

1. Which statement is not true with regards to preeclampsia?

- A) It develops after 20 weeks of gestation.
- B) If left untreated it can progress to eclampsia.
- C) May be associated with altered maternal immune response to fetal/ placental tissue.
- D) Proteinuria is essential for diagnosis.
- E) preeclampsia is not a potential complication of gestational diabetes.

ANSWER: E

2. Perinatal mortality includes?

- A) Neonatal deaths.
- B) Live births- early neonatal deaths.
- C) Still births.
- D) Still births and early neonatal deaths.
- E) Still births and neonatal deaths.

ANSWER: D

3. Which of the following is not an objective for maternal and child health services?

- A) To reduce domestic and sexual violence.
- B) To reduce the incidence and prevalence of sexually transmitted infections (STIs).
- C) To reduce morbidity and mortality among mothers and children, through curative interventions.
- D) To reduce morbidity and mortality among mothers and children, through health promotion activities.
- E) To reduce the incidence and prevalence of cervical cancer.

ANSWER: C

4. Ozone Layer Depletion is attributed mainly to?

- A) Pollution caused by CFC's
- B) Acid rain
- C) Suspended particles in the air
- D) Volcano activity
- E) Volatile Hydrocarbons

ANSWER: A

5. The scientist who views that the period of adolescence is a period of heightened storm and stress is:

- A) Hall
- B) Hussert
- C) Strauss
- D) Neugarten
- E) Mead

ANSWER: A

6. It is not an essential element of primary health care:

- A) Provision of essential drugs
- B) Provision of safe water.
- C) Provision of basic sanitation.
- D) Promotion of mental health
- E) Promotion of gender equality.

Answer: E

7. Unclear social expectations are related to which feature of adolescence period?

- a. the search for self
- b. biological growth and development
- c. increased pressure
- d. increased decision making
- e. undefined status

ANSWER: E

8. Health workers such as doctors and nurses face the chemical hazard of:

- A) Glutaraldehyde exposure
- B) Silica particles exposure
- C) Noxious vapors exposure
- D) Electric shocks exposure
- E) Radiation exposure

ANSWER:A

9. Pre-marital screening and genetic counselling (PMSGC) aims to:

- A) to identify B-thalassaemia carriers among couples planning to marry.
- B) to check for nutritional status of couples.
- C) to identify sexually transmitted diseases among couples planning to marry.
- D) to identify risk for prematurity.
- E) to identify past menstrual history of women.

ANSWER: A

10. Adequacy in primary health care means?

- A) The service has to be properly selected and performed by trained personnel in a proper way.
- B) People must be able to obtain the services they need as and when they need them.
- C) Adequate attention should be paid to all aspects of a medical problem - prevention, early detection, diagnosis, treatment, follow up measures, and necessary rehabilitation.
- D) Services must be trusted by patients.
- E) Services provided are proportionate to what is required by the community.

ANSWER: E

11. All of the following statements about Low Birth Weight (LBW) infants are correct except?

- A) Maternal reproductive tract infection is considered a risk factor for LBW infants.
- B) They have higher perinatal mortality rate than infants of normal weight.
- C) They have an increased risk of developing hearing and visual defects.
- D) Maternal anemia is not considered a risk factor for LBW infants.
- E) Low birth weight infants who survive may have serious neurological problems.

ANSWER: D

12. All of the following statements are correct regarding the medical model that dominated health care prior to the primary health care model except?

- A) Focuses on illness
- B) Depends on professional dominance.
- C) Involves health sector alone
- D) Provides episodic care.
- E) Provides continuous care

ANSWER: E

13. Denominator of maternal mortality ratio is:

- A) Live births - still births.
- B) Number of deliveries (live and still births).
- C) Number of live births.
- D) Number of women of reproductive age
- E) Number of still births

ANSWER: D

14. Which of the following statements is INCORRECT regarding indoor air pollution?

- A) Indoor air pollution can be completely prevented if people plant trees inside their houses.
- B) The colorless gas of CO is one of the most dangerous indoor pollutants
- C) Radon is one of the indoor pollutants, which is emitted naturally from the ground
- D) indoor air pollution kills millions of people because it causes chronic obstructive respiratory disease and other major diseases
- E) Indoor air pollution is widely attributed to using cooking fire at home

ANSWER: A

15. All of the following statements are correct regarding the spectrum of health except?

- A) Spectrum of health- disease indicates that health of the individual subject to repeated fine variations.
- B) Spectrum of health- disease emphasizes that health of an individual is a dynamic phenomenon.
- C) The highest point on the health-disease spectrum is positive health.
- D) The highest point on the health-disease spectrum is death.
- E) The lowest point on the health- disease spectrum is death

ANSWER: D

16. All of the following are related to the mental dimension of health except?

- A) Free from internal conflict.
- B) Self-efficacy and self-esteem.
- C) Having a good self-control.
- D) Self-awareness.
- E) Coping with stress.

ANSWER: B

17. What term is used to refer to care is provided for all types of health problems in primary health care?

- A) Completeness.
- B) Availability
- C) Continuity.
- D) Accessibility.
- E) Comprehensiveness.

ANSWER: E

18. Which of the following statements is INCORRECT about Earth's atmosphere?

- A) it allows weather to vary in different times and places
- B) It mostly consists of Nitrogen
- C) it can be affected by human
- D) it blocks infra-red solar rays
- E) it hosts and supports hydrologic cycle

ANSWER: D

19. Secondary health care is:

- A) The first referral level.
- B) Offers super- specialist care.
- C) The second referral level
- D) Provided by central level institution.
- E) Indirect contact with community.

ANSWER: A

20. Which of the following statements is false:

- A) Gestational diabetes can affect the health of the mother and baby.
- B) Risk of health problems to mother and baby from gestational diabetes can be reduced if it is detected and well managed.
- C) Family and personal history is not a risk factor for gestational diabetes.
- D) Gestational diabetes usually disappears after giving birth.
- E) Gestational diabetes usually develops in the second half of pregnancy.

ANSWER: C

21. Which of the following statements is CORRECT about hazard?

- A) Hazard is relevant to probability
- B) Hazard can be expressed numerically in rates or percentages
- C) Hazard is relevant to severity
- D) Hazard is uncontrollable
- E) Hazards are variable in nature and type

ANSWER: E

22. With regard to ultrasound scan as a routine part of antenatal care, which one of the following statements is correct?

- A) IT can not detect abnormalities in the baby during pregnancy..
- B) it shows the position of the baby and the placenta.
- C) It does not help to monitor for baby growth.
- D) It does not show the position of the placenta.
- E) It does not help to check the baby size.

ANSWER: B

23.Pre-marital health services do not include:

- a) Family health education.
- b) Immunization.
- c) Fertility investigation
- d) Family planning.
- e) Nutrition and weight monitoring.

ANSWER: D

24.Hepatitis A is an example of: (FORGET)

- a) Viral food contamination.
- b) Bacterial food contamination.
- c) Food contamination with molds.
- d) Fungal food contamination.
- e) Physical food contamination.

ANSWER: A

25.A nutrient is considered nonessential if (FORGET)

- a) Its lack for a long time can cause serious illnesses.
- b) The body does not produce it on its own.
- c) Its lack causes nutritional deficiency symptoms.
- d) A healthy body is able to produce sufficient amounts of it.
- e) A mal-nourished body can produce enough of it.

ANSWER: D

26. The optimal time to screen for postpartum depression (PPD) is:

- a) Between one month and 3 months after delivery.
- b) Between one week and one month after delivery.
- c) Between 3 weeks and 3 months after delivery.
- d) In the first week after delivery.
- e) Between 2 weeks and 6 months after delivery.

ANSWER: E

27. All of the following statements are correct regarding the Astana declaration for primary health care except:

- a) It has been endorsed in the Global Conference on Primary Health Care in October 2018.
- b) It aims to optimize health benefits for patients, based on evidence of costs and benefits.
- c) It aims to build sustainable primary health care.
- d) It aims to make bold political choices for health across all sectors.
- e) It aims to empower individuals and communities.

ANSWER: B