our website www.ejaypee.com, for detailed information on nursing books, visit our website www.ejaypee.com, for detailed information on nursing books, visit our website www.ejaypee.com,

3rd Year



GNM Exam Excellence Solved Papers

Community Health Nursing–II

2025-2015

As Per the INC Syllabus

Asha Kapoor
Arti Kapoor

JAYPEE

CONTENTS

1. Community Health Nursing-II—July 2025 1
2. Community Health Nursing-II—December 2024 9
3. Community Health Nursing-II—February 2024 15
4. Community Health Nursing-II—December 2023 26
5. Community Health Nursing-II—February 2023 33
6. Community Health Nursing-II—October 2022 37
7. Community Health Nursing-II—February 2022 41
8. Community Health Nursing-II—August 2021 46
9. Community Health Nursing-II—January 2021 53
10. Community Health Nursing-II—August 2020 57
11. Community Health Nursing-II—November 2019 62
12. Community Health Nursing-II—July 2019 73
13. Community Health Nursing-II—December 2018 78
14. Community Health Nursing-II—July 2018 87
15. Community Health Nursing-II—November 2017 93
16. Community Health Nursing-II—July 2017 101
17. Community Health Nursing-II—November 2016 107
18. Community Health Nursing-II—May 2016 118
19. Community Health Nursing-II—December 2015 127
20. Community Health Nursing-II—September 2015 140

FEBRUARY 2024

COMMUNITY HEALTH NURSING-II

Time: 3 hours **Maximum Marks:** 75

Note: Attempt all the questions in serial order.

Q1. Define any five of the following terms: **(5 × 2 = 10)**

a. Infant mortality rate
b. Population
c. Community
d. Vaccine
e. Death rate
f. Maternal mortality rate

Q2. a. What do you understand by occupational health nursing? **(2 + 6 + 7 = 15)**
b. What occupational hazards can occur for a nurse herself?
c. Explain nurses role in maintaining occupational health.

Q3. Write notes on any three of the following: **(3 × 5 = 15)**

a. Family planning
b. RNTCP and DOTS
c. Fertility and infertility
d. Common health problems of indian community.

Q4. Write short notes on any three of the following: **(3 × 5 = 15)**

a. Health committee
b. Geriatric nursing
c. MTP and PNDT
d. Emergency ambulance services and role of nurse

Q5. Write short notes on any four of the following: **(4 × 5 = 20)**

a. Communicable diseases
b. WHO and UNICEF
c. Five years plans
d. Mid-day meal programme
e. NHM

JAYPEE BROTHERS

Q1. Define any five of the following terms:

a. Infant mortality rate
b. Population
c. Community
d. Vaccine
e. Death rate
f. Maternal mortality rate

Ans:

a. Infant Mortality Rate (IMR)

Infant mortality rate is the number of deaths of infants under one year of age per 1,000 live births in a given year.

b. Population

Population refers to the total number of people living in a specific geographical area at a particular time.

c. Community

A community is a group of people living in the same area who share common interests, culture, or social ties.

d. Vaccine

A vaccine is a biological substance given to a person to stimulate the immune system and provide protection against specific infectious diseases.

e. Death Rate

Death rate is the number of deaths occurring in a population per 1,000 individuals during a specific time period, usually a year.

f. Maternal Mortality Rate (MMR)

Maternal mortality rate is the number of maternal deaths related to pregnancy or childbirth per 100,000 live births in a year.

Q2. a. What do you understand by occupational health nursing?
b. What occupational hazards can occur for a nurse herself?
c. Explain Nurses role in maintaining occupational health.

Ans:

a. Occupational Health Nursing

Occupational health nursing is a specialized branch of community health nursing that focuses on the promotion and maintenance of health, prevention of diseases, and protection from work-related hazards among workers in various occupations.

JAYPEE BROTHERS

It aims to ensure a safe and healthy work environment and enhance the productivity and well-being of employees.

b. Occupational Hazards can Occur for a Nurse

Nurses are exposed to various occupational hazards in their daily practice, such as:

- **Physical hazards:**
  - Back injuries from lifting patients
  - Needle-stick injuries
  - Exposure to radiation (e.g., in radiology departments)
- **Chemical hazards:** Handling of disinfectants, chemotherapy drugs, and other toxic substances
- **Biological hazards:**
  - Exposure to infectious diseases like HIV, Hepatitis B and C, TB
  - Contact with patients' blood and body fluids
- **Psychological hazards:**
  - Work-related stress
  - Night shifts, long working hours
  - Dealing with critically ill or dying patients
- **Ergonomic hazards:**
  - Poor posture
  - Repetitive movements
  - Improper workstation layout
- **Violence and abuse:** Verbal or physical abuse from patients or relatives

c. Nurse's Role in Maintaining Occupational Health

Occupational health nurses play a vital role in protecting and promoting the health of workers. Their responsibilities include:

- **Health promotion and education:**
  - Educate workers about occupational safety, personal hygiene, healthy lifestyle, and disease prevention.
  - Organize awareness campaigns on topics like smoking cessation, alcohol abuse, and mental health.
- **Health surveillance and assessment:**
  - Conduct preplacement, periodic, and exit medical examinations.
  - Monitor workers for early detection of occupational diseases like silicosis, dermatitis, hearing loss, etc.
- **First aid and emergency response:**
  - Provide immediate treatment for injuries and illnesses at the workplace.
  - Participate in disaster preparedness and emergency drills.
- **Risk identification and hazard reporting:**
  - Recognize potential workplace hazards (biological, chemical, physical, ergonomic, psychological).
  - Report unsafe practices and suggest corrective actions.

JAYPEE BROTHERS

- **Infection control:**
  - Implement and monitor infection control protocols such as sterilization, hand hygiene, and isolation procedures.
  - Promote immunization programs (e.g., Hepatitis B, tetanus, influenza).
- **Rehabilitation and follow-up care:**
  - Help workers with return-to-work plans after illness or injury.
  - Coordinate with doctors, physiotherapists, and employers for rehabilitation.
- **Mental health support:**
  - Offer counseling services to manage workplace stress, anxiety, and burnout.
  - Promote work-life balance and positive mental health practices.
- **Policy implementation and compliance:**
  - Assist in the development and enforcement of occupational health policies.
  - Ensure compliance with factory laws, safety regulations, and legal health standards.
- **Record keeping and documentation:**
  - Maintain accurate health records, incident reports, and medical histories of employees.
  - Use data for health audits and risk analysis.
- **Coordination with management and health teams:**
  - Collaborate with industrial safety officers, HR departments, and public health agencies.
  - Act as a bridge between employees and management for health concerns.

Q3. Write notes on any three of the following:

a. Family planning
b. RNTCP and DOTS
c. Fertility and infertility
d. Common health problems of Indian community

Ans:

a. Family Planning

Refer to Solved Question Paper, December 2015, Question No. 5b.

b. RNTCP and DOTS

Revised National Tuberculosis Control Programme (RNTCP):

- Launched in 1997 by the Government of India to control tuberculosis (TB) effectively.
- It replaced the earlier National TB Programme with improved strategies and guidelines.
- It aims to provide free, quality TB diagnosis and treatment to all patients.
- Based on the internationally recommended DOTS strategy.
- Integrated with National Health Mission (NHM).
- Focuses on early detection, complete treatment, monitoring, and public awareness.
- Now renamed as National Tuberculosis Elimination Programme (NTEP), targeting TB elimination by 2025 in India.

Directly Observed Treatment, Short-course (DOTS):

- Core strategy of RNTCP, recommended by the World Health Organization (WHO).

JAYPEE BROTHERS

- **Components of dots:**
  1. Political commitment with increased and sustained funding.
  2. Diagnosis by sputum smear microscopy.
  3. Directly observed treatment to ensure patient compliance.
  4. Regular drug supply and availability of anti-TB medications.
  5. Standardized recording and reporting system for evaluation and monitoring.

Nurse's Role in RNTCP/DOTS:
- Identifying and referring suspected TB cases.
- Educating the patient and family about TB transmission and prevention.
- Ensuring adherence to DOTS regimen.
- Monitoring for side effects and follow-up.
- Maintaining treatment records and reports.

c. Fertility and Infertility

Fertility: Fertility is the natural ability to conceive and produce offspring.
- It is usually measured by the fertility rate, which refers to the number of live births per 1,000 women of reproductive age (15–49 years) in a year.
- High fertility is common in developing countries due to factors like early marriage, lack of family planning, and low education.

Factors affecting fertility: Age, nutrition, general health, hormonal balance, lifestyle, and environmental exposure.

Infertility: Infertility is the inability to conceive after one year of regular unprotected intercourse.
- It may be primary (no previous pregnancies) or secondary (unable to conceive after a previous pregnancy).

Causes of infertility:
- **In males:** Low sperm count, poor sperm motility, infections, hormonal imbalance.
- **In females:** Ovulation disorders, blocked fallopian tubes, uterine abnormalities, PCOS.

Role of Nurse in Fertility and Infertility Care:
- Educating couples on reproductive health and fertility awareness.
- Counseling about lifestyle modification, stress reduction, and family planning.
- Assisting in diagnostic procedures and follow-up.
- Providing emotional support during treatment.

d. Common Health Problems of Indian Community

India faces a dual burden of disease—both communicable and noncommunicable diseases—along with nutritional and environmental health issues.
- **Communicable diseases:**
  - Tuberculosis (TB)–Still a major public health issue.
  - Malaria, Dengue, Chikungunya–Vector-borne diseases common in many regions.
  - Diarrheal diseases–Often due to poor sanitation and unsafe drinking water.

JAYPEE BROTHERS

  - HIV/AIDS, Hepatitis B and C, and other viral infections.
  - Leprosy–Though reduced, still exists in some states.
- **Noncommunicable diseases (NCDs):**
  - Hypertension, diabetes mellitus, heart diseases, stroke–rising due to lifestyle changes.
  - Cancer–Breast, cervical, and oral cancers are common.
  - Chronic respiratory diseases–Asthma, COPD due to pollution and smoking.
- **Nutritional problems:**
  - Malnutrition–Especially in children and women.
  - Anemia–Very common among adolescent girls and pregnant women.
  - Obesity–Increasing in urban areas due to sedentary lifestyle.
- **Environmental and occupational health issues:**
  - Air and water pollution–Major cause of respiratory and gastrointestinal diseases.
  - Occupational hazards–Found among agricultural workers, industrial laborers, and healthcare workers.
- **Mental health issues:** Depression, anxiety, substance abuse, and suicide rates are rising, particularly in youth.

Role of Nurse:
- Health education and awareness.
- Early detection and referral.
- Participation in national health programs.
- Promoting healthy lifestyle and hygiene practices.

Q4. Write short notes on any three of the following:

a. Health committee
b. Geriatric nursing
c. MTP and PNDT
d. Emergency ambulance services and role of nurse

Ans:

a. Health Committee

A health committee is a formal body formed at the community, institutional, or organizational level to oversee and improve health services.

It may be established in villages, urban localities, hospitals, or workplaces.

Composition: Includes community leaders, healthcare workers, local government officials, teachers, and other stakeholders.

Functions:
- Assess community health status and identify priority health issues.
- Plan and coordinate health promotion and disease prevention activities.
- Facilitate mobilization of resources for health programs.
- Organize immunization camps, sanitation drives, health check-ups, and awareness sessions.
- Monitor health care delivery and provide feedback to health authorities.

JAYPEE BROTHERS

- Encourage community participation to improve health outcomes.
- Promote nutrition, hygiene, safe drinking water, and family planning.

Importance: Helps in building trust between healthcare providers and the community, ensuring programs meet local needs.

Often acts as a link between government health services and the community.

b. Geriatric Nursing

Geriatric nursing deals with the unique health care needs of the elderly population, who are prone to chronic illnesses and disabilities.

The elderly face physical changes such as decreased bone density, reduced muscle strength, impaired vision and hearing, and slower metabolism.

- **Common health problems:**
  - Cardiovascular diseases (hypertension, heart failure)
  - Diabetes mellitus
  - Arthritis and osteoporosis
  - Dementia and Alzheimer's disease
  - Depression and loneliness
  - Sensory impairments (vision and hearing loss)
- **Goals of geriatric nursing:**
  - Maintain functional independence as long as possible.
  - Prevent complications from immobility such as bed sores, infections.
  - Provide nutritional support and monitor for malnutrition.
  - Administer and monitor medications carefully due to altered pharmacokinetics.
  - Promote mental health and cognitive functioning through activities and social interaction.
  - Provide end-of-life care and support for patients and families.
- **Role of nurse:**
  - Conduct comprehensive geriatric assessments.
  - Educate elderly and caregivers on health maintenance and safety at home.
  - Facilitate access to community resources like senior citizen centers and support groups.
  - Advocate for the rights and dignity of older adults.
  - Provide emotional support to help cope with loss, chronic illness, and aging.

c. MTP and PNDT

MTP: Medical Termination of Pregnancy (MTP) refers to the intentional termination of a pregnancy by medical or surgical methods to protect the health of the woman or for other approved reasons.

- **Legal framework:** Governed by the Medical Termination of Pregnancy Act, 1971 in India.
- **Indications:**
  - Risk to the mother's physical or mental health.
  - Fetal abnormalities.
  - Pregnancy resulting from rape or contraceptive failure.

JAYPEE BROTHERS

- **Time limit:** Pregnancy can be terminated up to 20 weeks under certain conditions.
- **Role of nurse:**
  - Provide counseling and information.
  - Assist in pre- and postprocedure care.
  - Support psychological needs of the patient.

PNDT (Preconception and Prenatal Diagnostic Techniques Act):
- **Purpose:** Enacted in 1994 to prevent sex-selective abortion and combat female feticide.
- **Objectives:**
  - Regulate use of prenatal diagnostic techniques (e.g., ultrasound, amniocentesis).
  - Prohibit determination and disclosure of fetal sex except for medical reasons.
- **Key provisions:**
  - Mandatory registration of ultrasound clinics and genetic counseling centers.
  - Strict penalties for violation.
- **Role of nurse:**
  - Educate community on the importance of gender equality.
  - Ensure compliance with PNDT regulations in healthcare settings.
  - Participate in counseling families against sex-selective practices.

d. Emergency Ambulance Services and Role of Nurse

Refer to Solved Question Paper, November 2019, Question No. 5f.

Role of Nurse in Emergency Ambulance Services:
1. **Assessment:** Quickly assess the patient's condition using the Airway, Breathing, Circulation (ABC) approach.
2. **Stabilization:** Administer immediate care such as oxygen, CPR, bleeding control, and immobilization of fractures.
3. **Monitoring:** Continuously monitor the patient's vital signs and response to treatment.
4. **Communication:** Coordinate with hospital staff and inform about the patient's condition en route.
5. **Documentation:** Maintain accurate records of the patient's condition, treatment given, and time of interventions.
6. **Emotional support:** Provide psychological support to the patient and family during transit.
7. **Infection control:** Follow standard precautions to prevent infections.

The nurse plays a life-saving role in ambulance services by ensuring prompt and efficient care during the "golden hour" of emergency.

Q5. Write short notes on any four of the following:

a. Communicable diseases
b. WHO and UNICEF
c. Five years plans
d. Mid-day meal programme
e. NHM

JAYPEE BROTHERS

Ans:

a. Communicable Diseases

Communicable diseases, also called infectious diseases, are illnesses caused by pathogenic microorganisms such as bacteria, viruses, fungi, or parasites that can be transmitted from one person to another directly or indirectly.

- **Modes of transmission:**
  - *Direct contact:* Person-to-person via touch, sexual contact, droplets from cough/sneeze (e.g., Influenza, COVID-19).
  - *Indirect contact:* Through contaminated objects, food, water, or vectors like mosquitoes (e.g., Malaria, cholera).
  - *Airborne transmission:* Pathogens spread through air over long distances (e.g., Tuberculosis).
- **Common communicable diseases in India**:
  - Tuberculosis (TB)
  - Malaria
  - Dengue fever
  - Cholera
  - HIV/AIDS
  - Measles
  - Hepatitis B and C
  - Typhoid fever
- **Prevention and control measures:**
  - *Immunization:* Vaccines for diseases like polio, measles, Hepatitis B, and tetanus.
  - *Health education:* Promoting personal hygiene, safe sex practices, and sanitation.
  - *Vector control:* Use of insecticide-treated nets, environmental sanitation.
  - *Safe water and food:* Ensuring clean drinking water and proper food handling.
  - *Isolation and quarantine:* To prevent spread of contagious diseases.
  - *Early diagnosis and treatment:* Prompt medical care to reduce transmission.
- **Role of nurse:**
  - Participate in immunization programs.
  - Educate community on preventive measures.
  - Assist in screening and referral of suspected cases.
  - Maintain infection control practices in healthcare settings.

b. WHO and UNICEF

- **World Health Organization (WHO):**
  - *Established:* 7th April 1948 (celebrated as World Health Day).
  - It is a specialized agency of the United Nations responsible for international public health.
  - *Headquarters:* Geneva, Switzerland.
- **Main objectives:**
  - Attain the highest possible level of health for all.
  - Promote health research, disease surveillance, and health statistics.

JAYPEE BROTHERS

  - Assist countries in controlling communicable and noncommunicable diseases.
  - Support in developing national health policies.
  - Coordination during public health emergencies (e.g., COVID-19).
- **Major programs supported by WHO in India:**
  - Polio eradication
  - TB control (RNTCP)
  - Reproductive and child health (RCH)
  - Universal health coverage (UHC)
- **United Nations International Children's Emergency Fund (UNICEF):**
  - **Established:** 1946, after World War II.
  - **Headquarters:** New York, USA.
  - Focuses on child welfare, health, and rights.
- **Main objectives:**
  - Promote child survival, protection, and development.
  - Improve maternal and child health and nutrition.
  - Support universal primary education and gender equality.
  - Provide emergency relief to children in disaster-affected areas.
- **Major programs in India:**
  - Universal Immunization Programme (UIP)
  - Child-friendly schools
  - Nutrition programs (like vitamin A supplementation)
  - Support in mother and child care, safe water, and sanitation.

c. Five Years Plans

Five years plans were central government programs launched by the Planning Commission of India (now replaced by NITI Aayog) to ensure planned economic and social development. These plans included significant health-related goals and initiatives to improve the quality of life in India.

Key Highlights of Health in Five Years Plans:

1. **1st five years plan (1951–1956):**
   - Focused on agriculture, irrigation, and health infrastructure.
   - Expansion of primary health centers (PHCs).
2. **2nd plan (1956–1961):**
   - Strengthened health services.
   - Emphasis on family planning and training of health personnel.
3. **3rd plan (1961–1966):**
   - Continued family planning efforts.
   - Control programs for malaria, TB, and leprosy.
4. **4–6th plans (1969–1985):**
   - Focus on preventive, promotive, and curative services.
   - Launch of integrated child development services (ICDS).

JAYPEE BROTHERS

5. **7th plan (1985–1990):**
   - Focus on population control, maternal and child health (MCH).
   - Strengthening immunization programs.
6. **8–10th plans (1992–2007):**
   - Emphasis on universal immunization, nutrition, and disease control.
   - Launched National Health Policy 2002.
7. **11th plan (2007–2012):**
   - Focused on inclusive growth and reducing IMR, MMR.
   - Strengthening National Rural Health Mission (NRHM).
8. **12th plan (2012–2017):**
   - Aimed at health for all with universal health coverage.
   - Focus on noncommunicable diseases, health financing, and quality care.

After 2017, Five years plans were discontinued and replaced with NITI Aayog's 3-Year Action Agenda and 15-Year Vision Document.

d. Mid-Day Meal Programme

Refer to Solved Question Paper, November 2019, Question No. 3c.

e. NHM

Refer to Solved Question Paper, December 2018, Question No. 5c.

JAYPEE BROTHERS

for detailed information on nursing books, visit our website www.ejaypee.com, for detailed information on nursing books, visit our website www.ejaypee.com, for detailed information on nur

GNM Exam Excellence Solved Papers

Community Health Nursing–II

Salient Features

- Contains 10 years of solved examination papers of the Punjab Nurses Registration Council (PNRC) for "General Nursing and Midwifery (GNM)" students.
- Questions are carefully compiled from previous PNRC examinations, providing students with authentic examination-oriented content.
- Answers are structured according to the marks allotted, helping students to learn the correct format and depth required in examinations.
- Content is prepared in accordance with the syllabus prescribed by the Indian Nursing Council (INC) to ensure academic relevance.
- Provides clear, concise, and systematically organized answers to facilitate better understanding and effective revision.
- Helps students to become familiar with the examination pattern, frequently asked questions, and important topics.
- Serves as an excellent tool for practice, revision, and self-assessment during examination preparation.
- Written in simple and student-friendly language for easy comprehension.
- Designed to enhance answer-writing skills and improve performance in PNRC examinations.
- A reliable and comprehensive examination preparation guide for GNM students.

Asha Kapoor is an accomplished nursing academician and Associate Professor at Baba Farid University of Health Sciences (BFUHS), Punjab—one of the leading health sciences universities in India.

She holds a PhD in Nursing Sciences from BFUHS and a master's degree in nursing from the prestigious Christian Medical College (CMC), Ludhiana.

With over 20 years of extensive experience in nursing education and clinical practice, she has made significant contributions to teaching, curriculum development, and student's mentorship. Her areas of interest include nursing education, clinical training, and examination-oriented teaching methodologies. She is widely recognized for her commitment to academic excellence and her ability to simplify complex concepts for student learning.

Arti Kapoor is a dedicated nursing professional and Faculty College of Nursing at AIIMS Jodhpur, one of India's premier institutes of medical education and research.

She holds a PhD in Nursing Sciences from Baba Farid University of Health Sciences (BFUHS), Punjab, and brings nearly two decades of experience in nursing education and clinical practice. She has been actively involved in teaching, academic mentoring, and the development of student-centered learning resources.

Her academic approach emphasizes clarity, conceptual understanding, and examination-oriented preparation, making her a valued educator among nursing students.

Scan for more nursing titles...

Buy from ejaypee

JAYPEE BROTHERS

ISBN 978-93-7937-248-2

9 789379 372482