

Roll No.

Total Pages: __

Paper ID: DNC001

Course Code: CNCT1

Examination (January- 2024)

Certificate in Nanny Care

Pre-natal and Post-natal care

Time Allowed: 2 Hours

Max.Marks: 70

Instructions for the Students

1. The question paper shall consist of 70 Multiple Choice questions.
2. All questions are compulsory. Each question carries 1 mark.
3. There will be no negative marking.

<p>Q1. How does exercise benefit a pregnant woman?</p> <p>a) Strengthen muscles b) Reduce fatigue c) Reduce stress d) All of the above</p>	<p>Q2. Which of the following adverse effects are associated with foetus when mother use drugs during pregnancy?</p> <p>a) Pre-term birth b) Undersized head and body c) Physical malformation d) All of the above</p>
<p>Q3. Which organ of female reproductive system is a house for a developing foetus?</p> <p>a) Ovaries b) Uterus c) Vagina d) Cervix</p>	<p>Q4. How much of iron is approximately required during pregnancy?</p> <p>a) 1000mg b) 1200mg c) 1500mg d) 1800mg</p>
<p>Q5. Most common symptoms of anaemia during pregnancy are:</p> <p>a) Pale skin ,lips and nails b) Feeling tired or weak c) Shortness of breadth d) All of the above</p>	<p>Q6. When will foetal heart rate be detected by fetoscope during pregnancy?</p> <p>a) At 12th week b) At 20th week c) At 24th week d) At 30th week</p>
<p>Q7. Neonatal reflex elicited by touching the cheeks of baby is called:</p> <p>a) Moro reflex b) Rooting reflex c) Startle reflex d) Sucking reflex</p>	<p>Q8. Neonatal reflex elicited by inserting a finger or nipple into baby's mouth is called:</p> <p>a) Sucking reflex b) Grasping reflex c) Rooting reflex d) Blinking reflex</p>

<p>Q9. The last neonatal reflex to emerge is:</p> <p>a) Rooting reflex b) Grasp reflex c) Moro's reflex d) Babinski reflex</p>	<p>Q10. A woman should book for prenatal care:</p> <p>a) Before she fell pregnant. b) When she missed her periods. c) When she first feels foetal movements. d) When she is 28 weeks pregnant.</p>
<p>Q11. Which hormone is detected in urine for pregnancy test?</p> <p>a) Prolactin b) Oestrogen c) hCG d) Progesterone</p>	<p>Q12. Prenatal care aims to:</p> <p>a) Screen high risk cases b) Detect complications at the earliest c) To ensure continued risk assessment d) All of the above</p>
<p>Q13. How much weight gain is normal in pregnancy?</p> <p>a) 11-16 kg b) 8-10 kg c) 20-25kg d) Above 25 kg</p>	<p>Q14. Poor nutritional status during pregnancy has serious and long term effects and there is a risk of:</p> <p>a) Maternal morbidity b) Premature delivery c) Low birth weight d) All of the above</p>
<p>Q15. Common discomforts felt by a pregnant woman during prenatal period are:</p> <p>a) Morning sickness b) Frequent urination c) Constipation d) All of the above</p>	<p>Q16. Morning sickness during pregnancy is common during:</p> <p>a) First trimester b) Second trimester c) Third trimester d) None of the following</p>
<p>Q17. Breast feeding should be started following birth within:</p> <p>a) 1 hour b) 2 hours c) 6 hours d) After doctor's order</p>	<p>Q18. Milk made by the body on the first day of delivery is called:</p> <p>a) Lactose b) Colostrum c) Glucose d) None of the above</p>
<p>Q19. Morning sickness during pregnancy is characterized by:</p> <p>a) Diarrhoea b) Fatigue c) Nausea and vomiting d) Headache</p>	<p>Q20. Which is the most important hormone used by body to make breastmilk:</p> <p>a) Oestrogen b) Prolactin c) Progesterone d) Insulin</p>
<p>Q21. Early sign and symptoms of pregnancy are:</p> <p>a) Tender breast b) Missed periods c) Nausea d) All of the above</p>	<p>Q22. Compared with mature milk, colostrum is:</p> <p>a) Lower in sodium, potassium and chloride b) Higher in fat and sodium c) Higher in protein, sodium and fat soluble vitamins d) Lower in fat and carotenoids</p>

<p>Q23. Breast engorgement is most often due to:</p> <p>a) High prolactin level b) Infrequent feedings c) More milk production d) All of the above</p>	<p>Q24. Weaning is:</p> <p>a) Introducing junk food to the child b) Introducing other liquids c) Introducing solid food along with breast milk d) None of the above</p>
<p>Q25. Weaning is recommended at about :</p> <p>a) 2 months b) 4 months c) 6 months d) 9 months</p>	<p>Q26. Breastfeeding is contradicted in which of the following condition:</p> <p>a) Infants with galactosemia b) Breast engorgement c) Mother with hepatitis B d) All of the above</p>
<p>Q27. On what temperature should the room be when bathing the new born?</p> <p>a) 90°F b) 72-75°F c) 75-80°F d) 38°C</p>	<p>Q28. In what position the newborn should be placed when shampooing the scalp</p> <p>a) Football hold b) Side lying c) On counter with head over sink d) In baby bath tub</p>
<p>Q29. Which of these medicines should not be used while breastfeeding?</p> <p>a) Birth control pills b) Cold remedies c) Pain reliever d) All of above if you have not consulted a doctor</p>	<p>Q30. Term hyperpyrexia is used for body temperature above:</p> <p>a) Above 105°F b) 102-104°F c) 100-102°F d) 99-100°F</p>
<p>Q31. Important conditions to be checked in post-natal care of mother are:</p> <p>a) Puerperal sepsis b) Puerperal pyrexia c) Breast engorgement d) All of the above</p>	<p>Q32. Which danger sign of the baby should be enquired during post-natal care?</p> <p>a) Fever b) Yellow coloration of eyes and body c) Discharge from umbilicus d) All of the above</p>
<p>Q33. Psychological support to mother is recommended to prevent:</p> <p>a) Headache b) Postpartum depression c) Post operative pain d) None</p>	<p>Q34. Which is the following vaccine is given intradermally?</p> <p>a) BCG b) MMR c) Cholera d) Influenza</p>
<p>Q35. Breastfed children are less likely to have:</p> <p>a) Diarrhoea b) Ear infection c) Pneumonia d) All of the above</p>	<p>Q36. When first post-natal visit should be done?</p> <p>a) Within 24 hours b) After 48 hours c) After 72 hours d) After 1 week</p>
<p>Q37. Route of Polio vaccine is:</p> <p>a) IM(Intra-muscular) b) Oral c) IV (Intra-venous) d) Intradermally</p>	<p>Q38. Raju has runny nose. He frequently sneezes. Sometimes he has difficulty in sleeping due to congested nose. What disease he has?</p> <p>a) Common cold b) Cough</p>

	<p>c) Diarrhoea d) Gastroenteritis</p>
<p>Q39. Children may experience swollen salivary glands due to: a) Measles b) Mumps c) Chickenpox d) Diarrhoea</p>	<p>Q40. Rubella is contagious disease caused by: a) Bacteria b) Parasite c) Virus d) None of the above</p>
<p>Q41. What can cause diarrhoea? a) Food poisoning b) Food intolerance c) Infection d) All of the above</p>	<p>Q42. Common symptoms of dehydration are: a) Dry skin b) Dark pee c) No wet diapers for eight hours d) All of the above</p>
<p>Q43. ORS (Oral Rehydration Solution) is used in a) Cold b) Diarrhoea c) Cough d) Pain</p>	<p>Q44. Fever of child can be reduced at home by: a) Sponge bath b) By giving extra fluid c) Light clothing d) All of the above</p>
<p>Q45. Rubella can be prevented by having: a) MMR vaccine b) Polio vaccine c) DPT vaccine d) BCG</p>	<p>Q46. Measles is characterised by: a) Generalised rashes b) Fever c) Cough d) All of the above</p>
<p>Q47. Cow's milk can be given to the baby: a) After 1 year of age b) Before 6 months c) Before 9 months d) After 4 months</p>	<p>Q48. When should a child receive first dose of Hepatitis B vaccine? a) At birth b) After 2 months c) After 4 months d) After 6 months</p>
<p>Q49. Which one of the following is combined vaccine? a) Hepatitis B b) Hib vaccine c) Polio vaccine d) DPT vaccine</p>	<p>Q50. The first food of weaning to start with are: a) Bread, rice and pasta. b) Meat, egg and fish. c) Rice, cereal, mashed or pureed fruits and vegetables. d) All of the above</p>
<p>Q51. Babies are ready to eat the same food as the family eats: a) Between 6-9 months b) After 1 year c) At 2 years d) At 3 years</p>	<p>Q52. The best drink for baby after 6 months is: a) Water b) 100% fruit juice c) Soda drinks d) All of the above</p>
<p>Q53. Healthy feeding is: a) Feeding variety of food. b) Feeding with fixed menu. c) Feeding whenever baby is crying. d) None of the above.</p>	<p>Q54. How can you help relieve sore nipples? a) Use a nipple shield. b) Rub petroleum jelly. c) Minimize number of feedings. d) Rub breast milk on nipples and let them air dry.</p>

<p>Q55. Some mild reactions that may occur after getting vaccine are:</p> <p>a) Fever b) Soreness at the site of injection. c) Continual crying d) All of the above</p>	<p>Q56. The period which starts with fertilization and ends up with birth of child is called:</p> <p>a) Prenatal development b) Foetal period c) Postnatal development d) None of the above</p>
<p>Q57. Common factors that affects prenatal development are:</p> <p>a) Chronic mother illness b) Nutritional deficiencies c) Radiations d) All of the above</p>	<p>Q58. While breastfeeding you should:</p> <p>a) Eat usual diet when you are hungry. b) Avoid spicy food. c) Eat very fatty food. d) Drink fluids only.</p>
<p>Q59. How much additional amount of calories should be taken by pregnant woman as per WHO?</p> <p>a) 300 Kcal b) 500 Kcal c) 1000 Kcal d) 100 Kcal</p>	<p>Q60. Which of the following vaccine commonly given to pregnant mother?</p> <p>a) Measles b) BCG c) Tetanus d) DPT</p>
<p>Q61. The vaccine which is given as nasal spray is:</p> <p>a) Influenza b) Measles c) Polio d) Rubella</p>	<p>Q62. How frequently a newborn's diapers should be changed?</p> <p>a) Every 2-3 hours b) Every 6 hours c) Every 8 hours d) None of the above</p>
<p>Q63. How does breastfeeding helps the mother?</p> <p>a) It helps you to get to your normal weight. b) It reduces risk of ovarian cancer. c) It increases bone strength. d) Both 'A' and 'B' .</p>	<p>Q64. Which vaccine is given at the age of 0-1 month?</p> <p>a) BCG b) MMR c) DPT d) Influenza</p>
<p>Q65. Besides protecting your child from diseases what are other benefits of breastfeeding?</p> <p>a) Breastmilk is easier to digest than formula. b) Breastmilk doesn't need to be prepared. c) Breastmilk is free. d) All of the above.</p>	<p>Q66. Foetus developmental period begins from:</p> <p>a) 4 weeks b) 6 weeks c) 8 weeks d) 12 weeks</p>
<p>Q67. Disadvantages of using diapers can be:</p> <p>a) Skin rashes b) Allergy c) Infection d) All of the above</p>	<p>Q68. Which of the following is most important nutrient for a woman during the initial stage of pregnancy to prevent birth defect?</p> <p>a) Thiamine b) Folic acid c) Vitamin C d) Vitamin E</p>
<p>Q69. BCG vaccine is given for:</p> <p>a) Malaria b) Tuberculosis c) Jaundice d) Hepatitis</p>	<p>Q70. When fourth postnatal visit should be scheduled?</p> <p>a) Within 72 hours b) Within 4-7 days c) Within 15 days d) Within 42-45 days</p>

