 weeks interval
- c) Advise appropriate antibiotic course during delivery
- d) Give one dose of tetanus toxoid and advice the second dose after delivery
- e) Advise passive immunization after delivery

Key: True: d

4. A woman in the seventh month of pregnancy reports to you in the antenatal clinic for the first time. The recommended immunization is by:

- a) Tetanus toxoid
- b) Hepatitis B vaccine
- c) Rubella vaccine
- d) Pneumococcal vaccine
- e) Tetanus immunoglobulin

Key: True: a

5. A doctor was attending a patient suffering from Hepatitis B; he accidentally got a prick from a contaminated syringe for maximum preventive use of Hepatitis B Immunoglobulin (HBIG), it is given as:

- a) 0.5 ml / kg body weight within 2 hours
- b) 0.5 ml / kg body weight within 24 hours
- c) 0.06 ml / kg body weight within 3 days of exposure & repeating after one month
- d) 0.06 ml / kg body weight preferably within 3 days
- e) 0.05 ml / kg body weight within one month & repeating after 6 months

Key: True: c

6. A mother brought her six weeks old child to an EPI centre for routine immunization. She was enquired about history of Epilepsy in the family and febrile fits. The doctor took this history to avoid complication with:

- a) Diphtheria toxoid
- b) Tetanus toxoid
- c) Hepatitis B vaccine
- d) Pertussis vaccine
- e) OPV

Key: True: d

7. A conference is being held for prevention of haemorrhagic fever in our country. The people from South Africa are also invite your opinion as a health expert is sought regarding transmission of prevalent infection in South Africa to Pakistan. The infection that you should be most concerned about is.

- a) Dengue fever
- b) Typhus
- c) Hay fever
- d) Congo fever
- e) Yellow fever

Key: True: e

8. An M.S student of Wah Medical College got an accidental prick while drawing blood of hepatitis B positive patient. He had completed his course of immunization against hepatitis B last year. What would you recommend for him?

- a) Booster dose of HB Vaccine
- b) Single dose of passive immunization
- c) Both active and passive immunization
- d) Two doses of immunoglobulins 30 days apart
- e) Nothing required

Key: True: d

9. A forty years old guard of forestry presented in emergency with complaint of dog bite on his left leg. On examination a deep transdermal wound was found. He gave history of completing the course of immunization against rabies last year. His serum antibody titre was > 0.5 IU/ml of blood. What would you advise?

- a) Complete course of active immunization & passive immunization
- b) Only passive immunization
- c) Two booster doses of HDC vaccine
- d) Three booster doses of HDC vaccine + RIG
- e) Only local treatment of wound and anti-tetanus measures

Key: True: c

10. A 20 years old lady read an article in a newspaper on vaccination against tetanus. She is very conscious of herself being vaccinated. The best schedule that you would suggest for her at this age is:

- a) Single dose of TT
- b) Two doses of TT one month apart
- c) Two doses one month apart with booster after five years
- d) Five doses of TT
- e) Nothing required till she gets pregnant

Key: True: d

11. A 30 years old man went in Benazir Bhutto's rally at Rawalpindi, where in a suicidal attack he got a penetrating injury on his leg. The emergency treatment was given. His immunity status against tetanus is not known. The required anti tetanus measures are

- a) Toxoid one dose
- b) Toxoid one dose + TIG
- c) Toxoid complete course
- d) Toxoid complete course + TIG
- e) Fifteen hundred international units of ATS

Key: True: d

12. A primigravida came for antenatal. Her base line investigations along with screening for Hepatitis B and C were done. She was diagnosed HBV positive. What measure would you suggest to prevent the infection in her child after delivery?

- a) Active immunization only
- b) Active & passive Immunization
- c) Only passive immunization
- d) Chemoprophylaxis
- e) Reassurance

Key: True: b

13. A 6 weeks old boy came for DPT, polio & HBV vaccination. He was given initial doses of all and was called after 4 weeks to have the next doses. The likely reason for calling him again was:

- a) Loss of immune memory
- b) Stimulation of macrophages
- c) Summation of immune responses
- d) Replication of lymphocytes
- e) Immune tolerance

Key: True: c

14. A GP purchased BCG vaccine for his clinic. He should store this vaccine at his clinic in:

- a) A dark place
- b) Deep freezer
- c) Water carrier
- d) Refrigerator
- e) Shelf

Key: True: d

15. A mother brought her four year old child to the doctor. She gave the history that her child was in close contact with a case of diphtheria in school. She was very anxious about her child and gave history of booster dose of DT 2 years ago. What would be line of management for such a child?

- a) Booster dose of DT with penicillin

- b) Active and passive immunization
- c) Active and passive immunization with chemoprophylaxis
- d) Only keep under surveillance for 1 week
- e) Nothing more required

Key: a

16. A General Practitioner purchased BCG vaccine for his clinic He should store this vaccine at his clinic in:

- a) A dark place
- b) Deep freezer
- c) Water carrier
- d) Refrigerator
- e) Shelf

Key: True: d

17. A 5 years old boy is brought to the emergency department with history of dog bit Examination revealed multiple transdermal bites on left leg. The best management for such a patient is:

- a) Anti-rabies serum, suturing of wound, TT
- b) Anti-rabies serum, suturing of wound, Vaccine
- c) Vaccine, leave wound open, TT, ARS
- d) Vaccine, leave wound open, TT
- e) No Treatment if the dog disappears

Key: c

18. 1 year old child is being treated in Shaukat Khanam Hospital Lahore and getting radiotherapy for carcinoma. A polio case has been detected in his residential locality. Pediatrician decides to protect him against poliomyelitis by giving:

- a) Human normal immunoglobulin
- b) Human specific immunoglobulin
- c) Oral polio vaccine
- d) Inactivated polio vaccine
- e) Chemoprophylaxis with antiviral drugs

True: d

19. Most important reason for recommending oral polio vaccine in the polio eradication campaign despite availability of a safe injectable vaccine is that, it:

- a) Provides 90% immunity in one dose
- b) Does not interfere with vertical immunity

- c) Has been donated by WHO
- d) Provides herd immunity
- e) Has less side effects

Key: d

20. A 6 months pregnant lady comes for antenatal checkup for the first time. Her baseline investigation and screening for HBSAG and Anti HCV was done. On screening she was found to have HBSAG. What would you prefer for this lady?

- a) Active and passive immunization
- b) Passive immunization
- c) Active immunization
- d) Anti-viral therapy
- e) Advice for active and passive immunization of the baby at birth.

Key: e

21. In Sir-Syed Model School a student of class 3 developed measles. The child was isolated from rest of the class. The school medical officer advised for the control of this child:

- a) Active immunization within 3 days
- b) Passive immunization
- c) Chemoprophylaxis
- d) Isolation
- e) Anti-viral therapy

Key: b

22. A primigravida delivered a baby boy in the obstetric ward of POF hospital the doctor referred the baby on the same day to the EPI centre for vaccination of:

- a) BCG only
- b) BCG OPV
- c) DPT only
- d) DPT HBV +OPV
- e) OPV only

Key: b

ENVIRONMENT & HEALTH

1. The population living in Wah Cantt is using water from a deep spring, which is considered to be relatively free from organic contamination but rich in calcium bicarbonates and sulphates. On account of properties that spring water has, protects people from:

- a) Gastroenteritis
- b) Ancylostomiasis

- c) Atherosclerosis
- d) Renal problems
- f)

e) Degenerative heart disease

Key: True: c

2. A well was present in a rural area where an unsanitary bore-hole latrine with lots of flies was present within 10 feet of distance. The disease more likely to be transmitted through drinking this well water is:

- a) Leishmaniasis
- b) Typhoid
- c) Dental caries

- d) Ancylostomiasis
- e) Trachoma

Key: True: b

3. If a child has been drinking water containing 30 mg/L of nitrates the condition likely to occur is:

- a) Infantile Methemoglobinemia
- b) E-coli enteritis
- c) Botulism

- d) Dental caries
- e) Entrobiasis

Key: True: a

4. Required amount of chlorine was added to a large body of water after sedimentation. The pH of water was 4.0 and level of sulphides was negligible. A contact period of one hour was ensure Eventually, it was found that chlorination was not successful. The likely reason was:

- a) Low pH
- b) Less contact time
- c) Less amount of chlorine

- d) Suspended impurities
- e) Chemical antagonists

Key: True: a

5. People of a village reported a high prevalence of bacterial gastroenteritis even after proper chlorination of water supply for the recommended duration. On water analysis, level of chlorine in water was 0.01 mg/L and pH of water was 6.5. There were no suspended impurities; levels of sulphides and ferrous were low. The likely reason of increased bacterial gastroenteritis even after chlorination is:

- a) Low residual chlorine
- b) High pH leading to chlorination failure

- c) Presence of sulphides
- d) Low level of ferrous
- e) Inadequate contact time

Key: True: a

6. A water sample was taken from a source where catchment area included a large agricultural land. It was declared unfit for human consumption on account of raised concentration of a chemical. The likely chemical which has resulted in making this water unfit is:

- a) Iodine
- b) Calcium
- c) Zinc
- d) Chlorides
- e) Nitrite

Key: True: e

7. During a sanitary inspection of a rapid sand filtration plant, slowing of the filtration rate was observed owing to loss of head. Which method will you suggest to give head to water in such a situation?

- a) Addition of alum
- b) Scraping the top layer
- c) Increasing duration of storage
- d) Back washing of sand bed
- e) The addition of lime or soda ash

Key: True: d

8. You were required to chlorinate well water; you added required amount of bleaching powder solution to the water and allowed an overnight contact time. What is your recommendation regarding consumption of this water for drinking.

- a) Fit for consumption
- b) To be used after 12 hours
- c) To be used after another 24 hours
- d) Rechlorinate
- e) May be used after boiling

Key: True: a

9. A dental surgeon appointed in rural health centre reports an increased incidence of dental caries in the children of that area. What are the relevant preventive measures that he should suggest to the health authorities is:

- a) Fluoridation of water
- b) Chlorination of water
- c) Use of bacterial filter
- d) Use of boiled water
- e) Softening of hard water

Key: True: a

10. Chlorination of water was done by addition of bleaching powder solution containing 10% available chlorine. One hour contact time was ensured. What is your recommendation regarding use of this water for drinking?

- a) Fit for consumption
- b) Use after 06 hours
- c) Use after 12 hours
- d) To be used after another 24 hours
- e) Rechlorinate

Key: True: e

11. Water samples from two villages of Punjab were sent to Health laboratory for examination. Lab reports show fluoride levels ranging from 5.26 to 6.32 mg/lit. Use of this water for drinking may lead to:

- a) Dental caries
- b) Dental fluorosis
- c) Gingivitis
- d) Periodontitis
- e) Alveolar abscess

Key: True: b

12. An out-break of scabies was reported in a Kachi abadi consisting of 500 people. The appropriate preventive measures suggested by you would be to:

- a) Filter the water
- b) Improve accessibility to water
- c) Destroy breeding sites of insects
- d) Chlorinate water
- e) Avoid bare footed watering of fields

Key: True: b

13. A sample of water taken from a water storage tank of a residential area was to be examined bacteriologically. A positive test of water sample by multiple tube method refers to the presence of

- a) Coli-form organisms
- b) Fecal streptococci

- c) Nitrites
- d) Cl. Perfringens

e) Fungi

Key: a

14. An epidemic of gastroenteritis affected more than 500 people in a city. Samples of water were taken from different sites of the supply system. Bacteriological examination was positive for coli forms. Chemical analysis of water showed the presence of high fluoride, nitrate, chloride and pH of 6. Which content is suggestive of water born epidemic

- a) Nitrates
- b) Chlorides
- c) High pH

- d) Coli-forms
- e) Fluoride

Key: d

15. Different agents are used for chlorination of water on large scale. If after chlorination taste of water is not much altered; level of residual chlorine is more stable and persistent. The likely agent to be used for chlorination was:

- a) Bleaching powder
- b) Chlorine gas
- c) Chloramines

- d) Perchloron
- e) Chloride ions

Key: a

16. In a poor community, there is high prevalence of acute diarrhea cases. The best method for preventing this health problem in the long run is:

- a) Anti-diarrheal drugs.
- b) Immunization against cholera and typhoid
- c) Provision of sanitary latrine
- d) Use of boiled water.
- e) Living in fly proof zone

Key: True: c

17. Six of the ten family members living in a single room house complain of intense itching with scratching in axillae, groin and hands; it is more marked at night. The most likely diagnosis is:

- a) Scabies
- b) Dermatitis

- c) Eczema
- d) Psoriasis

e) Dermatitis

Key: a

18. In a house consisting of two living rooms, the door and windows are facing each other. This will provide:

- a) Low humidity
- b) Aspiration
- c) Cross ventilation
- d) Diffusion
- e) Acoustic discomfort

Key: c

19. A 12 members family was living in a house consisting of two rooms. Which disease is most likely to be common in the given situation?

- a) Asthma
- b) Tuberculosis
- c) CA Bronchus
- d) Cystic fibrosis
- e) Emphysema

Key: b

20. A 5 member family was residing in a small house. The available floor space to one person was 30 sq ft. The problem which is more likely to be associated with this available space is:

- a) Psychosocial
- b) Malnutrition
- c) Typhoid
- d) Enterobius vermicularis
- e) Malaria

Key: a

21. A water sample was taken from a village near Taxila On chemical analysis the fluoride level was found to be 0.03 mg/lit. The likely effect on the body is:

- a) Dental flourosis
- b) Dental caries
- c) Skeletal flourosis
- d) Caries spine
- e) Abdominal colic

Key: b

22. A water sample taken from a water storage tank of a residential area was sent for bacteriological examination in the laboratory. A test of water sample by multiple tube method was found positive, which referred to the presence of:

- a) Coli-form organisms
- b) Fecal streptococci

- c) Nitrites
- d) Cl. Perfringens

e) Fungi

Key: a

23. An army troop while being transported to Himalayan station had to stay at the altitude of 12,000 feet for 04 days. One of the soldiers developed pulmonary edema. The best immediate measure to be taken is:

- a) Antibiotic therapy
- b) Suction of pulmonary fluids
- c) Artificial respiration
- d) Shift the patient to lower altitude
- e) Administer diuretics

Key: d

24. A Person working in compressed air chamber presented with symptoms of cough, dyspnoea and joint pains. This clinical presentation is suggestive of:

- a) Pulmonary edema
- b) Fat embolism
- c) Air embolism
- d) Rupture of spleen
- e) Myocardial infarction

Key: c

25. The atmospheric pressure at earth's surface close to the sea level averages 760 mm of Hg. If a man lives at an altitude of 13000 feet above the sea level for few years, the main physiological effect is:

- a) Decrease in respiration
- b) Increase in concentration of hemoglobin
- c) Decrease in concentration of hemoglobin
- d) Decrease in cardiac output
- e) Increased concentration of urine

Key: b

26. Husband and wife belonging to low socioeconomic status of a village are brought to the hospital with mental confusion, loss of memory, labored breathing eventually leading to coma. There is history of using coal fire, what is the most probable diagnosis:

- a) CO₂ poisoning
- b) CO poisoning
- c) Hydrogen sulphides poisoning
- d) Sulphur dioxide poisoning
- e) Nitrogen dioxide poisoning

Key: b

27. In the “Blake Hole of Kalkata”, 146 prisoners were imprisoned in a room 18x14x10 out of whom only 23 survive There were two small windows which were adequate to supply all the oxygen needs – even than only 23 survive What is the most likely cause of death?

- a) Decreased oxygen
- b) Increased carbon dioxide
- c) Increase ammonia
- d) Heat retention
- e) Lack of sunlight

Key: d

28. A survey on air pollution was conducted in an urban area to determine the major contaminant in air. The major contaminant estimated in all air pollution is:

- a) Grit and dust
- b) Sulphur dioxide
- c) Carbon monoxide
- d) Nitrogen dioxide
- e) Smoke index

Key: b

30. A person presented with hearing loss after 12 hours of noise exposure. This hearing loss disappeared shortly afterwards. The frequency of noise is likely to be between the ranges of:

- a) 1000 – 2000 Hz
- b) 2000 – 4000 Hz
- c) 4000 – 6000 Hz
- d) 6000 – 8000 Hz
- e) 8000 – 10,000 Hz

Key: c

MATERNAL & CHILD HEALTH CARE

1. To impart health education regarding child care to large number of mothers visiting MCH centre it is decided to resort to method of group discussions. What could be appropriate strength of each group for this purpose?

- a) 3-5
- b) 4-6
- c) 6-12
- d) 20-25
- e) 20-30

Key: True: c

2. To develop effective AIDS control strategy for Pakistan, the experts from all over the world are invited to devise the plan after relevant discussion. What name is given to this method?

- a) Seminar
- b) Group discussion
- c) Symposium
- d) Panel discussion

e) Workshop

Key: True: d

3. Persuasive communication was deliberately employed to manipulate feelings, attitudes and beliefs of people regarding smoking, this method is known as:

- a) Counseling
- b) Motivation
- c) Propaganda
- d) Advising
- e) Education

Key: True: c

4. Health education is the responsibility of

- a) Health educationalist
- b) Doctor
- c) Paramedical staff
- d) Every health worker
- e) Community Nurse

Key: True: d

5. Diarrhoeal cases among children of an urban slum are on a rise. Almost all the mothers are illiterate and belong to lower socioeconomic class. It seems difficult to make them understand the use of ORS. What method can provide the best solution in this scenario?

- a) Role playing
- b) Poster competition
- c) Radio Programme
- d) Lectures
- e) T.V commercials

Key: True: a

6. There was a tableau held in POF Hospital, Wah Cantt on the world children's day to demonstrate the importance of ORS in dehydration with a back drop of ORS, breast feeding and MCH service. This method is known as: COMMUNITY MEDICINE ...VERY IMPORTANT MCQS

- a) Poster competition
- b) Role playing
- c) Symposium
- d) Lectures
- e) Learning by doing

Key: True: b

7. After a thorough study of socio-demographic characteristics of a population in Dhok Ratta, a relevant method of health education against smoking was employed to this population. Upon assessing the population habits even after lapse of 2 years, no change in the behaviour of the smokers was note what is likely to be missing in this programme to achieve the desired results?

- a) Reinforcement
- b) Knowledge of cultures

- c) Knowledge of beliefs
- d) Required devotion

e) Appropriate methods

Key: True: a

8. In Pakistan about 50% population is illiterate and smoking is mostly prevalent among the poor. Government has started giving pictorial warnings instead of written, to have a greater impact of health education on people: This strategy is more focused on:

- a) Message
- b) Receiver
- c) Sender

- d) Channel
- e) Planning

Key: b

REPRODUCTIVE HEALTH

1. A pregnant woman presented with pallor, shortness of breath, lethargy and palpitation. Her blood examination revealed hemoglobin level of 9 gm/dl. In your opinion what could be the probable deficiency in the woman?

- a) Iron
- b) Niacin

- c) Vitamin C
- d) Iodine

Globin Key: a

2. A 30 years old pregnant lady, gravidity 2 parity 1, visited the antenatal clinic at 32 weeks of gestation. She was a known smoker. On physical examination blood pressure was found to be 120/80 mm Hg. Blood examination showed Hb level of 12.5 g/dl. Ultrasound was suggestive of intrauterine growth retardation. Which factor during pregnancy would have contributed to intrauterine growth retardation?

- a) Age
- b) Parity

- c) Anemia
- d) Hypertension

Smoking Key: e

3. A 28 years old pregnant lady, gravidity 1 parity1, visited the antenatal clinic at 32 weeks of gestation. She was a known alcoholic. On physical examination blood pressure was found to be 120/80 mm Hg. Blood examination showed Hb level of 12.5 g/dl. Ultrasound was suggestive of intrauterine growth retardation, Microcephaly and developmental delay. Which factor during pregnancy would have contributed to the fetal conditions?

- a) Maternal age
- b) Parity

- c) Anemia
- d) Hypertension

e) Alcohol consumption

Key: e

4. A newly married couple visits family planning centre for contraception. Upon investigation the woman has hyperlipidemia. The method of contraception which would be used cautiously in this woman is:

- a) Condom
- b) Combined oral contraceptive pill
- c) Second generation IUCD
- d) Mini pill
- e) Nor-plant

Key: b

5. A 35 years old woman was brought to hospital with toxic shock syndrome. She was using some method of contraception. The method of contraception which had likely lead to this condition is:

- a) Condom
- b) Diaphragm
- c) Vaginal douching
- d) Oral pills
- e) Norplant

Key: b

6. A 34 years old woman presented in the emergency department to a lady doctor with painful vulvar ulceration. On examination the ulcer had irregular margins with undermined edges. The ipsilateral inguinal lymph nodes were swollen and tender. The most likely diagnosis is:

- a) Syphilis
- b) Herpes
- c) Chancroid
- d) Lymphogranuloma venereum
- e) HIV

Key: c

7. A 30 years old lady having two kids wants to plan her family. On examination she is found to be anemia. She also gives history of ectopic pregnancy last year. The best method of contraception for her would be:

- a) Lippe's loop
- b) Injectable contraceptives
- c) Progestasert
- d) Multi-load
- e) Cu-T

Key: b

8. A 42 years old female wants to use oral contraceptive pills. She is 55 kg of weight and beetle chewer. On general examination she was found to be suffering from mild depression. This contraceptive method should be used cautiously in this woman because of her:

- a) Age
- b) Excess weight
- c) Low weight
- d) Beetle chewing habit
- e) Depression

Key: a

9. For long term contraception, a sub -dermal implant known as “nor-plant” is being used now a days. The main disadvantage of Norplant is:

- a) Spontaneous expulsion
- b) Irregular menstrual bleeding
- c) Pelvic inflammatory disease
- d) Ectopic pregnancy
- e) Venous thrombosis

Key: b

10. A primary Gravida with O- ve blood group comes to labour room with labour pains. Her husband’s blood group is O+v In order to avoid Rh incompatibility in pregnancy, which measure would you take:

- a) Administer AntiRh immunoglobulins at delivery
- b) Serial ultrasonography
- c) Chorionic villous biopsy
- d) Amniocentesis
- e) Beta HCG monitoring

Key: a

11. An 8 weeks pregnant lady comes to gynae OPD for antenatal visit for the first time. She told the doctor that she has come from far off area and it’s not possible to come for her monthly antenatal visits. The doctor advised the minimum number of essential antenatal visits is:

- a) 3
- b) 4
- c) 5
- d) 6
- e) 8

Key: a

12. A 25 years old para 2 delivered a baby boy last month. She went to a family planning center to seek advice for contraception. The frequency of breast feeding at night is mor The best way to avoid conception in the first four months following delivery is the use of:

Oral contraceptive

Male pills

Injectable contraceptive

3rd generation IUCD

no contraception

key: e

13. A nulliparous woman is presented in the OPD with severe bleeding after taking some contraceptive metho The gynecologist mimetically assessed that cause of bleeding was:

Copper T

Oral contraceptive

lippe?s loop

Norplant

vaginal sponge

key: c

14. A primigravida with 30 weeks of gestation visit OPD for routine checkup. Her P was found to be 160/90 mm Hg. The doctor advised to report immediately if she develops:

Abdominal pain

Vaginal bleeding

Tinnitus

Swelling of the feet

Fever

Key: d

Occupational Health

1. A person aged 40 years, working as a laborer in grain market for the last 25 years presented with a history of repeated attacks of respiratory infections in the last 1 year. X-ray showed pulmonary fibrosis. The likely diagnosis was:

Tuberculosis

Silicosis

Silicotuberculosis

Farmer's lung

Baggassosis

Key: True: d

2. An industrial worker reported to you with complaints of cough, history of dyspnoea on exertion and pain in the chest. His X-ray chest showed snow storm appearance. The diagnosis would be:

Asbestosis

Siderosis

Silicosis

Aspergillosis

Byssinosis

Key: True: c

3. An occupational worker presented with complaints of exertional dyspnoea. He gave history of being in an industry dealing with spare parts such as gas kits and brakes, he also gave history of smoking for about five years. His X-ray chest showed a ground glass appearance / honeycombing in the lower two thirds of the lung fields. The likely condition that he suffers from is:

Silicosis

Anthraco-sis

Asbestosis

Siderosis

Key: True: c

4. A worker who had been in the battery manufacturing unit for the last 20 years, reported to you with complaints of loss of appetite and abdominal colic of 2 weeks duration. You will prefer to investigate him for:

Cholecystitis

Lead poisoning

Appendicitis

Ameobiasis

Ca stomach

Key: True: b

5. In a lead pipe factory, you want to carry out a screening programme in workers to exclude lead poisoning. Your choice of the most useful screening test will be measurement of:

Lead in blood

Lead in urine

Coproporphyrin in urine

Aminolaevulinic acid in urine

Basophilic stippling of RBCs

Key: True: c

6. In an automobile manufacturing plant of Pakistan, a large number of employees are working in different sections. Persons who work in the section of welding the parts together have started reporting sick with redness of eyes. On examination conjunctivitis and keratitis are found. What could be the cause of this problem?

Poor Personal Hygiene

Heat

Overwork

Ultraviolet radiations

Ionizing radiations

Key: True: d

7. Your opinion is sought as a Public Health Specialist by the employers of a glass factory in which some workers have developed Silicosis. The most important control measure that you recommend is:

Pre-placement examination

Adequate personal hygiene

Substitution

Periodic X-ray chest

Rigorous dust control

Key: True: e

8. Twenty workers of a chemical factory located in an industrial area near Lahore, are handling irritant chemicals (dichromates) as part of their job. Such workers require periodic medical examination. What could be the appropriate frequency of such examinations in your opinion?

Once a year

Twice a year

Monthly

Weekly

Daily

Key: True: d

9. The commonest physical health hazard in most industries is:

Heat

Noise

Humidity

Ionizing radiation

Light

Key: a

10. A worker of a brick kiln was brought to the emergency department, in an unconscious state. He was hypotensive and sweating profusely. The likely condition he suffered from was;

Heat stroke

Heat exhaustion

Erythrocytosis

Heat Hyperpyrexia

Heat cramps

Key: b

11. A pottery industry worker developed symptoms of tuberculosis. The likely condition which resulted in tuberculosis was:

Anthraco-sis

Asbestosis

Bergassosis

Silicosis

Byssinosis

Key: b

12. A shipyard worker presents with increasing breathlessness. His X-ray shows ground glass appearance in lower two thirds of lungs. He is likely to be suffering from:

Anthraco-sis

Silicosis

Asbestosis

Farmer's lung

Byssinosis

Key: c

13. A research team conducted a nation wide survey of Industries and factories. While arranging the data they observed that the most common occupational cancer was:

CA lung

CA bladder

CA skin

Leukemia

Cancer of Gastrointestinal tract.

Key: c

14. A rubber industry worker presents with abdominal colic and severe anemia. His blood examination reveals basophilic stippling of RBCs and microcytic anemia. What is the likely diagnosis?

Lead poisoning

Benzene poisoning

Radiation effects

Sideroblastic anemia

Worm infestation

Key: a

15. A 35-year-old man working in the roofing industry presented to his primary care physician with complaints of dyspnea and chronic dry cough. Chest X-ray revealed pulmonary hyperinflation with "honey-comb" appearance and calcified parietal pleural plaques. What is the most likely diagnosis?

Anthracosis

Asbestosis

Byssinosis

Silicosis

Farmers lung

Key: b

16. In the mica mines of Bihar, out of 329 miners examined, 34.1 percent were found suffering with irritant cough, dyspnoea on exertion and pain in the chest. On chest X-ray there was "snow-storm" appearance in the lung fields. What is the most likely diagnosis?

Asbestosis

Anthracosis

Siderosis

Silicosis

Tobacosis

Key: d

17. An industrial worker presented with pulmonary tuberculosis. On X- rays Calcification and fibrosis were seen. The likely industry he had worked in is:

Sand blasting

Poultry

Cotton

Agriculture

Sugar

Key a

18. A child aged 3 years from a day care centre, was reported to a doctor with complaints of abdominal colic and constipation for the last 2 days, on examination there were blue-line on the gums and his appearance was pal What is the most likely diagnosis?

Silicosis

Lead poisoning

Asbestosis

Anthrocosis

Silerosis

Key: b

19. In the mica mines of Bihar, out of 329 mines examined, 34.1 percent were found suffering with irritant cough, dyspnoea on exertion and pain in the chest. On chest X-ray there were “snow – storm” appearance in the lung fields. What is the most likely diagnosis?

Asbestosis

Anthracosis

Siderosis

Silicosis

Tobacosis

Key: d

Screening & Sampling

1. The yield of a screening programme by a field test increased over a period of 3 years although the trade off between sensitivity and specificity remained the same. It gives a clue to an increase in;

Validity

Accuracy

Prevalence

Incidence

Reliability

Key: True: c

2. A woman came with antepartal bleeding. She was to be transfused with blood. Her blood was sent for blood grouping and HBV screening. She was found to be HB positive. This screening is;

Multiphasic

Targeted

Research

Mass

Opportunistic

Key: True: e

3. Workers of a lead foundry are tested for coproporphyrin in the urine. This screening is:

Multiphasic

Targeted

Research

Mass

Opportunistic

Key: True: b

4. For screening of tuberculosis mantoux, chest x-rays and sputum analysis were used on the same occasion in Rawalpindi District. This screening is an example of:

Multiphasic

Targeted

Research

Mass

Opportunistic

Key: True: a

5. An investigator evaluated 100 patients suffering from major depression as confirmed by the attending psychiatrist. The results were as follows:

Clinical Depression

Present Absent

+ 12 18 (12+18)

Test

- 28 42 (28+42)

(12+28) (18+42) N = 100

What will be the sensitivity?

30 %

40 %

54 %

60 %

70 %

Key: True: a

6. An investigator evaluated 100 patients suffering from major depression as confirmed by the attending psychiatrist. The results were as follows:

Clinical Depression

Present Absent

+ 12 18 (12+18)

Test

- 28 42 (28+42)

(12+28) (18+42) N = 100

What will be the specificity?

30 %

40 %

54 %

60 %

70 %

Key: True: e

7. An investigator evaluated 100 patients suffering from major depression as confirmed by the attending psychiatrist. The results were as follows:

Clinical Depression

Present Absent

+ 12 18 (12+18)

Test

- 28 42 (28+42)

(12+28) (18+42) N = 100

What will be Positive predictive value?

30 %

40 %

54 %

60 %

70 %

Key: True: b

8. An investigator evaluated 100 patients suffering from major depression as confirmed by the attending psychiatrist. The results were as follows:

Clinical Depression

Present Absent

+ 12 18 (12+18)

Test

- 28 42 (28+42)

(12+28) (18+42) N = 100

What will be the Negative predictive value?

30 %

40 %

54 %

60 %

70 %

Key: True: d

9. An investigator evaluated 100 patients suffering from major depression as confirmed by the attending psychiatrist. The results were as follows:

Clinical Depression

Present Absent

+ 12 18 (12+18)

Test

- 28 42 (28+42)

(12+28) (18+42) N = 100

What will be the False-positive rate?

30 %

40 %

54 %

60 %

70 %

Key: True: a

10. An investigator evaluated 100 patients suffering from major depression as confirmed by the attending psychiatrist. The results were as follows:

Clinical Depression

Present Absent

+ 12 18 (12+18)

Test

- 28 42 (28+42)

(12+28) (18+42) N = 100

What will be the False-negative rate?

30 %

40 %

54 %

60 %

70 %

Key: True: e

11. An investigator evaluated 100 patients suffering from major depression as confirmed by the attending psychiatrist. The results were as follows:

Clinical Depression

Present Absent

+ 12 18 (12+18)

Test

- 28 42 (28+42)

(12+28) (18+42) N = 100

What will be the Accuracy of a test?

30 %

40 %

54 %

60 %

70 %

Key: True: c

12. The extent to which a test measures what it was originally designed to measure is described as:

Sensitivity

Specificity

Validity

Reliability

True-positive value

Key: True: c

13. Accuracy of the screening test will depend upon:

Validity

Systemic error

Reliability

Random error

Precision

Key: True: a

14. A pap smear and colposcopic examination for the early detection of cervical cancer and papilloma virus infection constitute

Primary prevention

Secondary prevention

Tertiary prevention

Medical treatment

Surgical treatment

Key: True: b

15. With X representing the most accurate cutoff point for a diagnostic screening test, what does D represent:

False positives

True positives

False negatives

True negatives

Skewed distribution

Key: True: a

16. The results of screening test for diabetes in a sample of 1000 people are as under:

400

50

50

500

What is the positive predictive value of this test?

70%

88%

68%

48%

90%

Key: b

17. After excision of breast for Ca breast, a surgical reconstruction of breast tissue was done. This reflects:

Primary prevention

Secondary prevention

Tertiary prevention

Medical treatment

Surgical treatment

Key: c

18. A screening test is positive in the majority of cases but false positive rate is much higher than true positives. This indicates:

Low PPV

Low NPV

Low accuracy

High validity

High specificity

Key: a

19. For a given sensitivity and specificity the positive predictive value will be more if the disease under consideration has

High prevalence

Shot carrier state

High incidence

Short duration

High fatality

20. When we move from one population to another population to screen a given disease We expect a change in:

Sensitivity

Specificity

Validity

Accuracy

Predictive value

21. If the positive predictive value of a test is higher it will indicate:

Low prevalence

Low negative predictive value

Low sensitivity

High specificity

Low accuracy

Biostatistics

1. A study was conducted in America to find out the proportion of blacks and white Americans in California. This variable chosen is:

Nominal

Ordinal

Continuous

Discrete numerical

Dichotomous

Key: True: e

2. The median of the following data, is: 1,2,4,6,8,10,11,13

6

8

7

10

9

Key: True: c

3. A household survey of 10 families was conducted by students of 4th year MBBS, Wah Medical College. In the collected data, the ages of heads of families were: 32, 34, 35, 36, 36, 42, 44, 46, 48, and 52. The mean age of heads of families is

36

38.5

40

40.5

42

Key: True: d

4. A nutritional research team followed serum levels of vitamin B12 in 120 children for three years to determine the association between cyanocobalamin deficiency and the subsequent risk of developing Megaloblastic anemia. The results were as follows:

VITAMIN B12 LEVELS

Mean

260 pg/mL

Median

226 pg/mL

Mode

194 pg/mL

From the data, it can be concluded that this distribution is:

Normal

Negatively

Positively skewed

Bimodal

Multimodal

Key: True: c

5. Serum cholesterol levels for two groups of Americans were recorded in 1989. The mean cholesterol levels of the two groups were compared. To determine whether the measurements were significantly different or not, the most appropriate statistical test would be:

Chi-square test

Correlation analysis

F test (ANOVA)

Student's t test

Regression analysis

Key: True: d

6. In a descriptive study the mean is 220 and the standard error is 10, the 95% confidence limits would be:

210 to 230

215 to 225

200 to 240

220 to 230

205 to 235

Key: True: c

7. For a survey, a village is divided into 5 lanes, each lane is sampled randomly. It is an example of:

Simple random sampling

Standard random sampling

Systematic random sampling

Cluster random sampling

Quasi random sampling

Key: True: d

8. The birth weights in a hospital are to be presented in a graph. This is best done by a:

Bar diagram

Pie chart

Histogram

Pictogram

Frequency chart

Key: True: c

9. An analysis of the race of patients who visit an emergency room reveals that 40% are white, 25% are black, 20% are Native American, and 15% are Asian. These data would best be depicted graphically with a

Venn diagram

Cumulative frequency graph

Normal curve

Histogram

Pie chart

Key: True: e

10. If six families were surveyed and the numbers of children per family were found to be 2, 3, 4, 4, 5, 6, find the mean number of children per family

2

3.5

4

6

4.5

Key: True: c

11. If, in one of the groups of premature infants, the maximum value for hexosaminidase A was substituted with a much higher value. The value which is unlikely to be affected by this higher value is:

aVariance

Range

Standard deviation

Median

Mean

Key: True: d

12. A nutritional research team followed serum levels of vitamin B12 and folic acid in 125 children for five years to determine the association between cyanocobalamin deficiency and the subsequent risk of developing megaloblastic anemia. The results were as follows:

VITAMIN B12 LEVELS

Mean

262 pg/mL

Median

228 pg/mL

Mode

196 pg/mL

From the data, it can be concluded that this distribution is

Normal

Positively skewed

Negatively skewed

Skewed toward the left

Unable to be identified

Key: True: b

13. In study carried out in the hospital ward, every 10th admitted patient was included in the sample, which sampling procedure is this:

Random sampling

Stratified sampling

Quota sampling

Convenient sampling

Systematic sampling

Key: True: e

14. Three groups of subjects were followed over the course of five years to compare treatments for sideroblastic anemia. The most appropriate statistical analysis to determine the quantitative serologic differences resulting from these treatments would be a(n)

Regression analysis

F test (ANOVA)

Correlation analysis

Chi-square test

T test

Key: True: b

15. In a class of 134 medical students, the mean systolic blood pressure was found to be 126 mm Hg with a standard deviation of 6 mm Hg. If the blood pressures in this sample are normally distributed, what portion of the medical students will have systolic blood pressures above 132 mm Hg?

0.5%

2.5%

5%

16%

32%

Key: True: d

16. In a household survey conducted on ten families the frequency of family members in different age groups was less than 5 years ? 21, 5 – 14 years ? 16, 15 – 64 years ? 77 & > 65 years ? 1. The relative frequency of members in 15 – 64 years age group would be:

60.5%

67.5%

70.5%

76.5%

80.5%

Key: True: b

17. Malaria cases were reported throughout the world during the year 1971 – 1978 excluding African region. These cases can be best represented by:

Frequency polygon

Histogram

Line diagram

Pictogram

Scatter diagram

Key: True: c

18. There are 50 individual in population and they have same hemoglobin level that is 14g/dL. As there is no variability, the standard deviation will be:

0

1, -1

0, 1

+2

-2

Key: True: a

19. A mean hemoglobin level of 100 women in a population sample is 12g/dL with standard deviation of 2. The confidence interval for the population mean would be:

10.4 – 11.6

11.6 – 12.4

12.4 – 13.6

13.6 – 14.4

14.4 – 15.6

Key: True: b

20. The students of Wah Medical College visited Nasheman School. The numbers of students per class from class I to class IX were as follows:

27, 23, 15, 18, 30, 24, 8, 12 and 16. The median number in this series is:

12

15

16

18

23

Key: True: d

21. In a village of 300 population, 60% constitute Hindus, 20% Muslims, 10% Sikhs and 10% Christians. We want to take a sample of 10% of the population to study the eating habits of this population. The best method would be:

Simple random sampling

Stratified random sampling

Systematic random sampling

Non-random sampling

Cluster sampling

Key: True: b

22. The median of a series of 20 observations is 10, mean is 11.5 and mode is 11, which of the following measures can be subjected to statistical manipulation:

Sample size

Mean

Median

Mode

Range

Key: True: b

23. Which of the following can have more than one value?

The mean

The range

The mode

The median

Standard deviation.

Key: True: c

24. The distribution of heights of the girls in Wah Medical College was plotted. The most frequent value was 5' – 2", which gives a single most important clue to its:

Negative skewness

Positive skewness

Normal distribution

Large standard deviation

Multi modal distribution

Key: True: c

25. A large study of bladder cancer and cigarette smoking produced the following data:

INCIDENCE OF BLADDER CANCER (per 100,000 males per year)

Cigarette smokers 48.0

Non-smokers 25.4

The relative risk of developing bladder cancers compared with non-smokers is:

Categorical variable

Ordinal data

Numerical, continuous variable

Numerical, discrete variable

Proportion

Key: True: c

26. Birth rates of a population of infants at 40 weeks gestational age are approximately normally distributed, with a mean of 3000 grams. Roughly 68% of such infants weigh between 2500 and 3500 at birth. If a sample of 100 infants was studied, the standard error would be

50

100

200

250

500

Key: True: a

27. When the standard for accepting the difference was at P-value of 0.05 and the calculated value was 0.01, the null hypothesis was rejected by the researcher. What do you think of results?

Wrongly rejected

Significant difference

No difference

Alternate hypothesis is wrong

Sample size was small

Key: True: b

28. A study was conducted to assess the heights of 30 students . By chance all of the students were found to be of the same height. The standard deviation of this study sample is:

Zero

0 -- -1

0 -- +1

0 -- +2

0 -- -2

Key: True: a

29. In the Medical OPD of teaching hospital of Wah Medical College, Wah Cantt, diastolic blood pressures of 10 patients were as follows:

80, 75, 81, 79, 71, 95, 75, 77, 84, & 90. The mean of this data is:

80

81

82

83

84

Key: True: b

30. A normal distribution curve is based mainly on:

Mean and sample size

Mean and standard deviation

Range and sample size

Range and standard deviation

Mean and range

Key: True: b

31. The relative frequency of a class is obtained by:

Dividing the frequency of that class by the sum of all frequencies

Multiplying the frequency of that class by 100

Dividing the frequency of that class by 100

Dividing the sum of frequencies by 100

Dividing the frequency of that class by the sum of all frequencies and multiplied by 100

Key: True: e

32. A study was conducted to assess the height of students of 4th year in 10 Medical colleges the values of heights ranged between 5.5 – 5.10 feet. A histogram has been selected by the researcher to present these results as it is a:

Nominal data

Categorical data

Both qualitative and quantitative data

Continuous data

Discrete numerical data

Key: True: d

33. A study was conducted to assess the height of students of 4th year in 10 Medical colleges. The values of heights ranged between 5.5 – 5.10 feet. Which graph should be used by the researcher to present the obtained data?

Bar chart

Histogram

Pie chart

Scatter diagram

Line graph

Key: True: b

34. The median of the following data, is: 1,2,4,6,8,10,11,13

6

8

7

10

9

Key: True: c

35. A large study of bladder cancer and cigarette smoking produced the following data:

INCIDENCE OF BLADDER CANCER (per 100,000 males per year)

Cigarette smokers 48.0

Non-smokers 25.4

The relative risk of developing bladder cancers compared with non-smokers is:

Categorical variable

Ordinal data

Numerical, continuous variable

Numerical, discrete variable

None of the above

Key: True: c

36. Formula for chi square value is:

$O - E$

E

$O - E$

E^2

$(O - E)$

N

$\sum \frac{(O - E)^2}{E}$

E

$(O - E)$

E

Key:

37. The median of the following data, is:

1, 2, 4, 6, 8, 10, 11, 13

6

8

7

10

5

Key: True: c

38. After arranging the data in ascending or descending order of magnitude, the value of middle observation:

Mean

Mode

Median

Geometric mean

Mean deviation

Key: True: c

39. The area between two standard deviations on either side of the mean ($\bar{X} \pm 2S$) will include approx how much values in the distribution?

68%

95%

99.7%

100%

90%

Key: True: b

40. Following test of significance will be used when more than two groups are to be compared?

"t" test

Chi-square test

Z-test

Standard error of proportion

Standard error of mean

Key: True: b

41. If the mean cholesterol value of a group of normal subjects is 230 mg% with a standard error of 20. The 95% confidence limit for the population is:

220-240

210-250

200-260

190-270

180-280

Key: True: d

42. Birth rates of a population of infants at 36 weeks gestational age are approximately normally distributed, with a mean of 2500 grams. Roughly 95% of such infants weigh between 1900 and 3100 grams at birth. If a sample of 225 infants was studied the standard error would be:

10

20

30

40

50

Key: True: b

43. In Wah Medical College there are 86 students in final year, 102 in fourth year, 106 in Third year, 104 in second year and 100 in first year. The relative frequency of fourth year students would be:

5.5%

10.5%

15.5%

20.5%

25.5%

Key: True: d

44. The distribution of height of the girls in Wah University was plotted. The most frequent value was five feet and two inches, while mean height was five feet and eight inches. This shows:

Negative skewness

Positive skewness

Normal distribution

Large standard deviation

Multimodal distribution

Key: True: b

45. A household survey of 10 families was conducted by students of 4th year MBBS,

Wah Medical College. In the data they collected, the ages of heads of families were: 32, 32, 36, 48, 34, 46, 35, 44, 36 and 32 years. The mode in this series:

32

34

36

44

46

Key: True: a

46. In the Medical OPD of teaching hospital of Wah Medical College, Wah Cantt, diastolic blood pressures of 10 patients were as follows:

80, 75, 81, 79, 71, 95, 75, 77, 84, & 90. The mean of this data is:

80

81

82

83

84

Key: True: b

47. An investigator gets a positively skewed data on account of having only a small number of simple numerical observations at extremely high values. It will give an over estimate of:

Mean

Median

Mode

Correlation

Modal class

Key: True: a

48. An investigator gets a positively skewed data on account of having only a small number of simple numerical observations at extremely high values. Which measure of central tendency should he select if data is numerical?

Mean

Median

Mode

Geometric mean

Modal class

Key: True: b

49. When a relationship between the heart rate and valsalva's ratio is studied, mean is useful but dispersion of the data is also very useful. Which method of spread will be more useful in this?

Range

Standard deviation

Coefficient of variance

Percentage

Inter quartile range

Key: True: c

50. In a descriptive study the mean is 200 and the standard error is 5, the 95 confidence limits would be:

180 to 200

190 to 200

180 to 210

200 to 220

190 to 210

Key: e

51. An analysis of the race of patients who visit an emergency room reveals that 40% are white, 25% are black, 20% are Native American, and 15% are Asian. These data would best be depicted graphically with a

Venn diagram

Cumulative frequency graph

Normal curve

Histogram

Pie chart

Key: True: e

52. An investigator gets a positively skewed data on account of having only a small number of simple numerical observations at extremely high values. It will give an over estimate of:

Mean

Median

Mode

Correlation

Modal class

Key a

53. In a household survey conducted on ten families the frequency of family members in different age groups was less than 5 years ? 21, 5 – 14 years ? 16, 15 – 64 years ? 77 & > 65 years ? 1. The relative frequency of members in 15 – 64 years age group would be:

47%

57%

67%

77%

87%

Key: b

Public health Care (PH)

1. Your advice is sought to maintain sustainability of a health program Which is the best and essential feature that you suggest to make the programme sustainable?

Community participation

Cost effectiveness

Cost analysis

Intersectoral collaboration

Equality

Key: True: a

2. The water and power development and public health engineering are the two areas which are working with the health department for control of diarrhoeal and gastrointestinal diseases in Rawalpindi District, which is an example of:

Equity

Equality

Sustainability

Appropriate technology

Intersectoral collaboration

Key: True: e

3. Infant mortality was studied at one place by three different investigators / researchers. It was found that they all gave the similar figures. This quality of a measurement is referred as:

Sensitivity

Subjectivity

Specificity

Objectivity

Accuracy

Key: True: d

4. There was an epidemic of cholera in a village of Bangladesh. It was followed by increase in deaths mainly among children and eventually an increase in infant mortality rate. This quality of IMR to change with changes in mortality trends is:

Sensitivity

Objectivity

Specificity

Validity

Accuracy

Key: True: a

5. A community survey was done to assess the health needs of community, community demanded more schools, sanitary water supply and sewage disposal. The surveyors recommended building of sanitary wells and bore-hole latrines straight away to decrease the incidence of diarrhoeal diseases. The provision of schools was delayed for a few reasons. This step by the health care providers is known as:

Prioritization

Equity

Equality

Leadership

Health promotion

Key: True: a

6. About 75% of population in Pakistan resides in rural areas and the remaining in peri-urban and urban areas, while the allocated funds for improvement of health care programmes are more for urban areas. This is an example of:

Inequality

Inequity

Prioritization

Resource generation

Sustainability

Key: True: b

7. For providing quality health services, community participation plays an essential role. To ensure maximum community participation, which level of health care system should be strengthened?

Primary health care

Secondary health care

Tertiary health care

1st level referral facility

Higher level referral facility

Key: True: a

8. Pakistan was a signatory to "Health for All" concept and it adopted the PHC approach in 1978 to achieve the goals of HFA by the year 2000. The health infrastructure was developed and human resource inducted. Keeping in mind the health scenario of Pakistan, which aspect is the most critical in achieving the desired objective of health for all?

Money

Community health workers

Leadership in health care

Computer network

Research

Key: True: c

9. To suit the rural situation in Pakistan the lady health visitor introduced a home made fluid for oral rehydration. It will be described as:

Community participation

Feasibility

Suitability

Equity

Appropriate technology

Key: True: e

10. To achieve the objective of HFA the most crucial aspect which was missing in the implementation of PHC program in Pakistan was:

Leadership

Registration system

Monitoring

Evaluation

Prioritization

Key: True: a

11. To improve the health of the nations, "The Millennium Development Goals" are mainly focused on:

Women education

Involvement of men in RH

Fertility regulation

HMIS

Health system research

Key: True: a

12. Government of Pakistan started a program of safe water supply to people as part of water & sanitation decade 1981-91 in order to improve their health. Many poverty alleviation schemes were also implemented to ensure economic stability and health. This reflects:

Intersectoral collaboration

Equality

Equity

Appropriate technology

Efficiency

Key: True: a

13. The effectiveness of an intervention will depend primarily on:

Equity

Equality

Money

Comprehensiveness

Planning & management

Key: True: a

14. Information, Ministry of Food & Agriculture, Ministry of Law and Ministry of Religious affairs should cooperate and coordinate to play their role for prevention of Iodine deficiency disorders. This reflects:

Multi sectoral approach

Equity

Equality

Appropriate technology

Efficiency

Key: True: a

15. In order to improve the MCH services Government of Pakistan has started a program of training of lady health workers and trained birth attendants. They are selected by local committee and trained locally. By overcoming cultural and communication barriers, they provide primary health care in ways that are acceptable to the community. It shows:

Equality

Equity

Efficiency

Community participation

Intersectoral coordination

Key: True: d

16. In 1978 a global immunization program EPI was started to vaccinate the children against six vaccine preventable diseases g TB, Polio, Diphtheria, Pertusis, Tetanus and Measles. It was specifically designed to control morbidity and mortality among children. This reflects:

Selective approach

Holistic approach to child health

Comprehensive PHC

Equality

Inter sectoral approach

Key: True: a

17. For eradication of Polio, the polio eradication campaign was started in 1992. Since then several NIDs and SNIDs have been conducted Polio has almost been eradicated now. This program of immunization is based on:

Equity and appropriate technology

Comprehensive PHC

Leadership & Community participation

Equity and Equality

Community participation

Key: True: a

18. A good manager is the one who sees to the things and ensures correct way of doing things. If he ensures low wastage of resources he is:

Effective

Efficient

A monitor

A decision maker

Supervisor

Key: True: b

19. A 20 years old boy had a head injury in a motor bike accident. His attendant took him to a general practitioner first who advised them to take him to POF hospital, Wah Cantt immediately because Advanced Trauma Life Support is available there only. The level of health care provided by POF hospital in this case is:

Primary

Secondary

Tertiary

First level referral facility

First level care facility

Key: True: c

20. An LHV in a BHU of a remote area examined a primigravida at 22 weeks of gestation. Her P was 170/100. In order to have proper antenatal assessment and to prevent complications of pregnancy induced hypertension. The first level referral should be to:

BHU

THQ

DHQ

Teaching hosp[ital

Specialized maternity clinic

Key: True: b

21. According to a study conducted by WHO, 3 new cases of polio are found in interior Sindh in year 2007 despite the success of anti polio campaign. None of the children under 5 years of that village was given polio drops because parents had to travel for 1 and 1/2 hour on foot to reach the BHU to have polio drops. This incidence of polio is due to lack of:

Effectiveness

Efficacy

Acceptability

Accessibility

Affordability

Key: True: d

22. A woman traveled a long way from a remote village & came to a population welfare centre/family planning centr She had enough money but was very tired on account of traveling. When she went inside, she found a male doctor dealing with the clients. She decided to go back. The most likely reason for this decision is lack of:

Acceptability

Affordability

Accessibility

Efficacy

Effectiveness

Key: True: a

23. The Northern areas of Pakistan are the recognized belts of endemic goiter, on account of Iodine deficiency. The Government of Pakistan decided to promote sale of Iodized salts in this are This is an example of:

Monitoring

Decision making

Equity

Affordability

Efficiency

Key: True: c

24. There was an out break of simple watery diarrhea among children in a villag The health care providers wanted to avoid unnecessary hospital admitions and started distributing ORS to people, who had young children. This reflects:

Community participation

Equality

Sustainability

Appropriate technology

Intersectoral collaboration

Key: True: d

25. About 60% pregnant ladies in rural areas of Pakistan were found having anemia. It was decided to provide them with iron & folic acid supplements. This is an example of:

a) Equality

b) Equity

c) Prioritization

d) Community participation

e) Situation Analysis

Key: True: b

26. A health team visited along with the community leaders and health workers, all the primary schools and mosques in a village to give polio drops during polio campaign. The community workers facilitated identification of houses with children less than five years of age. This reflects:

a) Management

b) Situation analysis

c) Prioritization

d) Community participation

e) Intersectoral collaboration

Key: True: d

27. The pediatric OPD of POF hospital, Wah Cantt is dealing with 200 patients daily. This type of direct contact of patients with the health care provider makes the OPD of POF hospital particularly a:

- a) First level care facility
- b) Tertiary care hospital
- c) First level referral facility
- d) Higher level referral facility
- e) Special pediatric service outlet

Key: True: a

28. A high prevalence of CA cervix was found to be there in one of the tribal area of Pakistan. It was planned to have free facility of pap smear taken in the concerned rural health centre to screen the local population for the particular cancer. The program showed a lot of resistance as it lacked:

- a) Accessibility
- b) Affordability
- c) Acceptability
- d) Effectiveness
- e) Equity

Key: True: c

29. Government of Pakistan started a program to set a free medical camp in Balakot especially in those areas affected by earthquake to provide medical care for the people to avoid transportation of patients to the hospital in the adjacent areas. This particular action to save additional expense on traveling is:

- a) Appropriate technology
- b) Suitability
- c) Equality
- d) Community participation
- e) Prioritization

Key: True: a

30. A village was reported to have a high incidence of diarrhea Upon investigation it was found that people had to travel a long distance to fetch water from the river. The health care providers decided to build a small sanitary well, which was financially more feasible. This reflects:

- a) Appropriate technology
- b) Equality
- c) Efficiency
- d) Community participation
- e) Prioritization

Key: True: a

31. The effectiveness of an intervention will depend primarily on:

- a) Equity
- b) Equality
- c) Money
- d) Comprehensiveness
- e) Planning and management

Key a

32. To improve the health of the nations, "The Millennium Development Goals" are mainly focused on:

- a) Women education
- b) Involvement of men in RH
- c) Fertility regulation
- d) HMIS
- e) Health system research

Key: a

33. For providing quality health services, community participation plays an essential role. To ensure maximum community participation, which level of health care system should be strengthened?

- a) Primary health care
- b) Secondary health care
- c) Tertiary health care
- d) 1st level referral facility
- e) Higher level referral facility

Key: a

DEMOGRAPHY

1. In 2005, Pakistan crude birth rate was 36 births per 1000 population and the crude death rate was 9 deaths per 1000 population. What was the population growth rate of the country in that year assuming no in and out migrations?

- a) 2.9 %
- b) 2.8 %
- c) 2.7 %
- d) 2.6 %
- e) 2.5 %

Key: True: c

2. The changes in the size of population are indicated by five stages of demographic transition. Pakistan is currently in the:

- a) First stage
- b) Third stage
- c) Second stage
- d) Fourth stage
- e) Fifth stage

Key: True: b

3. The total number of people in a completed family can be estimated from:

- a) Net reproduction rate
- b) Gross reproduction rate
- c) Contraception prevalence rate
- d) Eligible couple rate
- e) Total fertility rate

Key: True: e

4. Population size is determined by fertility, mortality and migrations. A researcher concluded that Pakistan's population is increasing on account of high fertility which measure did he rely upon the most to conclude this?

- a) Growth rate
- b) Crude birth rate
- c) Natural increase rate
- d) Total fertility rate
- e) General fertility rate

Key: True: d

5. The number of daughters a new born girl will bear during her life time assuming fixed age specific fertility and mortality rate, refers to which one of the following?

- a) Age specific fertility rate
- b) Gross reproduction rate
- c) Net reproduction rate
- d) Total fertility rate
- e) General fertility rate

Key: True: c

6. In 1993 Burkina Faso had Gross reproductive rate of 3.5 while United Kingdom was only 0.86 that means if 1993 Fertility levels were to continue, which one of the following options will be correct.

- a) The Net Reproductive Rate of Burkina Faso would definitely be more than 3.5
- b) In United Kingdom, a woman would produce more than one daughter on average during her life time
- c) In Burkina Faso, a woman would produce 3.5 daughters on average through her life time
- d) The Net Reproductive Rate of UK will be more than one
- e) The Net Reproductive Rate of Burkina Faso would be equal to Gross Reproductive Rate of the country

Key: True: c

7. The absolute number of population of an area at any point in time is:

- a) Count
- b) Rate
- c) Ratio
- d) Proportion
- e) Average

Key: True: a

8. If the total number of reported births in Rawalpindi district were 10,000 and deaths were 5,000 in the year 2007. By giving these figures we are referring to:

- a) Absolute numbers
- b) Crude birth rate
- c) Growth rate
- d) Crude death rate
- e) Vital index

Key: True: a

9. Many women in a country are educated, independent and they work for earning their livelihood too. When the number of males are expressed in relation with 100 females this is:

- a) Sex ratio
- b) Sex rate
- c) Dependency ratio
- d) Literacy rate
- e) Working women ratio

Key: True: a

10. When total number of live births are expressed against the total population at a given place and during a given period. We are referring:

- a) General fertility rate
- b) Crude birth rate
- c) Total fertility rate
- d) Specific birth rate
- e) Gross reproductive rate

Key: True: b

11. Hameed, Sara and Samia were born in the same year, they were neighbors and very close friends too. It was just a coincidence that their parents also got married about the same time. The most likely reason for their admission in the same class is:

- a) Birth cohort
- b) Marriage cohort of parents
- c) Friendship
- d) Neighborhood
- e) School accessibility

Key: True: a

12. The population pyramid of United Arab Emirates in 1995 is shown. Which of the following is seen in this:

- a) In-migration of males
- b) High fertility
- c) High mortality
- d) Better Female survival
- e) Female predominance

Key: True: a

13. This is Panjgur district (less developed population pyramid) which is the most obvious in this.

- a) Low fertility
- b) Low mortality
- c) Male migration after 20
- d) Better male survival
- e) High female literacy

Key: True: c

14. Keeping in mind the population pyramid of Pakistan. Which of the following features is most obvious?

- a) Population momentum
- b) Low migration
- c) Higher female mortality
- d) High literacy
- e) Increased life expectancy

Key: True: a

15. General fertility rate is a more refined measure than the birth rate because it relates births to the age sex group at risk of giving birth while defining general fertility rate the denominator consists of:

- a) Mid-year total population of women
- b) Population of women above 15 years of age
- c) Population of women in child bearing age
- d) Population of unmarried women
- e) Total number of live births

Key: True: c

16. Fertility refers to the number of live births women have the best picture of how many children women are currently having is given by:

- a) Total fertility rate
- b) Age specific fertility rate
- c) General fertility rate
- d) A crude birth rate
- e) Net reproduction rate

Key: True: a

17. Fertility is affected by cultural social economic & health factors. These factors operate through other factors among them level of induced abortion is important. Abortion rate is used for its determination, the denominator used is:

- a) Number of abortions
- b) Number of women ages 15 – 49
- c) Number of live births
- d) Number of married women ages 45 – 49
- e) Total population

Key: True: b

18. Family planning connotes conception control to avoid pregnancy & abortion, but it includes efforts of couples to induce pregnancy. So family planning achievement is determined by a sensitive indicator which is:

- a) Birth rate
- b) General fertility rate
- c) Age specific fertility rate
- d) Abortion rate
- e) General fertility rate

Key: True: c

19. Doubling time is another way of expressing population growth. If we suppose that growth rate of Poland remains constant at 0.08% population would be doubled in about.

- a) 800 years
- b) 870 years
- c) 875 years
- d) 880 years
- e) 890 years

Key: True: c

20. Population study shows that it has five different stages. Pakistan is currently having decreased death rate and an increased birth rate, so we will place Pakistan in:

- a) Stage I
- b) Stage II
- c) Stage III
- d) Stage IV
- e) Stage V

Key: True: b

21. Demographic cycle has five stages and each country is allotted a different stage according to its distribution of population. For examples if the death and birth rate of a country both are declining then we call it as:

- a) High stationary
- b) Early expanding
- c) Late expanding
- d) Low stationary
- e) Declining

Key: True: c

22. The rate which is similar to gross reproduction rate but is always lower than it is depicted by average number of daughters a new born girl will bear during her lifetime assuming fixed age specific fertility & mortality rates. This is called as:

- a) Total fertility rate
- b) Total marital fertility rate

- c) Net reproduction rate
- d) General fertility rate

e) Replacement level fertility

Key: True: c

23. A demographer observed that birth rate and death rate of Pakistan is decreasing but birth rate is still more than death rate. What do you think in which phase of demographic transition does Pakistan currently exist?

- a) High stationary
- b) Late expanding
- c) Early expanding

- d) Declining
- e) Low stationary

Key: b

24.

Country

1993 GRR

1993 NRR

Burkina Faso

3.50

2.41

United Kingdom

0.86

0.85

Keeping in mind the above figures about Burkina Faso (BF) and United Kingdom (UK) which interpretation is correct:

- a) Low mortality in BF
- b) Low mortality in UK
- c) High fertility in UK

- d) Better education in BF
- e) Replacement level fertility in BF

Key: b

25. Many women in a country are educated, independent and they work for earning their livelihood too. When the number of males are expressed in relation to 100 of these females this is:

a) Sex ratio

b) Sex rate

- c) Dependency ratio
- d) Literacy rate

e) Working women ratio

Key: a

26. The number of children in 0 to 4 years of age per 1000 women of child bearing age (15 – 49 years) is defined as:

- a) General fertility rate
- b) Total fertility rate
- c) Gross reproduction rate

- d) Net reproduction rate
- e) Child woman ratio

Key: e

27. A researcher observed that birth rate and death rate of Pakistan is decreasing but birth rate is still more than death rate. What do you think in which phase of demographic transition Pakistan exist:

- a) High stationery
- b) Late expanding
- c) Early expanding

- d) Declining
- e) Low stationary

Key: b

28. In Pakistan, demographers are of the view that the goal of net reproduction rate should be equal to 1. They suggest that to achieve this goal family planning practices should be adopted by:

- a) 45% couples
- b) 50% couples
- c) 60% couples

- d) 55% couples
- e) 65% couples

Key: c

REPRODUCTIVE HEALTH

1. A 14 week pregnant lady came to Gynae O.P.D with no specific complaints but to inquire about her additional requirements during this period. She was already taking 500mg of calcium, 40mg of iron and 0.5mg of folic acid in combination. The comment of gynecologist on her present intake of micronutrient is?

- a) Excess of iron
- b) Less folic acid
- c) Adequate calcium and iron

- d) Less calcium
- e) Less iron in folic acid

Key: True: d

2. The incidence of induced abortion is more among married women of Dhok Ratta Rawalpindi. Keeping in mind the reproductive health services of Pakistan, the most likely reason for these abortions is:

- a) Illegitimacy
- b) Unwanted pregnancies
- c) Anemia
- d) Under nourished females
- e) Infections

Key: True: b

3. A weight conscious pregnant woman wants information about her requirement of calories per day during pregnancy. You suggest an increase of:

- a) 250 kcal
- b) 450 kcal
- c) 350 kcal
- d) 550 kcal
- e) 650 kcal

Key: True: c

4. A woman reports for vaccination against tetanus only 25 days before delivery; she has not received the first dose. What will you do?

- a) Give anti tetanus immunoglobulin
- b) Give two doses of tetanus toxoid with 2 weeks interval
- c) Advise appropriate antibiotic course during delivery
- d) Give one dose of tetanus toxoid and advice the second dose after delivery
- e) Advise passive immunization after delivery

Key: True: d

5. A woman in the seventh month of pregnancy reports to you in the antenatal clinic for the first time. The recommended immunization is by:

- a) Tetanus toxoid
- b) Hepatitis B vaccine
- c) Rubella vaccine
- d) Pneumococcal vaccine
- e) Tetanus immunoglobulin

Key: True: a

6. A 30 years old woman fitted with an IUCD comes for post insertional examination and complains of vaginal bleeding; which of the following is the least important to look for in this patient:

- a) Break through vaginal bleeding
- b) Hyper menorrhoea
- c) Pelvic infection
- d) Dysmenorrhoea

e) Endometrial cancer

Key: True: e

7. A 52 year old postmenopausal woman who had never been able to conceive presented with anorexia, weight loss, nausea, abdominal discomfort, bloating, fullness, and no history of bleeding per vagina. She had a positive family history of gynecologic cancer on pelvic examination; it was possible to feel a pelvic mass. The suspicion of a malignancy should focus upon which one of the following sites?

a) Ovary

b) Tube

c) Endometrium

d) Cervix of vagina

e) No gynecologic organ

Key: True: a

8. One year old child comes to emergency with history of watery diarrhea for the last 24 hours. A house physician reports his impalpable pulse and un-recordable blood pressure. The first immediate step in emergency is to advise:

a) I/V Ringer's lactate

b) Oral rehydration therapy

c) I/V antibiotics

d) Stool examination

e) Urgent blood complete picture

Key: True: a

9. 30 years old married woman was advised X-Ray abdomen. To prevent radiation hazard to the baby in this woman, the doctor should take history of:

a) Hypersensitivity to radiation

b) Menstrual cycle

c) Previous exposure to X-Ray

d) Previous abortions

e) Genetic history

Key: True: b

10. A mother brought her six months old child to a BHU. She is worried about the growth of her child. The best single measure for assessing the physical growth in this age is:

a) Weight for age

b) Height for age

c) Chest circumference

d) Mid upper arm circumference

e) Head circumference

Key: True: a

11. A woman delivers a baby boy at term with Down's syndrome. The most likely cause is:

- a) An extra chromosome 21
- b) No 2nd sex chromosome
- c) Phenotypic effect only
- d) Extra Y chromosome
- e) Oligo-spermia

Key: True: a

12. A primigravida of 34 years had a normal vaginal delivery in a hospital. During the antenatal period she was labeled as hypertensive. She had a first stage of labour for 5 hours. She had a post-partum hemorrhage, the likely cause of which was:

- a) Primary gravidity
- b) Age of the mother
- c) Hypertension
- d) Long 1st stage
- e) Untrained birth attendant

Key: True: c

13. The policy of delaying marriage of girls till 20 years of age belongs to:

- a) Primordial prevention
- b) Primary prevention
- c) Secondary prevention
- d) Disability limitation
- e) Rehabilitation

Key: True: a

14. To prevent neonatal tetanus by TT injections during pregnancy is the:

- a) Primordial prevention
- b) Primary prevention
- c) Secondary prevention
- d) Disability limitation
- e) Rehabilitation

Key: True: b

15. Antenatal service for detection of diseases which may lead to complications in pregnancy is an example of:

- a) Primordial prevention
- b) Primary prevention
- c) Secondary prevention
- d) Disability limitation
- e) Rehabilitation

Key: True: c

16. Management of deep vein thrombosis to arrest the progression of the disease is:

- a) Primordial prevention
- b) Primary prevention

- c) Secondary prevention
- d) Disability limitation

e) Rehabilitation

Key: True: d

17. Use of oral contraceptives by women smokers over 35 years of age is associated with increased risk of:

- a) Cervical cancer
- b) Breast carcinoma
- c) Chronic bronchitis

- d) Coronary heart disease
- e) Peripheral neuropathy

Key: True:

18. A forty years old woman presents with an ovarian cyst; you want to screen her for breast cancer before suggesting any hormonal treatment. What will you advise?

- a) Chest radiograph
- b) Mammography
- c) Biopsy of breast

- d) Blood levels of progesterone
- e) Tumor markers

Key: True:

19. 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. The likely diagnosis is:

- a) Kwashiorkor
- b) Marasmus
- c) Marasmus & kwashiorkor

- d) Under nutrition
- e) Vitamin B1 deficiency

Key: True:

20. A woman reports at a health facility with labour pains at term. She is suffering from chicken pox. The measure taken to prevent chicken pox in the baby after birth is to give:

- a) Acyclovir to woman
- b) Nonspecific immunoglobulin to baby at birth

- c) HZIG to baby at birth
- d) HZIG to woman before delivery
- e) HZIG and acyclovir to mother

Key: True: c

21. A women in the first trimester of pregnancy came with symptoms of mild fever, rash, sore throat, and enlarged cervical glands. The doctor, after taking history and conducting necessary examinations, decides to terminate the pregnancy because of the danger of severe congenital malformations. Which is the likely infection?

- a) HIV
- b) HBV
- c) Herpes simplex
- d) Malaria
- e) Rubella

Key: True: e

COMMUNICABLE DISEASES

1. A woman brought her child with congenital anomalies of heart and cataract. She gave history of mild fever and rash in the first trimester of pregnancy, which settled with mild antipyretics. The possible gestational condition that resulted in these anomalies was:

- a) Measles
- b) Herpes
- c) Rubella
- d) Drugs taken in pregnancy
- e) Streptococcal scarlet fever

Key: True: c

2. A 22 years old man presented with painful, vesicular and postulate eruption in the distribution of sensory nerve roots on his back. He gave history of chicken pox infection at ten years of age. The likely diagnosis was:

- a) Measles
- b) Meningococemia
- c) Herpes simplex
- d) Scarlet fever
- e) Herpes zoster

Key: True: e

3. A patient who has come from India, reports to a health facility with severe generalized aches and pain and rash on the body excluding palms and soles. The most likely diagnosis is:

- a) Scarlet fever
- b) Trypanosomniasis
- c) Malaria
- d) Dengue
- e) Yellow Fever

Key: True: d

4. There is an epidemic of Meningococcal Meningitis among jail prisoners. The best chemoprophylaxis for the protection of contacts is by giving:

- a) Rifampicin
- b) Chloramphenicol
- c) Chloroquine
- d) Doxycycline
- e) Penicillin

Key: True: a

5. Six of the ten family members living in a single room house complain of intense itching with scratching in axillae, groin & hands; it is more marked at night. The most likely diagnosis is:

- a) Scabies
- b) Dermatitis
- c) Eczema
- d) Psoriasis
- e) Dermatosis

Key: True: a

6. A 5 years old boy developed fever with typical “dew drop rash” over his body. It appeared first on the trunk and spread to arms and legs later; there were no signs of neck stiffness and rigidity. What could be likely diagnosis?

- a) Small pox
- b) Measles
- c) Tanapox
- d) Meningococcal meningitis
- e) Chicken pox

Key: True: e

7. A school child is diagnosed to have chicken pox. He should be isolated from other school children till:

- a) The scabs fall off
- b) Two days after the scabs are formed
- c) Three days after the fever develops
- d) Five days after the development of pustules
- e) Seven days after the development of pustules

Key: True: a

8. A mother brought her 4 years old child with complaint of sore throat, difficulty in swallowing and low grade fever. On examination mild erythema and whitish membrane was found on the posterior pharynx. The doctor diagnosed him as a case of Diphtheric Mother gave history of complete course of immunization. In addition to penicillin what would be your line of management?

- a) Supportive treatment
- b) Passive immunization
- c) Active immunization
- d) Active plus passive immunization
- e) Active and passive immunization plus Tracheostomy

Key: True: b

9. An anxious mother came to OPD. Her son was diagnosed as a case of Meningitis last week. She was worried about her two daughters who were still well. Physician advised chemoprophylaxis by:

- a) Quinolones
- b) Rifampicin
- c) Macrolides
- d) Penicillin
- e) Gentamicin

Key: b

10. In Pediatric OPD the physician examined a 3 years old child with low grade fever, mild erythema in the throat and whitish membrane on the left side tonsil. The cervical lymph node was palpable. The doctor advised the mother to isolate the child for 7 days from other contacts of less than 5 years old. The most probable diagnosis is

- a) Pharyngitis
- b) Tonsillitis
- c) Diphtheria
- d) Acute Laryngitis
- e) Whooping cough

Key: True: c

11. A student of nursery class developed mild fever along with irritating cough gradually becoming paroxysmal along with characteristic whoop. What you suggest for how long the student should be isolated from the class?

- a) 1 week
- b) 2 weeks
- c) 3 weeks
- d) 4 weeks
- e) 6 weeks

Key: True: d

12. A 30 years old man presented in emergency in POF hospital with complaint of severe headache, fever and vomiting. On examination neck stiffness was found. He has just returned from hajj and gives no history of preceding ailment or injury. The most probable diagnosis is

- a) Meningitis
- b) Tetanus
- c) Brain abscess
- d) Cerebral Malaria
- e) Ischemic stroke

Key: True: a

13. If you being a field doctor in department of public health, are given a task to visit a low socioeconomic community of a slum and to give report about the immunization status of the community against Tuberculosis. The single most important clue to this immunization is

- a) Montoux test
- b) Tuberculosis patients

- c) BCG scar
- d) X-ray chest

e) Sputum for AFB

Key: True: c

14. An epidemiologist was assigned to find out all the cases, both new and old of T.B, in a slum located near Islamabad during year 2007. Prevalence of tuberculosis is confirmed by:

- a) Mass miniature radiography
- b) Sputum examination
- c) Sputum culture

- d) Tuberculin test
- e) BCG scar mark

Key: True: c

15. Ministry of health in collaboration with WHO is working to eradicate polio from Pakistan since 1992. But still there are few cases of polio identified each year. Source of most Polio infection is

- a) Clinical carriers
- b) Healthy carriers
- c) Convalescent carriers

- d) Animal source
- e) Soil

Key: True: c

16. A 10 years old boy was brought to a doctor in a hospital with history of moderate fever with shivering and abundant rash on the trunk and buccal mucosa. On examination there were vesicles filled with clear fluid on the trunk and legs. The physician told the mother that child is suffering from

- a) Herpes
- b) Chicken pox
- c) Rubella

- d) German measles
- e) Tanapox

Key: True: b

17. A man living in a slum area was brought to the emergency of the DHQ Rawalpindi with history of passing rice water stools about 20-30 times a day and vomiting for last 1 day. On examination there were signs of severe dehydration and patient was in shock. What is the likely diagnosis?

- a) Typhoid
- b) Amoebic dysentery
- c) Cholera

- d) Food poisoning
- e) Giardiasis

Key: True: c

18. In a shanty town of Karachi where intermittent water supply system existing a woman noticed lots of mosquitoes which were black and spotted around the water tank. Keeping in mind this situation which disease is likely to be seen in this family?

- a) Dengue
- b) Yellow fever
- c) Malaria
- d) Filariasis
- e) Encephalitis

Key: True: a

19. A mother brought her infant to a doctor and told him about the severe itching and restlessness at night. Examination revealed presence of burrows and vesicles especially on sides of fingers and finger webs

- a) Scabies
- b) Insect bite
- c) Prickly heat
- d) Ring worm
- e) Onchocerciasis

Key: True: a

20. After an epidemic of measles in a village near Taxila, some children reported with history of weight loss and blindness, from corneal scarring. The most likely cause of this complication is deficiency of

- a) Vitamin K
- b) Vitamin D
- c) Vitamin A
- d) Vitamin C
- e) Vitamin B12

Key: True: c

21. An outbreak of measles occurred in rural areas surrounding the District Rawalpindi. The local Government planned mass immunization of children against measles. Immunity conferred by measles vaccine last for

- a) 1 year
- b) 5 years
- c) 10 years
- d) 15 years
- e) Life long

Key: True: e

22. In a day care centre a child was having measles. In the centre the children between the ages of 9-12 months can be protected against measles with measles vaccine, provided that this is given within

- a) 1 day of exposure
- b) 3 days of exposure
- c) 5 days of exposure
- d) 7 days of exposure
- e) 10 days of exposure

Key: True: b

23. A pregnant lady reported to ante natal clinic with signs and symptoms of Rubella during 28th week of gestation. She was insisting for the induction of labor because of fear of congenital malformations of fetus. She was told by the doctor that Rubella does not cause major abnormalities of fetus after

- a) 8th week of pregnancy
- b) 12th week of pregnancy
- c) 16th week of pregnancy
- d) 20th week of pregnancy
- e) 24th week of pregnancy

Key: True: c

24. A 7 years old child presented with sore throat low grade fever rash on face and posterior auricular and cervical lymphadenopathy. The most probable diagnosis is

- a) Chicken pox
- b) Small pox
- c) Measles
- d) Rubella
- e) Mumps

Key: True: d

25. You are performing the duties of Airport Medical Officer. An Aircraft has landed from Africa and you found that one of the passengers is not having the vaccination certificate against yellow fever. What would you suggest for him?

- a) Vaccination
- b) Quarantine for 10 days
- c) Isolation for 1 month
- d) Chemoprophylaxis
- e) Passive immunization with non-specific immunoglobulin

Key: True: b

26. A neonate presented in pediatric emergency on 8th day of birth with high grade fever, locked jaw and stiffness of whole body. Mother gave history of home delivery in a village and application of cow dung on the umbilical stump. She gave no history of T.T during pregnancy. The most probable diagnosis is:

- a) Encephalitis
- b) Meningitis
- c) Tetanus neonatarum
- d) Epilepsy
- e) Cerebral malaria

Key: True: c

27. A 25 years lady was brought in gynae emergency of PIMS hospital at Islamabad with high grade fever, stiffness of whole body and locked jaw. Her mother gave the history that she got an

abortion done at 8th week from a local Dai 3 days back. The per-vaginal examination revealed foul smelling purulent discharge. What is the most probable diagnosis?

- a) Puerperal tetanus
- b) PID
- c) UTI
- d) Strychnine poisoning
- e) Vaginal diphtheria

Key: True: a

28. A 3rd year MBBS student of FJMC presented in ENT OPD with complaint of sore throat, pain of swallowing & low grade fever examination revealed erythema on the pharynx and a whitish membrane on the pharynx extending to the left tonsil. The doctor diagnosed her as a case of diphtheria. What do you suggest minimum isolation period:

- a) Six daily negative throat and nasal swabs report
- b) Till the signs & symptoms settle down
- c) One week course of antibiotic
- d) For days
- e) Till complete blood picture becomes normal

Key: True: a

29. A disease outbreak occurred in India last year. Many patients either presented with enlarged painful lymph nodes or pneumonia with high grade fever and toxicity. High mortality due to pneumonia was also reported. The likely epidemic is:

- a) Dengue
- b) Plague
- c) Filariasis
- d) Yellow fever
- e) Malaria

Key: b

30. A mother brought her child with history of paroxysmal cough and restlessness. On examination he showed a loud inspiratory sound and sub-conjunctival haemorrhagic On the basis of clinical presentation what should be the drug of choice:

- a) Erythromycin
- b) Ampicillin
- c) Tetracycline
- d) Sulphadiazine
- e) Co- trimoxazole

Key: a

31. A 40 year old tuberculosis patient on ATT for the last two months presented to his physician with complaints of tingling, numbness and loss of peripheral sensation. The likely anti tuberculosis drug to have caused these symptoms is:

- a) Isoniazid
- b) Rifampicin
- c) Streptomycin
- d) Pyrazinamide
- e) Ethambutol

Key: a

32. 10 years old boy presented with high grade fever, chills, aches, cough and generalized weakness. He was diagnosed as a case of influenza. The most dreaded complication is:

- a) Encephalitis
- b) Pneumonia
- c) Toxic shock syndrome
- d) Reye's syndrome
- e) Sub-Conjunctival hemorrhages

Key: b

33. A patient comes to medical OPD with complaints of continuous fever and abdominal pain for ten days. His blood culture shows *S. typhi*. The doctor decided to admit him in medical ward and the patient should be isolated till:

- a) Six stool cultures become negative
- b) Three stool culture become negative
- c) Three blood culture become negative
- d) One stool culture become negative
- e) Patient become afebrile

Key: b

34. On routine investigation of mess workers of girls' hostel, Dr. Sarah noted that two of the mess worker showed positive stool culture for *S. typhi* although they were symptom free. They require:

- a) No treatment
- b) Isolation only
- c) Quinolones for 1 week
- d) Ampicillin plus probenecid for 1 week
- e) Vaccination

Key: d

35. A 22 years old married non pregnant woman developed rubella infection. In order to avoid congenital rubella syndrome in her pregnancy she should be given:

- a) Antibiotics
- b) Active immunization
- c) Nonspecific immunization
- d) Advice to avoid conception for 12 weeks
- e) Anti viral therapy

Key: d

36. A 40 years old man was diagnosed as a case of TB 4 weeks ago. He has been taking ATT for the last 3 weeks. His sputum analysis showed AFB on follow up investigation. Such a case of TB is known as:

- a) Failure case
- b) Newer case
- c) Defaulter
- d) Transfer out
- e) Resistant

Key: b

37. A primigravida presented in Medical OPD at 39 weeks of gestation with dew drop rash on the body for 1 day she was diagnosed as having chicken pox she was told that her baby is at higher risk of having:

- a) Low birth weight
- b) Microcephaly
- c) Atrophied limbs
- d) Varicella infections
- e) Cutaneous scars

Key: d

38. A 17 year old boy was brought in emergency department with symptoms of acute encephalopathy. He was admitted in ICU, initial investigation revealed that his liver had undergone fatty degeneration. His father gave history of rash on his body. Most likely he suffered from:

- a) Measles
- b) Rubella
- c) Chicken pox
- d) Mumps
- e) Cutaneous diphtheria

Key: c

39. After serial sonography it was told to the apparently healthy pregnant woman that her baby is microcephalic and of low birth weight she gave no important medical history of note except mild febrile illness with rapidly disappearing rash in 2nd month of pregnancy. Most likely she suffered from:

- a) Chicken pox
- b) German measles
- c) Measles
- d) Cutaneous diphtheria
- e) Malaria

Key: b

40. 4 years old girl was having fever, cough with a characteristic whoop. She was diagnosed as a case of whooping cough several antibodies are effective they are important as they:

- a) Reduce the frequency of spasm
- b) Control severity of disease
- c) Shorten the illness
- d) Control secondary bacterial infection
- e) Prevent carrier state

Key: d

SNAKE BITE

1. 10 years old boy was brought to a rural health centre with probable history of snake bite 12 hours back. On examination of the wound, multiple small punctured lesions with a mild swelling were observed; no other local & systemic signs of envenomation were found, but the patient was very anxious. The management for this emergency is:

- a) Polyvalent anti-snake venom serum
- b) Reassurance
- c) Antibiotics
- d) Tourniquet
- e) Anti-rabies vaccine

Key: True: b

2. A 30 years old lady is bitten by a snake. She complains of giddiness, lethargy, muscular weakness and spreading paralysis. The type of snake involved is:

- a) Sea snake
- b) Green pit viper
- c) Elapid snake
- d) Bamboo snake
- e) Russell's viper

Key: True: c

3. A 7 years old child reported to a private hospital with history of snake bite. On examination there were petechial hemorrhages and bleeding from rectum. The toxic principal in snake venom responsible for those signs is:

- a) Proteolysin
- b) Neurotoxin
- c) Cholinesterase
- d) Hyaluronidase
- e) Thromboplastin

Key: True: e

4. A case of snake bite was brought to a basic health unit. According to the American Red Cross the immediate step to be taken is:

- a) Ice packing
- b) Apply tourniquet
- c) Give incisions in the wound
- d) Immobilize the bitten area

e) Give electric shock.

Key: True: d

5. 45 Years old man was brought to emergency department of hospital with history of snake bit. There was intense local pain, swelling and ecchymosis at site of bit few hours later bleeding started from the gums, followed by coma and death. The most probable cause of death is:

- a) Respiratory paralysis
- b) Circulatory collapse
- c) Renal failure
- d) Sepsis
- e) Pulmonary embolism

Key: True: b

6. 45 Years old man was brought to emergency department of hospital with history of snake bit there was intense local pain, swelling and ecchymosis at site of bit few hours later bleeding started from the gums, followed by coma and death. The type of snake involved is:

- a) Sea snake
- b) Common krait
- c) Green pit viper
- d) Cobra
- e) Elapid snake

Key: c

HOUSING

1. Six of the ten family members living in a single room house complain of intense itching with scratching in axillae, groin & bands; it is more marked at night. The most likely diagnosis is:

- a) Scabies
- b) Dermatitis
- c) Eczema
- d) Psoriasis
- e) Dermatosi

Key: True: a

1. Six of the ten family members living in a single room house complain of intense itching with scratching in axillae, groin and hands; it is more marked at night. The most likely diagnosis is:

- a) Scabies
- b) Dermatitis
- c) Eczema
- d) Psoriasis
- e) Dermatosi

Key: True: a

3. In a house consisting of two living rooms, the door and windows are facing each other. This will provide:

- a) Low humidity
- b) Aspiration
- c) Cross ventilation
- d) Diffusion
- e) Acoustic discomfort

Key: True: c

4. A 12 members family was living in a house consisting of two rooms. Which disease is most likely to be common in the given situation?

- a) Asthma
- b) Tuberculosis
- c) C Bronchus
- d) Cystic fibrosis
- e) Emphysema

Key: True: b

5. A 5 member family was residing in a small house. The available floor space to one person was 30 sq. ft. The problem which is more likely to be associated with this available space is:

- a) Psychosocial
- b) Malnutrition
- c) Typhoid
- d) Enterobius vermicularis
- e) Malaria

Key: True: a

NUTRITION

1. If a child presents with protein energy malnutrition showing signs of loss of subcutaneous fat and weight reduction. The level of prevention suggested at this point is:

- a) Primordial prevention
- b) Health promotion
- c) Specific protection
- d) Early diagnosis and prompt treatment
- e) Disability limitation & rehabilitation

Key: True: e

2. 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. The likely diagnosis is:

- a) Kwashiorkor
- b) Marasmus
- c) Marasmus & kwashiorkor
- d) Under nutrition
- e) Vitamin B1 deficiency

Key: True: b

3. A weight conscious pregnant woman wants information about her requirement of calories per day during pregnancy. You suggest an increase of:

- a) 250 kcal
- b) 450 kcal
- c) 350 kcal
- d) 550 kcal
- e) 650 kcal

Key: True: c

4. A 5 years old child complains of poor vision at night with no other refractive error. He is likely to be benefited by:

- a) Cod liver oil capsules
- b) Oral antibiotics
- c) Eye drops containing antibiotics
- d) Suitable eyeglasses
- e) Intra ocular lens replacement

Key: True: a

5. A strict vegetarian, Raj Gopal - 23 years old foreign student in WMC is having lethargy, easy fatigue and palpitations. He is found to have macrocytic anemia on blood CP. He is suffering from deficiency of vitamin:

- a) A
- b) B1
- c) B6
- d) B12
- e) D

Key: True: d

6. A lady brought her 8 years old child to a doctor. She complained that her child was unable to see things properly at night: child had been having diarrhoea off and on. Which vitamin deficiency is most likely in this child?

- a) A
- b) B
- c) D
- d) E
- e) K

Key: True: a

7. 2 years old child was brought to the emergency department. He was having convulsions. On a rapid general physical examination kyphoscoliosis was discovered X-ray showed swollen lower end of radius. What is the likely diagnosis?

- a) Osteomalacia
- b) Keratomalacia

- c) Rickets
- d) Pellagra

e) Beriberi

Key: True: c

8. A Pakistani physician went to work in South Africa. A woman reported with diarrhoea. On examination she was found to have glossitis and stomatitis. Her detailed investigations revealed presence of anemia. She was diagnosed as a case of Niacin deficiency. The likely food to have caused this deficiency state is:

- a) Legumes
- b) Maize
- c) Whole wheat

- d) Raw rice
- e) Pearl millets

Key: True: b

9. A chronic alcoholic was complaining of loss of appetite and pain in lower legs. On examination his gait was ataxia. He is suffering from deficiency of:

- a) Niacin
- b) Thiamine
- c) Riboflavin

- d) Folate
- e) Pantothenic acid

Key: True: b

10. A patient of pulmonary tuberculosis was put on anti-tuberculosis therapy. He was given Rifampicin, INH, Ethambutol and Pyrazinamide. He should be advised to have a supplement of:

- a) Niacin
- b) Pyridoxine
- c) Riboflavin

- d) Thiamine
- e) Pantothenic acid

Key: True: b

11. A pregnant lady comes to Gynaecology OPD complaining about increasing lethargy and shortness of breath. On examination she is found to have glossitis. Her blood count reveals macrocytic anemia. The most likely deficiency which has caused this condition is:

- a) Folic acid
- b) Pantothenic acid
- c) Vitamin B6

- d) Niacin
- e) Thiamine

Key: True: a

12. A 30 years old lady was brought to the hospital with strong labour pains for the last 3 hours and no progress. She was found to have pelvic deformities which lead to cephalopelvic

disproportion. The baby was delivered by a cesarean section. The woman is likely to have suffered from the deficiency of:

- a) Vitamin A
- b) Vitamin B
- c) Vitamin C
- d) Vitamin D
- e) Vitamin K

Key: True: d

13. A person who subsisted on taking maize only for many years reported to a health facility with the signs of glossitis. His history suggested frequent attacks of diarrhea and memory loss. The likely condition is:

- a) Pellagra
- b) Riboflavin deficiency
- c) Beri Beri
- d) Iron deficiency
- e) Protein malnutrition

Key: True: a

14. Strictly vegetarian Hindu teacher presented with lower limbs weakness. His examination revealed upper motor neuron signs in lower limbs. His blood CP showed macrocytic anemia. He is probably suffering from deficiency of vitamin:

- a) A
- b) B6
- c) B12
- d) B1
- e) D

Key: True: c

15. 15 years old boy living in Murree is having swelling in the neck, Apart from weakness and constipation; there are no other complaints at present. He is likely to be suffering from deficiency of:

- a) Calcium
- b) Fluorine
- c) Iodine
- d) Iron
- e) Sodium

Key: True: c

16. A dental surgeon appointed in a rural health centre reports an increased incidence of dental caries in the people of that area. Research team confirmed that water supply of that area is deficient in:

- a) Chloride
- b) Sodium
- c) Calcium
- d) Fluoride

e) Zinc

Key: True: d

17. The non-clinical Vit-A deficiency is more common as compared to the clinical, threatening the health of as many as one third of the world's children. The best proxy indicator of this is:

- a) Infant mortality rate
- b) Maternal mortality rate
- c) Literacy rate
- d) Proportion of the rural population
- e) Specialized medical care

Key: True: a

18. A 4 year old child was brought in Pediatric OPD with complaint of inability to see at night for the last few days, Pediatrician suspected deficiency of vitamin. Although the clinical signs of vitamin A deficiency are rare, but if occurred, what would be the first clinical sign?

- a) Retinal detachment
- b) Conjunctival xerosis
- c) Bitot spot
- d) Corneal xerosis
- e) Keratomalacia

Key: True: b

19. In a Madrasa of a remote area, 14 girls of 9 years of age were residing to memorize Quran Pak. They were treated well but they observed strict Purdah and were never allowed to visit outside. On returning home after 5 years, 10 of them were short stature. The most likely reason of being short statured:

- a) Vitamin A
- b) Vitamin B12
- c) Vitamin C
- d) Vitamin D
- e) Vitamin K

Key: True: d

21. Researches decided to study the impact of iodized salt programme especially in hilly areas of Pakistan. They had chosen the most sensitive indicator for monitoring environmental iodine deficiency which was:

- a) Prevalence of goiter
- b) Prevalence of myxedema
- c) Prevalence of neonatal hypothyroidism
- d) Urinary iodine excretion
- e) Prevalence of cretinism

Key: True: c

22. Government of Pakistan has accepted iron fortification to reduce prevalence of anemia; it has recently been decided to fortify:

- a) Salt
- b) Flour
- c) Sugar
- d) Skimmed dried milk
- e) Banaspati ghee

Key: True: b

23. Flourosis develops when water fluoride content is above 15mg/lit but it has been observed after different studies that this flourosis can also develop in people whose staple diet is:

- a) Wheat
- b) Rice
- c) Jowar
- d) Bajra
- e) Maize

Key: True: c

24. At 1:00 pm a mother got a phone call from the school to pick her son who was a student of III class, as he was having excessive vomiting. The child was taken immediately to the Hospital where he admitted that he had taken ice-cream in lunch break at 11:30 am. Most likely he was suffering from food poisoning due to:

- a) Salmonella
- b) Shigella
- c) Staph aureus
- d) Vibrio cholera
- e) Clostridium botulism

Key: True: c

25. Researchers surveyed the causes of vitamin D deficiency and its geographic distribution. They found that exposure to ultra violet rays is crucial for its adequacy, which when get excessively filtered by the skin result in its deficiency. This deficiency is more common in:

- a) Asians
- b) Mongoloids
- c) Black Africans
- d) Europeans
- e) Americans

Key: True: c

26 38 years old man looking Jaundiced presented in emergency with bruises and hematuria. History revealed that he was having cholestatic Jaundice leading to vitamin K deficiency which had ultimately resulted in markedly decreased:

- a) Prothrombin
- b) Serotonin

- c) Arachidonic acid
- d) Platelet derived growth factors
- e) Von willebrand factor

Key: True: a

27. District health officer visited local general stores in Gujranwala District. He found certain sub-standard products, Turmeric was found to be containing lead chromate powder and Coriander, cow dung. He reported to the health authorities that the foods in Gujranwala district are:

- a) Intoxicated
- b) Fortified
- c) Adulterated
- d) Infected
- e) Containing additives

Key: True: c

28. 40 years old Bank officer was told to be having illeocecal Tuberculosis (Bovine after thorough investigation. He told the physician that he had no body infected with tuberculosis in the family, but he was told by the Doctor that he acquired this infection from:

- a) Infected milk
- b) Infected client
- c) Contaminated vessel
- d) Polluted water
- e) Intake of raw vegetables

Key: True: a

29. An obese lady accountant working in POF hospital Wah Cantt came to the dietician there and took advice for a balanced diet. Dietician told that important point for prudent diet is that:

- a) Dietary fat should be limited to 20-30% of total intake
- b) Unsaturated fats should be less than 10%
- c) Avoidance of complex carbohydrates
- d) Proteins should account for 50-60% of diet
- e) Saturated fats should be substituted for fat requirement

Key: True: a

30. A man belonging to a poor community presents with diarrhea and dermatitis. He also shows signs of personality and memory dysfunction. His history suggests that his staple diet is maize. The likely diagnosis is:

- a) Pellagra
- b) Korsakoff's psychosis
- c) Vitamin B12 deficiency
- d) Riboflavin deficiency
- e) Biotin deficiency

Key a

31. Riboflavin is an important group of water soluble vitamin. Cereals and pulses are relatively good sources of Riboflavin. Most common lesion associated with Riboflavin, which can also be used as an index of state of nutrition of group of children is:

- a) Diarrhoea
- b) Follicular keratosis
- c) Angular stomatitis
- d) Dementia
- e) Dermatitis

Key: c

32. A four year old child presented in an OPD with signs of edema on limbs, blond sparse hair and dermatosis. His weight was 70% of the standard for his age. The likely condition is:

- a) Nephrotic syndrome
- b) Marasmus
- c) Seborrhoeic dermatitis
- d) Wet beriberi
- e) Kwashiorkor

Key: e

33. A chronic alcoholic was complaining of loss of appetite and pain in lower legs. On examination his gait was ataxia. He is suffering from deficiency of:

- a) Niacin
- b) Thiamine
- c) Riboflavin
- d) Folate
- e) Pantothenic acid

Key: b

34. A mother brought her six years old child to Eye OPD with history of night blindness. She told that the baby suffered from measles 6 months ago. Examination revealed corneal scarring. The doctor should suspect deficiency of:

- a) Vitamin C
- b) Vitamin A
- c) Vitamin D
- d) Vitamin B
- e) Vitamin E

Key: B

35. Riboflavin is an important group of water soluble vitamin. Cereals and pulses are relatively good sources of Riboflavin. Most common lesion associated with Riboflavin deficiency, which can also be used as an index of state of nutrition of group of children is:

- a) Cheilosis
- b) Glossitis
- c) Angular stomatitis
- d) Perioral dyskeratosis
- e) dermatitis

Key: c

SMOKING

1. A 40 years old executive who smokes three packs of cigarettes a day comes to your office for his routine health maintenance assessment. He states that he would like to quit smoking but he is having great difficulty. He has tried three times before, but he says "pressure at work mounted up and I just had to go back to smoking". Of the following factors which is the most important factor in determining the failure of smoking cessation.

- a) 40 years age
- b) Numbers of cigarettes
- c) Stress at work
- d) Halfhearted attempts to quit
- e) Type A Personality

Key: True: d

2. A 40 years old executive who smokes three packs of cigarettes a day comes to your office for his routine health maintenance assessment. He states that he would like to quit smoking but he is having great difficulty. He has tried three times before, but he says "pressure at work mounted up and I just had to go back to smoking". He just had to go back to smoking, the content of cigarette for this relapse is:

- a) Nicotine level
- b) Tar content of the cigarette
- c) Aldehyde
- d) Ketone
- e) Carboxylic acid

Key: True: a

3. A 40 years old executive who smokes three packs of cigarettes a day comes to your office for his routine health maintenance assessment. He states that he would like to quit smoking but he is having great difficulty. He has tried three times before, but he says "pressure at work mounted up and I just had to go back to smoking". The most suitable method to increase long term smoking abstinence is:

- a) Nicotine chewing gum
- b) Sedation
- c) Daily injection of Nicotine
- d) Pan chewing
- e) Anxiolytic

Key: True: a

4. Cigarette smoking increases the risk of acquiring cancer of:

- a) Liver
- b) Bones
- c) Ovaries
- d) Uterus
- e) Esophagus

Key: True:

NON-COMMUNICABLE DISEASES

1. 5 students of 4th year of Wah Medical College are doing research on risk factors and their perception among patients of coronary heart disease. They have observed that risk factor which is most significantly associated with the incidence of CHD is:

- a) Hypertension
- b) High serum cholesterol
- c) Alcoholism
- d) Decreased physical activity
- e) Cigarette smoking

Key: True: b

2. 20 years old gentleman presented to the emergency department with history of abdominal pain and after words loss of consciousness. His mother told that he was having polydipsia, polyphagia for last few days. His blood sugar was 700 mg/dL & urinary ketones were positive. The likely diagnosis is:

- a) Hyperosmolar coma
- b) Diabetic ketoacidosis
- c) Diabetes Mellitus type 2
- d) Diabetes insipidus
- e) Vasovagal syncope

Key: True: b

3. 45 years old male morbidly obese presented with history of polyuria & polydipsia. His blood sugar is 240 mg/dL. Most likely diagnosis is:

- a) Diabetes Mellitus type 1
- b) Diabetes Mellitus type 2
- c) Maturity onset diabetes of young
- d) Diabetes insipidus (neurogenic)
- e) Diabetes insipidus (nephrogenic)

Key: True: b

4. 80 years old gentleman presented with sudden loss of consciousness. He is diabetic on oral hypoglycemic drugs. He has skipped his breakfast today. The first laboratory investigation would be:

- a) Blood sugar level
- b) ECG
- c) Glycosylated hemoglobin
- d) EEG
- e) Urinary glucose

Key: True: a

5. 45 years old gentleman presents with a two week history of polydipsia, polyuria. He is found to have a random glucose of 200 mg/dL. There are no ketones in the urine. Most suitable for this man is that he should be:

- a) On regular hypoglycomics
- b) Reassured & reassessed after 2 months
- c) On restricted diet & reassessed after 10 days
- d) Admitted to hospital
- e) Immediately on Insulin therapy

Key: True: c

6. 49 years old black African male smoker with positive family history of hypertension presented with history of constant headache. His blood pressure was 140/90 mg hg. The modifiable risk factor in this particular case is:

- a) Male sex
- b) African race
- c) Positive family history
- d) Smoking
- e) Age

Key: True: d

7. An 80 kg 50 years old gentleman is found to have BP of 135/80 mm of Hg. The most important step included in primary prevention of hypertension in this patient is to:

- a) Advise lipid profile
- b) Reduce weight
- c) Ensure patient compliance
- d) Take antihypertensive treatment
- e) Have monthly follow up

Key: True: b

8. 45 years old hypertensive bank manager is used to high salt intake in food. Which type of salt would be less harmful for this man?

- a) Fluoride
- b) Potassium
- c) Chromium
- d) Manganese
- e) Bromium

Key: True: b

9. Use of oral contraceptives by women smokers over 35 years of age is associated with increased risk of:

- a) Cervical cancer
- b) Breast carcinoma
- c) Chronic bronchitis
- d) Coronary heart disease

e) Peripheral neuropathy

Key: True: d

10. A forty years old woman presents with an ovarian cyst; you want to screen her for breast cancer before suggesting any hormonal treatment. What will you advise?

- a) Chest radiograph
- b) Mammography
- c) Biopsy of breast
- d) Blood levels of progesterone
- e) Tumor markers

Key: True: b

11. During a health education session about non communicable diseases in a female community; you will inform that genetics and family history make a woman more prone to have:

- a) Cataract
- b) Stroke
- c) Breast cancer
- d) Oral cancer
- e) Liver cirrhosis

Key: True: c

12. Epidemiologist linked prevalence of carcinomas mostly related with parasitic and viral infections, in developing countries due to bad hygienic conditions. During the research strong linkage was proposed between carcinoma cervix and:

- a) Cytomegalovirus
- b) Human papilloma virus
- c) Epstein bar virus
- d) Helicobacter pylori
- e) Scistosoma Hematobium

Key: True: b

13. Dietary factors have a strong influence on the development of carcinomas. A research article was read in Marriott Islamabad regarding this fact and gastric carcinoma was linked with:

- a) High fat intake
- b) Beef consumption
- c) Smoked fish
- d) Presence of nitrosamines
- e) High dietary fiber content

Key: True: d

14. Japan has low incidence of prostate cancer as compared to the incidence in US. The incidence of carcinoma prostate decrease in Japanese when migrate to U.S. This support:

- a) Nutritional effect
- b) Environmental effect
- c) Genetic effect
- d) Metabolic effect
- e) Occupational effect

Key: True: b

15. Japan has low incidence of prostate cancer as compared to the incidence in US. The incidence of carcinoma prostate in Japanese did not change with their migration to the U.S. It supported:

- a) Nutritional effect
- b) Environmental effect
- c) Genetic effect
- d) Metabolic effect
- e) Metabolic effect

Key: True: c

16. A 10 years old boy presented with complaints of fever, accompanied by profuse sweating for the last 1 week. He also complained of multiple joint pains. Serum ASO titre was increase. The likely diagnosis is:

- a) Malaria
- b) Dengue
- c) Hepatitis B
- d) Rheumatic fever
- e) Ricketts

Key: d

17. Cancer registration is important for any cancer control program. It provides a base for assessing the magnitude of problem and for planning the necessary action. If the size for a population based case registry is 6 million it is considered to be:

- a) Inadequate
- b) Very small
- c) Adequate
- d) Very large
- e) Unusually large

Key: c

18. A 35 years old man hypertensive, smoker and having positive family history of diabetes and obesity suddenly became unconscious. CT scan was suggestive of hemorrhagic stroke. The main risk factor of stroke in this case is:

- a) Hypertension
- b) Diabetes
- c) Obesity
- d) Smoking
- e) Age

Key: a

19. A 40 years old woman taking oral anti-diabetics for last 5 years, with poor control of blood sugar presented to physician for routine checkup. The test which provides a long term index of glucose control in this case would be:

- a) Standard oral glucose test

- b) Random blood sugar
- c) Glycosylated hemoglobin
- d) Urine sugar examination
- e) Fasting blood sugar examination

Key: c

20. Cancer is the second leading cause of death in developed countries. It is regarded as a modern slow epidemic. The most common site of cancer in men and women in the world is:

- a) Lung
- b) Stomach
- c) Colorectal
- d) Liver
- e) Oral cavity

Key: a

21. A 45 years old man has weight of 70 kg and height of 1.6 m. His BMI is 27.3. He is:

- a) Under weight
- b) Normal weight
- c) Over weight
- d) Obese
- e) Severely obese

Key: c

SEXUALLY TRANSMITTED DISEASES

1. A 25 years old female presented to a Gynaecologist with complains of severe lower abdominal pain, dyspareunia and intermenstrual bleeding. On examination cervix was inflamed with mucopurulent discharge and contact bleeding. The most likely cause is:

- a) Staphylococcus aureus
- b) Gonococcus
- c) Chlamydia
- d) Trichomonas
- e) Treponema palidum

Key: b

2. A 23 years old woman presented to a doctor with complaints of vaginal itching. On speculum examination it revealed white cheesy discharge adherent to walls of vagina with vaginal inflammation. The most likely causative organism is:

- a) Candida albicans
- b) Trichomonas vaginalis
- c) Gardnerella sp.
- d) Condyloma accuminatum
- e) Treponema palidum

Key: a

3. A sexually active female of age 23 years presented to a lady doctor with complaints of tenderness around the external genitals and high grade fever for the last 2 to 3 days. On examination it revealed small tender ulcers around urethra, vagina and perianal area. Inguinal lymph nodes were enlarged and tender. The most likely diagnosis is:

- a) Anogenital warts
- b) Genital herpes simplex
- c) Genital molluscum contagiosum
- d) HIV
- e) Venereal disease

Key: b

4. A young man presented to a doctor in the emergency of Agha Khan Hospital Karachi with bilateral purulent conjunctivitis and high grade temperature, he gave the history of returning from Far East country where he had a sexual contact. On examination there was swelling of eye lids and conjunctiva and copious purulent discharge. On laboratory smear diplococci were seen; these are:

- a) Streptococci
- b) Gonococci
- c) Staphylococci
- d) Meningococci
- e) H. influenzae

Key: b

5. A 34 years old woman presented in the emergency department to a lady doctor with painful vulvar ulceration. On examination the ulcer had irregular margins with undermined edges. The ipsilateral inguinal lymph nodes were swollen and tender. The most likely diagnosis is:

- a) Syphilis
- b) Herpes
- c) Chancroid
- d) Lymphogranuloma venereum
- e) HIV

Key: c

6. A 25 years old married woman came to a lady doctor with complaints of vaginal discharge with "fishy" odor and is particularly noticeable following coitus. On examination there was white homogenous discharge in vagina with no inflammation. The most likely diagnosis is:

- a) Candida albicans
- b) Bacterial vaginosis
- c) Trichomonas vaginalis
- d) HIV
- e) Normal post-coital discharge

Key: b

1. A school child is diagnosed to have chicken pox. He should be isolated from other school children till:

- a) The scabs fall off
- b) Two days after the scabs are formed
- c) Three days after the fever develops
- d) Five days after the development of pustules
- e) Seven days after the development of pustules

Key: True: a

2. Kyphosis and scoliosis occur in school children with the use of:

- a) Zero desk
- b) Minus desk
- c) Zero and plus desk, both
- d) Zero and minus desk, both
- e) Plus desk

Key: True:

3. A teacher of 4th class brought her student to the school medical officer with complaints of gum bleeding and subcutaneous bruising for last few days. The student looked very pale. The clinical picture represents deficiency of:

- a) Tocopherol
- b) Ascorbic acid
- c) Thiamine
- d) Pyridoxine
- e) Cyanocobalamin

Key: b

4. A child of 6 presented to school medical officer with complaints of fever, malaise and painful swallowing. On examination a diffuse swelling was observed on the sides of the face below and in-front of the ears. The doctor diagnosed him as a case of mumps. What is the most appropriate management for him?

- a) Analgesics only
- b) Active and passive immunization
- c) Passive immunization
- d) Antibiotics only
- e) Rest, analgesics and balanced diet

Key: e

5. In a health education programme conducted at school about deficiency of micronutrients leading to various infections and high mortality. To avoid susceptibility of children to infection the vitamin supplement to be emphasized more is:

- a) B1
- b) B2

c) A

e) K

d) D

Key: c

DRUG ABUSE (SUBSTANCE ABUSE)

1. A 40 years old man was brought to hospital by his brother for gastritis. He also reported his brother's dependence on a substance. On examination he had signs of peripheral neuropathy and cirrhosis of liver. The likely abused substance is:

a) Alcohol

d) Tobacco

b) Cannabis

e) Cocaine

c) Caffeine

Key: True: a

2. Another name for superman's drug is:

a) Nicotine

d) Cocaine

b) Amphetamine

e) Marijuana

c) Ethyl alcohol

Key: True: b

3. Self-administration of drugs for non-medical reason in frequency and quantities that may impair an individual's ability to function effectively and may result in physical, social and emotional harm is best defined as:

a) Drug abuse

d) Drug addiction

b) Drug dependence

e) Hang over effect

c) Drug tolerance

Key: a

MISCELLANEOUS

1. Which one of the following is required for the direct method of standardization?

a) Age specific death rates of the populations being compared

b) Number of persons in each age group of the compared population

c) Crude mortality comparison of standard population with the normal population

d) Life expectancy of the compared populations

e) Proportionate mortality of compared populations

Key: True: a

2. Which of the following rates is the most useful measure for comparing mortality of two populations?

- a) Standardized death rate
- b) Infant mortality rate
- c) Crude death rate
- d) Cause -specific death rate
- e) Proportional mortality rate

Key: True: a

3. Standardized mortality rate are different from crude mortality rate because of difference in:

- a) Recording of deaths
- b) Utilization of health services
- c) Places of residence
- d) Age Composition of population being compared
- e) Prevalence of diseases and health related problems

Key: True: d

4. When a researcher wants to prove an association between a particular food and skin cancer it is likely to be rejected for not having:

- a) Specificity
- b) Consistency
- c) Coherence
- d) Strength of an association
- e) Biological plausibility

Key: e

5. If the association between two variables given by one researcher is replicated by other researchers too, then it has

- a) Specificity
- b) Consistency
- c) Coherence
- d) Temporal sequence
- e) Biological plausibility

Key: True: b

6. Smoking results in many diseases other than lung cancer particularly, if it indicates causal association which characteristic it lacks?

- a) Specificity
- b) Strength of association
- c) Coherence
- d) Consistency
- e) Temporal sequence

Key: True: a

7. An uneducated man of 30, working in a cement industry, exhibiting bad personal hygiene, presents with acute diarrhea and dehydration. Many factors can play a role in this condition but the likely host factor to have caused this condition is:

- a) Age
- b) Sex
- c) Education
- d) Occupation
- e) Bad personal hygiene

Key: True: e

8. 10 cases of food poisoning had been reported in hospital, 2 out of these developed mild gastrointestinal symptoms, 4 developed moderate dehydration but recovered and 2 succumbed to the disease. The characteristic of the organism of food poisoning that produces the severest form of the disease is:

- a) Infectivity
- b) Pathogenicity
- c) Virulence
- d) Communicability
- e) Resistibility

Key: True: c

9. Shortly after a dormitory barbeque at Wah medical college, students came back to their rooms and most of them (62 out of 74 students) experienced acute vomiting and diarrhea. This epidemic may be labeled as:

- a) Point source
- b) Propagative
- c) Multiple exposure common source
- d) Slow epidemic
- e) Pandemic

Key: True: a

10. Ten days after a measles outbreak in Wah Cantt, several elementary school children became symptomatic. Subsequently, additional cases were found among friends and families of the infected students. This epidemic may be known as

- a) Point source
- b) Propagative
- c) Common source
- d) Pandemic
- e) Vector borne

Key: True: b

11. After returning home from a family planning clinical, Dr. Saeed noticed a slight itching between his fingers. Within 2 days his wife had similar itching, as did his son one day later. This epidemic (scabies) may be classified as:

- a) Point source
- b) Indirect transmission

- c) Common source
- d) Serial transmission

e) Vehicle borne transmission

Key: True: d

12. If an epidemiologist while investigating an epidemic makes a graph to plot distribution of cases of a disease by time of onset and gets a polymodal distribution curve. The most likely disease is:

- a) Salmonellosis
- b) Staphylococcal food poisoning
- c) Measles
- d) Typhoid
- e) Hepatitis A
- f) Key: True: c

13. Public Policies in Pakistan aim at avoiding the underlying reasons for the development of environmental and atmospheric concentration of SO₂ to protect the health of people. It's an example of:

- a) Primordial
- b) Primary
- c) Secondary
- d) Rehabilitation
- e) Screening

Key: True: a

14. The number of deaths due to diarrhoea, total cases of measles, total number of accidents and the total number of drug addicts were to be reported by a researcher. The best title given to all of this data would be:

- a) Mortality data
- b) Morbidity data
- c) Case fatality rate
- d) Addiction rate
- e) Health related data

Key: True: e

PARASITOLOGY

1. A 30 years old man resident of central London presented to a Pakistan doctor working in King George hospital central London with complain of nausea, vomiting and abdominal pain for 1 day. He gave the history of a worm in stool with segmented body. Detailed history showed that he is a non-vegetarian and pork is the main food constituent most probably the worm passed in stool is:

- a) Ancylostoma duodenale
- b) Ascaris lumbricoides
- c) T. solium
- d) T. saginata
- e) Enterobius vermicularis

Key: True: c

2. A 30 years old man presented in urology OPD with complains of haematuria at the end of micturition not associated with pain, urgency or frequency urine R/E was suggested of haematuria. Microscopic examination of the urine revealed presence of oval shaped eggs. Most probably he is suffering form:

- a) Vesical calculus
- b) Carcinoma bladder
- c) Urinary schistosomiasis
- d) Trichomonas vaginalis infections
- e) Renal cell carcinoma

Key: True: c

3. The only reservoir of *Ascaris lumbricoides* (round worm) is:

- a) Dogs
- b) Cattle
- c) Man
- d) Birds
- e) Fish

Key: True: c

4. A mother brings her four year old child to a doctor with a complaint of intense perianal itching. Despite being fed properly, he has not gained weight for the last few months. The likely condition is:

- a) Entrobiasis
- b) Ascariasis
- c) Scabies
- d) Ancylostomiasis
- e) Filariasis

Key: a

5. A patient presents with fever, rigors and chills. He complains of severe weakness and lethargy. His blood film is positive for ring forms of protozoa. The likely diagnosis is:

- a) Malaria
- b) Amoebiasis
- c) Balantidiasis
- d) Toxoplasmosis
- e) Leishmaniasis

Key: a

BEHAVIORAL SCIENCES

1. Ganja is obtained from:

- a) Coca leaves
- b) Poppy seeds
- c) Cannabis indica
- d) Ergot alkaloid plant
- e) Lathyrus sativus

Key: c

2. The “abused drug” that causes sedation is:

- a) Cocaine
- b) Amphetamine
- c) Opium
- d) LSD
- e) Mescaline

Key: c

3. Cigarette smoking increases the risk of acquiring cancer of:

- a) Liver
- b) Bones
- c) Ovaries
- d) Uterus
- e) Esophagus

Key: e

4. Wearing a crash – helmet to prevent head injury while riding a motor-bike refers to:

- a) Specific protection
- b) Health promotion
- c) Early diagnosis & prompt treatment
- d) Disability limitation
- e) Rehabilitation

Key: True:

5. A 23 years old married woman came to the hospital in Gynae OPD with complaints of vaginal itching and discharge. Speculum examination of vagina revealed foul smelling greenish – yellow discharge. What is the likely diagnosis?

- a) Candidiasis
- b) Trichomoniasis
- c) Syphilis
- d) Pelvic inflammatory disease
- e) Gonorrhoea

Key: b

6. To control the rising incidence of non-communicable diseases, legislation based on tobacco control will be adopted to prevent onset of the risk behaviour. This prevention will be

- a) Primordial
- b) Health promotion
- c) Specific protection
- d) Disability limitation
- e) Rehabilitation

Key: a

6. A mother brings her 10 year old boy to a psychiatrist. She complains that when her boy gets close to the school, he starts getting severe pain in the abdomen which settles upon coming back. His IQ is within normal limits and his academic record is satisfactory. The clinical presentation is suggestive of

- a) Juvenile delinquency
- b) Psychosomatic disorder
- c) Mental retardation
- d) Educational difficulties
- e) Habit disorder

Key: b

7. A patient presented to a psychiatrist showing minor mental changes. He stated that he experienced rebound lowering in mood in the absence of the drug that he had been taking for constant mental stimulation. The likely drug which he had been taking is:

- a) Benzodiazepines
- b) Heroin
- c) Methadone
- d) Morphine
- e) Amphetamines

Key e

MENTAL HEALTH

1. A 30 years old man presented with complaints of loss of appetite and weight. He also admitted his dependence on a substance. On examination he had palmar erythema and ataxic gait. The likely abused substance is:

- a) Barbiturates
- b) Heroin
- c) Alcohol
- d) Tobacco
- e) Cocaine

Key: c

DISASTERS & ACCIDENTS

1. In prevention of traffic accidents the most effective measure is:

- a) Licensing of drivers
- b) Provision of seat belts
- c) Enforcement of traffic laws
- d) Inspection of vehicles periodically
- e) Medical inspection of drivers every six months

Key: True: c

2. October 2005 earthquake caused countless deaths. Several NGOs participated to combat the post disaster phase and the most important point they considered in order of preference was:

- a) Vaccination against infectious diseases
- b) Provision of safe water and food
- c) Disposal of dead bodies

- d) Disposal of solid wastes
- e) Vector control

Key: c

3. The approach of rapidly classifying the injured on the basis of severity of their injuries and likelihood of their survival with prompt medical intervention after disaster is called as:

- a) Search, rescue and first aid
- b) Field care
- c) Tagging
- d) Rehabilitation
- e) Triage

Key: e

4. After an earth quake disaster in “Bala Kot” many camps were laid for the effected people. The latrine of choice for camps of short duration is:

- a) Aqua privy
- b) Trench hole
- c) Pit latrine
- d) Chemical closet
- e) RCA latrine

Key:

ENTOMOLOGY

1. A mother noticed that her 3 year old boy recently admitted in play group class at Lahore grammar school was scratching his scalp for the last one week. While combing his hair she noticed small white ovoid nits. The most effective treatment for this condition is use of topical solution containing:

- a) 0.05 % Malathion
- b) DDT
- c) HCH
- d) Mineral oil
- e) Paris green

Key: True: a

2. A medical officer working at BHU in the periphery of Baluchistan noticed that most of the people presented with painful cutaneous ulcers on the exposed parts of the body. Almost all of them gave history that it started as a granular nodule after some insect bit. The medical officer realized that they had been bitten by:

- a) Aedes Aegypti
- b) Phelbotomus
- c) Xenopsylla cheopsis
- d) Ornithotorous Moubata
- e) Glossinae palpalis

Key: b

3. A man reports with fever and rigors; chills and lethargy: His blood CP is positive for crescent like structures related to a parasite involved in the above picture: Which arthropod comes to your mind as a transmitter of this disease:

- a) Mosquito
- b) Louse
- c) Tick
- d) Mite
- e) Flea

Key: a

HOSPITAL WASTE

1. A hospital wants to set up a method for safe disposal of infectious waste. They have enough expense. What should be the best option for them?

- a) Single chamber incinerator
- b) Double chamber Paralytic incinerator
- c) Microwave irradiation
- d) Seven feed technology
- e) Chemical disinfection

Key: b

MISCELLANEOUS

1. In a prospective study of the relationship between oral contraceptive use and the subsequent risk of developing endometrial cancer, a cohort of 1000 women were followed for 5 years. The results were as follows:

Present Absent

A 245

B 75

C 50

D 630

$A + C = 295$ $B + D = 705$ $n = 1000$

What is the incidence rate (absolute risk) of endometrial cancer among who didn't use oral contraceptives?

$630 / (50 + 630)$

$$75 / (245 + 75)$$

$$50 / (50 + 630)$$

$$245 / (245 + 75)$$

Insufficient data

Key: True: c $50/(50 + 630)$

2. In an outbreak of cholera in a village of 2,000 population, 20 cases have occurred and 5 die
Case fatality rate is:

1%

.25%

5%

25%

.0025%

Key: True: d

3. In a population of 1000, measles coverage is 60%, one child goes out of station and comes back with measles from whom 20 more children get measles. Secondary attack rate of measles is:

0.65%

5%

6%

6.5%

7%

Key: True: b

1. Total No. of children=1000

2. No. of immunized =600

3. No. of un-immunized=400

4. Primary case=1

5. Secondary attack rate = $20 / (400 - 1) = 20 / 399 \times 100 = 5\%$

4. If an epidemiologist while investigating an epidemic makes a graph to plot distribution of cases of disease by the time of onset and gets a polymodal distribution curve. The most likely disease is:

Salmonellosis

Staphylococcal food poisoning

Measles

Typhoid

Hepatitis A

Key: True: c

5. In a prospective study of the relationship between oral contraceptive use and the subsequent risk of developing endometrial cancer, a cohort of 1000 women were followed for 5 years. The results were as follows:

Present Absent

A 245

B 75

C 50

D 630

A + C = 295 B + D = 705 n = 1000

What is the incidence rate (absolute risk) of endometrial cancer among women who used oral contraceptives in person-years? If the study was carried out for five years.

$630 / (680 \times 5)$

$75 / (320 \times 5)$

$50 / (630 \times 5)$

$75 / (320 + 5)$

$245 / (320 \times 5)$

Key: True: e $245 / (320 \times 5)$

6. 10 cases of food poisoning had been reported in hospital, 2 out of these developed mild gastrointestinal symptoms, 4 developed moderate dehydration but recovered and 2

succumbed to the disease. The characteristic of the organism of food poisoning that produces the severest form of the disease is:

Infectivity

Pathogenicity

Virulence

Communicability

Resistibility

Key: True: c

7. Public Policies in Pakistan aim at avoiding the underlying reasons for the development of environmental and atmospheric concentration of SO₂ to protect the health of people. It is an example of

Primordial

Primary

Secondary

Rehabilitation

screening

Key: True: a

8. Influenza pandemic occurs after every 7 – 10 years. This kind of disease distribution in time is known as:

Secular trend

Short time fluctuation

Cyclical trend

Seasonal trend

Endemicity

Key: True: c

9. In a prospective study of the relationship between oral contraceptive use and the subsequent risk of developing endometrial cancer, a cohort of 1000 women were followed for 5 years. The results were as follows:

Present Absent

A 245

B 75

C 50

D 630

A + C = 295 B + D = 705 n = 1000

What is the relative risk in this study?

$[75 / (245 + 75)] / [50 / (50 + 630)]$

$[75 / (245 + 75)] / [630 / (50 + 630)]$

$[50 / (245 + 50)] / [630 / (75 + 630)]$

$[245 / (245 + 75)] / [50 / (50 + 630)]$

Insufficient data

Key: True: d $[245 / (245 + 75)] / [50 / (50 + 630)]$

10. If the age incidences curve of leukemia shows two peaks it is suggestive of bimodality. Bimodality usually signifies:

Non homogeneity

Cluster sampling

Large number of observations

Accuracy

Short duration of disease

Key: True: a

11. A doctor is required to study the incidence of silicosis in a stone cutting industry, which study design should he choose:

Longitudinal

Cross-sectional

Ecological surveys

Case reports

Case series report

Key: True: a

12. The health statistics department revealed that the sale of anti-Asthma drugs was more in those countries where Asthma deaths were mor This association may prove wrong when the individual based study designs are conducte This association is an example of:

Ecological fallacy

Berkesonian bias

Indirect association

Temporal association

Specific association

Key: True: a

13. A researcher wanted to study the time sequence to prove the concept of causativity, which design of study should be preferred by the researcher:

Longitudinal

Cross-sectional

Case report

Case series report

Quasi experimental

Key: True: a

14. Smoking leads to esophageal carcinom Coffee intake has its effect on smoking and also esophageal carcinom This factor can distort the results of the study which intends to prove an association between smoking and esophageal cancer. This effect of this factor is known as:

Confounding

Multiple causation

One to one relationship

Dose response relation

Strength of association

Key: True: a

15. The health authorities are launching a smoking cessation program by designing different activities for the smokers. These are very expensive but still useful as a large proportion of lung cancer will be eliminated if smoking is stoppe This proportion of lung cancer can be indicated by:

Relative risk

Prevalence

Attributable risk

Attributable fraction

Incidence density

Key: True: d

16. A researcher was studying maternal mortality in Rawalpindi District. He observed more deaths in women who were brought to hospital and without taking other factors into account concluded that hospital managed cases have more mortality as compared to home deliveries. This is an example of:

Indirect association

Relative risk

Spurious association

Attributable risk

Causal association

Key: True: c

17. In 2005, Pakistan crude birth rate was 36 births per 1000 population and the crude death rate was 9 deaths per 1000 population. What was the population growth rate of the country in that year assuming no migrations?

2.9 %

2.8 %

2.7 %

2.6 %

2.5 %

Key: True: c

18. The changes in the size of population are indicated by five stages of demographic transition. Pakistan is currently in the:

First stage

Second stage

Third stage

Fourth stage

Fifth stage

Key: True: b

19. The total number of people in a completed family can be estimated from:

Net reproduction rate

Gross reproduction rate

Contraception prevalence rate

Eligible couple rate

Total fertility rate

Key: True: e

20. Population size is determined by fertility, mortality and migrations. A researcher concluded that Pakistan's population is increasing on account of high fertility which measure did he rely upon the most to conclude this?

Growth rate

Crude birth rate

Natural increase rate

Total fertility rate

General fertility rate

Key: True: d

21. The number of daughters a new born girl will bear during her life time assuming fixed age specific fertility and mortality rate, refers to which one of the following?

Age specific fertility rate

Gross reproduction rate

Net reproduction rate

Total fertility rate

General fertility rate

Key: True: c

22. Keeping in mind the population pyramid of Pakistan. Which of the following features is most obvious?

Population momentum

Low migration

Higher female mortality

High literacy

Increased life expectancy

Key: True: a

23. If the total number of reported births in Rawalpindi district were 10,000 and deaths were 5,000 in the year 2007. By giving these figures we are referring to:

Absolute numbers

Crude birth rate

Growth rate

Crude death rate

Vital index

Key: True: a

24. Many women in a country are educated, independent and they work for earning their livelihood too. When the number of males are expressed in relation with 100 females this is:

Sex ratio

Sex rate

Dependency ratio

Literacy rate

Working women ratio

Key: True: a

25. Doubling time is another way of expressing population growth. If we suppose that growth rate of Poland remains constant at 0.08% population would be doubled in about.

800 years

870 years

875 years

880 years

890 years

Key: True: c

26. Demographic cycle has five stages and each country is allotted a different stage according to its distribution of population. For examples if the death and birth rate of a country both are declining then we call it as:

High stationary

Early expanding

Late expanding

Low stationary

Declining

Key: True: c

27. Diarrhoeal cases among children of an urban slum are on a ris Almost all the mothers are illiterate and belong to lower socioeconomic class. It seems difficult to make them understand the use of ORS. What method can provide the best solution in this scenario?

Role playing

Poster competition

Radio Programme

Lectures

T.V commercials

Key: True: a

28. A school child is diagnosed to have chicken pox. He should be isolated from other school children till:

The scabs fall off

Two days after the scabs are formed

Three days after the fever develops

Five days after the development of pustules

Seven days after the development of pustules

Key: True: a

29. In a community, identification of high risk individuals for coronary heart disease and the prevention of risk factors is an example of:

Surveillance

Research

Selective screening

Mass screening

Opportunistic screening

Key: True: d

30. In a village the persons between the ages of 30 – 50 years were checked for their fasting blood sugar levels, to detect diabetes Mellitus before the appearance of signs and symptoms. The time interval between diagnosis by early detection and diagnosis due to development of signs / symptoms is called:

Incubation period

Lead time

Serial interval

Latent period

Generation time

Key: True: b

31. Glucose tolerance test is a useful screening test for diabetes. The ability of the test to identify those who have the disease in question is called:

Validity

Yield

Reliability

Sensitivity

Specificity

Key: True: d

32. In a population consisting of 1000 females, Gram-stained cervical smear test was performed to detect gonorrhoe. In this example the predictive value was calculated to be 47%, sensitivity 50% and specificity 90%. The diagnostic power of the test is reflected by:

Sensitivity

Specificity

Predictive value

False negative rate

Accuracy

Key: True: c

33. In a population under study there were 75 cases of hypertension. On further screening another 50 cases were added to the total owing to the characteristic of the test called:

Acceptability

Repeatability

Reliability

Sensitivity

Accuracy

Key: True: d

34. A 22 years old boy was appointed as computer operator in a factory. During his medical examination he was found to be HIV positive. This screening is:

Multiphasic

Targeted

Research

Mass

Opportunistic

Key: True: e

35. For screening of breast cancer self examination by women, mammography and fine needle aspiration were used at the same time in PIMS Islamabad This screening is an example of:

Multiphasic

Targeted

Research

Mass

Opportunistic

Key: True: a

36. The yield of a screening test was increased over a period of 5 years although the trade off between sensitivity and specificity remained the same It is likely to have increased by increase in:

Validity

Accuracy

Prevalence

Incidence

Reliability

Key: True: c

37. The chest X-rays and sputum analysis for the early detection of tuberculosis constitute:

Primary prevention

Secondary prevention

Tertiary prevention

Medical treatment

Primordial prevention

Key: True: b

38. With X representing the most accurate cut off point for a diagnostic screening test, what does C represent:

False positives

True positives

False negatives

True negatives

Skewed distribution

Key: True: c

(For question 39-46 please refer to following tabl

39-46. An investigator evaluated 150 patients suffering from sore throat for streptococcal infection. The results were as follows:

27

35

10

78

:

39. The ability of the test to correctly identify those who have the disease is:

71%

72%

73%

74%

75%

Key: True: c

40. The ability of the test to correctly identify those who do not have the disease is:

65%

66%

67%

68%

69%

Key: True: e

41. The ability of the test to correctly identify those who have the disease from all those who test positive:

41.5%

42.5%

43.5%

44.5%

45.5%

Key: True: c

42. The ability of the test to correctly identify those who do not have the disease from all those who test negative:

85.6%

86.6%

87.6%

88.6%

89.6%

Key: True: d

43. The prevalence of disease in this study is:

24.7%

25.7%

26.7%

27.7%

28.7%

Key: True: a

44. The accuracy of this screening test is:

60%

65%

70%

75%

80%

Key: True: c

45. The false-positive rate in this study is:

31%

32%

33%

34%

35%

Key: True: a

46. The false negative rate in this study is:

25%

26%

27%

28%

29%

Key: True: c

47. 45 Years old man was brought to emergency department of hospital with history of snake bit There was intense local pain, swelling and ecchymosis at site of bit Few hours

later bleeding started from the gums, followed by coma and death. The type of snake involved is:

Sea snake

Common krait

Green pit viper

Cobra

Coral snake

Key: True: c

48. A 30 years old lady is bitten by a snak She complains of giddiness, lethargy, muscular weakness and spreading paralysis. The type of snake involved is:

Sea snake

Green pit viper

Elapid snake

Bamboo snake

Russell's viper

Key: Tue: c

49. A 7 years old child reported to a private hospital with history of snakebit On examination there were petechial haemaorrhages and bleeding from rectum. The toxic principal in snake venom responsible for those signs is:

Proteolysin

Neurotoxin

Cholinesterase

Hyaluronidase

Thromboplastin

Key: True: e

50. Six of the ten family members living in a single room house complain of intense itching with scratching in axillae, groin & hands; it is more marked at night. The most likely diagnosis is:

Scabies

Dermatitis

Eczema

Psoriasis

Dermatosis

Key: True: a

51. While conducting a house hold survey 4th year students of Wah Medical College collected Data of ten families regarding no of persons in four age groups <5, 5-14, 15-64, >65. They want to present the %age distribution of different age groups. The %age can be depicted by:

Pie chart

Pictogram

Histogram

Line diagram

Scatter diagram

Key: True: a

52. In a study about control of DM II by the oral hypoglycemics. The mean fasting blood sugar level of 150 patients was 100mg/dl. With standard deviation of 10mg/dl. From the data FBS of 99% patients of the given sample will be in the range of:

70 – 130 mg/dl

80 – 120 mg/dl

90 – 110 mg/dl

100 – 130 mg/dl

70 – 100 mg/dl

Key: True: a

53. In a study involving 120 hypertensive patients at POF hospital Wah Cantt. The mean serum cholesterol level was found 180 mg/dl with a sample variance of 25mg/dl from the data 2/3rd of patients will have serum cholesterol mg/dl in the range of:

175 – 185

170 – 190

165 – 195

180 – 185

180 – 195

Key: True: a

54. 200 patients of hepatitis B got admitted in the medical unit of POF hospital Wah Cantt in the year 2007. their serum bilirubin was don The results were as follow:

Mean = 9mg/dl

Median = 6.5mg/dl

Mode = 4 mg/dl

The distribution of bilirubin level is:

Normal

Positively skewed

Negatively skewed

Bimodal

Polymodal

Key: True: b

55. In a class of 100 students the mean height of students was 5 feet with the standard deviation of 1 feet. The portion of students that will have height 7 feet would be:

68%

34%

16%

13.5%

5%

Key: True: d

56. In 2007 a study was conducted at Wah Cantt to see the efficacy of measles vaccin 50 new cases of measles were reported after vaccination in the year 2007. This reported data is:

Discrete

Continuous

Nominal

Ordinal

Ranked

Key: True: a

57. In a follow up study of five patients admitted to the coronary care unit with a diagnosis of acute MI. The length of stay was found to be 5, 8, 3, 5 and 9 days. The arithmetic average of the given data is:

3

5

6

5.5

7

Key: True: c

58. A study was conducted to determine the risk of DM II in over weight patients. The sample of 500 patients was taken. The weights were recorde Most of them were found obes Such type of data can be depicted by:

Histogram

Polygon

Line diagram

Pie chart

Scatter diagram

Key: True: a

59. In a study conducted about the choice of oral contraceptive among women of different ages. A sample of 100 women between the ages of 25 -45 years was taken by convenient metho Out of 100 women, 65 women preferred OCPS. Among them 68% women were between ages of 25-35years. 5% of women were between 35 -40 years. The proportion of women that will have age between 40– 45 years is.

16%

27%

25%

34%

13.5%

Key: True: b

60. An FCPS part II trainee in Medicine has done a research at POF hospital to prove that NPH insulin has better control of DM II than regular insulin. The calculated P value was 0.03, while the standard for accepting the different was at P value of 0.05, so he rejected the null hypotheses, what do you think of results.

Alternate hypothesis is correct

Null hypothesis is true

Sample size was small

Null hypothesis wrongly rejected

Insignificant difference

Key: True: a

61. The female students of 4th year conducted a study "Perceptions of mother about neonatal jaundice" they went to paediatric OPD and ward and took sample of 100 available mothers. Such type of sampling technique is:

Systematic

Random

Stratified

Convenient

Cluster

Key: True: d

62. The four blood groups A, B, O and AB were studied to compare the quantitative serologic different among their antigenic structures. The most appropriate statistical test to make this determination is:

T test

F test

Chi square test

Z test

Coefficient of variance

Key: True: b

63. A physician studied the association between plasma level of rennin and changes in BP. The data can be represented by:

Scatter diagram

Pie chart

Line diagram

Histogram

Bar chart

Key: True: a

64. A study was conducted to see the risk of hepatocellular carcinoma among alcoholi A sample of 100 was taken. Among them 50 were alcoholic and 50 were non alcoholi 10 developed Ca out of which 8 were alcoholic and 2 were non alcoholi Data was arranged in 2 x 2 table:

CA Present Ca Absent

8

42

2

48

10 90 n = 100

How would you determine the statistical significance of the observed findings.

T test

Z test

F test

Chi square test

Standard error of mean

Key: True: d

65. Of all new cases seen at the curative consultation only new cases with a priority health problem, are reported by the health facility in the monthly FLCF report. The disease included in the list of priority health problems in Pakistan is:

Typhoid

Myocardial infection

Diabetes mellitus

Hypertension

Malaria

Key: True: e

1. The commonest physical health hazard in most industries is:

Heat

Noise

Humidity

Ionizing radiation

Light

Key: a

2. A worker of a brick kiln was brought to the emergency department, in an unconscious state. He was hypotensive and sweating profusely. The likely condition he suffered from was:

Heat stroke

Heat exhaustion

Erythrocytosis

Heat Hyperpyrexia

Heat cramps

Key: b

3. Pottery industry worker developed Tuberculosis. The likely condition which made him prone to tuberculosis was:

Anthraxosis

Asbestosis

Berylliosis

Silicosis

Byssinosis

Key: d

4. A shipyard worker presents with increasing breathlessness. His X-ray shows ground glass appearance in lower two thirds of lungs. He is likely to be suffering from:

Anthraxosis

Silicosis

Asbestosis

Farmer's lung

Byssinosis

Key: c

5. A research team conducted a nation wide survey of Industries and factories. While arranging the data they observed that the most common occupational cancer was:

CA lung

CA bladder

CA skin

Leukemia

Cancer of Gastrointestinal tract.

Key: c

6. Most important reason for recommending oral polio vaccine in the polio eradication campaign despite availability of a safe injectable vaccine is that, it:

Provides 90% immunity in one dose

Does not interfere with vertical immunity

Has been donated by WHO

Provides herd immunity

Has less side effects

Key: d

7. A 5 year old child comes to the immunization centre without BCG scar on his arm. It is advisable to give:

BCG vaccine

No BCG vaccine

Chemoprophylaxis

BCG if Mantoux test positive

BCG if Mantoux test negativ

Key: e

8. A woman reports for vaccination against Tetanus only 25 days before delivery; she has not received the first dos What will you give?

ATIG at present

Two doses of T.T ,2 weeks apart

Antibiotic during delivery

T.T1 at present and T.T2 after delivery

ATIG after delivery

Key: d

9. A patient is suffering from AIDS. He is suffering from suppression of which of the following cells?

Monocytes

T- Cells.

B-Cells

CD4 Cells

Eosinophils

Key: d

10. 2 years old child was brought to the emergency department. He was having convulsions. On a rapid general physical examination, kyphoscoliosis was discovere X-ray forearm showed swollen lower end of radius. The likely diagnosis was:

Osteomalacia

Keratomalacia

Rickets

Pellagra

Beriberi

Key: c

11. Strictly vegetarian Hindu teacher presented with lower limbs weakness. His examination revealed upper motor neuron signs in lower limbs. His blood CP showed macrocytic anemia. He is probably suffering from deficiency of vitamin:

A

B6

B12

B1

D

Key: c

12. 15 years old boy, resident of Murree is having swelling in the neck. Apart from weakness and constipation; there are no other complaints at present. He is likely to be suffering from deficiency of:

Calcium

Fluorine

Iodine

Iron

Sodium

Key: c

13. The non clinical Vit A deficiency is more common as compared to the clinical, threatening the health of as many as one third of the world's children. The best proxy indicator of this can be:

Infant mortality rate

Maternal mortality rate

Literacy rate

Proportion of the rural population

Specialized medical care

Key: a

14. A 4 years old child was brought to a Pediatrician with complaint of inability to see at night for the last few days. Presence of only one sign at that stage made him diagnose vitamin A deficiency. The sign was:

Retinal detachment

Conjunctival xerosis

Bitot's spot

Corneal xerosis

Keratomalacia

Key: b

15. Fluorosis develops when water fluoride content is above 15mg/lit but it has been observed after different studies that this fluorosis can also develop in people whose staple diet is:

Wheat

Rice

Sea fish

Vegetables

Maize

Key: c

16. Researchers surveyed the causes of vitamin D deficiency and its geographic distribution. They found that exposure to ultra violet rays is crucial for its adequacy, which when get excessively filtered by the skin result in its deficiency. This deficiency is more common in:

Asians

Mongoloids

Black Africans

Europeans

Americans

Key: c

17. 50 years old Bank officer was told to be suffering from illeocecal Tuberculosis. Nobody suffered tuberculosis in the family, but he still got infected, probably due to:

Infected milk

Infected clients

Contaminated vessel

Stressful work

Advancing age

Key: a

18. A school child is diagnosed to have chicken pox. He should be isolated from other school children till:

The scabs fall off

Two days after the scabs are formed

Three days after the fever develop

Five days after the development of pustules

Seven days after the development of pustules

Key: a

19. In Pediatric OPD the physician examined a 3 years old child with low grade fever, mild erythema in the throat and grayish adherent membrane on the left side tonsil. The cervical lymph nodes were palpabl He advised the mother to isolate the child from the remaining children below 5 years of age for at least 14 days. The likely disease was:

Pharyngitis

Tonsillitis

Diphtheria

Acute Laryngitis

Whooping cough

Key: c

20. A 10 years old boy was brought to a doctor with history of moderate fever and shivering. Abundant rash was found on the trunk and buccal mucos Vesicles filled with clear fluid were also seen on the trunk and legs. The physician told the mother that he was suffering from:

Herpes

Chicken pox

Rubeola

German measles

Cutaneous Diphtheria

Key: b

21. After an epidemic of measles in a village near Taxilla, 2 children reported with history of weight loss and blindness, from corneal scarring. The most likely cause of this complication is deficiency of:

Vitamin K

Vitamin D

Vitamin A

Vitamin C

Vitamin B12

Key: c

22. A person was travelling to the yellow fever endemic area for the third tim He came to the health facility to get advice about revaccination against yellow fever. The doctor advised:

Reimmunization with yellow fever vaccine

Non specific passive immunization

No immunization but personal protective measures.

Immunization with Personal protective measures

Chemoprophylaxis

Key: c

23. A pregnant lady reported to ante natal clinic with signs and symptoms of Rubella during 28th week of gestation. She was insisting upon the termination of pregnancy as she feared congenital malformations of fetus. Doctor told her that maximum time for Rubella to cause major abnormalities of the fetus during pregnancy is till:

8th week

12th week

16th week

20th week

24th week

Key: c

24. A 7 years old child presented with sore throat and low grade fever. He had rash on face and posterior auricular as well as cervical lymphadenopathy. The most probable diagnosis is:

Chicken pox

Small pox

Measles

Rubella

Mumps

Key: d

25. You are performing the duties of Airport Medical Officer. An Aircraft has landed from Africa and you find that one of the passengers is not having the vaccination certificate against yellow fever. What would you suggest for him?

Vaccination

Quarantine for 10 days

Isolation for 1 month

Chemoprophylaxis

Passive immunization.

Key: b

26. A 25 years old lady was brought in gynae emergency of PIMS hospital at Islamabad with high grade fever, stiffness of whole body and locked jaw. Her mother gave the history that she got an abortion done at 8th week of gestation by a local Dai 3 days ago. The per-vaginal examination revealed foul smelling purulent discharge. What is the most probable diagnosis?

Puerperal tetanus

PID

UTI

Strychnine poisoning

Vaginal diphtheria

Key: a

27. A 3rd year MBBS student of FUMC presented in ENT OPD with complains of sore throat, pain on swallowing & low grade fever. After examination the doctor confirmed the diagnosis of diphtheria. The isolation period recommended for this patient is till:

Six daily negative throat and nasal swabs cultures

Disappearance of signs & symptoms

Completion of antibiotic course

Negative chest radio graph

Complete blood picture becomes normal

Key: a

28. 24 years old sexually active female comes to a doctor with 2 days history of dysuria accompanied with painful genital lesions. On examination there were few vesicles and tender ulcers seen on vulva and vagina. What is the likely diagnosis?

Herpes simplex infection

Chancroid

Human papilloma virus infection

Granuloma inguinale

Primary syphilis

Key: a

29. A 28 years old married woman was brought to the hospital with a 2 weeks history of "growths" in the vulvar region. On examination there were multiple cauliflower verrucous lesions on the labia majora and minor What is the most likely diagnosis?

Condylomata lata

Condylomata acuminata

Herpes simplex type – 1

Herpes simplex type – II

Chancroid

Key: a

30. A pregnant woman comes to hospital as an emergency case After preliminary examination she is found to be suffering from Gonorrhoe The transmission of this infection to the baby should be prevented as he may suffer from:

Ophthalmia neonatorum

Genital infection

Generalized septicemia

Skin infection

Thrush

Key: a

31. There is an epidemic of Meningococcal Meningitis among jail prisoners. The best chemoprophylaxis for the protection of contacts is by giving:

Rifampicin

Chloramphenicol

Chloroquine

Doxicycline

Penicillin

Key: a

32. Intermittent water supply system existed in a shanty town of Karachi. A woman noticed lots of black and spotted mosquitoes, around the water tank. Keeping in mind the situation which disease might affect that family?

Dengue

Yellow fever

Malaria

Filariasis

Encephalitis

Key: a

33. A mother brought her child to a doctor and complained about his problem of severe itching and restlessness at night. Examination revealed presence of burrows and vesicles especially on sides of fingers and finger webs. What is the likely diagnosis?

Scabies

Insect bite

Prickly heat

Ring worm

Onchocerciasis

Key: a

34. A woman working in an industry during night shifts is exposed to 750 lx of light. She is most probably at risk of acquiring:

Keratomalacia

Breast cancer

Dermatitis

Conjunctival xerosis

Night blindness

Key: b

35. A 40 years old man was brought to hospital with gastritis; he gave history of dependence on a substance. On examination he had signs of peripheral neuropathy. USG of abdomen revealed cirrhosis of liver, the likely substance was:

Alcohol

Cannabis

Caffeine

Tobacco

Cocaine

Key: a

36. The population living in Wah Cantt is using water from a deep spring, which is considered to be relatively free from organic contamination but rich in calcium, bicarbonates and sulphates. On account of these properties, people of Wah enjoy protection against:

Gastroenteritis

Ancylostomiasis

Atherosclerosis

Renal problems

Alzheimer's disease

Key: c

37. An unsanitary bore-hole latrine with lots of flies is present within 10 feet of a well in a village. The disease more likely to be transmitted through drinking this well water is:

Leishmaniasis

Typhoid

Dental caries

Ancylostomiasis

Trachoma

Key: b

38. Child of 5 years has been drinking water containing 30 mg/L of nitrates and 0.5 mg/L of fluorid. He presents with cyanosis to the hospital. He is likely to be suffering from:

Infantile Methemoglobinemia

E-coli enteritis

Botulism

Dental caries

Enterobiasis

Key: a

39. Required amount of chlorine was added to a large body of water after sedimentation. The pH of water was 4.0 and level of sulphides was negligible. A contact period of one hour was ensured. Eventually, it was found that chlorination was not successful. The likely reason was:

Low pH

Less contact time

Less amount of chlorine

Suspended impurities

Antagonism by sulphides

Key: a

40. 10 people were working on a project in an office with no cross ventilation and air conditioning on account of load shedding. The room temperature was 75°F and humidity around 60%. They started having discomfort after 1 hour because of:

Lack of air movements

Increase in Carbon monoxide

High Bacterial count

High Humidity

High temperature of air

Key: a

41. A water sample was taken from a source where catchment area included a large agricultural land. It was declared unfit for human consumption on account of raised concentration of:

Iodine

Calcium

Zinc

Chlorides

Nitrite

Key: e

42. During a sanitary inspection of a rapid sand filtration plant, slowing of the filtration rate was observed owing to loss of head. Which method will you suggest to give head to water in such a situation?

Addition of alum

Scraping the top layer

Increasing duration of storage

Back washing of sand bed

The addition of lime or soda ash

Key: d

43. You were required to chlorinate well water; you added required amount of bleaching powder solution to the water and allowed an overnight contact time. What is your recommendation regarding consumption of this water for drinking.

Fit for consumption

To be used after 12 hours

To be used after another 24 hours

Rechlorinate

May be used after boiling

Key: a

44. A dental surgeon appointed in rural health centre reports an increased incidence of dental carries in the children of that area. The relevant preventive measure that he should suggest to the health authorities is:

Fluoridation of water

Chlorination of water

Use of bacterial filter

Use of boiled water

Softening of hard water

Key: a

45. Chlorination of water was done by addition of bleaching powder solution containing 10% available chlorine. One hour contact time was ensured. What is your recommendation regarding use of this water for drinking?

Fit for consumption

Use after 06 hours

Use after 12 hours

To be used after another 24 hours

Rechlorinate

Key: e

46. An out-break of scabies was reported in a Kachi abadi consisting of 500 people. The appropriate preventive measures suggested by you would be to:

Filter the water

Improve accessibility to water

Destroy breeding sites of insects

Chlorinate water

Avoid walking bare foot

Key: b

47. In a poor community, there is high prevalence of acute diarrhea. The best method for preventing this health problem in the long run is:

Anti diarrheal drugs.

Immunization against cholera and typhoid

Provision of sanitary latrines

Use of boiled water.

Living in fly proof houses.

Key: c

48. A woman of 70 kg reports to a health facility at term. On examination her BP was 130/90 mm of Hg; fundal height was more than the gestational age. A large single baby was seen on ultrasound with no other fetal abnormality. The likely condition is:

Maternal diabetes

Hypertension

Obese mother

Hydramnios

Alcoholism in pregnancy

Key: a

49. A mother brings her one year old child to a health facility for growth monitoring. His reported birth weight was 3 kg and his present weight is 9 kg. His height is around 31 inches. You assess the child as:

Normal

Overweight

Stunted

Underweight

Slow growing

Key: a

50. A weight conscious pregnant woman wants information about her increased requirement of calories per day during pregnancy. You suggest an increase of:

250 kcal

350 kcal

450 kcal

550 kcal

650 kcal

Key: b

51. A woman of 40 in the seventh month of pregnancy reports to you in the antenatal clinic for the first time. The recommended immunization is by:

Tetanus Toxoid

Hepatitis B vaccine

Rubella vaccine

Pneumococcal vaccine

Tetanus immunoglobulin

Key: a

52. A 30 years old woman fitted with an IUCD comes for post insertional examination and complains of vaginal bleeding; which of the following is the least important to look for in this patient:

Break through vaginal bleeding

Hypermenorrhea

Pelvic infection

Dysmenorrhea

Endometrial cancer

Key: e

53. One year old child comes to emergency with history of watery diarrhea and high grade fever for the last 24 hours. A house physician observes his impalpable pulse and un-recordable blood pressure. The first immediate step in emergency is to advise:

I/V Ringer's lactate

Oral rehydration therapy

I/V antibiotics

Stool examination

Urgent blood complete picture

Key: a

54. A pregnant woman comes to hospital as an emergency case. After preliminary examination she is found to be suffering from Gonorrhoea. The transmission of this infection to the baby may be prevented by:

Aseptic delivery

Silver nitrate drops to baby

Oral antibiotics

Non specific immunoglobulin

Antibiotic injections

Key: b

55. A mother brought her six months old child to a BHU. She is worried about the growth of her child. The best single measure for assessing the physical growth in this age is:

Weight for age

Height for age

Head chest ratio

Mid upper arm circumference

Weight for height

Key: a

56. A woman delivers a baby boy at term with Down's syndrome. The most likely cause is:

An extra chromosome 21

No 2nd sex chromosome

Phenotypic effect only

Extra y chromosome

Oligo-spermia

Key: a

57. A primigravida of 34 years was labeled as hypertensive during the antenatal period. She had a normal vaginal delivery in the hospital. First stage of labour was for 5 hours. She had a post partum hemorrhage, the likely cause of which was:

Primary gravidity

Age of the mother

Hypertension

Long 1st stage

Untrained birth attendant

Key: c

58. The policy of delaying marriage of girls till 20 years of age belongs to:

Primordial prevention

Primary prevention

Secondary prevention

Disability limitation

Rehabilitation

Key: a

59. Antenatal service for detection of diseases which may lead to complications in pregnancy is an example of:

Primordial prevention

Primary prevention

Secondary prevention

Disability limitation

Rehabilitation

Key: True: c

60. Use of oral contraceptives by women smokers over 35 years of age is associated with increased risk of:

Cervical cancer

Breast carcinoma

Chronic bronchitis

Coronary heart disease

Peripheral neuropathy

Key: d

61. A forty years old woman presents with an ovarian cyst; you want to screen her for breast cancer before suggesting any hormonal treatment. What will you advise?

Chest radiography

Mammography

Biopsy of breast

Blood levels of progesterone

Tumor markers

Key: b

62. 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. The likely diagnosis is:

Kwashiorkor

Marasmus

Marasmic kwashiorkor

Under nutrition

Vitamin B1 deficiency

Key: b

63. A woman reports at a health facility with labour pains at term. She is suffering from chicken pox. The measure taken to prevent chicken pox in the baby after birth is to give:

Acyclovir to woman

Non specific immunoglobulin to baby at birth

HZIG to baby at birth

HZIG to woman before delivery

HZIG and acyclovir to mother

Key: c

64. A woman from a rural area brought her 4 years old boy to paediatric OPD with complaints of weakness and worms in stool. She told that her son played in dirt and dust and had the habit of eating it. Clinical examination revealed pallor and blood CP was suggestive of iron deficiency anemia. The most likely infection in this child is:

Ancylostomiasis

Botulism

Taeniasis

Diphyllobothriasis

Scabies

Key: a

65. An old bagger living on a footpath in India presented to a doctor with history of gradual swelling of his right lower leg associated with pruritis. On examination his right leg was thrice the size of the left leg and overlying skin was also thickene The most probable cause of this unilateral swelling is:

Filariasis

Deep vein thrombosis

Trypanosomiasis

Cellulitis

Trauma

Key: a

1. To achieve the objective of HFA the most crucial aspect which was missing in the implementation of PHC program in Pakistan was:

Leadership

Registration system

Monitoring

Evaluation

Prioritization

Key: True: a

2. To improve the health of the nations, "The Millennium Development Goals" are mainly focused on:

Women education

Involvement of men in RH

Fertility regulation

HMIS

Health system research

Key: True: a

3. In 1978 a global immunization program EPI was started to vaccinate the children against six vaccine preventable diseases g TB, Polio, Diphtheria, Pertusis, Tetanus and Measles. It was specifically designed to control morbidity and mortality among children. This reflects:

Selective approach

Holistic approach to child health

Comprehensive PHC

Equality

Inter sectoral approach

Key: True: a

4. For eradication of Polio, the polio eradication campaign was started in 1992. Since then several NIDs and SNIDs have been conducted Polio has almost been eradicated now. This program of immunization is based on:

Equity and appropriate technology

Comprehensive PHC

Leadership & Community participation

Equity and Equality

Community participation

Key: True: a

5. A good manager is the one who sees to the things and ensures correct way of doing things. If he ensures low wastage of resources he is:

Effective

Efficient

A monitor

A decision maker

Supervisor

Key: True: b

6. A 20 years old boy had a head injury in a motor bike accident. His attendant took him to a general practitioner first who advised them to take him to POF hospital, Wah Cantt immediately because Advanced Trauma Life Support is available there only. The level of health care provided by POF hospital in this case is:

Primary

Secondary

Tertiary

First level referral facility

First level care facility

Key: True: c

KHIZZER KHAN

7. An LHV in a BHU of a remote area examined a primigravida at 22 weeks of gestation. Her P was 170/100. In order to have proper antenatal assessment and to prevent complications of pregnancy induced hypertension. The first level referral should be to:

BHU

THQ

DHQ

Teaching hospital

Specialized maternity clinic

Key: True: b

8. According to a study conducted by WHO, 3 new cases of polio were found in interior Sindh in year 2007 despite the success of anti polio campaign. None of the children under 5 years of age in the village was given polio drops because parents had to travel for 1 and 1/2 hours on foot to reach the BHU. This incidence of polio is due to lack of:

Effectiveness

Efficacy

Acceptability

Accessibility

Affordability

Key: True: d

9. A woman traveled a long way from a remote village & came to a population welfare centre/family planning centre. She had enough money but was very tired on account of traveling. When she went inside, she found a male doctor dealing with the clients. She decided to go back. The most likely reason for this decision is lack of:

Acceptability

Affordability

Accessibility

Efficacy

Effectiveness

Key: True: a

10. The Northern area of Pakistan is the recognized belt of Endemic Goiter, on account of Iodine deficiency. The Government of Pakistan decided to promote sale of Iodized salts in this area. This is an example of:

Monitoring

Decision making

Equity

Affordability

Efficiency

Key: True: c

11. There was an outbreak of simple watery diarrhea among children in a village. The health care providers wanted to avoid unnecessary hospital admissions and started distributing ORS to people, who had young children. This reflects:

Community participation

Equality

Sustainability

Appropriate technology

Intersectoral collaboration

Key: True: d

12. About 60% pregnant ladies in rural areas of Pakistan were found having anemia. It was decided to provide them with iron & folic acid supplements. This is an example of:

Equality

Equity

Prioritization

Community participation

Situation Analysis

Key: True: b

13. A health team visited along with the community leaders and health workers, all the primary schools and Madrasas in a village to give polio drops during polio campaign. The community workers facilitated identification of houses with children less than five years of age. This reflects:

Management

Situation analysis

Prioritization

Community participation

Intersectoral collaboration

Key: True: d

14. The pediatric OPD of POF hospital, Wah Cantt is dealing with 200 patients daily. This type of direct contact of patients with the health care provider makes the OPD of POF hospital particularly a:

First level care facility

Secondary care hospital

First level referral facility

Higher level referral facility

Special pediatric service outlet

Key: True: a

15. A high prevalence of Ca cervix was found to be there in one of the tribal areas of Pakistan. It was planned to provide free facility of pap smear at a rural health centre in

order to screen the local population for cervical cancer. The program faced a lot of resistance as it lacked:

Accessibility

Affordability

Acceptability

Effectiveness

Equity

Key: True: c

16. A woman brought her child with congenital anomalies of heart and cataract. She gave history of mild fever and rash in the first trimester of pregnancy, which settled with mild antipyretics. The possible gestational condition that could have resulted in these anomalies is:

Measles

Herpes

Rubella

Chickenpox

Toxoplasmosis

Key: True: c

17. A 22 years old man presented with painful, vesicular and pustular eruption in the distribution of sensory nerve roots on his back. He gave history of chicken pox infection at ten years of age. The likely diagnosis was:

Measles

Meningococemia

Herpes simplex

Scarlet fever

Herpes zoster

Key: True: e

18. A patient who has come from India, reports to a health facility with severe generalized aches and pain. Rash is present all over the body but palms and soles are spare. The most likely diagnosis is:

Scarlet fever

Trypanosomiasis

Malaria

Dengue

Yellow Fever

Key: True: d

19. There is an epidemic of Meningococcal Meningitis among jail prisoners. In addition to other infection control measures, chemoprophylaxis is advised for contacts. The best chemoprophylaxis for the protection of contacts is by giving:

Rifampicin

Chloramphenicol

Chloroquine

Doxycycline

Penicillin

Key: True: a

20. A doctor who has not received HBV vaccination was attending a patient suffering from Hepatitis B; he accidentally got a prick from a contaminated syringe. For maximum preventive use of Hepatitis B Immunoglobulin (HBIG), it is given as:

0.5 ml / kg body weight within 2 hours

0.5 ml / kg body weight within 24 hours

0.06 ml / kg body weight preferably within 3 days of exposure & repeating after one month

0.06 ml / kg body weight preferably within 3 days

0.05 ml / kg body weight within one month & repeating after 6 months

Key: True: c

21. Six of the ten family members living in a single room house, complain of intense itching with scratching in axillae, groin & hands; it is more marked at night. The most likely diagnosis is:

Scabies

Dermatitis

Eczema

Psoriasis

Dermatosis

Key: True: a

22. A 5 years old boy developed fever with typical "dew drop rash" over his body. It appeared first on the trunk and spread to arms and legs later; there were no signs of neck stiffness and rigidity. What could be the likely diagnosis?

Scarlet fever

Measles

Rubella

Meningococccemia

Chicken pox

Key: True: e

23. A mother brought her 4 years old child with complaints of sore throat, difficulty in swallowing and low grade fever. On examination mild erythema and whitish membrane

was found on the posterior pharynx. The doctor diagnosed him as a case of Diphtheri Mother gave history of complete course of immunization of the chil What would be your line of management?

Penicillin

Penicillin plus passive immunization

Penicillin plus active immunization

Penicillin plus passive plus active immunization

Penicillin plus active plus passive immunization plus Tracheostomy

Key: True: b

24. A student of nursery class developed mild fever along with irritating cough gradually becoming paroxysmal along with a characteristic whoop. Which time period do you suggest for isolation of the student from the rest of the class?

1 week

2 weeks

3 weeks

4 weeks

6 weeks

Key: True: d

25. If you, being a field doctor, in the department of public health, are given a task to visit a low socioeconomic community and give report about the immunization status of the community against Tuberculosis. The single most important and rapid clue to this immunization is:

Montoux test

Number of patients with active T.B

BCG scar mark on right upper deltoid

X-ray chest

Sputum for AFB

Key: True: c

26. An epidemiologist was assigned to find out all the cases both new and old of T.B in a slum located near Islamabad during the year 2007. Which measure would have been used by him to give Prevalence of tuberculosis?

mass miniature radiography

Sputum examination

Sputum culture

Tuberculin test

BCG scar mark

Key: True: c

27. Ministry of health in collaboration with WHO has been working to eradicate polio from Pakistan since 1992. But still a few cases of polio are identified each year and most of the time the reservoir, which transmits polio to children is the:

Patient

Healthy carrier

Convalescent carrier

Animal source

soil

Key: True: c

28. A man from a slum area was brought to the emergency of the DHQ Rawalpindi with history of passing rice water stools about 20-30 times and vomiting since yesterday. On examination there were signs of severe dehydration and hypovolaemic shock. What is the likely diagnosis?

Typhoid

Amoebic dysentery

Cholera

Food poisoning

Giardiasis

Key: True: c

29. In a day care centre a child is suffering from measles. The centre has many children between the ages of 9-12 months. Measles infection can be prevented in these contacts if measles vaccine is given within:

1 day

3 days

5 days

7 days

10 days

Key: True: b

30. A 28 weeks pregnant lady reported to an ante natal clinic with signs and symptoms of Rubella. She was insisting for the induction of labor before term as she feared congenital malformations of the fetus due to rubella at this time of gestation. She was told by the doctor that Rubella did not cause major abnormalities of fetus after:

4 weeks

8 weeks

12 weeks

16 weeks

20 weeks

Key: True: d

1. A total of 3500 patients with thyroid cancer are identified and surveyed by patient-interviews regarding past exposure to radiation. Which option explains the given example?

Case series report

Case-control study

Clinical trial

Cohort study

Case report

Key: True: a

2. A total of 10,000 Vietnam veterans, half of whom are known by combat records to have been in areas where Agent Orange was used and half of whom are known to have been in areas where no Agent Orange was used, are asked to give a history of cancer since discharge. Which option explains the given example?

Case series report

Case-control study

Clinical trial

Cohort study

Case report

Key: True: d

3. Patients admitted for carcinoma of the stomach are age and sex-matched, with smoking history to assess the possible association. Which option explains the given example?

Case series report

Case-control study

Clinical trial

Cohort study

Case report

Key: True: b

4. In a study of 500 cases of a disease and 500 controls, the suspected etiological factor is found in 400 of the cases and 100 of the controls. The absolute risk (incidence of disease in persons with the factor) is:

80%

40%

16%

20%

Cannot be computed from data given

Key: True: e

5. Residents of three villages with three different types of water supply were asked to participate in a study to identify cholera carriers because several cholera deaths had

occurred in the recent past. Virtually everyone was present at the time of examination. The proportion of carriers in each village was computed and compared. This study is a:

Cross-sectional study

Case-control study

Concurrent cohort study

Non-concurrent cohort study

Retrospective cohort study

Key: True: a

6. In a village of 1 lakh population, among 20,000 exposed to smoking, 200 developed cancer, and among 40,000 people unexposed, 40 developed cancer. The relative risk of smoking in the development of cancer is:

20

10

5

15

25

Key: True: b

7. Which one of the following is the odds ratio, calculated from the given data?

Diseased Un-diseased

Positive 30 20

Negative 20 30

0.44

1.5

0.8

2.25

2.00

Key: True: d

8. The estimate of the average number of additional years a person could expect to live, if the age specific death rates for a given year prevail for the rest of his life is best expressed by:

Survival index

Probability of dying

Life expectancy

Crude death rate

Age specific death rate

Key: True: c

9. In a universe comprising of 1500 children less than 5 years of age, 75 children with severe malnutrition were found. If 75 new cases of severe malnutrition were registered over a period of one year, the incidence rate for severe malnutrition during the same year is:

50 / 1000

53 / 1000

55 / 1000

60 / 1000

63 / 1000

Key: True: b

10. Every year during the winter season the hospital admissions are more for pneumonia cases. This year also about 358 children with pneumonia were admitted in the Pediatric department of POF Hospital between the months of Jan – Mar 2007. This increased frequency of respiratory infections during winter months is an example of:

Epidemic trend

Cyclical trend

Seasonal trend

Secular trend

Pandemic trend

Key: True: c

11. According to a study conducted by WHO the incidence of polio in Sindh province having a total population of 20 million was 1 during the year 2007, which type of study was this:

Case report

Cross sectional

Case control

Cohort

Ecological

Key: True: d

12. Acute hemorrhagic conjunctivitis affected a large proportion of population over a wide geographic area in 1971 and 1981. This spread of disease is:

Epidemic

Sporadic

Pandemic

Endemic

Opportunistic

Key: True: c

13. A patient came in emergency with signs of dehydration and severe diarrhea. An Intra venous infusion was given to correct electrolytes and fluid levels. He was discharged after 2 days. About 2 months later the patient came back with signs of jaundice and K.K

Hepatitis B surface antigen was positive. He did not give history of any event which could have led to this disease. This hepatitis infection may be labeled as:

Sub clinical

Idiopathic

Opportunistic

Cross infection

Iatrogenic

Key: True: e

14. In a village of population 10,000, 250 cases of Hepatitis B were reported in the month of July. The point prevalence of Hepatitis B per thousand populations is:

20

25

30

50

100

Key: True: b

15. A child of three years comes with complaints of night blindness. On examination conjunctiva is dry and corneal haziness is also seen. There is no history of any other disease or injury. The likely agent type is:

Physical

Chemical

Nutritional

Hormonal

Immunological

Key: True: c

16. A new drug was introduced in some of patients to assess its usefulness compared with the old on Neither patients nor clinicians who evaluated patients for effect under consideration in this clinical trial knew individual treatment assignments. This method of assignment is known as:

Single blinding

Double blinding

Triple blinding

Randomization

Stratification

Key: True: b

17. A survey report in 1960 concluded that there was an increase in asthma deaths with the increased use of pressurized aerosol bronchodilators; although the deaths were more because of the severity of diseases This association is:

Spurious K,K

Temporal

Indirect

Consistency

Coherence

Key: True: a

18. Cement industry is suspected for more deaths among its workers. So the industrialist gets worried and wants to assess whether more deaths are likely in these workers or not. The measure that predicts the mortality in this industrial group is:

Age specific death rate

Standardized mortality ratio

Cause specific death rate

Proportionate mortality

Case fatality rate

Key: True: b

19. The annual report of POF Hospital for the year 2006 shows 200 cases of Myocardial Infarction, 35 cases of Cholecystitis, 105 cases of Pneumonia and 350 cases of Acute Gastroenteritis. The result of this report cannot be generalized on the total population of Wah on account of:

Confounding bias

Memory bias

Selection bias

Berksonian bias

Interviewer's bias

Key: True: d

20. Increased number of Malaria cases were reported in the time intervals between August to October and March to April. There are 2 different periods in a year, where increased malaria transmission is reported. Such an occurrence of malaria cases in time will give a distribution which is:

Unimodal

Sporadic

Bimodal

Endemic

Multimodal

Key: True: c

21. In study carried out in the hospital ward, every 10th admitted patient was included in the sample, which sampling procedure is this:

Random sampling K.K

Stratified sampling

Quota sampling

Convenient sampling

Systematic sampling

Key: True: e

22. The smoking history of pregnant women is taken in the antenatal period and correlated with the birth weight at the time of delivery. To find an association between them would be an example of:

Clinical trial

Nested cohort study

Retrospective study

Prospective study

Cross sectional study

Key: True: d

23. In a bulk of hundred children out of whom 28 are immunized 2 of them get measles simultaneously. Subsequently 14 get measles. Assuming the efficacy of the vaccine to be 100%, what is the secondary attack rate?

5%

10%

20%

21.5%

19.4%

Key: True: c

24. A public health physician wants to study the load of hypertension in Rawalpindi district to establish special screening & treatment services in the mentioned area. Which design is more useful for this?

Cross sectional

Case series

Cohort

Case control

Experimental

Key: True: a

25. To give the relevant importance to hypertension control in a health service a researcher wants to study the prevalence of hypertension. He chose a cohort study. The design to assess prevalence is?

Inappropriate

Suitable

Quick K.K

Feasible

Expensive

Key: True: a

26. A researcher wants to study natural history of silicosis in a population of industrial workers. Which design is most useful?

Cross sectional

Case report

Case control

Incidence

Ecological survey

Key: True: d

27. While investigating a point source epidemic it was found that 120 students ate five different foods (meat burgers, fried fish, steak, rice and fruit sala. The relative risk was calculated for all

those five foods. It was concluded that fish was not responsible for this epidemic. The relative risk of fish is:

0.7

1.2

1.7

3.0

7.0

Key: True: a

28. Among 10 women with cervical cancer, medical records confirm a past history of herpes simplex type II infection in eight. What is the relative risk of developing cervical cancer in women with a history of HSV type II infection?

8/10

10/8

8/2

2/10

2/8

Key: True: c

Questions # 29-30.

The results of a study of the incidence of pulmonary tuberculosis in a village in India are given in the table below. All persons in the village are examined during two surveys made 2 years apart, and the number of new cases was used to determine the incidence rate.

Category of Household at First survey

Number of Persons

Number of New cases

With culture positive case

500

10

Without culture positive case

10,000

10

29. What is the incidence of new cases per 1000 person years in households that had a culture positive case during the first survey?

0.02

0.01

1.0

10

20

Key: True: d

10 new cases = 10 cases/1000 persons years

500 persons x 2 years

30. What is the incidence of new cases per 1000 person years in households that did not have a culture positive case during the first survey?

0.001

0.1

0.5

1.0

5.0

Key: True: c

10 new cases = 0.5 cases/1000 persons years

10,000 persons x 2 years

1. 30 years old married woman was advised X-Ray abdomen. To prevent radiation hazard to the baby in this woman, the doctor should take history of:

Hypersensitivity to radiation

Menstrual cycle

Previous exposure to X-Ray

Previous abortions

Genetic history

2. Which of the following is the most sensitive indicator of MCH (maternal and child health) services?

Anaemia in pregnant woman

Contraceptive prevalence rate

Maternal mortality rate

Under five mortality rate

Literacy rate

3. The average weight gain for a pregnant woman with BMI 20 – 25 should be

11.5 to 18kg

11.5 to 16kg

7 to 11.5 kg

12.5 to 18kg

10 to 15 kg

4. A Pap smear and colposcopic examination for the early detection of cervical cancer is:

Primary prevention

Secondary prevention

Tertiary prevention

Medical treatment

Surgical treatment

5. The most commonly described anomalies associated with congenital rubella include all the following except.

Cataracts

Sensorineural deafness

Microcephaly

Patent ductus arteriosus

Hutchinson's tooth

6. The additional energy requirement for a woman during pregnancy is

150 kcal / day

300 kcal / day

400 kcal / day

550 kcal / day

600 kcal / day

7. If Rh positive baby is born to Rh negative mother than dose of Rh anti D should be given to mother.

Within 72 hours

Within a week

Within 15 days

Within a month

Within a year

8. The ideal minimum number of antenatal visits is:

Three

Six

Five

Twelve

Fifteen

9. Low birth weight infant is one whose weight is:

Less than 1.5 kg

Less than 2 kg

Less than 2.5 kg

Less than 3 kg

Less than 3.5 kg

10. The most common cause of early neonatal mortality is:

Low Birth Weight

Acute Respiratory Infections

Malnutrition

Malaria

Jaundice

11. The most common cause of post neonatal mortality is:

Low birth weight

Acute Respiratory Infections

Malnutrition

Malaria

Jaundice

12. Which one of the following is not true regarding domiciliary midwifery services?

It refers to delivery services at home

Chances of acquiring infection both in mother and child are less in home environment.

A doctor from maternal and child health centre invariably conducts deliveries.

It is better to refer high risk pregnancy to a hospital.

It is the lady health visitor or a trained birth attendant who conducts delivery

13. The most common clinical presentation of cytomegalovirus infection at birth is:

Hepatosplenomegaly

Hepatitis

Anemia

Cerebral calcifications

Retinitis

14. Cerebral malaria is a complication of which of the following Plasmodia infections.

Falciparum

Vivax

Malariae

Ovale

Mixed infection by vivax and ovale

15. A patient who has come from India, reports to a health facility with generalized aches and pain and rash on the body excluding palms and soles. The most likely diagnosis is:

scarlet fever

Trypanosomniasis

Malaria

Dengue

Yellow Fever

16. The best method recommended by WHO for malaria control in endemic areas is:

The use of Pyrethrum impregnated bed nets

Regular use of Chloroquine

Genetic Control of Mosquitoes

Vaccination

Passive immunity by anti-sera

17. Which of the following is not a rash producing infection?

Typhoid

Dengue

Measles

Malaria

Syphilis

18. Which one of the following is internationally quarantinable disease?

Yellow fever

Amoebiasis

Malaria

HIV

HAV

19. Diagnosis of tuberculosis is mainly confirmed by:

Mass miniature radiography

Sputum microscopy

Sputum culture

Tuberculin test

Blood culture

20. For every case of polio, the estimated number of sub clinical cases are:

10

50

100

500

1000

21. All of the following are water borne diseases except:

Poliomyelitis

Paratyphoid fever

Tuberculosis

Weil's Disease

Guinea worm disease

22. Which of the following is not true for whooping cough?

It is prevented by a killed vaccine

Its chronic complication include pleural and bronchial carcinoma

Its acute complication are bronchitis and bronchopneumonia

There is no specific immunoglobulin available for whooping cough

The causative agent of the disease is a gram negative bacteria

23. All of the following are true for meningitis except

The causative agent of meningitis commonly seen in children under two years of age is hemophilus influenza

It is transmitted by infected droplets of the patients

Rifampicin is given for two days to the contacts for prevention

Healthy carrier are commonly seen

Presence of bacteria in the throat always means an active disease

24. Chemoprophylaxis is recommended by WHO in all of the following except:

Cholera

Plague

Measles

Meningococcal meningitis

Malaria

25. Which one of the following diseases has been eradicated?

Measles

Polio

Tuberculosis

Dracunculosis

Burcellosis

26. A person is exposed to an antigen for the first time, the type of antibody to appear first in his blood is:

IgA

IgD

IgG

IgM

IgE

27. One of the important contraindications to vaccination against "Whooping cough" is:

History of convulsion

3rd degree malnutrition

History of Pertussis in family

Mild Febrile illness

Liver diseases

28. Vaccines are either killed or live attenuated, which one of the following is a killed vaccine:

BCG

Measles vaccine

Oral polio vaccine

Salk polio vaccine

Rubella

29. Herd immunity is commonly seen in one of the following diseases:

Poliomyelitis

Leprosy

Malaria

HIV

Cholera

30. Immunization is

Health promotion

Specific Protection

Early detection

Rehabilitation

Prompt Treatment

31. Which of the following statements is true about Passive Immunization?

It is immediately effective

It is less likely to cause allergic reactions as compared to active immunization

Provides longer protection as compared to active immunization

Should be provided to all sick children.

It is always non specific

32. Regarding Measles Vaccination which one is correct?

Measles Vaccine should be given to all the persons of a community regardless of age

The best time of measles vaccination is first month of life

For primary Measles Vaccination, at least two doses should be given, one month apart to ensure full antibody response

It is better to delay the vaccination till 9-15 months of age

To protect against a second attack of measles, vaccine should be offered even to those persons who have had an attack of Measles previously.

33. Normal human immunoglobulin is given in one of the following conditions as specific immunoglobulins are not available:

Hepatitis A

Hepatitis B

Chicken Pox

Diphtheria

Tetanus

Key: True: a

34. Which of the following statements is true about Hepatitis B vaccine?

It is a live attenuated vaccine

It is a recombinant DNA vaccine

It is a freeze dried vaccine

This Vaccine and Immunoglobulin can not be given together

This Vaccine has to be repeated every year

Key: True: b

35. Protective value of BCG vaccination is:

Less than 40%

50%

60%

80%

Less than 90%

Key: True: a

36. Which one of the following is a live attenuated vaccine?

Sabin vaccine

Salk vaccine

Cholera

Pertusis

Diphtheria Toxoid

Key: True: a

37. Which of the following group of Lymphocytes recognizes antigens and results in the development of a humoral immune response

Killer (K) cells

T lymphocytes

Null cells

B lymphocytes

Suppressor T (Ts) cells

Key: True: d

38. Erythroblastosis fetalis can be prevented in the next baby, if the mother is injected, at parturition, with an antibody called:

Non specific immunoglobulin

Rho (immunoglobulin (RhoGAM)

Antilymphocyte globulin

Antithymocyte serum

Univalent antiserum

Key: True: b

39. One of the serious complications associated with the use of immunosuppressive agents is:

Increased incidence of autoimmune disease

Increased susceptibility to opportunistic infections

Loss of tuberculin sensitivity in tuberculosis patients

Loss of hair

Decrease in complement levels

Key: True: b

40. The preferred vaccine for diphtheria consists of

Heat-killed corynebacterium diphtheriae

Attenuated corynebacterium diphtheriae

Precipitated or adsorbed toxoid

Capsular polysaccharide

Capsule plus carrier protein

Key: True: c

41. The snake bite of family viperidae is commonly identified by one of the following effect:

Myotoxic

Neurotoxic

Haemotoxic

Hepatotoxic

Nephrotoxic

Key: True: c

42. Which of the following statements about Polyvalent anti-snake venom serum is true?

It is to be given subcutaneously

It is an example of passive immunization

It is usually obtained from human donors

It should be stored at 00

It gives life long immunity

Key: True: b

43. Which one of the following statements is true regarding krait envenomation:

Violent abdominal pains due to internal hemorrhages

Staggering gait

Creeping paralysis beginning in legs

In coordination of speech

Drooping of head

Key: True: a

44. Which one of the following is the zoological name of cobra?

Naja Naja

Bungarus caeruleus

Echis carinatus

Vipera russelli

Rana tigrina

Key: True: a

45. Which one of the following statement is true for Russell Viper envenomation?

Neurotoxic and swift acting

Primarily neurotoxic causes slight swelling

After some time a dark discoloration occurs at the site of bite

Difficult breathing

Hyper salivation

Key: True: c

46. In cobra envenomation, death occurs due to which one of the following reasons?

Respiratory failure

Stroke

Internal hemorrhages

Nephrotoxicity

Cardiac failure

Key: True: a

47. All of the following are the constituents of snake venom except:

Hyaluronidase

Phospholipase A2

Transaminase

Endonuclease

Lipase

Key: True: e

48. Which of the following is not true for snake bite in Pakistan?

Most death occur due to rattle snake

Snake bite is more common in summer

Management of snake bite requires anti snake venom

Cobra bites are characterized by neurological signs

Snakes are mostly oviparous

Key: True: a

49. All of the following are the protozoal infections except:

Leshmaniasis

Toxoplasmosis

Trypanosomiasis

Lassa fever

Giardiasis

Key: True: d

50. Which one of the following is true regarding Giardiasis?

The infection commonly affects children who are admitted in a day care centre

Infection is generally in-apparent in the children, but always symptomatic in adults

It leads to gestational infection in a new borne

It is the commonest nosocomial infection

None of the above

Key: True: a

51. The intermediate host involved in transmission of Diphyllbothriasis

Snail

Swine

Fish

Crab

Dog

Key: True: c

52. The intermediate host involved in transmission of Cysticercosis

Snail

Swine

Fish

Crab

Dog

Key: True: b

53. The most important method of prevention of *Dracunculus medinensis* (Guinea Worm) infection is by:

Washing the hands with soap before eating.

Proper sewage disposal.

Mass vaccination.

Purification of water

Eating the properly cooked meat.

Key: True: d

54. Which of the following is true about round worm?

It can suck up to 1 cc of blood per day.

It belongs to the group of trematodes.

The infection takes place by ingestion of eggs of the worm.

Only female worm exists in human gut.

It is very common in villagers because they walk barefoote

Key: True: c

55. About Oriental Sore which one of the following is correct?

It is caused by *Leishmania Donovanii*.

The diagnosis is made by taking a smear from the base of ulcer.

The disease spreads by bathing in dirty water.

Human beings are the only reservoir.

Food should be protected from flies to prevent the epidemic of the diseases

Key: True: b

56. Koplik's spots are the diagnostic sign of one of the following diseases:

Rubella

Whooping cough

Measles

Meningitis

Mumps

Key: True: c

57. Which of the following diseases is included in expanded program on immunization?

Tuberculosis

Mumps

Chicken-pox

Rubella

Hepatitis A

Key: True: a

58. The best measure taken in meningococcal meningitis out-breaks is:

Mass chemo-prophylaxis by penicillin

Immunization

Chlorination of all water supplies

Closure of schools

Mass screening program

Key: True: b

59. Aedes Egypti mosquito is commonly a vector in the transmission of one of the following diseases:

Filariasis

Yellow Fever

Malaria

Plague

Leishmaniasis

Key: True: b

60. All the following diseases can be prevented by vaccination except:

Measles

Mumps

Malaria

Whooping cough

Tuberculosis.

Key: True: c

61. Which one of the following vectors transmits scrub typhus:

Louse

Flea

Mite

Ticks

Mosquito

Key: True: c

62. Regarding clinical spectrum of poliomyelitis, approximately one percent of all polio-infections are

Abortive polio

In apparent polio

Non-paralytic polio

Paralytic polio

Clinical Cases

Key: True: d

63. The main mode of transmission of *Ancylostoma duodenale* is:

Ingestion of larva

Ingestion of eggs

Inhalation

Percutaneous

Blood transfusion

Key: True: d

64. Which of the following statements about Polyvalent anti-snake venom serum is true?

It is to be given subcutaneously

It is an example of passive immunization

It is usually obtained from human donors

It should be stored at 00

It gives life long immunity

Key: True: b

65. 30 years old married woman was advised X-Ray abdomen. To prevent radiation hazard to the baby in this woman, the doctor should take history of:

Hypersensitivity to radiation

Menstrual cycle

Previous exposure to X-Ray

Previous abortions

Genetic history

Key: True: b

Nutrition

1. If a child presents with protein energy malnutrition showing signs of loss of subcutaneous fat and weight reduction. The level of prevention suggested at this point is:

Primordial prevention

Health promotion

Specific protection

Early diagnosis and prompt treatment

Disability limitation & rehabilitation

Key: True: e

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

Kwashiorkor

Marasmus

Marasmus & kwashiorkor

Under nutrition

Vitamin B1 deficiency

Key: True: b

3. A weight conscious pregnant woman wants information about her requirement of calories per day during pregnancy. You suggest an increase of:

250 kcal

450 kcal

350 kcal

550 kcal

650 kcal

Key: True: c

4. A 5 years old child complains of poor vision at night with no other refractive error. He is likely to be benefited by:

Cod liver oil capsules

Oral antibiotics

Eye drops containing antibiotics

Suitable eyeglasses

Intra ocular lens replacement

Key: True: a

5. In a Madrasa of a remote area, 14 girls of 9 years of age were residing to memorize Quran Pak. They were treated well but they observed strict Pardah and were never allowed to visit outside. On returning home after 5 years, 10 of them were short stature. The most likely reason of being short statured was deficiency of:

Vitamin A

Vitamin B12

Vitamin C

Vitamin D

Vitamin K

Key: True: d

6. A 14 week pregnant lady came to Gynae O.P.D with no specific complaints but to inquire about her additional requirements during this period. She was already taking 500mg of calcium, 40mg of iron and 0.5mg (400 micro grams) of folic acid in combination. The comment of gynecologist on her present intake of micronutrient is?

Excess of iron

Less folic acid

Adequate calcium and iron

Less calcium

Less iron and folic acid

Key: True: d

7. Researchers decided to study the impact of iodized salt programme especially in hilly areas of Pakistan. They had chosen the most sensitive indicator for monitoring environmental iodine deficiency which was:

Prevalence of goiter

Prevalence of myxoedema

Prevalence of neonatal hypothyroidism

Urinary iodine excretion

Prevalence of cretinism

Key: True: c

8. A Pakistani physician went to work in South Africa. A woman reported with diarrhoea. On examination she was found to have glossitis. Her detailed investigations revealed presence of anaemia. She was diagnosed as a case of Niacin deficiency. The likely food to have caused this deficiency state is:

Legumes

Maize

Whole wheat

Raw rice

Pearl millets

Key: True: b

9. A chronic alcoholic was complaining of loss of appetite and pain in lower legs. On examination his gait was ataxic. He is suffering from deficiency of:

Niacin

Thiamine

Riboflavin

Folate

Pantothenic acid

Key: True: b

10. A patient of pulmonary tuberculosis was put on anti tuberculous therapy. He was given Rifampicin, INH, Ethambutol and Pyrazinamid He should be advised to have a supplement of:

Niacin

Pyridoxine

Riboflavin

Thiamine

Pantothenic acid

Key: True: b

11. A pregnant lady comes to Gynae OPD complaining about increase in lethargy and shortness of breath. On examination she is found to have glossitis. Her blood CP reveals macrocytic anemi The most likely deficiency which has caused this condition is:

Folic acid

Pentothenic acid

Vitamin B6

Niacin

Thiamine

Key: True: a

12. A 30 years old lady was brought to the hospital with strong labour pains for the last 3 hours and no progress. She was found to have pelvic deformities which lead to cephalopelvic disproportion. The baby was delivered by a cesarean section. The woman is likely to have suffered from the deficiency of:

Vitamin A

Vitamin B

Vitamin C

Vitamin D

Vitamin K

Key: True: d

13. A person who subsisted on taking maize only for many years reported to a health facility with the signs of glossitis. His history suggested frequent attacks of diarrhea and memory loss. The likely condition is:

Pellagra

Riboflavin deficiency

Beri Beri

Iron deficiency

Protein malnutrition

Key: True: a

14. Government of Pakistan has accepted iron fortification to reduce prevalence of anemia; it has recently been decided to fortify:

Salt

Flour

Sugar

Skimmed dried milk

Vanaspati ghee

Key: True: b

15. A dental surgeon appointed in a rural health centre reports an increased incidence of dental caries in the people of that area. A research team confirmed that water supply of that area is deficient in:

Chloride

Sodium

Calcium

Fluoride

Zinc

Key: True: d

16. District health officer visited local general stores in Gunjranwala District. He found certain sub standard products, Turmeric was found to be containing lead chromate powder and Coriander cow dung. He reported to the health authorities that the foods in Gunjranwala district are:

Intoxicated

Fortified

Adulterated K.K

Infected

Containing additives

Key: True: c

17. At 1:00 pm a mother got a phone call from the school to pick her son, as he was having excessive vomiting. The child was taken immediately to the Hospital where he told that he had taken ice-cream in lunch break at 11:30 am. Most likely he was suffering from food poisoning due to:

Salmonella

Shigella

Staph aureus

Campylobacter Jejuni

Clostridium botulinum

Key: True: c

1. 80 years old gentleman presented with sudden loss of consciousness. He is a diabetic and on oral hypoglycemic drugs. He had skipped his breakfast that day. The first laboratory investigation would be:

Blood sugar level

ECG

Glycosylated hemoglobin

EEG

Urinary glucose

Key: True: a

2. 5 students of 4th year of Wah Medical College are doing research on risk factors of coronary heart disease and the perceptions among patients of the diseases. They have observed that risk factor which is most significantly associated with the incidence of CHD is:

Hypertension

High serum cholesterol

Alcoholism

Decreased physical activity

Cigarette smoking

Key: True: b

3. A 40 years old executive who smokes three packs of cigarettes a day comes to your office for his routine health assessment. He states that he likes to quit smoking but he is having great difficulty. He gives history of having tried three times but failing due to work pressure, but the doctor assesses the factor responsible for the failed attempt is:

40 years age

Numbers of cigarettes

Stress at work

Half hearted attempts to quit

Type „A? personality

Key: True: d

4. A 40 years old executive who smokes three packs of cigarettes a day comes to your office for his routine health assessment. He states that he likes to quit smoking but he is having great difficulty. He gives history of having tried three times but failing due to work pressur The content of cigarette for this relapse is:

Nicotine level

Tar content of the cigarette

Aldehyde

Ketone

Carboxylic acid

Key: True: a

5. A forty years old woman presents with an ovarian cyst; you want to screen her for breast cancer before suggesting any hormonal treatment. What will you advise?

Chest radiograph

Mammography

Biopsy of breast

Blood levels of progesterone

Tumor markers

Key: True: b

6. During a health education session about non communicable diseases in a female community; you will inform that genetics and family history make a woman more prone to have:

Cataract

Stroke

Breast cancer

Oral cancer

Liver cirrhosis

Key: True: c

7. Epidemiologist linked prevalence of carcinomas mostly related with parasitic and viral infections, in developing countries due to bad hygienic conditions. During the research strong linkage was proposed between carcinoma cervix and:

Cytomegalovirus

Human papilloma virus

Epstein barr virus

Helicobacter pylori

Schistosoma Hematobium

Key: True: b

8. Japan has low incidence of prostate cancer as compared to the incidence in US The incidence of carcinoma prostate increases in Japanese when migrate to U.S. This supports:

Nutritional effect

Environmental effect

Genetic effect

Metabolic effect

Occupational effect

Key: True: b

9. An 80 kg, 50 years old gentleman is found to have BP of 135/80 mm of Hg. The most important step included in primary prevention of hypertension in this patient is to:

f. Advise lipid profile

g. Reduce weight

h. Ensure patient compliance

i. Take antihypertensive treatment

j. Have monthly follow up

Key: True: b

10. Use of oral contraceptives by women smokers over 35 years of age is associated with increased risk of:

Cervical cancer

Breast carcinoma

Chronic bronchitis

Coronary heart disease

Peripheral neuropathy

Key: True: d

11. 49 years old black African male smoker with positive family history of hypertension presented with history of constant headach His blood pressure was 140/90 mg hg. The modifiable risk factor in this particular case is:

Male sex

African race

Positive family history

Smoking

Age

Key: True: d

12. Japan has low incidence of prostate cancer as compared to the incidence in US The incidence of carcinoma prostate in Japanese did not change with their migration to the U.S. It supported:

Nutritional effect

Environmental effect

Genetic effect

Metabolic effect

Metabolic effect

Key: True: c

13. Dietary factors have a strong influence on the development of carcinomas. A research article was read in Marriott Islamabad regarding this fact and gastric carcinoma was linked with:

High fat intake

Beef consumption

Smoked fish

Presence of nitrosamines

High dietary fiber content

Key: True: d

1. To impart health education regarding child care to large number of mothers visiting MCH centre it is decided to resort to method of group discussions. What could be appropriate strength of each group for this purpose?

3-5

4-6

6-12

20-25

20-30

Key: True: c

2. To develop effective AIDS control strategy for Pakistan, the experts from all over the world are invited to devise the plan after relevant discussion. What name is given to this method?

Seminar

Group discussion

Symposium

Panel discussion

Workshop

Key: True: d

3. Persuasive communication was deliberately employed to manipulate feelings, attitudes and beliefs of people regarding smoking, this method is known as:

Counselling

Motivation

Propaganda

Advising

Education

Key: True: c

4. Health education is the responsibility of

Health educationalist

Doctor

Paramedical staff

Every health worker

Community Nurse

Key: True: d

5. Diarrhoeal cases among children of an urban slum are on a rise. Almost all the mothers are illiterate and belong to lower socioeconomic class. It seems difficult to make them understand the use of ORS. What method can provide the best solution in this scenario?

Role playing

Poster competition

Radio Programme

Lectures

T.V commercials

Key: True: a

6. There was a tableau held in POF Hospital, Wah Cantt on the world children day to demonstrate the importance of ORS in dehydration with a back drop of ORS, breast feeding and MCH service. This method is known as:

Poster competition

Role playing

Symposium

Lectures

Learning by doing

Key: True: b

7. After a thorough study of socio-demographic characteristics of a population in Dhok Ratta, a relevant method of health education against smoking was employed to this population. Upon assessing the population habits even after lapse of 2 years, no change in the behaviour of the smokers was noted. What is likely to be missing in this programme to achieve the desired results?

Reinforcement

Knowledge of cultures

Knowledge of beliefs

Required devotion

Appropriate methods

Key: True: a

8. A person aged 40 years, working as a laborer in grain market for the last 25 years presented with a history of repeated attacks of respiratory infections in the last 1 year. X-ray showed pulmonary fibrosis. The likely diagnosis was:

Tuberculosis

Silicosis

Silicotuberculosis

Farmer's lung

Bagassosis

Key: True: d

9. An industrial worker reported to you with complaints of cough, history of dyspnoea on exertion and pain in the chest. His X-ray chest showed snow storm appearance. The diagnosis would be:

Asbestosis

Siderosis

Silicosis

Aspergilosis

Byssinosis

Key: True: c

10. An occupational worker presented with complaints of exertional dyspnoea. He gave history of being in an industry dealing with spare parts such as gas kits and brakes, he also gave history of smoking for about five years. His X-ray chest showed a ground glass appearance / honeycombing in the lower two thirds of the lung fields. The likely condition that he suffers from is:

Silicosis

Anthraxosis

Asbestosis

Siderosis

Baggassosis

Key: True: c

11. A worker who had been in the battery manufacturing unit for the last 20 years, reported to you with complaints of loss of appetite and abdominal colic of 2 weeks duration. You will prefer to investigate him for:

Cholecystitis

Lead poisoning

Appendicitis

Ameobiasis

Ca stomach

Key: True: b

12. In a lead pipe factory, you want to carry out a screening programme in workers to exclude lead poisoning. Your choice of the most useful screening test will be measurement of:

Lead in blood

Lead in urine

Coproporphyrin in urine

Aminolaevulinic acid in urine

Basophilic stippling of RBCs

Key: True: c

13. In an automobile manufacturing plant of Pakistan, a large number of employees are working in different sections. Persons who work in the section of welding the parts together have started reporting sick with redness of eyes. On examination conjunctivitis and keratitis are found. What could be the cause of this problem?

Poor Personal Hygiene

Heat

Overwork

Ultraviolet radiations

Ionizing radiations

Key: True: d

14. Your opinion is sought as a Public Health Specialist by the employers of a glass factory in which some workers have developed Silicosis. The most important control measure that you recommend is:

Pre-placement examination

Adequate personal hygiene

Substitution

Periodic X-ray chest

Rigorous dust control

Key: True: e

15. Twenty workers of a chemical factory located in an industrial area near Lahore, are handling irritant chemicals (dichromates) as part of their job. Such workers require periodic medical examination. What could be the appropriate frequency of such examinations in your opinion?

Once a year

Twice a year

Monthly

Weekly

Daily

Key: True: d

16. A mother brought her six weeks old child to an EPI centre for routine immunization. She was enquired about history of Epilepsy in the family and febrile fits. The doctor took this history to avoid complication with:

Diphtheria toxoid

Tetanus toxoid

Hepatitis B vaccine

Pertussis vaccine

OPV

Key: True: d

17. A conference is being held for prevention of haemorrhagic fever in our country. The people from South Africa are also invited. Your opinion as a health expert is sought regarding transmission of prevalent infection in South Africa to Pakistan. The infection that you should be most concerned about is.

Dengue fever

Typhus

Hay fever

Congo fever

Yellow fever

Key: True: e

18. An M.S student of Wah Medical College got an accidental prick while drawing blood of hepatitis B positive patient. He had completed his course of immunization against hepatitis B last year. What would you recommend for him?

Booster dose of HB Vaccine

Single dose of passive immunization

Both active and passive immunization

Two doses of immunoglobulins 30 days apart

Nothing required

Key: True: d

19. A forty years old guard of forestry presented in emergency with complaint of dog bite on his left leg. On examination a deep transdermal wound was found. He gave history of completing the course of immunization against rabies last year. His serum antibody titre was > 0.5 IU/ml of blood. What would you advise?

Complete course of active immunization & passive immunization

Only passive immunization

Two booster doses of HDC vaccine

Three booster doses of HDC vaccine + RIG

Only local treatment of wound and anti tetanus measures

Key: True: c

20. A 20 years old lady read an article in a newspaper on vaccination against tetanus. She is very conscious of herself being vaccinated. The best schedule that you would suggest for her at this age is:

Single dose of TT

Two doses of TT one month apart

Two doses one month apart with booster after five years

Five doses of TT

Nothing required till she gets pregnant

Key: True: d

21. A 30 years old man went in Benazir Bhutto's rally at Rawalpindi, where in a suicidal attack he got a penetrating injury on his leg. The emergency treatment was given. His immunity status against tetanus is not known. The required anti tetanus measures are

Toxoid one dose

Toxoid one dose + TIG

Toxoid complete course

Toxoid complete course + TIG

Fifteen hundred international units of ATS

Key: True: d

22. A primigravida came for antenatal. Her base line investigations along with screening for Hepatitis B and C were done. She was diagnosed HBV positive. What measure would you suggest to prevent the infection in her child after delivery?

Active immunization only

Active & passive Immunization

Only passive immunization

Chemoprophylaxis

Reassurance

Key: True: b

23. A 6 weeks old boy came for DPT, polio & HBV vaccination. He was given initial doses of all and was called after 4 weeks to have the next doses. The likely reason for calling him again was:

Loss of immune memory

Stimulation of macrophages

Summation of immune responses

Replication of lymphocytes

Immune tolerance

Key: True: c

24. A GP purchased BCG vaccine for his clinic. He should store this vaccine at his clinic in:

A dark place

Deep freezer

Water carrier

Refrigerator

Shelf

Key: True: b

25. The population living in Wah Cantt is using water from a deep spring, which is considered to be relatively free from organic contamination but rich in calcium bicarbonates and sulphates. On account of properties that spring water has, protects people from:

Gastroenteritis

Ankylostomiasis

Atherosclerosis

Renal problems

Degenerative heart disease

Key: True: c

26. Required amount of chlorine was added to a large body of water after sedimentation. The pH of water was 4.0 and level of sulphides was negligible. A contact period of one hour was ensured. Eventually, it was found that chlorination was not successful. The likely reason was:

Low pH

Less contact time

Less amount of chlorine

Suspended impurities

Chemical antagonists

Key: True: a

27. People of a village reported a high prevalence of bacterial gastroenteritis even after proper chlorination of water supply for the recommended duration. On water analysis, level of chlorine in water was 0.01 mg/L and pH of water was 6.5. There were no suspended impurities; levels of sulphides and ferrous were low. The likely reason of increased bacterial gastroenteritis even after chlorination is:

Low residual chlorine

High pH leading to chlorination failure

Presence of sulphides

Low level of ferrous

Inadequate contact time

Key: True: a

28. A water sample was taken from a source where catchment area included a large agricultural land. It was declared unfit for human consumption on account of raised

concentration of a chemical. The likely chemical which has resulted in making this water unfit is:

Iodine

Calcium

Zinc

Chlorides

Nitrite

Key: True: e

29. During a sanitary inspection of a rapid sand filtration plant, slowing of the filtration rate was observed owing to loss of head. Which method will you suggest to give head to water in such a situation?

Addition of alum

Scraping the top layer

Increasing duration of storage

Back washing of sand bed

The addition of lime or soda ash

Key: True: d

30. You were required to chlorinate well water; you added required amount of bleaching powder solution to the water and allowed an overnight contact time. What is your recommendation regarding consumption of this water for drinking.

Fit for consumption

To be used after 12 hours

To be used after another 24 hours

Rechlorinate

May be used after boiling

Key: True: a

31. A dental surgeon appointed in rural health centre reports an increased incidence of dental caries in the children of that area. The relevant preventive measure that he should suggest to the health authorities is:

Fluoridation of water

Chlorination of water

Use of bacterial filter

Use of boiled water

Softening of hard water

Key: True: a

32. Chlorination of water was done by addition of bleaching powder solution containing 10% available chlorine. One hour contact time was ensured. What is your recommendation regarding use of this water for drinking?

Fit for consumption

Use after 06 hours

Use after 12 hours

To be used after another 24 hours

Rechlorinate

Key: True: e

33. Water samples from two villages of Punjab were sent to Health laboratory for examination. Lab reports show fluoride levels ranging from 5.26 to 6.32 mg/lit. Use of this water for drinking may lead to:

Dental caries

Dental fluorosis

Gingivitis

Periodontitis

Alveolar abscess

Key: True: b

34. An out-break of scabies was reported in a Kachi abadi consisting of 500 people. The appropriate preventive measures suggested by you would be to:

Filter the water

Improve accessibility to water

Destroy breeding sites of insects

Chlorinate water

Avoid bare footed watering of fields

Key: True: b

1. Your advice is sought to maintain sustainability of a health program. What is the best and essential feature that you suggest to make the programme sustainable?

Community participation

Cost effectiveness

Cost analysis

Intersectoral collaboration

Equality

Key: True: a

2. The water and power development and public health engineering are the two areas which are working with the health department for control of diarrhoeal and gastrointestinal diseases in Rawalpindi District, which is an example of:

Equity

Equality

Sustainability

Appropriate technology

Intersectoral collaboration

Key: True: e

3. A health team visited a village to set up a health facility there. The team surveyed the area along with the local health worker, the village Numberdar and two volunteers from the people. This indicates:

Management

Community participation

Situation analysis

Prioritization

Communication

Key: True: b

4. Infant mortality was studied at one place by three different investigators / researchers. It was found that they all gave the similar figures. This quality of a measurement is referred as:

Sensitivity

Subjectivity

Specificity

Objectivity

Accuracy

Key: True: d

5. There was an epidemic of cholera in a village of Bangladesh. It was followed by increase in deaths mainly among children and eventually an increase in infant mortality rate. This quality of IMR to change with changes in mortality trends is:

Sensitivity

Objectivity

Specificity

Validity

Accuracy

Key: True: a

6. A community survey was done to assess the health needs of community, community demanded more schools, sanitary water supply and sewage disposal. The surveyors recommended building of sanitary wells and bore-hole latrines straight away to decrease the incidence of diarrheal diseases. The provision of schools was delayed for a few reasons. This step by the health care providers is known as:

Prioritization

Equity

Equality

Leadership

Health promotion

Key: True: a

7. About 75% of population in Pakistan reside in rural areas and the remaining in peri-urban and urban areas, while the allocated funds for improvement of health care programmes are more for urban areas. This is an example of:

Inequality

Inequity

Prioritization

Resource generation

Sustainability

Key: True: b

8. For providing quality health services, community participation plays an essential role. To ensure maximum community participation, which level of health care system should be strengthened?

Primary health care

Secondary health care

Tertiary health care

1st level referral facility

Higher level referral facility

Key: True: a

9. Pakistan was a signatory to Health for All concept and it adopted the PHC approach in 1978 to achieve the goals of health HFA by the year 2000. The health infrastructure was developed and human resource inducted. Keeping in mind the health scenario of Pakistan, which aspect is the most critical in achieving the desired objective of health for all?

Money

Community health workers

Leadership in health care

Computer network

Research

Key: True: c

10. To suit the rural situation in Pakistan the lady health visitor introduced a homemade fluid for oral rehydration. It will be described as:

Community participation

Feasibility

Suitability

Equity

Appropriate technology

Key: True: e

11. Government of Pakistan started a program of safe water supply to people as part of water & sanitation decade 1981-91 in order to improve their health. Many poverty alleviation schemes were also implemented to ensure economic stability. These reflect:

Intersectoral collaboration

Equality

Equity

Appropriate technology

Efficiency

Key: True: a

12. The effectiveness of an intervention will depend primarily on:

Equity

Equality

Money

Comprehensiveness

Planning & management

Key: True: a

1. The yield of a screening programme by a field test increased over a period of 3 years although the trade off between sensitivity and specificity remained the same. It gives a clue to an increase in;

Validity

Accuracy

Prevalence

Incidence

Reliability

True: c (Prevalence)

2. A woman came with antipartal bleeding. She was to be transfused with blood. Her blood was sent for blood grouping and HBV screening. She was found to be HB positive. This screening is;

Multiphasic

Targeted

Research

Mass

Opportunistic

True: e (Opportunistic)

3. Workers of a lead foundry are tested for coproporphyrin in the urine. This screening is:

Multiphasic

Targeted

Research

Mass

Opportunistic

True: b (Targete

4. For screening of tuberculosis mantoux, chest x-rays and sputum analysis were used on the same occasion in Rawalpindi District. This screening is an example of:

Multiphasic

Targeted

Research

Mass

Opportunistic

True: a (Multiphasi

5. An investigator evaluated 100 patients suffering from major depression as confirmed by the attending psychiatrist. The results were as follows:

Clinical Depression

Present Absent

+ 12 18 (12+18)

Test

- 28 42 (28+42)

(12+28) (18+42) N = 100

Calculate sensitivity in the above tabl

Key: $12 / 12+28 \times 100 = 30$

6. An investigator evaluated 100 patients suffering from major depression as confirmed by the attending psychiatrist. The results were as follows:

Clinical Depression

Present Absent

+ 12 18 (12+18)

Test

- 28 42 (28+42)

(12+28) (18+42) N = 100

Calculate Specificity in the above tabl

Key: $42 / 18 + 42 \times 100 = 70 \%$

7. An investigator evaluated 100 patients suffering from major depression as confirmed by the attending psychiatrist. The results were as follows:

Clinical Depression

Present Absent

+ 12 18 (12+18)

Test

- 28 42 (28+42)

(12+28) (18+42) N = 100

Calculate Positive predictive value in the above tabl

Key: $12 / 12+18 \times 100 = 40 \%$

8. An investigator evaluated 100 patients suffering from major depression as confirmed by the attending psychiatrist. The results were as follows:

Clinical Depression

Present Absent

+ 12 18 (12+18)

Test

- 28 42 (28+42)

(12+28) (18+42) N = 100

Calculate Negative predictive value in the above tabl

Key: $42 / 28+42 \times 100 = 60 \%$

9. An investigator evaluated 100 patients suffering from major depression as confirmed by the attending psychiatrist. The results were as follows:

Clinical Depression

Present Absent

+ 12 18 (12+18)

Test

- 28 42 (28+42)

(12+28) (18+42) N = 100

Calculate False-positive rate in the above tabl

Key: $18 / 18+42 \times 100 = 30 \%$

10. An investigator evaluated 100 patients suffering from major depression as confirmed by the attending psychiatrist. The results were as follows:

Clinical Depression

Present Absent

+ 12 18 (12+18)

Test

- 28 42 (28+42)

(12+28) (18+42) N = 100

Calculate False-negative rate in the above tabl

Key: $28 / 12+28 \times 100 = 70 \%$

11. An investigator evaluated 100 patients suffering from major depression as confirmed by the attending psychiatrist. The results were as follows:

Clinical Depression

Present Absent

+ 12 18 (12+18)

Test

- 28 42 (28+42)

(12+28) (18+42) N = 100

Calculate Accuracy of a test in the above tabl

Key: $12+42 / 12 + 18 + 28 + 42 \times 100 = 54 \%$

12. The extent to which a test measures what it was originally designed to measure is described as:

Sensitivity

Specificity

Validity

Reliability

True-positive value

Key: c (Validity)

13. Accuracy of the screening test will depend upon:

Validity

Systemic error

Reliability

Random error

Precision

Key: a (Validity)

14. A pap smear and colposcopic examination for the early detection of cervical cancer and papilloma virus infection constitut

Primary prevention

Secondary prevention

Tertiary prevention

Medical treatment

Surgical treatment

Key: b (Secondary prevention)

15. With X representing the most accurate cutoff point for a diagnostic screening test, what does D represent:

False positives

True positives

False negatives

True negatives

Skewed distribution

Key: a (False positives)

1. A mother brings her four year old child to a doctor with a complaint of intense perianal itching. Despite being fed properly, he has not gained weight for the last few months. The likely condition is:

Enterobiasis

Ascariasis

Scabies

Ankylostomiasis

Filariasis

Key: a

2. A patient presents with fever, rigors and chills. He complains of severe weakness and lethargy. His blood film is positive for ring forms of protozo The likely diagnosis is: (Save

Malaria

Ameobiasis

Balantidiasis

Toxoplasmosis

Leishmaniasis

Key: a

3. A pregnant woman presented with pallor, shortness of breath, lethargy and palpitation. Her blood examination revealed hemoglobin level of 9 gm/dl.

In your opinion what could be the probable deficiency in the woman? (Save

Iron

Niacin

Vitamin C

Iodine

Globin

Key: a

4. A 30 years old pregnant lady, gravidity 2 parity 1, visited the antenatal clinic at 32 weeks of gestation. She was a known smoker. On physical examination blood pressure was found to be 120/80 mm Hg. Blood examination showed Hb level of 12.5 g/dl. Ultrasound was suggestive of intrauterine growth retardation. Which factor during pregnancy would have contributed to intrauterine growth retardation? (Save

f. Age

g. Parity

h. Anemia

i. Hypertension

j. Smoking

Key: e

5. A 28 years old pregnant lady, gravidity 1 parity1, visited the antenatal clinic at 32 weeks of gestation. She was a known alcoholi On physical examination blood pressure was found to be120/80 mm Hg. Blood examination showed Hb level of 12.5 g/dl. Ultrasound was suggestive of intrauterine growth retardation, Microcephaly and developmental delay. Which factor during pregnancy would have contributed to the fetal conditions? (Save

- f. Maternal age
- g. Parity
- h. Anemia
- i. Hypertension
- j. Alcohol consumption

Key: e

6. A newly married couple visits family planning centre for contraception. Upon investigation the woman has hyperlipidemi The method of contraception which would be used cautiously in this woman is: (Save

Condom

Combined oral contraceptive pill

Second generation IUCD

Mini pill

Nor-plant

Key: b

7. A 35 years old woman was brought to hospital with toxic shock syndrom She was using some method of contraception. The method of contraception which had likely lead to this condition is:

Condom

Diaphragm

Vaginal douching

Oral pills

Norplant

Key: b

8. A 34 years old woman presented in the emergency department to a lady doctor with painful vulvar ulceration. On examination the ulcer had irregular margins with undermined edges. The ipsilateral inguinal lymph nodes were swollen and tender. The most likely diagnosis is:

Syphilis

Herpes

Chancroid

Lymphogranuloma venereum

HIV

Key: c

9. A rubber industry worker presents with abdominal colic and severe anemia. His blood examination reveals basophilic stippling of RBCs and microcytic anemia. What is the likely diagnosis?

Lead poisoning

Benzene poisoning

Radiation effects

Sideroblastic anemia

Worm infestation

Key: a

10. A 35-year-old man working in the roofing industry presented to his primary care physician with complaints of dyspnea and chronic dry cough. Chest X-ray revealed pulmonary hyperinflation with "honey-comb" appearance and calcified parietal pleural plaques. What is the most likely diagnosis?

Anthracosis

Asbestosis

Byssinosis

Silicosis

Farmers lung

Key: b

11. In the mica mines of Bihar, out of 329 miners examined, 34.1 percent were found suffering with irritant cough, dyspnoea on exertion and pain in the chest. On chest X-ray there was “snow – storm” appearance in the lung fields. What is the most likely diagnosis?

Asbestosis

Anthracosis

Siderosis

Silicosis

Tobacosis

Key: d

12. An industrial worker presented with pulmonary tuberculosis. On X- rays Calcification and fibrosis were seen. The likely industry he had worked in is:

Sand blasting

Poultry

Cotton

Agriculture

Sugar

Key a

13. A disease outbreak occurred in India last year. Many patients either presented with enlarged painful lymph nodes or pneumonia with high grade fever and toxicity. High mortality due to pneumonia was also reported. The likely epidemic is: (save

Dengue

Plague

Filariasis

Yellow fever

Malaria

Key: b

14. A mother brought her child with history of paroxysmal cough and restlessness. On examination he showed a loud inspiratory sound and sub-conjunctival hemorrhag On the basis of clinical presentation what should be the drug of choice:

Erythromycin

Ampicillin

Tetracycline

Sulphadiazine

Co- trimoxazole

Key: a

15. A 40 year old tuberculosis patient on ATT for the last two months presented to his physician with complaints of tingling, numbness and loss of peripheral sensation. The likely anti tuberculosis drug to have caused these symptoms is:

Isoniazid

Rifampicin

Streptomycin

Pyrazinamide

Ethambutol

Key: a

16. 10 years old boy presented with high grade fever, chills, aches, cough and generalized weakness. He was diagnosed as a case of influenz The most dreaded complication is:

Encephalitis

Pneumonia

Toxic shock syndrome

Reye?s syndrome

Sub-Conjunctival hemorrhages

Key: b

17. A water sample was taken from a village near Taxil On chemical analysis the fluoride level was found to be 0.03 mg/lit. The likely effect on the body is:

Dental flourosis

Dental caries

Skeletal flourosis

Caries spine

Abdominal colic

Key: b

18. A water sample taken from a water storage tank of a residential area was sent for bacteriological examination in the laboratory. A test of water sample by multiple tube method was found positive, which referred to the presence of:

Coli-form organisms

Fecal streptococci

Nitrites

Cl. Perfringens

Fungi

Key: a

19. An army troop while being transported to Himalayan station had to stay at the altitude of 12,000 feet for 04 days. One of the soldiers developed pulmonary edem The best immediate measure to be taken is:

Antibiotic therapy

Suction of pulmonary fluids

Artificial respiration

Shift the patient to lower altitude

Administer diuretics

Key: d

20. The atmospheric pressure at earth's surface close to the sea level averages 760 mm of Hg. If a man lives at an altitude of 13000 feet above the sea level for few years, the main physiological effect is:

Decrease in respiration

Increase in concentration of hemoglobin

Decrease in concentration of hemoglobin

Decrease in cardiac output

Increased concentration of urine

Key: b

21. Hospital administration wants to set up a method for safe disposal of infectious waste. They have enough expenses. What should be the best option for them?

Single chamber incinerator

Double chamber Pyrolytic incinerator

Microwave irradiation

Screw feed technology

Chemical disinfection

Key: b

22. A 50 years old industrial worker presented to doctor with complaints of whistling, buzzing and deafness. He had been working for 8 hrs in a day with exposure to noise of 90 db and 2000 Hz. What is the most likely cause of his condition?

Age

Stress

Duration of work

Loudness of sound

Frequency of sound

Key: d

23. A 23 years old married woman came to the hospital in Gynae OPD with complaints of vaginal itching and discharge. Speculum examination of vagina revealed foul smelling greenish – yellow discharge. What is the likely diagnosis?

Candidiasis

Trichomoniasis

Syphilis

Pelvic inflammatory disease

Gonorrhoea

Key: b

24. To control the rising incidence of non communicable diseases, legislation based on tobacco control will be adopted to prevent onset of the risk behaviour. This prevention will be

Primordial

Health promotion

Specific protection

Disability limitation

Rehabilitation

Key: a

25. A mother brings her 10 year old boy to a psychiatrist. She complains that when her boy gets close to the school, he starts getting severe pain in the abdomen which settles upon coming back. His IQ is within normal limits and his academic record is satisfactory. The clinical presentation is suggestive of

Juvenile delinquency

Psychosomatic disorder

Mental retardation

Educational difficulties

Habit disorder

Key. b

26. A patient presented to a psychiatrist showing minor mental changes. He stated that he experienced rebound lowering in mood in the absence of the drug that he had been taking for constant mental stimulation. The likely drug which he had been taking is:

Benzodiazepines

Heroin

Methadone

Morphine

Amphetamines

Key e

27. A 30 years old man presented with complaints of loss of appetite and weight. He also admitted his dependence on a substance. On examination he had palmar erythema and ataxic gait. The likely abused substance is:

Barbiturates

Heroin

Alcohol

Tobacco

Cocaine

Key: c

28. A 10 years old boy presented with complaints of fever, accompanied by profuse sweating for the last 1 week. He also complained of multiple joint pains. Serum ASO titre was increase. The likely diagnosis is:

Malaria

Dengue

Hepatitis B

Rheumatic fever

Ricketts

Key: d

29. Cancer registration is important for any cancer control program. It provides a base for assessing the magnitude of the problem and for planning the necessary action. If the size for a population-based case registry is 6 million, it is considered to be:

Inadequate

Very small

Adequate

Very large

Unusually large

Key: c

30. Smokers have a risk of lung cancer four times more than non-smokers. If smoking indicates a causal association, this characteristic gives:

Specificity

Strength of association

Coherence

Consistency

Temporal sequence

Key: b

31. The incidence of gonorrhoea is continuously increasing in a particular locality. An investigator reveals that mostly sex workers are living there. This epidemic may be classified as:

Common source single exposure

Common source continuous exposure

Propagated epidemic

Slow epidemic

modern epidemic

key: b

32. A public health physician wants to study the load of hypertension in Rawalpindi district to establish special screening & treatment services in the mentioned area. Which design is more useful for this?

Cross sectional

Case series

Cohort

Case control

Experimental

Key: a

33. In a prospective study of the relationship between oral contraceptive use and the subsequent risk of developing heart disease, a cohort of 1000 women were followed for 5 years. The results were as follows:

Present Absent

A 245

B 75

C 50

D 630

$A + C = 295$ $B + D = 705$ $n = 1000$

What is the incidence rate (absolute risk) of endometrial cancer among those who didn't use oral contraceptives?

$630 / (50 + 630)$

$75 / (245 + 75)$

$50 / (50 + 630)$

$245 / (245 + 75)$

$680 / (320 + 680)$

Key: True: c 50/(50 + 630)

34. 10 cases of food poisoning had been reported in hospital, 2 out of these developed mild gastrointestinal symptoms, 4 developed moderate dehydration but recovered and 2 succumbed to the disease. The characteristic of the organism of food poisoning that produces the severest form of the disease is:

Infectivity

Pathogenicity

Virulence

Communicability

Resistibility

Key: c

35. A mother brought her four year old child to the doctor. She gave the history that her child was in close contact with a case of diphtheria in school. She was very anxious about her child and gave history of booster dose of DT 2 years ago. What would be line of management for such a child?

Booster dose of DT with penicillin

Active and passive immunization

Active and passive immunization with chemoprophylaxis

Only keep under surveillance for 1 week

Nothing more required

Key: a

36. A General Practitioner purchased BCG vaccine for his clinic. He should store this vaccine at his clinic in:

A dark place

Deep freezer

Water carrier

Refrigerator

Shelf

Key: True: d

37. A 5 years old boy is brought to the emergency department with history of dog bit Examination revealed multiple transdermal bites on left leg. The best management for such a patient is:

Anti rabies serum, suturing of wound, TT

Anti rabies serum, suturing of wound, Vaccine

Vaccine, leave wound open, TT, ARS

Vaccine, leave wound open, TT

No Treatment if the dog disappears

Key: c

38. 1 year old child is being treated in Shaukat Khanam Hospital Lahore and getting radiotherapy for carcinom A polio case has been detected in his residential locality. Pediatrician decides to protect him against poliomyelitis by giving:

Human normal immunoglobulin

Human specific immunoglobulin

Oral polio vaccine

Inactivated polio vaccine

Chemoprophylaxis with antiviral drugs

True : d

39. Most important reason for recommending oral polio vaccine in the polio eradication campaign despite availability of a safe injectable vaccine is that, it:

Provides 90% immunity in one dose

Does not interfere with vertical immunity

Has been donated by WHO

Provides herd immunity

Has less side effects

Key: d

40. A teacher of 4th class brought her student to the school medical officer with complaints of gum bleeding and subcutaneous bruising for last few days. The student looked very pale. The clinical picture represents deficiency of:

Tocopherol

Ascorbic acid

Thiamine

Pyridoxine

Cyanocobalamin

Key: b

41. A child of 6 presented to school medical officer with complaints of fever, malaise and painful swallowing. On examination a diffuse swelling was observed on the sides of the face below and in-front of the ears. The doctor diagnosed him as a case of mumps. What is the most appropriate management for him?

Analgesics only

Active and passive immunization

Passive immunization

Antibiotics only

Rest, analgesics and balanced diet

Key: e

42. In a health education programme conducted at school about deficiency of micronutrients leading to various infections and high mortality. To avoid susceptibility of children to infection the vitamin supplement to be emphasized more is:

B1

B2

A

D

K

Key c

43. The results of screening test for diabetes in a sample of 1000 people are as under:

400

50

50

500

What is the positive predictive value of this test?

70%

88%

68%

48%

90%

Key: b

44. After excision of breast for Ca breast, a surgical reconstruction of breast tissue was done. This reflects:

Primary prevention

Secondary prevention

Tertiary prevention

Medical treatment

Surgical treatment

Key: c

45. A screening test is positive in the majority of cases but false positive rate is much higher than true positives. This indicates:

Low PPV

Low NPV

Low accuracy

High validity

High specificity

Key: a

46. A demographer observed that birth rate and death rate of Pakistan is decreasing but birth rate is still more than death rate. What do you think in which phase of demographic transition does Pakistan currently exist?

High stationary

Late expanding

Early expanding

Declining

Low stationary

Key: b

47.

Country

1993 GRR

1993 NRR

Burkina Faso

3.50

2.41

United Kingdom

0.86

0.85

Keeping in mind the above figures about Burkina Faso (BF) and United Kingdom (UK) which interpretation is correct:

Low mortality in BF

Low mortality in UK

High fertility in UK

Better education in BF

Replacement level fertility in BF

key: b

48. Many women in a country are educated, independent and they work for earning their livelihood too. When the number of males are expressed in relation to 100 of these females this is:

Sex ratio

Sex rate

Dependency ratio

Literacy rate

Working women ratio

Key: a

49. A man belonging to a poor community presents with diarrhea and dermatitis. He also shows signs of personality and memory dysfunction. His history suggests that his staple diet is maize. The likely diagnosis is:

Pellagra

Korsakoff's psychosis

Vitamin B12 deficiency

Riboflavin deficiency

Biotin deficiency

Key: a

50. Riboflavin is an important group of water soluble vitamin. Cereals and pulses are relatively good sources of Riboflavin. Most common lesion associated with Riboflavin, which can also be used as an index of state of nutrition of group of children is:

Diahrroea

Follicular keratosis

Angular stomatitis

Dementia

dermatitis

key: c

51. A four year old child presented in an OPD with signs of edema on limbs, blond sparse hair and dermatosis. His weight was 70% of the standard for his ag The likely condition is:

Nephrotic syndrome

Marasmus

Seborrhoeic dermatitis

Wet beriberi

Kwashiorkor

Key: e

52. A chronic alcoholic was complaining of loss of appetite and pain in lower legs. On examination his gate was ataxi He is suffering from deficiency of:

Niacin

Thiamine

Riboflavin

Folate

Pantothenic acid

Key: b

53. A weight conscious pregnant woman wants information about her requirement of calories per day during pregnancy. You suggest an increase of:

250 kcal

450 kcal

350 kcal

550 kcal

650 kcal

Key: c

54. October 2005 earthquake caused countless deaths. Several NGO'S participated to combat the post disaster phase and the most important point they considered in order of preference was:

Vaccination against infections diseases

Provision of safe water and food

Disposal of dead bodies

Disposal of solid wastes

Vector control

Key: c

55. The effectiveness of an intervention will depend primarily on:

Equity

Equality

Money

Comprehensiveness

Planning and management

Key a

56. To improve the health of the nations, "The Millennium Development Goals" are mainly focused on:

Women education

Involvement of men in RH

Fertility regulation

HMIS

Health system research

Key: a

57. For providing quality health services, community participation plays an essential role. To ensure maximum community participation, which level of health care system should be strengthened?

Primary health care

Secondary health care

Tertiary health care

1st level referral facility

Higher level referral facility

Key: a

58. In a descriptive study the mean is 200 and the standard error is 5, the 95% confidence limits would be:

180 to 200

190 to 200

180 to 210

200 to 220

190 to 210

Key: e

59. An analysis of the race of patients who visit an emergency room reveals that 40% are white, 25% are black, 20% are Native American, and 15% are Asian. These data would best be depicted graphically with a

Venn diagram

Cumulative frequency graph

Normal curve

Histogram

Pie chart

Key: True: e

60. An investigator gets a positively skewed data on account of having only a small number of simple numerical observations at extremely high values. It will give an over estimate of:

Mean

Median

Mode

Correlation

Modal class

Key a

61. In a household survey conducted on ten families the frequency of family members in different age groups was less than 5 years? 21, 5 – 14 years? 16, 15 – 64 years? 77 & > 65 years? 1. The relative frequency of members in 15 – 64 years age group would be:

47%

57%

67%

77%

87%

Key: b

62. A 7 years old child reported to a private hospital with history of snakebit. On examination there were petechial haemorrhages and bleeding from rectum. The toxic ingredient in snake venom responsible for those signs is:

Proteolysin

Neurotoxin

Cholinesterase

Hyaluronidase

Thromboplastin

Key: e

63. In Pakistan about 50% population is illiterate and smoking is mostly prevalent among the poor. Government has started giving pictorial warnings instead of written, to have a greater impact of health education on people: This strategy is more focused on:

Message

Receiver

Sender

Channel

Planning

Key: b

64. A medical officer working at BHU in the periphery of Baluchistan noticed that most of the people presented with painful cutaneous ulcers on the exposed parts of the body. Almost all of them gave history that it started as a granular nodule after some insect bit. The medical officer realized that they had been bitten by:

Aedes Aegypti

Phelbotomus

Xenopsylla cheopsis

Ornithodoros Moubata

Glossinae palpalis

Key: b

65. A man reports with fever and rigors; chills and lethargy: His blood CP is positive for crescent like structures related to a parasite involved in the above picture: Which arthropod comes to your mind as a transmitter of this disease:

Mosquito

Louse

Tick

Mite

Flea

Key: a

1. About 2500 deaths were reported in road side accidents during the year 2006 in Pakistan. If the total number of deaths due to accidents is expressed against the mid year population of Pakistan in year 2006 this will give:

Crude death rate

Age specific death rate

Cause specific death rate

Case fatality rate

Proportional mortality rate

2. In a universe comprising of 1500 children less than 5 years of age, 75 children with severe malnutrition were found. If 75 new cases of severe malnutrition were registered over a period of one year, the incidence rate for severe malnutrition during the same year is:

50 / 1000

53 / 1000

55 / 1000

60 / 1000

63 / 1000

3. Every year during the winter season the hospital admissions are more for pneumonia cases. This year also about 358 children with pneumonia were admitted in the Pediatric department of POF Hospital between the months of Jan – Mar 2007. This increased frequency of respiratory infections during winter months is an example of:

Epidemic trend

Cyclical trend

Seasonal trend

Secular trend

Pandemic trend

4. Prevalence measures the burden of disease in a population inclusive of old & new cases. Prevalence of a disease can be obtained from:

Quasi – experimental study

Cross – sectional study

Case – control study

Cohort study

Intervention study

5. A 55 years old hypertensive patient was admitted in the Medical Ward with cerebral stroke. After treatment he recovered but was unable to move his right lower limb. He was advised physiotherapy. This type of assistance is:

Health promotion

Specific protection

Prompt treatment

Disability limitation

Rehabilitation

6. According to a study conducted by WHO the incidence of polio in Sindh province having a total population of 20 million was 1 during the year 2007, which type of study was this:

Case report

Cross sectional

Case control

Cohort

Ecological

7. An epidemiologist is assigned to conduct a study on 5000 people having hyperlipidemia and those having normal lipid profile. He has to keep track of all the participants to observe the development of stroke in these patients to confirm that hyperlipidemia increases the risk of stroke. This study is:

Retrospective cohort study

Retrospective study

Prospective study

Cross – sectional study

Case – series

8. To compare the death rate of Nepal with the death rate of Pakistan, the most appropriate measure is a comparison between:

Age specific mortality rates

Crude death rates

Maternal mortality rates

Standardized mortality rates

Life expectancy

9. A 40 years old man of 75 kg came to a physician for his routine checkup. His serum cholesterol was found to be 230 mg/dL and he was diagnosed as hypertensive. The risk factor of this particular condition is classified as:

Physical

Chemical

Biological

Nutritive

Mechanical

10. Acute hemorrhagic conjunctivitis affected a large proportion of population over a wide geographic area in 1971 and 1981. This spread of disease is:

Epidemic

Sporadic

Pandemic

Endemic

Opportunistic

11. A patient came in emergency with signs of dehydration and severe diarrhea. An Intra venous infusion was given to correct electrolytes and fluid levels. He was discharged after 2 days. About 2 months later the patient came back with signs of jaundice and Hepatitis B surface antigen was positive. He did not give history of any event which could have led to this disease. This hepatitis infection may be labeled as:

Sub clinical

Idiopathic

Opportunistic

Cross infection

Iatrogenic

12. A cross-sectional study was conducted at Wah Medical College in the year 2006 to measure the period prevalence of smokers among 105 students. Out of them 5 were already smokers and 15 started during 2006, period prevalence of 2006 is:

22%

19%

15%

11%

10%

13. In a village of population 10,000, 250 cases of Hepatitis B were reported in the month of July. The point prevalence of Hepatitis B per thousand populations is:

20

25

30

50

100

14. A household survey of 10 families was conducted by students of 4th year MBBS, Wah Medical Colleg In the data they collected, the ages of heads of families were: 32, 34, 35, 36, 36, 42, 44, 46, 48, 52. The mean age of heads of families is

36

38.5

40

40.5

42

15. A woman brings her child to the hospital for mongolism. The possible agent of the disease that comes in your mind is?

Bacteria

Virus

Nutritional factor

Hormonal factor

Chromosomal factor

16. A child of three years comes with complaints of night blindness. On examination conjunctiva is dry and corneal haziness is also seen. There is no history of any other disease or injury. The likely agent type is:

Physical

Chemical

Nutritional

Hormonal

Immunological

17. A man brought his child with complaints of fever, diarrhea and abdominal pain. He gave history of living in an unhygienic small house around a factory area where his son had many friends. He had three more children who also had same complaints off and on. Which environment is likely to have resulted in this condition?

Physical

Chemical

Social

Psychological

Occupational

18. A new drug was introduced in some of patients to assess its usefulness compared with the old on Neither patients nor clinicians who evaluated patients for effect under consideration in this clinical trial knew individual treatment assignments. This method of assignment is known as:

Single blinding

Double blinding

Triple blinding

Randomization

Stratification

19. 10 cases of food poisoning had been reported in a hospital, 2 out of these developed mild gastrointestinal symptoms, 4 developed moderate dehydration but recovered and 2 succumbed to the disease. The characteristic of the organism of food poisoning that produces the severest form of the disease is:

Infectivity

Pathogenicity

Virulence

Communicability

Resistibility

20. The trend in mortality from tuberculosis in England showed a steady fall in years 1855 – 1965 but thereafter a gradual rise in the incidence of this disease was reported. This type of time trend or fluctuation in disease occurrence is termed as:

Epidemic trend

Cyclical trend

Seasonal trend

Secular trend

Pandemic trend

21. An outbreak of brucellosis in cattle is reported, threatening the health of human population. This outbreak is:

Epizootic

Epornithic

Enzootic

Exotic

Epidemic

22. A survey report in 1960 concluded that there was an increase in asthma deaths with the increased use of pressurized aerosol bronchodilators; although the deaths were more because of the severity of disease. This association is:

Spurious

Temporal

Indirect

Consistency

Coherence

23. In a coal mine the expected deaths of coal worker were 7 per thousand while the deaths that really occurred were 9. The standardized mortality ratio for coal workers is:

100

109

115

129

130

24. At Lahore Grammar School a student of class II developed mumps. He was isolated from other children till swelling subsided and his brother of class IV who looked apparently healthy was also advised to be away from school for about a fortnight as he could have been:

Incubatory carrier

Healthy carrier

Convalescent carrier

Temporary carrier

Chronic carrier

25. In a colony located near an industrial area 50 people died due to asphyxia and many developed difficulty in breathing and were hospitalized Within 24 hours. The cause was the leakage of carbon monoxide from a near by chemical plant. The distribution of cases in time is suggestive of:

Propagated epidemic

Slow epidemic

Common source – single exposure

Common source – continuous exposure

Pandemic

26. Cement industry is suspected for more deaths among its workers. So the industrialist gets worried and wants to assess whether more deaths are likely in these workers or not. The measure that predicts the mortality in this industrial group is:

Age specific death rate

Standardized mortality ratio

Cause specific death rate

Proportionate mortality

Case fatality rate

27. The annual report of POF Hospital for the year 2006 shows 200 cases of Myocardial Infarction, 35 cases of Cholecystitis, 105 cases of Pneumonia and 350 cases of Acute Gastroenteritis. The result of this report cannot be generalized on the total population of Wah on account of:

Confounding bias

Memory bias

Selection bias

Berksonian bias

Interviewer's bias

28. Increased number of Malaria cases was reported in the time intervals between August to October and March to April. There are 2 different periods in a year, where increased malaria transmission is reported. Such an occurrence of malaria cases in time will give a distribution which is:

Unimodal

Sporadic

Bimodal

Endemic

Multimodal

29. A study was conducted to assess the heights of 30 students. By chance all of the students were found to be of the same height. The standard deviation of this study sample is:

Zero

0 - -1

0 - +1

0 - +2

0 - -2

30. In the medical OPD of teaching hospital of Wah Medical College, Wah Cantt, diastolic blood pressures of 10 patients were as follows:

80 , 75 , 81 , 79 , 71 , 95 , 75 , 77 , 84 & 90. The mean of this data is:

80

81

82

83

84

1. In a prospective study of the relationship between oral contraceptive use and the subsequent risk of developing endometrial cancer, a cohort of 1000 women were followed for 5 years. The results were as follows:

Present Absent

A 245

B 75

C 50

D 630

$A + C = 295$ $B + D = 705$ $n = 1000$

What is the incidence rate (absolute risk) of endometrial cancer among who didn't use oral contraceptives?

$630 / (50 + 630)$

$75 / (245 + 75)$

$50 / (50 + 630)$

$245 / (245 + 75)$

Insufficient data

Key: True: $c 50 / (50 + 630)$

2. In an outbreak of cholera in a village of 2,000 population, 20 cases have occurred and 5 die
Case fatality rate is:

1%

.25%

5%

25%

.0025%

Key: True: d

3. In a population of 1000, measles coverage is 60%, one child goes out of station and comes back with measles from whom 20 more children get measles. Secondary attack rate of measles is:

0.65%

5%

6%

6.5%

7%

Key: True: b

1. Total No. of children=1000

2. No. of immunized =600

3. No. of un-immunized=400

4. Primary case=1

5. Secondary attack rate= $20/(400-1)=20/399 \times 100= 5\%$

4. If an epidemiologist while investigating an epidemic makes a graph to plot distribution of cases of disease by the time of onset and gets a polymodal distribution curve The most likely disease is:

Salmonellosis

Staphylococcal food poisoning

Measles

Typhoid

Hepatitis A

Key: True: c

5. In a prospective study of the relationship between oral contraceptive use and the subsequent risk of developing endometrial cancer, a cohort of 1000 women were followed for 5 years. The results were as follows:

Present Absent

A 245

B 75

C 50

D 630

$A + C = 295$ $B + D = 705$ $n = 1000$

What is the incidence rate (absolute risk) of endometrial cancer among women who used oral contraceptives in person-years? If the study was carried out for five years.

$630 / (680 \times 5)$

$75 / (320 \times 5)$

$50 / (630 \times 5)$

$75 / (320 + 5)$

$245 / (320 \times 5)$

Key: True: e $245 / (320 \times 5)$

6. 10 cases of food poisoning had been reported in hospital, 2 out of these developed mild gastrointestinal symptoms, 4 developed moderate dehydration but recovered and 2 succumbed to the disease. The characteristic of the organism of food poisoning that produces the severest form of the disease is:

Infectivity

Pathogenicity

Virulence

Communicability

Resistibility

Key: True: c

7. Public Policies in Pakistan aim at avoiding the underlying reasons for the development of environmental and atmospheric concentration of SO₂ to protect the health of people. It's an example of

Primordial

Primary

Secondary

Rehabilitation

screening

Key: True: a

8. Influenza pandemic occurs after every 7 – 10 years. This kind of disease distribution in time is known as:

Secular trend

Short time fluctuation

Cyclical trend

Seasonal trend

Endemicity

Key: True: c

9. In a prospective study of the relationship between oral contraceptive use and the subsequent risk of developing endometrial cancer, a cohort of 1000 women were followed for 5 years. The results were as follows:

Present Absent

A 245

B 75

C 50

D 630

A + C = 295 B + D = 705 n = 1000

What is the relative risk in this study?

$$[75 / (245 + 75)] / [50 / (50 + 630)]$$

$$[75 / (245 + 75)] / [630 / (50 + 630)]$$

$$[50 / (245 + 50)] / [630 / (75 + 630)]$$

$$[245 / (245 + 75)] / [50 / (50 + 630)]$$

Insufficient data

Key: True: d $[245 / (245 + 75)] / [50 / (50 + 630)]$

10. If the age incidences curve of leukemia shows two peaks it is suggestive of bimodality.

Bimodality usually signifies:

Non homogeneity

Cluster sampling

Large number of observations

Accuracy

Short duration of disease

Key: True: a

11. A doctor is required to study the incidence of silicosis in a stone cutting industry, which study design should he choose:

Longitudinal

Cross-sectional

Ecological surveys

Case reports

Case series report

Key: True: a

12. The health statistics department revealed that the sale of anti-Asthma drugs was more in those countries where Asthma deaths were mor This association may prove wrong when the individual based study designs are conducte This association is an example of:

Ecological fallacy

Berkesonian bias

Indirect association

Temporal association

Specific association

Key: True: a

13. A researcher wanted to study the time sequence to prove the concept of causativity, which design of study should be preferred by the researcher:

Longitudinal

Cross-sectional

Case report

Case series report

Quasi experimental

Key: True: a

14. Smoking leads to esophageal carcinom Coffee intake has its effect on smoking and also esophageal carcinom This factor can distort the results of the study which intends to prove an association between smoking and esophageal cancer. This effect of this factor is known as:

Confounding

Multiple causation

One to one relationship

Dose response relation

Strength of association

Key: True: a

15. The health authorities are launching a smoking cessation program by designing different activities for the smokers. These are very expensive but still useful as a large proportion of lung cancer will be eliminated if smoking is stopped. This proportion of lung cancer can be indicated by:

Relative risk

Prevalence

Attributable risk

Attributable fraction

Incidence density

Key: True: d

16. A researcher was studying maternal mortality in Rawalpindi District. He observed more deaths in women who were brought to hospital and without taking other factors into account concluded that hospital managed cases have more mortality as compared to home deliveries. This is an example of:

Indirect association

Relative risk

Spurious association

Attributable risk

Causal association

Key: True: c

17. In 2005, Pakistan crude birth rate was 36 births per 1000 population and the crude death rate was 9 deaths per 1000 population. What was the population growth rate of the country in that year assuming no migrations?

2.9 %

2.8 %

2.7 %

2.6 %

2.5 %

Key: True: c

18. The changes in the size of population are indicated by five stages of demographic transition. Pakistan is currently in the:

First stage

Second stage

Third stage

Fourth stage

Fifth stage

Key: True: b

19. The total number of people in a completed family can be estimated from:

Net reproduction rate

Gross reproduction rate

Contraception prevalence rate

Eligible couple rate

Total fertility rate

Key: True: e

20. Population size is determined by fertility, mortality and migrations. A researcher concluded that Pakistan's population is increasing on account of high fertility which measure did he rely upon the most to conclude this?

Growth rate

Crude birth rate

Natural increase rate

Total fertility rate

General fertility rate

Key: True: d

21. The number of daughters a new born girl will bear during her life time assuming fixed age specific fertility and mortality rate, refers to which one of the following?

Age specific fertility rate

Gross reproduction rate

Net reproduction rate

Total fertility rate

General fertility rate

Key: True: c

22. Keeping in mind the population pyramid of Pakistan. Which of the following features is most obvious?

Population momentum

Low migration

Higher female mortality

High literacy

Increased life expectancy

Key: True: a

23. If the total number of reported births in Rawalpindi district were 10,000 and deaths were 5,000 in the year 2007. By giving these figures we are referring to:

Absolute numbers

Crude birth rate

Growth rate

Crude death rate

Vital index

Key: True: a

24. Many women in a country are educated, independent and they work for earning their livelihood too. When the number of males are expressed in relation with 100 females this is:

Sex ratio

Sex rate

Dependency ratio

Literacy rate

Working women ratio

Key: True: a

25. Doubling time is another way of expressing population growth. If we suppose that growth rate of Poland remains constant at 0.08% population would be doubled in about.

800 years

870 years

875 years

880 years

890 years

Key: True: c

26. Demographic cycle has five stages and each country is allotted a different stage according to its distribution of population. For examples if the death and birth rate of a country both are declining then we call it as:

High stationary

Early expanding

Late expanding

Low stationary

Declining

Key: True: c

27. Diarrhoeal cases among children of an urban slum are on a rise. Almost all the mothers are illiterate and belong to lower socioeconomic class. It seems difficult to make them understand the use of ORS. What method can provide the best solution in this scenario?

Role playing

Poster competition

Radio Programme

Lectures

T.V commercials

Key: True: a

28. A school child is diagnosed to have chicken pox. He should be isolated from other school children till:

The scabs fall off

Two days after the scabs are formed

Three days after the fever develops

Five days after the development of pustules

Seven days after the development of pustules

Key: True: a

29. In a community, identification of high risk individuals for coronary heart disease and the prevention of risk factors is an example of:

Surveillance

Research

Selective screening

Mass screening

Opportunistic screening

Key: True: d

30. In a village the persons between the ages of 30 – 50 years were checked for their fasting blood sugar levels, to detect diabetes Mellitus before the appearance of signs and symptoms. The time interval between diagnosis by early detection and diagnosis due to development of signs / symptoms is called:

Incubation period

Lead time

Serial interval

Latent period

Generation time

Key: True: b

31. Glucose tolerance test is a useful screening test for diabetes. The ability of the test to identify those who have the disease in question is called:

Validity

Yield

Reliability

Sensitivity

Specificity

Key: True: d

32. In a population consisting of 1000 females, Gram-stained cervical smear test was performed to detect gonorrhoe. In this example the predictive value was calculated to be 47%, sensitivity 50% and specificity 90%. The diagnostic power of the test is reflected by:

Sensitivity

Specificity

Predictive value

False negative rate

Accuracy

Key: True: c

33. In a population under study there were 75 cases of hypertension. On further screening another 50 cases were added to the total owing to the characteristic of the test called:

Acceptability

Repeatability

Reliability

Sensitivity

Accuracy

Key: True: d

34. A 22 years old boy was appointed as computer operator in a factory. During his medical examination he was found to be HIV positiv This screening is:

Multiphasic

Targeted

Research

Mass

Opportunistic

Key: True: e

35. For screening of breast cancer self examination by women, mammography and fine needle aspiration were used at the same time in PIMS Islamaba This screening is an example of:

Multiphasic

Targeted

Research

Mass

Opportunistic

Key: True: a

36. The yield of a screening test was increased over a period of 5 years although the trade off between sensitivity and specificity remained the same. It is likely to have increased by increase in:

Validity

Accuracy

Prevalence

Incidence

Reliability

Key: True: c

37. The chest X-rays and sputum analysis for the early detection of tuberculosis constitute:

Primary prevention

Secondary prevention

Tertiary prevention

Medical treatment

Primordial prevention

Key: True: b

38. With X representing the most accurate cut off point for a diagnostic screening test, what does C represent:

False positives

True positives

False negatives

True negatives

Skewed distribution

Key: True: c

(For question 39-46 please refer to following tabl

39-46. An investigator evaluated 150 patients suffering from sore throat for streptococcal infection. The results were as follows:

27

35

10

78

:

39. The ability of the test to correctly identify those who have the disease is:

71%

72%

73%

74%

75%

Key: True: c

40. The ability of the test to correctly identify those who do not have the disease is:

65%

66%

67%

68%

69%

Key: True: e

41. The ability of the test to correctly identify those who have the disease from all those who test positive:

41.5%

42.5%

43.5%

44.5%

45.5%

Key: True: c

42. The ability of the test to correctly identify those who do not have the disease from all those who test negative:

85.6%

86.6%

87.6%

88.6%

89.6%

Key: True: d

43. The prevalence of disease in this study is:

24.7%

25.7%

26.7%

27.7%

28.7%

Key: True: a

44. The accuracy of this screening test is:

60%

65%

70%

75%

80%

Key: True: c

45. The false-positive rate in this study is:

31%

32%

33%

34%

35%

Key: True: a

46. The false negative rate in this study is:

25%

26%

27%

28%

29%

Key: True: c

47. 45 Years old man was brought to emergency department of hospital with history of snake bit There was intense local pain, swelling and ecchymosis at site of bit Few hours later bleeding started from the gums, followed by coma and death. The type of snake involved is:

Sea snake

Common krait

Green pit viper

Cobra

Coral snake

Key: True: c

48. A 30 years old lady is bitten by a snake. She complains of giddiness, lethargy, muscular weakness and spreading paralysis. The type of snake involved is:

Sea snake

Green pit viper

Elapid snake

Bamboo snake

Russell's viper

Key: True: c

49. A 7 years old child reported to a private hospital with history of snakebite. On examination there were petechial haemorrhages and bleeding from rectum. The toxic principle in snake venom responsible for those signs is:

Proteolysin

Neurotoxin

Cholinesterase

Hyaluronidase

Thromboplastin

Key: True: e

50. Six of the ten family members living in a single room house complain of intense itching with scratching in axillae, groin & hands; it is more marked at night. The most likely diagnosis is:

Scabies

Dermatitis

Eczema

Psoriasis

Dermatosis

Key: True: a

51. While conducting a house hold survey 4th year students of Wah Medical College collected Data of ten families regarding no of persons in four age groups <5, 5-14, 15-64,

>65. They want to present the %age distribution of different age groups. The %age can be depicted by:

Pie chart

Pictogram

Histogram

Line diagram

Scatter diagram

Key: True: a

52. In a study about control of DM II by the oral hypoglycemics. The mean fasting blood sugar level of 150 patients was 100mg/dl. With standard deviation of 10mg/dl. From the data FBS of 99% patients of the given sample will be in the range of:

70 – 130 mg/dl

80 – 120 mg/dl

90 – 110 mg/dl

100 – 130 mg/dl

70 – 100 mg/dl

Key: True: a

53. In a study involving 120 hypertensive patients at POF hospital Wah Cantt. The mean serum cholesterol level was found 180 mg/dl with a sample variance of 25mg/dl from the data 2/3rd of patients will have serum cholesterol mg/dl in the range of:

175 – 185

170 – 190

165 – 195

180 – 185

180 – 195

Key: True: a

54. 200 patients of hepatitis B got admitted in the medical unit of POF hospital Wah Cantt in the year 2007. their serum bilirubin was don The results were as follow:

Mean = 9mg/dl

Median = 6.5mg/dl

Mode = 4 mg/dl

The distribution of bilirubin level is:

Normal

Positively skewed

Negatively skewed

Bimodal

Polymodal

Key: True: b

55. In a class of 100 students the mean height of students was 5 feet with the standard deviation of 1 feet. The portion of students that will have height 7 feet would be:

68%

34%

16%

13.5%

5%

Key: True: d

56. In 2007 a study was conducted at Wah Cantt to see the efficacy of measles vaccin 50 new cases of measles were reported after vaccination in the year 2007. This reported data is:

Discrete

Continuous

Nominal

Ordinal

Ranked

Key: True: a

57. In a follow up study of five patients admitted to the coronary care unit with a diagnosis of acute MI. The length of stay was found to be 5, 8, 3, 5 and 9 days. The arithmetic average of the given data is:

3

5

6

5.5

7

Key: True: c

58. A study was conducted to determine the risk of DM II in over weight patients. The sample of 500 patients was taken. The weights were recorde Most of them were found obes Such type of data can be depicted by:

Histogram

Polygon

Line diagram

Pie chart

Scatter diagram

Key: True: a

59. In a study conducted about the choice of oral contraceptive among women of different ages. A sample of 100 women between the ages of 25 -45 years was taken by convenient metho Out of 100 women, 65 women preferred OCPS. Among them 68% women were between ages of 25-35years. 5% of women were between 35 -40 years. The proportion of women that will have age between 40– 45 years is.

16%

27%

25%

34%

13.5%

Key: True: b

60. An FCPS part II trainee in Medicine has done a research at POF hospital to prove that NPH insulin has better control of DM II than regular insulin. The calculated P value was 0.03, while the standard for accepting the different was at P value of 0.05, so he rejected the null hypotheses, what do you think of results.

Alternate hypothesis is correct

Null hypothesis is true

Sample size was small

Null hypothesis wrongly rejected

Insignificant difference

Key: True: a

61. The female students of 4th year conducted a study “Perceptions of mother about neonatal jaundice” they went to paediatric OPD and ward and took sample of 100 available mothers. Such type of sampling technique is:

Systematic

Random

Stratified

Convenient

Cluster

Key: True: d

62. The four blood groups A, B, O and AB were studied to compare the quantitative serologic different among their antigenic structures. The most appropriate statistical test to make this determination is:

T test

F test

Chi square test

Z test

Coefficient of variance

Key: True: b

63. A physician studied the association between plasma level of rennin and changes in BP. The data can be represented by:

Scatter diagram

Pie chart

Line diagram

Histogram

Bar chart

Key: True: a

64. A study was conducted to see the risk of hepatocellular carcinoma among alcoholi A sample of 100 was taken. Among them 50 were alcoholic and 50 were non alcoholi 10 developed Ca out of which 8 were alcoholic and 2 were non alcoholi Data was arranged in 2 x 2 table:

CA Present Ca Absent

42

2

48

10 90 n = 100

How would you determine the statistical significance of the observed findings?

T test

Z test

F test

Chi square test

Standard error of mean

Key: True: d

65. Of all new cases seen at the curative consultation only new cases with a priority health problem, are reported by the health facility in the monthly FLCF report. The disease included in the list of priority health problems in Pakistan is:

Typhoid

Myocardial infection

Diabetes mellitus

Hypertension

Malaria

Key: True: e

1. Exclusive breast feeding is recommended up to:

a) Two months

b) Three months

c) Six months

d) Eight months

e) One year

Key: True: c

2. Low birth weight infant is one whose weight is:

- a) Less than 1.5 kg
- b) Less than 2 kg
- c) Less than 2.5 kg
- d) Less than 3 kg
- e) Less than 3.5 kg

Key: True: c

3. The energy provided by 100 ml of breast milk is:

- a) 60 Kcal
- b) 70 Kcal
- c) 80 Kcal
- d) 100 Kcal
- e) 120 Kcal

Key: True: b

4. Recommended time for commencement of breast feeding is:

- a) Immediately after birth
- b) Within 6 hours of birth
- c) Within 12 hours of birth
- d) Within 24 hours of birth
- e) 2 days after birth

Key: True: a

5. Incorrect statement about breast milk is:

- a) It is rich in IgA
- b) It is produced in response to prolactin level
- c) It is low in phosphorus as compared to cow's milk
- d) It is low in sodium as compared to cow's milk
- e) It is rich in vitamin K

Key: True: e

6. Delayed effects of nuclear radiation after nuclear explosion can be studied by:

- a) Descriptive studies
- b) Case control studies
- c) Historical cohort studies
- d) Cohort studies
- e) Ecological studies

Key: True: c

7. Most common cause of diarrhea during weaning is:

- a) High fat content of milk
- b) Milk allergy
- c) Excessive glucose in diet
- d) Entero-toxicogenic bacteria
- e) Teething stress

Key: True: d

8. Regarding the concentration of nutrients in the breast milk, the incorrect is:

- a) 3.5 % fat
- b) Lower protein content than that of cow's milk
- c) 6.2 % lactose
- d) Higher energy supply by 100 ml as compared to cow's milk
- e) Lowest water content as compared to animal milks

Key: True: e

9. The ratio of casein to albumin in human milk is:

- a) 1:1
- b) 1:4
- c) 2:1
- d) 4:1
- e) 7:1

Key: True: a

10. Practically no shielding is required for:

- a) Alpha particles
- b) Beta particles
- c) Gamma particles
- d) Neutrons
- e) X-Rays

Key: True: a

11. According to the Millennium Development Goals, child mortality should be reduced by:

- a) 1/4
- b) 1/3
- c) 1/2
- d) 2/3
- e) 3/4

Key: True: d

12. Cut off point for gestational age to label a baby as Preterm is less than:

- a) 28 weeks
- b) 32 weeks
- c) 37 weeks
- d) 38 weeks
- e) 40 weeks

Key: True: c

13. On National Immunization days against polio, the vitamin given along with polio vaccine was:

- a) Vitamin A
- b) Vitamin B complex
- c) Vitamin C
- d) Vitamin K
- e) Vitamin E

Key: True: a

14. "Road to health" chart is not used for:

- a) Growth monitoring
- b) Health education
- c) Planning of child health care
- d) Identification of risk groups of children
- e) Determining intelligence level of children

Key: True: e

15. The age at which a child begins to hold his head erect is:

- a) 01 month
- b) 02 months
- c) 03 months
- d) 04 months
- e) 05 months

Key: True: c

16. The factor that most adversely affects the growth of child in Pakistan is:

- a) Low birth weight
- b) Primary malnutrition
- c) Acute respiratory infection
- d) Malaria
- e) Diarrhea

Key: True: b

17. Oral rehydration salts do not contain:

- a) Sodium chloride
- b) Calcium lactate
- c) Trisodium citrate dehydrate
- d) Glucose
- e) Potassium chloride

Key: True: b

18. The inclusion of Trisodium Citrate in place of sodium by carbonate in ORS is to:

- a) Improve chloride absorption
- b) Correct acidosis
- c) Make it more stable product
- d) Improve glucose absorption
- e) Provide better electrolyte replacement

Key: True: c

19. The best way to treat mild diarrhea in a child is by:

- a) IV fluids
- b) ORS
- c) Antibiotics
- d) Bowel binders
- e) Observation

Key: True: b

20. One of the rules regarding EPI vaccination is:

- a) Measles vaccine should be given between nine to fifteen months of age
- b) Low birth weight babies should not receive any vaccine
- c) Measles vaccine should be given even if the child has an attack of documented measles in the past
- d) Oral polio vaccine should not be given to a child suffering from mild fever
- e) Hepatitis B vaccine should be started at 1 year of age

Key: True: a

21. One important contraindication to vaccination against "Whooping Cough" is:

- a) History of convulsions
- b) 3rd degree malnutrition
- c) History of pertussis in the family
- d) Mild Febrile illness
- e) Chronic cough

Key: True: a

22. Dose of BCG vaccine for a neonate is:

- a) 0.01 cc
- b) 0.05 cc
- c) 0.25 cc
- d) 0.50 cc
- e) 1.0 cc

Key: True: b

23. Contraindication to immunization by live attenuated vaccine is:

- a) Immunodeficiency
- b) Fever
- c) Malnutrition
- d) Physiological jaundice
- e) Low birth weight

Key: True: a

24. Highest neurological side effects are reported with the use of using vaccine against:

- a) Tuberculosis
- b) Polio
- c) Diphtheria
- d) Whooping cough
- e) Hepatitis

Key: True: d

25. Freeze dried preparation of vaccine is available against:

- a) Polio
- b) Tetanus
- c) Measles
- d) Rubella
- e) Pertussis

Key: True: c

26. In Nuclear bomb explosion as a rule all living beings and vegetation's char in a radius of:

- a) 2km
- b) 2-4km
- c) 6km
- d) 6-9km
- e) 10km

Key: True: a

27. The unit used for the measurement of radioactivity is:

- a) Rem
- b) Rad
- c) Roentgen
- d) Becquerel
- e) Joule

Key: True: d

28. In the International System of Units, Roentgen is replaced by:

- a) Gray
- b) Sievert
- c) Coulomb / kg
- d) Curie
- e) Joule / Kg

Key: True: c

29. A serious complication of DPT vaccination is:

- a) Gillian Barre syndrome
- b) Reye's syndrome
- c) Toxic shock syndrome
- d) Reiter's disease
- e) Serum sickness

Key: True: b

30. A recognizable clinical sign of Kwashiorkor type of malnutrition is:

- a) Edema
- b) Obvious Muscle wasting
- c) Severe loss of subcutaneous fat
- d) Usually good appetite
- e) Curly hair

Key: True: a

31. Incidence of Low Birth Weight babies in Pakistan is:

- a) 6 %
- b) 16 %
- c) 26 %
- d) 36 %
- e) 46 %

Key: True: c

1. Koplik's spots are the diagnostic sign of one of the following diseases:

- a) Rubella
- b) Whooping cough
- c) Measles
- d) Meningitis
- e) Mumps

Key: True: c

2. The best measure taken in meningococcal meningitis out-breaks is:

- a) Mass chemo-prophylaxis by penicillin
- b) Immunization
- c) Chlorination of all water supplies
- d) Closure of schools
- e) Mass screening program

Key: True: b

3. Ticks and mites belong to one of the following classes:

- a) Insecta
- b) Crustacea
- c) Arachnida
- d) Chilopoda
- e) None of the above

Key: True: c

4. Aedes Egypti mosquito is commonly a vector in the transmission of one of the following diseases:

- a) Filariasis
- b) Yellow Fever
- c) Malaria
- d) Plague
- e) Leishmaniasis

Key: True: b

5. Which one of the following diseases is transmitted by mite?

- a) Scabies
- b) Relapsing fever
- c) Rocky Mountain spotted fever
- d) Human babesiosis
- e) Plague

Key: True: a

6. International quarantine is applicable in one of the following:

- a) Typhoid fever
- b) Yellow fever
- c) Typhus fever
- d) Viral hemorrhagic fever
- e) Relapsing fever

Key: True: b

7. Regarding clinical spectrum of poliomyelitis, approximately one percent of all polio-infections are

- a) Abortive polio
- b) Inapparent polio
- c) Non-paralytic polio
- d) Paralytic polio
- e) Clinical Cases

Key: True: d

8. Which one of the following is true about Staphylococcal food poisoning?

- a) Caused by preformed toxin in anaerobic conditions
- b) Incubation period is 5 – 7 days
- c) It is treated with antibiotics
- d) Neurological signs are commonly present
- e) Patient is usually thirsty and secretes less urine

Key: True: e

9. The main mode of transmission of *Ancylostoma duodenale* is:

- a) Ingestion of larva
- b) Ingestion of eggs
- c) Inhalation
- d) Percutaneous

e) Blood transfusion

Key: True: d

10. Which one of the following is true about scabies?

- a) House fly is responsible for its spread in community
- b) Lesions are most common on scalp
- c) May be complicated by secondary infection
- d) The causative agent is Chlamydia
- e) Scabies is an allergic condition

Key: True: c

11. Among the following which disease is transmitted by a house fly?

- a) Viral Encephalitis
- b) Dengue fever
- c) Filariasis
- d) Poliomyelitis
- e) Leishmaniasis

Key: True: d

12. The best strategy for the control of pulmonary Tuberculosis as recommended by WHO is:

- a) BCG vaccination at mass level
- b) Chemoprophylaxis with INH
- c) Early case detection and prompt treatment
- d) Proper disposal of sputum
- e) Awareness

Key: True: c

13. Which of the following is true for Influenza?

- a) It is caused by bacteria haemophilus influenza
- b) Frequent antigenic mutation of the causative agent is the main limitation of the efficacy of influenza vaccin
- c) Period of infectivity is 14 days from the onset of symptoms.
- d) Vaccine is not availabl

A chronic carrier state frequently exists.

Key: True: b

14. The most important method of prevention of *Dracunculus medinensis* (Guinea Worm) infection is by:

- a) Washing the hands with soap before eating.
- b) Proper sewage disposal.
- c) Mass vaccination.
- d) Purification of water
- e) Eating the properly cooked meat.

Key: True: d

15. Which of the following is true about round worm?

- a) It can suck up to 1 cc of blood per day.
- b) It belongs to the group of trematodes.
- c) The infection takes place by ingestion of eggs of the worm.
- d) Only female worm exists in human gut.
- e) It is very common in villagers because they walk barefoote

Key: True: c

16. About Oriental Sore which one of the following is correct?

- a) It is caused by *Leishmania Donovanii*.
- b) The diagnosis is made by taking a smear from the base of ulcer.
- c) The disease spreads by bathing in dirty water.
- d) Human beings are the only reservoir.
- e) Food should be protected from flies to prevent the epidemic of the disease

Key: True: b

17. Regarding Louse which of the following is not correct?

- a) The diseases transmitted by louse, are due to its bite only.
- b) Louse can cause Trench fever.
- c) DDT is one of the good method of control.
- d) Louse can cause Typhus fever.
- e) It can cause relapsing fever.

Key: True: a

18. Regarding Rabies which one of the following is true?

- a) The disease is caused by a Gram Negative bacterium which is susceptible to any third generation antibiotics.
- b) Street Virus is useful for preparing vaccine against Rabies.
- c) If a person is severely bitten on face, antirabies vaccine and passive immunization is recommended
- d) As the disease is very dangerous, so prophylactic antirabies vaccine should be given to all the persons of community.
- e) Rabies can spread from man to man by droplets.

Key: True: c

19. Man is the intermediate host in which one of the following diseases:

- a) Malaria
- b) Filariasis
- c) Hydatid Disease
- d) Relapsing Fever
- e) Typhoid Fever

Key: True: a

20. Which of the following is a sexually transmitted disease?

- a) Hepatitis A
- b) Hepatitis E
- c) Chlamydial Infection
- d) Tuberculosis
- e) Chicken Pox

Key: True: c

21. Bloody diarrhea is seen in one of the following infections:

- a) Shigellosis
- b) Botulism
- c) Cholera
- d) Hepatitis A Infection
- e) Typhoid

Key: True: a

22. Rash starting peripherally is a feature of:

- a) Epidemic typhus
- b) Endemic typhus
- c) Scrub typhus
- d) Q-fever
- e) Trench fever

Key: True: c

23. Which one of the following is a vector of epidemic typhus?

- a) flea
- b) Hard tick
- c) Louse
- d) Soft tick
- e) Mite

Key: True: c

24. Murine typhus is commonly transmitted by which one of the following?

- a) Flea
- b) Hard tick
- c) Louse
- d) Soft tick
- e) Mite

Key: True: a

25. Which of the following vectors is responsible for malaria transmission in man?

- a) Anopheles mosquito
- b) Culex mosquito
- c) Aedes mosquito
- d) Soft Tick
- e) Flea

Key: True: a

26. External incubation period in malaria is best defined by which of the following.

- a) The time taken by parasite to produce symptoms in man
- b) The time taken by a vector to become infective
- c) Time taken by Exo Erythrocyte cycle
- d) Time taken by Erythrocyte cycle
- e) Time taken by parasite to produce gametes

Key: True: b

27. For chemoprophylaxis in the Non-Chloroquine resistant area, the best recommended drug is

- a) Chloroquine
- b) Chloroquine plus Proguanil
- c) Mefloquine
- d) Doxycycline
- e) Malarone

Key: True a

28. Which of the following is not a rash producing infection?

- a) Typhoid
- b) Dengue
- c) Measles
- d) Malaria

- e) Syphilis
- f)

Key: True: d

29. Which one of the following methods will not avoid mosquito bite?

- a) Chemoprophylaxis
- b) Repellents creams
- c) Screen windows
- d) Mosquito bed nets
- e) Wearing long sleeves and trousers

Key: True: a

30. Which of the following infections is known as "quartan" malaria?

- a) Falciparum
- b) Vivax
- c) Ovale
- d) Algid malaria
- e) Malariae

Key: e

31. Relapses can occur after many years, in which of the following infections.

- a) Plasmodium Malariae
- b) Plasmodium Falciparum
- c) Hepatitis A
- d) Measles
- e) Chicken pox

Key: True: a

32. Anaemia in malarial infection is mainly due to one of the following causes.

- a) Hemolysis
- b) Hemorrhage
- c) Nutritional deficiency
- d) Bone marrow depression
- e) Malabsorption

Key: True: a

33. The time taken by the malarial parasites to develop in mosquito is called

- a) Internal incubation period
- b) External incubation period
- c) Infective period
- d) Latent period
- e) Generation time

Key: True: b

34. Rupture of the schizonts release merozoites in the blood and is associated with

One of the following signs & symptoms.

- a) Rash
- b) Bone pains
- c) Fever and chills
- d) Splenomegaly
- e) Vomiting

Key: True: c

35. The asexual cycle of plasmodium malariae infection is usually of

- a) 48 hrs
- b) Less than 48 hrs
- c) 60 hrs
- d) 72 hrs
- e) 80 hrs

Key: True: d

36. Which one of the following is internationally quarantinable disease?

- a) Yellow fever
- b) Amoebiasis
- c) Malaria
- d) HIV
- e) HAV

Key: True: a

37. Which one of the following indices used in malaria survey is called Transmission index.

- a) Infant parasite rate
- b) Parasite rate
- c) Spleen rate
- d) Sporozoite rate
- e) Infant mortality rate

Key: True: a

38. Which one of the following infections is not a protozoal infection?

- a) Amoebiasis
- b) Filariasis
- c) Malaria
- d) Giardiasis
- e) Toxoplasmosis

Key: True: b

39. All of the following diseases are of bacterial origin except:

- a) Plague
- b) Anthrax
- c) Rabies
- d) Tetanus
- e) Cholera

Key: True: c

40. The vector commonly involved in the transmission of epidemic typhus fever is

- a) Tick
- b) Flea
- c) Louse
- d) Mosquito
- e) Mite

Key: True: c

41. The mode of transmission most difficult to prevent is:

- a) Person-to-person spread
- b) Droplet spread
- c) Vector borne spread
- d) Vehicle borne spread
- e) Transmission through soil

Key: True: e

42. Which one of the following has the highest case fatality rate?

- a) Tuberculosis
- b) Diphtheria
- c) Measles.
- d) Amoebiasis
- e) Ascariasis

Key: True: c

43. Which one of following is incorrect regarding the spread of infection?

- a) Symptom less carrier can spread an infection.
- b) Rabies can spread through contaminated hands.
- c) An insect vector is the cause of malaria

- d) Diarrheal diseases commonly spread by polluted drinking water.
- e) AIDS can spread through contaminated blood and blood products.

Key: True: B

44. Which one of the following statements is not true regarding Lice?

- a) Lice belong to phylum arthropoda and undergo incomplete metamorphosis.
- b) Faeces of a louse which has fed on the blood of a patient of typhus fever 2 – 6 days previously can transmit infection.
- c) Pediculosis is a viral disease transmitted by the bite of a body louse
- d) Relapsing fever occurs when an infected louse is crushed on the skin.
- e) Dusting powder containing 10% DDT is effective against all types of Pediculosis.

Key: True: c

45. Which of the following is untrue regarding characteristics of sandfly?

- a) In scientific terminology it is known as *Musca domestica*
- b) It can be differentiated from mosquito by the presence of erect lanceolate wings.
- c) Its metamorphosis is complete
- d) It generally remains confined to, 50 yards of their breeding places.
- e) They are incapable of flying over long distances.

Key: True: a

46. Which of the following species of sand-fly transmits kala-azar?

- a) *Sergentomyia Punjabensis*
- b) *Phlebotomus sergenti*
- c) *Phlebotomus papatasi*
- d) *Phlebotomus argentipes*
- e) None of the above

Key: True: d

47. Which one of the following diseases is transmitted by Tsetse fly?

- a) Trypanosomiasis
- b) Onchocerciasis
- c) Chagas disease
- d) Q-fever
- e) Scabies

Key: True: a

48. All of the following diseases are transmitted by housefly except:

- a) Typhoid fever
- b) Paratyphoid fever
- c) Cholera
- d) Conjunctivitis
- e) Pediculosis

Key: True: e

49. Which one of the following is not included among the genera of mosquito?

- a) Anopheles
- b) Culex
- c) Aedes
- d) Mansonoides
- e) Simulum

Key: True: e

50. Which of the following is not a characteristic of hard ticks?

- a) Head situated at anterior end
- b) Thousands of eggs laid at one sitting
- c) Scutum is present on the body
- d) It transmits tick typhus
- e) It can stand starvation for a long time

Key: True: e

51. Which one of the following is not true regarding characteristic of *Rattus rattus* type of rodents?

- a) Slim & slender body
- b) Large ears
- c) Big & prominent eyes
- d) Tail longer than the combined head & body
- e) Muzzle broad & blunt

Key: True: e

52. Complication of varicella infection include which one of the following

- a) Pneumonia
- b) Thrombocytopenia
- c) Arthritis
- d) Parotitis
- e) Pancreatitis

Key: True: a

53. Regarding mumps which one of the following is true?

- a) Submaxillary & submandibular glands may never be involved
- b) 70% infections occur in children under age of 15 years
- c) Its incubation period varies from 4 – 7 days
- d) In 75% cases it is complicated by epididymo-orchitis
- e) Pancreatic involvement is a potentially serious manifestation of mumps

Key: True: e

54. Regarding influenza which one of the following is not true?

- a) In this disease, death is often due to pneumonia
- b) Its virus belongs to myxovirus family
- c) Its incubation period is 24 – 72 hrs.
- d) Man is not the only reservoir of influenza
- e) It's one of the complications is activation of tuberculosis

Key: True: e

55. Orchitis is the complication commonly associated with

- a) Measles
- b) Mumps
- c) Rubella
- d) Influenza
- e) Diphtheria

Key: True: b

56. The drug of choice for carriers and contacts in meningococcal meningitis is

- a) Penicillin
- b) Chloramphenicol
- c) Rifampicin
- d) Sulfadiazine
- e) Cephalosporin

Key: True: c

57. The validity of yellow fever vaccination certificate begins

- a) 6 days after the date of vaccination

- b) 10 days after the date of vaccination
- c) 14 days after the date of vaccination
- d) 21 days after the date of vaccination
- e) 8 days after the date of vaccination

Key: True: b

58. The second host involved in transmission of Diphyllbothriasis

- a) Snail
- b) Swine
- c) Fish
- f)
- d) Crab
- e) Dog

Key: True: c

59. The intermediate host involved in transmission of Toxocariasis

- a) Snail
- b) Swine
- c) Fish
- d) Crab
- e) Dog

Key: True: e

60. The intermediate host involved in transmission of Cysticercosis

- a) Snail
- b) Swine
- c) Fish
- d) Crab
- e) Dog

Key: True: b

61. Mite acts as a vector in which one of the following diseases?

- a) Rocky Mountain spotted fever
- b) Boutonneus fever
- c) Rickettsial pox
- d) Q fever
- e) Queensland tick typhus

Key: True: c

62. Which one of the following is true regarding vibrio cholerae exotoxin?

- a) It acts only on stomach

- b) It acts only on jejunum
- c) It acts on colon
- d) It acts on small intestine
- e) It acts on sigmoid colon and rectum

Key: True: d

63. Which one of the following is not the mode of spread of cholera?

- a) Infected flies
- b) Contaminated water
- c) Direct contact
- d) Bottle feeding of infants
- e) Poor sanitation

Key: True: c

1. Most important factor which makes the smoking cessation program successful is:

- a) The desire of the smoker to quit
- b) Availability of replacement therapy
- c) A well planned program
- d) The advice by a competent doctor
- e) Follow up program

2. Which one is incorrect about tobacco smoking?

- a) The babies born to mothers, who smoke, weigh on average 200g, less at birth than those of non-smokers'
- b) It is responsible for about 3 million deaths/year in the world
- c) In developed world per capita consumption of tobacco is increasing
- d) Dose-response relationship is seen in cigarette smoking and lung cancer
- e) Withdrawal symptoms include irritability, sleep problems and tremors.

3. Self-administration of a drug for non-medical reasons in quantities and frequencies which may impair an individual's ability to function effectively and which may result in social, physical or emotional harm is best named as

- a) Drug dependence
- b) Drug tolerance
- c) Drug abuse
- d) Self-medication.
- e) Drug therapy

4. Marijuana is derived from which one of the following plants?

- a) Cannabis
- b) Morning Glory
- c) Coca bush
- d) Mushrooms
- e) Cactus

5. Which one of the following is included in pneumoconiosis?

- a) Anthracosis
- b) Sarcoidosis
- c) Psittacosis
- d) Aspergillosis
- e) Salmonellosis

6. Which one of the following is not an example of organic dust?

- a) Cane fiber
- b) Tobacco
- c) Cotton dust
- d) Grain dust
- e) Asbestos

7. Foundry workers may suffer from one of the following diseases as a result of occupational exposure:

- a) Silicosis
- b) Asbestosis
- c) Stomach cancer
- d) Lung cancer
- e) Anthracosis

8. Regarding the characteristic of alcohol dependency syndrome, which of the following is not true?

- a) Tolerance is a common feature
- b) Withdrawal symptoms are common
- c) Narrowing of drinking repertoire
- d) Delirium tremens demands emergency care
- e) No genetic tendency is expected

9. In case of silicosis, silica particles of the following size are the most dangerous:

- a) 0.5-3 microns
- b) 3-5 microns
- c) 5-8 microns

- d) 5-10 microns
- e) 10-15 microns

10. Which one of the following is associated with Baggassosis?

- a) Cement industry
- b) Rock Mining
- c) Card Board industry
- d) Cotton industry
- e) Stone blasting

11. Which one of the following level of lead in urine indicates lead exposure & lead absorption?

- a) 0.8 mg
- b) >0.2 mg
- c) >0.4 mg
- d) >0.5 mg
- e) >0.6 m

12. Regarding ergonomics which one of the following is not true?

- a) It is an important part of occupational health
- b) It is the study & design of working setup
- c) It is useful to achieve the best mutual adjustments of man & his work
- d) It means fitting the job to the worker
- e) It refers to the selection of the best individuals to work

13. Which one of the following is the confirmation of asbestosis?

- a) 10 years exposure to asbestos dust
- b) Progressive fibrosis of lung
- c) Presence of asbestos bodies in sputum
- d) Snow-storm appearance in the lungs on x-rays
- e) Pulmonary tuberculosis

14. Which one of the following statements is true for farmer's lung regarding its causation?

- a) It occurs due to inhalation of fumes
- b) It occurs due to inhalation of moldy hay or grain dust
- c) It occurs due to inhalation of free silica or silicon-dioxide
- d) It occurs due to inhalation of cotton fiber dust
- e) It occurs due to inhalation of sugar-cane dust

15. Which one of the following is the major cause of skin cancer due to occupational exposure?

- a) Aromatic amines

- b) Coal tar
- c) Soot
- d) Radium and roentgen rays
- e) Ultraviolet light

16. Which one of the following substances is causally associated with pneumoconiosis?

- a) Sulfur oxide
- b) Nitrogen oxides
- c) Oil fumes
- d) Dust particles
- e) Cigarette smoke

17. Most common asbestos-related tumor in humans is

- a) Basal cell carcinoma
- b) Carcinoma of the colon
- c) Laryngeal carcinoma
- d) Peritoneal mesothelioma
- e) Pleural mesothelioma

18. Which one of the following is not true regarding drug addiction?

- a) Drug and alcohol addiction has three phases; tolerance, habituation and dependence
- b) Tobacco chewing is the most common addiction.
- c) Habituation is defined as the psychological need to get a dose of drug.
- d) Heroin and cocaine both tend to produce tolerance and physical dependence
- e) Drug addiction should be classified as medicosocial problem.

19. Ganja is obtained from which one of the following plant sources:

- a) Cannabis indica
- b) Coca leaves
- c) Poppy seeds
- d) Ergot alkaloid plant
- e) Lathyrus sativus

20. Which of the following produces the worst type of physical dependence?

- a) Caffeine
- b) Marijuana
- c) Heroin
- d) L.S.D
- e) Ganja

21. Which one of the following is called a superman's drug?

- a) Nicotine
- b) Ethyl alcohol
- c) Amphetamine
- d) Cocaine
- e) Marijuana

22. Fetal alcohol syndrome is characterized by which one of the following

- a) Phocomelia
- b) Excess lanugo hair
- c) Mental retardation
- d) Increased birth weight
- e) Single palmer crease

23. Which one of the following is true regarding occupational health?

- a) The term occupational diseases does not include infectious diseases
- b) Occupational health service is a comprehensive health care
- c) Ergonomics is a specialized medical discipline
- d) Occupational health is a part of primary health care
- e) Pre-placement examination of workers is not mandatory.

24. Which one of the following cancers is not included in occupational cancers?

- a) Skin cancer
- b) Lung cancer
- c) Bladder cancer
- d) Leukemia
- e) Breast cancer

25. Carbon monoxide binds with hemoglobin to form carboxyhemoglobin. Which one of the following statements about carbon monoxide is not true?

- a) The background level of carboxyhemoglobin in the blood is about 0.4 percent
- b) Smoking one pack of cigarettes a day increases the background level tenfold
- c) The affinity of carbon monoxide for hemoglobin is 200 times more than that of oxygen
- d) Carboxyhemoglobin levels of greater than 25 percent can be fatal
- e) A characteristic sign of carbon monoxide poisoning is acrocyanosis

26. Neuropathic symptoms are not associated with chronic exposure to:

- a) Mercury
- b) Lead
- c) Arsenic
- d) Sulfur dioxide
- e) Nitrous oxide

27. Electrical injury cannot cause:

- a) Death
- b) Acute renal failure
- c) Myoglobinuria
- d) Carpal tunnel syndrome
- e) Vascular thrombosis

28. Which one of the following is the major source through which lead is absorbed in the human blood stream?

- a) Air
- b) Water
- c) Lead-based paint
- d) Improperly cooked food
- e) Canned food

29. Which one of the following systems or organs of the human body is affected the most due to occupational exposure to toxic materials?

- a) The respiratory system
- b) The digestive system
- c) The skin
- d) The eyes
- e) The heart and blood vessels

30. Regarding tobacco & health, which is not true?

- a) Smoking in pregnancy may lead to increased perinatal mortality
- b) The use of tobacco can increase the risk of bronchogenic carcinoma
- c) Problems arising from use of tobacco are mainly chronic in nature
- d) Tobacco can be regarded as a habit forming addiction
- e) Smoking in pregnancy may lead to cardiac anomalies in the fetus

1. One of the following is not a sudden disaster:

- a) Storm
- b) Draught
- c) Land sliding
- d) Volcanic eruption
- e) Nuclear explosion

2. Wearing a crash-helmet while driving a motor-bike is included in which level of prevention.

- a) Health promotion
- b) Specific protection
- c) Early diagnosis & prompt treatment
- d) Disability limitation
- e) Rehabilitation

3. "Any loss or abnormality of psychological, physiological or anatomical structure or function" is known as:

- a) Injury
- b) Accident
- c) Impairment
- d) Disability
- e) Handicap

4. Vertical transmission is not seen in one of the following.

- a) Yellow Fever
- b) Toxoplasmosis
- c) Rubella virus
- d) HBV
- e) AIDS

5. In prevention of traffic accidents the most effective measure is:

- a) Licensing of drivers
- b) Provision of seat belts
- c) Inspection of vehicles periodically
- d) Enforcement of traffic laws
- e) Medical inspection of drivers every six months

6. Which of the following is not a contraindication for oral contraceptive use?

- a) CA breast
- b) Liver disease
- c) Migraine
- d) Cardiac abnormalities
- e) Nulliparity

7. The additional energy requirement for a woman during pregnancy is

- a) 150 kcal / day
- b) 300 kcal / day
- c) 400 kcal / day
- d) 550 kcal / day
- e) 600 kcal / day

8. Increased incidence of ectopic pregnancy is associated with which one of the following contraceptive methods:

- a) Intra Uterine Contraceptive Devices
- b) Combined oral pills

- c) Spermicidal gels
- d) Safe period method
- e) Diaphragm

9. If Rh positive baby is born to Rh negative mother than a dose of Rh anti D should be given to the mother within:

- a) 72 hours
- b) A week
- c) 15 days
- d) A month
- e) A year

10. After finishing 28-pill packet of Oral Contraceptive Pills next packet should be started on:

- a) Very next day
- b) Day 2 of menstruation
- c) Day 5 of menstruation
- d) Day 7 of menstruation
- e) Day 10 of menstruation

11. Maximum compliance by the user, is required in use of:

- a) Oral contraceptive pills
- b) Injections
- c) Norplant
- d) Tubal ligation
- e) Intra uterine contraceptive devices

12. Low birth weight infant is the one whose weight is:

- a) Less than 1.5 kg
- b) Less than 2 kg
- c) Less than 2.5 kg
- d) Less than 3 kg
- e) Less than 3.5 kg

13. Removal of IUCD is strongly indicated in case of:

- a) Uterine bleeding
- b) Uterine cramps
- c) Serous vaginal discharge
- d) Pregnancy
- e) Purulent vaginal discharge

14. Exfoliative cytology is a screening test to detect cancer of:

- a) Ovaries
- b) Fallopian tubes
- c) Cervix
- d) Pancreas
- e) Colon

15. The perfect APGAR score is:

- a) 0 – 3
- b) 4 – 6
- c) 7 – 8
- d) 9 – 10
- e) 10 – 15

16. Which one of the following is false regarding reproductive health in Pakistan?

- a) Pakistan has a high maternal mortality rate
- b) According to WHO a newborn baby weighing <2.5kg is classified as low birth weight baby
- c) Toxemia of pregnancy occurs due to intake of toxic substances in pregnancy
- d) An MCH centre is a first level care facility
- e) Prevention of cancer of the reproductive tract is also included in reproductive service

17. Which one of the following is not true regarding domiciliary midwifery services?

- a) These refer to delivery services at home
- b) Chances of acquiring infection both in mother and child are less in home environment
- c) A doctor from maternal and child health centre invariably conducts deliveries
- d) It is better to refer high risk pregnancy to a hospital
- e) These are recommended as they are best suited to our socio-cultural settings

18. Which one of the following is most likely to result after bilateral vasectomy?

- a) Impotency
- b) Infertility
- c) Aspermia
- d) Loss of libido
- e) Testicular atrophy

19. In the day time earth quake, which is the commonest injury out of the following?

- a) Fracture of pelvis
- b) Fracture of humerus
- c) Fracture of skull

- d) Fracture of spine
- e) Fracture thorax

20. In the post-disaster phase the most important point in order of preference is:

- a) Vaccination against infectious diseases
- b) Provision of safe water, food & clothing
- c) Disposal of dead bodies
- d) Disposal of solid wastes
- e) Vector control

21. Most common hazard related to oral contraceptive use is:

- a) Breast cancer
- b) Vaginal cancer
- c) Osteoporosis
- d) Thromboembolism
- e) Lung cancer

22. Concerning breast feeding which of the following is true?

- a) Feeding of newborn should commence on the second day after birth
- b) Colostrum contains different antibodies
- c) Breast milk is deficient in iron
- d) Breast feeding is contraindicated by women with tuberculosis
- e) It is a good source of IgE immunoglobulins for the baby

23. Average life of sperms in the female genital tract is up to:

- a) 6 hours
- b) 12 hours
- c) 24 hours
- d) 48 hours
- e) 72 hours
- f)

24. Fertilization takes place in which one of the following sites?

- a) Fallopian tube
- b) Uterus
- c) Cervical canal
- d) Peritoneal cavity
- e) Posterior fornix

25. Impotency is most commonly associated with which one of the following conditions:

- a) Depression and anxiety
- b) Inguinal hernia

- c) Cardiac diseases
- d) Urinary tract infection
- e) Gonorrhoea

26. The information on previous disaster lacks in respect of:

- a) Number of deaths
- b) Number of injured
- c) Types of injuries
- d) Physical damage
- e) Psychological damage

27. After finishing 21-pill packet of Oral Contraceptive Pills next packet should be started on:

- a) Very next day
- b) Day 2 of menstruation
- c) Day 5 of menstruation
- d) Day 7 of menstruation
- e) Day 10 of menstruation

28. "TORCH" stands for diseases to be screened during pregnancy, which one of the following is not included in this?

- a) Toxoplasma gondii
- b) Cytomegalovirus
- c) Herpes
- d) Rubella
- e) Coxsackie B

29. Which one of the following is not included in the duties of traditional birth attendants?

- a) To conduct aseptic delivery
- b) To give health education
- c) To give injection of tetanus toxoid
- d) To register births
- e) To assist in breast feedings

30. Additional Calcium requirement during the first 6 months of lactation is:

- a) 400 mg/day
- b) 550 mg/day
- c) 600 mg/day

- d) 750 mg/day
- e) 800 mg/day

31. Recommended dose for iron during pregnancy is:

- a) 24 mg/day
- b) 32 mg/day
- c) 40 mg/day
- d) 60 mg/day
- e) 50 mg/day

1. Which one of the following combinations explains the DPT vaccine?

- a) Toxoid, live and killed
- b) Toxoid, killed and Toxoid
- c) Live, killed and Toxoid
- d) Killed, killed and Toxoid
- e) Toxoid, killed, live

2. Which one of the following is an absolute contraindication for administration of pertussis vaccine?

- a) Diarrhea
- b) Fever
- c) Malnutrition
- d) Convulsions
- e) Jaundice

3. All of the following are true regarding BCG vaccination reactions except:

- a) Ulceration with crust
- b) Disseminated BCG infection
- c) Convulsions
- d) Suppurative lymphadenitis
- e) Osteomyelitis

4. Which one of the following is not true regarding oral polio vaccine?

- a) It helps in Herd immunity
- b) All the three serotypes are present in this vaccin
- c) It is difficult to maintain cold chain
- d) Immunity takes a long time to develop
- e) Its dose is three drops

5. All of the following are contraindications for oral polio vaccine except:

- a) Pregnancy
- b) Dysentery
- c) Polio epidemic
- d) Malignancy
- e) Patients receiving steroid therapy

6. Bivalent vaccine of typhoid contains:

- a) *S. typhi* + *S. paratyphi* A
- b) *S. typhi* + *S. paratyphi* B
- c) *S. paratyphi* A + B
- d) *S. paratyphi* B + C
- e) *S. paratyphi* A + C

7. The best vaccine against rabies for man is:

- a) Sheep brain vaccine
- b) Inactivated duck embryo vaccine
- c) Human diploid cell vaccine
- d) Tissue culture vaccine
- e) Suckling mouse brain vaccine

8. Active immunization after exposure is given in:

- a) Cholera
- b) Plague
- c) Rabies
- d) Typhoid
- e) Measles

9. Which one of the following vaccines gives immunity for the longest duration?

- a) Cholera
- b) Typhoid
- c) Yellow fever
- d) Chickenpox
- e) Hepatitis

10. Salk vaccine is a:

- a) Capsule derived
- b) Live attenuated vaccine

- c) Killed vaccine
- d) Toxoid
- e) Recombinant DNA

11. Ideal temperature for DPT storage:

- a) Room temperature
- b) 4 to 8 °C
- c) 0 to – 10 °C
- d) – 10 °C to – 20 °C
- e) None of the above

12. Which one of the following is true regarding immunoglobulin?

- a) IgA is a major immunoglobulin of serum
- b) IgA is responsible for immediate allergic anaphylactic reaction
- c) IgE comprises 10% of normal serum immunoglobulins
- d) IgG antibody has high agglutinating & complement fixing ability
- e) IgG is major serum Immunoglobulin comprising more than 75% of total

13. Which of the following diseases confers temporary vertical immunity?

- a) Influenza
- b) Tuberculosis
- c) Tetanus
- d) Measles
- e) Cholera

14. The number of Tetanus Toxoid doses for a woman of childbearing age is?

- a) One
- b) Two
- c) Three
- d) Four
- e) Five

15. A person is exposed to an antigen for the first time, the type of antibody to appear first in his blood is:

- a) IgA
- b) IgD
- c) IgG

- d) IgM
- e) IgE

16. Which one of the following is included in pneumoconiosis?

- a) Anthracosis
- b) Sarcoidosis
- c) Psittacosis
- d) Aspergillosis
- e) Salmonellosis

17. Foundry workers may suffer from one of the following diseases as a result of occupational exposure:

- a) Silicosis
- b) Asbestosis
- c) Stomach cancer
- d) Lung cancer
- e) Anthracosis

18. Inhalation of cotton fiber dust for a long period of time leads to:

- a) Byssinosis
- b) Baggassosis
- c) Anthracosis
- d) Siderosis
- e) Farmer's lung

19. Which one of the following size particle causes pneumoconiosis?

- a) 0.5-3 microns
- b) 3-5 microns
- c) 5-8 microns
- d) 5-10 microns
- e) 10-15 microns

20. Regarding ergonomics which one of the following is true,

- a) It is an important part of occupational health.
- b) It is the study & design of working setup.
- c) It is useful to achieve the best mutual adjustments of man & his work.
- d) It means fitting the job to the worker.

e) All of the above

21. Which one of the following diseases is found almost exclusively among persons who have worked with or have been exposed to asbestos?

- a) Bronchogenic carcinoma
- b) Byssinosis
- c) Pleural mesothelioma
- d) Laryngeal carcinoma
- e) None of the above

22. Which one of the following is the major cause of skin cancer due to occupational exposure?

- a) Lead
- b) Anthracene
- c) Canola oil
- d) Radium and roentgen rays
- e) Ultraviolet light

23. Exposure to methyl mercury (organic mercury) may cause all of the following conditions except:

- a) Personality disorders
- b) Gingivitis
- c) Cirrhosis
- d) Visual defects
- e) Tremors

24. Carbon monoxide binds with hemoglobin to form carboxyhemoglobin. All of the following statements about carbon monoxide are true except

- a) The background level of carboxyhemoglobin in the blood is about 0.4 percent
- b) Smoking one pack of cigarettes a day increases the background level tenfold
- c) The affinity of carbon monoxide for hemoglobin is 200 times more than that of oxygen
- d) Carboxyhemoglobin levels of greater than 25 percent can be fatal
- e) A characteristic sign of carbon monoxide poisoning is acrocyanosis

25. The development of neuropathic symptoms is associated with chronic exposure to all of the following substances except:

- a) Mercury
- b) Lead

- c) Arsenic
- d) Sulfur dioxide
- e) Organophosphates

26. Substances thought to be related to bronchogenic cancer include all except:

- a) Nickel
- b) Arsenic
- c) Beryllium
- d) Copper
- e) Chromium & Chromates

27. Workers in the rubber and aniline dye industries, compared with workers in other industries, have an increased incidence of bladder cancer that has been related to occupational exposure to

- a) 2-amino-naphthalene (β -naphthyl-amin
- b) N-dimethyl-4-aminoazobenzene
- c) N-methyl-4-aminoazobenzene (MA
- d) 2-acetyl-aminofluorene (AAF)
- e) Nitrosamines

28. Which one of the following is the causative agent for "Farmer's lung"?

- a) Asbestos
- b) Cane fiber
- c) Cotton dust
- d) Tobacco
- e) Grain dust
- f)

29. Which one of the following is true regarding occupational health?

- a) The term occupational diseases does not include infectious diseases
- b) Occupational health service is a comprehensive health care
- c) Ergonomics is a specialized medical discipline
- d) Occupational health is a part of primary health care
- e) Pre-placement examination of workers is not mandatory.

30. Which one of the following is not true regarding Pneumoconiosis?

- a) Byssinosis is due to inhalation of cotton dust
- b) Anthracosis is due to inhalation of anthrax spores
- c) Baggassosis is an occupational hazard of workers in paper mills.
- d) Asbestosis predisposes to pleural mesothelioma
- e) All Pneumoconiosis are reversible

1. 30 years old married woman was advised X-Ray abdomen. To prevent radiation hazard to the baby in this woman, the doctor should take history of:

- a) Hypersensitivity to radiation
- b) Menstrual cycle
- c) Previous exposure to X-Ray
- d) Previous abortions
- e) Genetic history

2. Which of the following is the most sensitive indicator of MCH (maternal and child health) services?

- a) Anaemia in pregnant woman
- b) Contraceptive prevalence rate
- c) Maternal mortality rate
- d) Under five mortality rate
- e) Literacy rate

3. The average weight gain for a pregnant woman with BMI 20 – 25 should be

- a) 11.5 to 18kg
- b) 11.5 to 16kg
- c) 7 to 11.5 kg
- d) 12.5 to 18kg
- e) 10 to 15 kg

4. A Pap smear and colposcopic examination for the early detection of cervical cancer is:

- a) Primary prevention
- b) Secondary prevention
- c) Tertiary prevention
- d) Medical treatment
- e) Surgical treatment

5. The most commonly described anomalies associated with congenital rubella include all the following except.

- a) Cataracts
- b) Sensorineural deafness
- c) Microcephaly
- d) Patent ductus arteriosus
- e) Hutchinson's tooth

6. The additional energy requirement for a woman during pregnancy is

- a) 150 kcal / day
- b) 300 kcal / day
- c) 400 kcal / day
- d) 550 kcal / day
- e) 600 kcal / day

7. If Rh positive baby is born to Rh negative mother than dose of Rh anti D should be given to mother.

- a) Within 72 hours
- b) Within a week
- c) Within 15 days
- f)
- d) Within a month
- e) Within a year

8. The ideal minimum number of antenatal visits is:

- a) Three
- b) Six
- c) Five
- f)
- d) Twelve
- e) Fifteen

9. Low birth weight infant is one whose weight is:

- a) Less than 1.5 kg
- b) Less than 2 kg
- c) Less than 2.5 kg
- d) Less than 3 kg
- e) Less than 3.5 kg

10. The most common cause of early neonatal mortality is:

- a) Low Birth Weight
- b) Acute Respiratory Infections
- c) Malnutrition
- d) Malaria
- e) Jaundice

11. The most common cause of post neonatal mortality is:

- a) Low birth weight
- b) Acute Respiratory Infections
- c) Malnutrition
- d) Malaria

e) Jaundice

12. Which one of the following is not true regarding domiciliary midwifery services?

- a) It refers to delivery services at home
- b) Chances of acquiring infection both in mother and child are less in home environment.
- c) A doctor from maternal and child health center invariably conducts deliveries.
- d) It is better to refer high risk pregnancy to a hospital.
- e) It is the lady health visitor or a trained birth attendant who conducts delivery

13. The most common clinical presentation of cytomegalovirus infection at birth is:

- a) Hepatosplenomegaly
- b) Hepatitis
- c) Anemia
- d) Cerebral calcifications
- e) Retinitis

14. Cerebral malaria is a complication of which of the following Plasmodia infections.

- a) Falciparum
- b) Vivax
- c) Malariae
- d) Ovale
- e) Mixed infection by vivax and ovale

15. A patient who has come from India, reports to a health facility with generalized aches and pain and rash on the body excluding palms and soles. The most likely diagnosis is:

- a) scarlet fever
- b) Trypanosomniasis
- c) Malaria
- d) Dengue
- e) Yellow Fever

16. The best method recommended by WHO for malaria control in endemic areas is:

- a) The use of Pyrethrum impregnated bed nets
- b) Regular use of Chloroquine
- c) Genetic Control of Mosquitoes
- d) Vaccination
- e) Passive immunity by anti-sera

17. Which of the following is not a rash producing infection?

- a) Typhoid
- b) Dengue
- c) Measles
- d) Malaria
- e) Syphilis

18. Which one of the following is internationally quarantinable disease?

- a) Yellow fever
- b) Amoebiasis
- c) Malaria
- d) HIV
- e) HAV

19. Diagnosis of tuberculosis is mainly confirmed by:

- a) Mass miniature radiography
- b) Sputum microscopy
- c) Sputum culture
- d) Tuberculin test
- e) Blood culture

20. For every case of polio, the estimated number of sub clinical cases are:

- a) 10
- b) 50
- c) 100
- d) 500
- e) 1000

21. All of the following are water borne diseases except:

- a) Poliomyelitis
- b) Paratyphoid fever
- c) Tuberculosis
- d) Weil's Disease
- e) Guinea worm disease

22. Which of the following is not true for whooping cough?

- a) It is prevented by a killed vaccine

- b) Its chronic complication include pleural and bronchial carcinoma
- c) Its acute complication are bronchitis and bronchopneumonia
- d) There is no specific immunoglobulin available for whooping cough
- e) The causative agent of the disease is a gram negative bacteria

23. All of the following are true for meningitis except

- a) The causative agent of meningitis commonly seen in children under two years of age is haemophilus influenza
- b) It is transmitted by infected droplets of the patients
- c) Rifampicin is given for two days to the contacts for prevention
- d) Healthy carrier are commonly seen
- e) Presence of bacteria in the throat always means an active disease

24. Chemoprophylaxis is recommended by WHO in all of the following except:

- a) Cholera
- b) Plague
- c) Measles
- d) Meningococcal meningitis
- e) Malaria

25. Which one of the following diseases has been eradicated?

- a) Measles
- b) Polio
- c) Tuberculosis
- d) Dracunculosis
- e) Brucellosis

26. A person is exposed to an antigen for the first time, the type of antibody to appear first in his blood is:

- a) IgA
- b) IgD
- c) IgG
- d) IgM
- e) IgE

27. One of the important contraindications to vaccination against "Whooping cough" is:

- a) History of convulsion

- b) 3rd degree malnutrition
- c) History of Pertussis in family
- d) Mild Febrile illness
- e) Liver diseases

28. Vaccines are either killed or live attenuated, which one of the following is a killed vaccine:

- a) BCG
- b) Measles vaccine
- c) Oral polio vaccine
- d) Salk polio vaccine
- e) Rubella

29. Herd immunity is commonly seen in one of the following diseases:

- a) Poliomyelitis
- b) Leprosy
- c) Malaria
- d) HIV
- e) Cholera

30. Immunization is

- a) Health promotion
- b) Specific Protection
- c) Early detection
- d) Rehabilitation
- e) Prompt Treatment

31. Which of the following statements is true about Passive Immunization?

- a) It is immediately effective
- b) It is less likely to cause allergic reactions as compared to active immunization
- c) Provides longer protection as compared to active immunization
- d) Should be provided to all sick children.
- e) It is always non specific

32. Regarding Measles Vaccination which one is correct?

- a) Measles Vaccine should be given to all the persons of a community regardless of age
- b) The best time of measles vaccination is first month of life

- c) For primary Measles Vaccination, at least two doses should be given, one month apart to ensure full antibody response
- d) It is better to delay the vaccination till 9-15 months of age
- e) To protect against a second attack of measles, vaccine should be offered even to those persons who have had an attack of Measles previously.

33. Normal human immunoglobulin is given in one of the following conditions as specific immunoglobulins are not available:

- a) Hepatitis A
- b) Hepatitis B
- c) Chicken Pox
- d) Diphtheria
- e) Tetanus

Key: True: a

34. Which of the following statements is true about Hepatitis B vaccine?

- a) It is a live attenuated vaccine
- b) It is a recombinant DNA vaccine
- c) It is a freeze dried vaccine
- d) This Vaccine and Immunoglobulin cannot be given together
- e) This Vaccine has to be repeated every year

Key: True: b

35. Protective value of BCG vaccination is:

- a) Less than 40%
- b) 50%
- c) 60%
- d) 80%
- e) Less than 90%

Key: True: a

36. Which one of the following is a live attenuated vaccine?

- a) Sabin vaccine
- b) Salk vaccine
- c) Cholera
- d) Pertussis

e) Diphtheria Toxoid

Key: True: a

37. Which of the following group of Lymphocytes recognizes antigens and results in the development of a humoral immune response

- a) Killer (K) cells
- b) T lymphocytes
- c) Null cells
- d) B lymphocytes
- e) Suppressor T (Ts) cells

Key: True: d

38. Erythroblastosis fetalis can be prevented in the next baby, if the mother is injected, at parturition, with an antibody called:

- a) Nonspecific immunoglobulin
- b) Rho (immunoglobulin (Rho GAM)
- c) Antilymphocyte globulin
- d) Antithymocyte serum
- e) Univalent antiserum

Key: True: b

39. One of the serious complications associated with the use of immunosuppressive agents is:

- a) Increased incidence of autoimmune disease
- b) Increased susceptibility to opportunistic infections
- c) Loss of tuberculin sensitivity in tuberculosis patients
- d) Loss of hair
- e) Decrease in complement levels

Key: True: b

40. The preferred vaccine for diphtheria consists of

- a) Heat-killed corynebacterium diphtheriae
- b) Attenuated corynebacterium diphtheriae
- c) Precipitated or adsorbed toxoid
- d) Capsular polysaccharide
- e) Capsule plus carrier protein

Key: True: c

41. The snake bite of family viperidae is commonly identified by one of the following effect:

- a) Myotoxic
- b) Neurotoxic
- c) Hemotoxic
- d) Hepatotoxic
- e) Nephrotoxic

Key: True: c

42. Which of the following statements about polyvalent anti-snake venom serum is true?

- a) It is to be given subcutaneously
- b) It is an example of passive immunization
- c) It is usually obtained from human donors
- d) It should be stored at 0°
- e) It gives lifelong immunity

Key: True: b

43. Which one of the following statements is true regarding krait envenomation?

- a) Violent abdominal pains due to internal hemorrhages
- b) Staggering gait
- c) Creeping paralysis beginning in legs
- d) In coordination of speech
- e) Drooping of head

Key: True: a

44. Which one of the following is the zoological name of cobra?

- a) *Naja naja*
- b) *Bungarus caeruleus*
- c) *Echis carinatus*
- d) *Vipera russelli*
- e) *Rana tigrina*

Key: True: a

45. Which one of the following statement is true for Russell Viper envenomation?

- a) Neurotoxic and swift acting
- b) Primarily neurotoxic causes slight swelling
- c) After some time a dark discoloration occurs at the site of bite
- d) Difficult breathing
- e) Hyper salivation

Key: True: c

46. In cobra envenomation, death occurs due to which one of the following reasons?

- a) Respiratory failure
- b) Stroke
- c) Internal hemorrhages
- d) Nephrotoxicity
- e) Cardiac failure

Key: True: a

47. All of the following are the constituents of snake venom except:

- a) Hyaluronidase
- b) Phospholipase A2
- c) Transaminase
- d) Endonuclease
- e) Lipase

Key: True: e

48. Which of the following is not true for snake bite in Pakistan?

- a) Most death occur due to rattle snake
- b) Snake bite is more common in summer
- c) Management of snake bite requires anti snake venom
- d) Cobra bites are characterized by neurological signs
- e) Snakes are mostly oviparous

Key: True: a

49. All of the following are the protozoal infections except:

- a) Leishmaniasis
- b) Toxoplasmosis
- c) Trypanosomiasis

- d) Lassa fever
- e) Giardiasis

Key: True: d

50. Which one of the following is true regarding Giardiasis?

- a) The infection commonly affects children who are admitted in a day care centre
- b) Infection is generally in-apparent in the children, but always symptomatic in adults
- c) It leads to gestational infection in a new borne
- d) It is the commonest nosocomial infection
- e) None of the above

Key: True: a

51. The intermediate host involved in transmission of Diphyllbothriasis

- a) Snail
- b) Swine
- c) Fish
- d) Crab
- e) Dog

Key: True: c

52. The intermediate host involved in transmission of Cysticercosis

- a) Snail
- b) Swine
- c) Fish
- d) Crab
- e) Dog

Key: True: b

53. The most important method of prevention of *Dracunculus medinensis* (Guinea Worm) infection is by:

- a) Washing the hands with soap before eating.
- b) Proper sewage disposal.
- c) Mass vaccination.
- d) Purification of water
- e) Eating the properly cooked meat.

Key: True: d

54. Which of the following is true about round worm?

- a) It can suck up to 1 cc of blood per day.
- b) It belongs to the group of trematodes.
- c) The infection takes place by ingestion of eggs of the worm.
- d) Only female worm exists in human gut.
- e) It is very common in villagers because they walk barefoote

Key: True: c

55. About Oriental Sore which one of the following is correct?

- a) It is caused by Leishmania donovani.
- b) The diagnosis is made by taking a smear from the base of ulcer.
- c) The disease spreads by bathing in dirty water.
- d) Human beings are the only reservoir.
- e) Food should be protected from flies to prevent the epidemic of the diseas

Key: True: b

56. Koplik's spots are the diagnostic sign of one of the following diseases:

- a) Rubella
- b) Whooping cough
- c) Measles
- d) Meningitis
- e) Mumps

Key: True: c

57. Which of the following diseases is included in expanded program on immunization?

- a) Tuberculosis
- b) Mumps
- c) Chicken-pox
- d) Rubella
- e) Hepatitis A

Key: True: a

58. The best measure taken in meningococcal meningitis out-breaks is:

- a) Mass chemo-prophylaxis by penicillin
- b) Immunization
- c) Chlorination of all water supplies
- d) Closure of schools
- e) Mass screening program

Key: True: b

59. Aedes Egypti mosquito is commonly a vector in the transmission of one of the following diseases:

- a) Filariasis
- b) Yellow Fever
- c) Malaria
- d) Plague
- e) Leishmaniasis

Key: True: b

60. All the following diseases can be prevented by vaccination except:

- a) Measles
- b) Mumps
- c) Malaria
- d) Whooping cough
- e) Tuberculosis.

Key: True: c

61. Which one of the following vectors transmits scrub typhus:

- a) Louse
- b) Flea
- c) Mite
- d) Ticks
- e) Mosquito

Key: True: c

62. Regarding clinical spectrum of poliomyelitis, approximately one percent of all polio-infections are

- a. Abortive polio

- b. In apparent polio
- c. Non-paralytic polio
- d. Paralytic polio
- e. Clinical Cases

Key: True: d

63. The main mode of transmission of *Ancylostoma duodenale* is:

- a) Ingestion of larva
- b) Ingestion of eggs
- c) Inhalation
- d) Percutaneous
- e) Blood transfusion

Key: True: d

64. Which of the following statements about polyvalent anti-snake venom serum is true?

- a) It is to be given subcutaneously
- b) It is an example of passive immunization
- c) It is usually obtained from human donors
- d) It should be stored at 0°
- e) It gives lifelong immunity

Key: True: b

65. 30 years old married woman was advised X-Ray abdomen. To prevent radiation hazard to the baby in this woman, the doctor should take history of:

- a) Hypersensitivity to radiation
- b) Menstrual cycle
- c) Previous exposure to X-Ray
- d) Previous abortions
- e) Genetic history

Key: True: b