

## **Basic Medicine**

1. Eruptions with size ranging from 5mm to 5 cm which are raised above skin  
Ans : Nodules
2. Infected papules or vesicles are called as  
ans: Pustules
3. Fluid filled lesions less than 5 mm in size  
Ans: Vesicles
4. Lesions which are not raised above the skin  
Ans: Macules
5. Elevated patches on the skin with centre pallor than periphery which is seen in allergy  
ans: wheal
6. Name two diseases with maculo papular rash  
Ans: Measles, rubella
7. Name two example for diseases with rash and haemorrhage  
ans : Viral haemorrhagic fever, leptospirosis
8. Name two diseases with vesicular or pustular rash  
Ans: Chickenpox, Herpes
9. Causative agent for scabies  
Ans: Sarcoptes scabiei or itch mite
10. Name two topical applications used in the treatment of scabies  
Ans: Malathion and permethrin
11. Name a topical application with fruity odour usually preferred in treatment of scabies in children  
Ans: Permethrin
12. Swelling in the breast is usually termed as .....  
Ans: Lump
13. Name two conditions where pallor is present  
Ans: Anemia, Blood loss
14. Inflammation of joints is called  
Ans : Arthritis
15. Most common cause for acute arthritis  
Ans : Trauma
16. Most common cause for chronic arthritis  
Ans: Rheumatoid
17. Name two causes for acute arthritis  
Ans: Trauma, Rheumatic arthritis
18. Most frequent syciption of the respiratory disease  
Ans: cough
19. Name two common causes of cough  
Ans: Pharyngitis trachco bronchitis
20. Name two cardiac causes of cough  
Ans: chronic heart disease mitral valve disease
21. Name two common causes of chest pain  
Ans: Pneumonia, Ischaemic Heart diseases
22. Name two musculo skeletal causes of chest pain  
Ans: Myositis, costochondritis
23. Coughing out blood is called  
Ans: Hemoptysis

24. Coughing out blood due to bleeding from upper respiratory tract is called  
ans: pseudo-hemoptysis
25. Name two common causes of hemoptysis  
Ans: Pneumonia, Bleeding disorders
26. Vomiting out blood is called  
Ans: Haemotisis
27. Dark colorful or tarry stools due to bleeding fresh lower GIT tract is  
Ans: Melena
28. Difficulty in breathing  
Ans: Dyspnoea
29. Difficulty in breathing especially in lying down position  
Ans: Orthopnoea
30. Most common upper respiratory tract infection  
Ans: common cold
31. Most common organism causing common cold  
Ans: Rhino virus
32. Difficulty in swallowing food is called  
Ans: dysphagia
33. Pain while swallowing food is called  
Ans: odynophagia
34. Common organism causing community acquired pneumonia  
Ans: Streptococcus pneumoniae
35. Most common agent for nosocomial (Hospital Acquired) pneumonia  
Ans: E coli
36. Most common organism responsible for pneumonia in immunocompromised individuals  
Ans : Pneumocystis carinii, Aspergillus
37. Name two causes for hemolytic jaundice  
Ans: Severe thalassemia, Severe falciparum malaria
38. Name two causes for hepatocellular jaundice  
Ans : Hepatitis, cirrhosis
39. Jaundice results from obstruction of bile flow in bile duct  
Ans: Cholestatic jaundice
40. When infection in pneumonia spread from bronchi to terminal bronchioles and alveoli it is called as  
Ans: broncho pneumonia
41. Common causes for blurred vision and blindness  
Ans: Cataract
42. The conditions in which older persons cannot see clearly the near objects is called  
Ans: presbyopia
43. Most common cause for conjunctivitis in a newborn  
Ans: Gonorrhoea in mother
44. Suppurative or infective inflammation of Meibomian gland is  
Ans. Stye or hordeolum
45. Painful micturition is called  
Ans: Dysuria
46. presence of blood in urine is called  
Ans: Haematuria

47. Bed wetting or passing urine while sleeping at night is called as  
Ans: Nocturnal enuresis
48. condition where urine cannot be passed even with conscious effort  
Ans: Urinary retention
49. Name two common causes of haematuria  
Ans: Renal Stones, Urinary tract infection
50. Vaccination commonly associated with local reaction like pain swelling and redness in.  
Ans: DPT
51. A specific local reaction that start as a papule later ulcerate and heals leaving a scar is typically seen in immunization with ..... vaccine  
Ans: BCG
52. Name two vaccines in the immunization schedule in which vaccine virus infection can result in systemic reaction  
Ans: Measles, OPV
53. Most common cause of epistaxis in both adults and children  
Ans Local Trauma
54. Most common cause for death in children from 6 months to two years of age in many part of India.  
Ans: Diarrhoea
55. Most common organism causing diarrhoea in children  
Ans: Rota virus
56. Most common bacteria causing diarrhoea  
Ans: E Coli
57. Loose stool with blood and mucus is called  
Ans: Dysentery
58. Most common cause for bacillary dysentery  
Ans: Shigella
59. Worm infestation which is commonly associated with anaemia  
Ans: Hook Worm
60. Worm infestation associated with usage of under cooked pork or beef  
Ans: Tape worm
61. Name two foods that precipitate migraine  
Ans : Coffee, Chocolate
62. Most important cause of tooth ache  
Ans: Dental caries
63. Name two causes for ear ache  
Ans: Impacted wax, otitis media
64. Incomplete evacuation of bowel in 48 hours is called  
Ans: Constipation
65. Infantile convulsions most commonly occur in ..... age group  
Ans: 1 to 4 years
66. Sudden increase in temperature of the body following infections causes convulsions or fits called as  
Ans: Febrile convulsions
67. In which infection the body temperature will be subnormal, but rectal temperature will be high  
Ans: Cholera

68. Name two infections where continuous fever is present

Ans: Typhoid, Urinary tract infection

69. Name two conditions where hyperpyrexia is seen

Ans: Malaria, Septicaemia

70. Over reaction to an emotional upset or nervous stress usually aggravated by the presence of persons and often presents as hyper ventilation, fits like presentations etc..... is

Ans: Hysteria

II. Define or answer in one or two sentences

- |                 |                        |                          |
|-----------------|------------------------|--------------------------|
| 1. Ulcer        | 10. Pneumonia          | 18. Urinary incontinence |
| 2. Swelling     | 11. URTI               | 19. Urinary retention    |
| 3. Pallor       | 12. Jaundice           | 20. AEFI                 |
| 4. Arthritis    | 13. Stye               | 21. Epistaxis            |
| 5. Hemoptysis   | 14. Chalazion          | 22. Diarrhoea            |
| 6. Haematemesis | 15. Haematuria         | 23. Dysentery            |
| 7. Dyspnoea     | 16. Dysuria            | 24. Constipation         |
| 8. Orthopnoea   | 17. Nocturnal enuresis | 25. Hypothermia          |
| 9. Asthma       |                        | 26. Cyanosis             |

III. Short notes

1. Eruptions on the skin
2. Scabies signs, symptoms and treatments
3. Pallor and common conditions where pallor is present
4. Arthritis and common causes
5. Cough – common causes and treatment
6. Common causes of chest pain
7. Hemoptysis and common causes
8. Dyspnoea & common causes
9. Asthma, signs and symptoms and treatment
10. Common URTI
11. Pneumonia – its signs, symptoms and treatment
12. Classification of Pneumonia
13. Define jaundice, Types of jaundice with examples
14. Causes of blurred vision
15. Causes of red eyes
16. Haematuria – common causes
17. Adverse effects following vaccination (AEFI)
18. Epistaxis- common causes and first aid
19. Diarrhoea and its causes
20. Four Clinical Types of diarrhoea
21. As a health worker how will you proceed with a case with diarrhoea
22. Dysentery – and its causes
23. Worm infestation – causes signs and symptoms and treatment
24. Preventive and control measures for worm infestation
25. Head ache & common causes
26. Migraine and common causes
27. Ear ache – signs, symptoms, causes and treatment
28. Tooth ache - signs, symptoms, causes and treatment
29. Neck pain - signs, symptoms, causes and treatment
30. Pain in the abdomen – common causes and treatment

31. Constipation – causes and treatment
32. Infantile convulsions – common causes, sign and symptoms and treatment
33. Types of fever with examples
34. PUO
35. Benefits and harmful effects of fever
36. Hypothermia & common causes.

## **Pain and palliative care**

1. Improving quality of life by treating pain and other symptoms, at the same time offering social, emotional and spiritual support in palliative care is termed as .....  
( active total care)
  2. The definition of palliative care was given by WHO in the Year (2002)
  3. Number of palliative care units in Kerala at present is about ..... (100)\
  4. Basic certificate course in training in Palliative care is conduct for period of .....  
(6 weeks)
  5. To introduce palliative care into the training programmes for elected members to LSGIs and concerned officials is a ..... objective of palliative care policy  
(short term)
  6. Short term objectives is aimed for a period of ..... in palliative care policy (2 years)
  7. Long term objective is aimed for a period of ..... in palliative care policy (5 to 10 Years)
  8. To establish palliative care as part of basic health care available at the community level is a ..... Objective of palliative care policy (Long term)
  9. Cornerstone of palliative care in the state  
Ans: Home based care
  10. In WHO's triangle for palliative care the base of the triangle is .....  
Ans: State Policy
  11. Name a drug included in the essential drug list for palliative care  
Ans: morphine
- II. Expand
1. CBO
  2. LSGI
  3. RMI
- III. Short notes
1. Active Palliative care
  2. Aim of pain and palliative care policy
  3. Palliative care and its aims
  4. Short terms objective for pain and palliative care
  5. Long term objective for pain and palliative care
  6. Community based organizations and responsibilities of CBOs
  7. Involvement of Govt. sector in Pain and palliative care