bsite 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,

1st Year



GNM Exam Excellence Solved Papers

Community Health Nursing–I

2025-2015

As Per the INC Syllabus

JAYPEE BROTHERS

Asha Kapoor
Arti Kapoor



CONTENTS

1. Community Health Nursing–I—July 2025 1
2. Community Health Nursing–I—December 2024 12
3. Community Health Nursing–I—December 2023 22
4. Community Health Nursing–I—February 2023 36
5. Community Health Nursing–I—October 2022 49
6. Community Health Nursing–I—February 2022 54
7. Community Health Nursing–I—August 2021 60
8. Community Health Nursing–I—January 2021 65
9. Community Health Nursing–I—August 2020 69
10. Community Health Nursing–I—November 2019 75
11. Community Health Nursing–I—July 2019 87
12. Community Health Nursing–I—December 2018 95
13. Community Health Nursing–I—July 2018 104
14. Community Health Nursing–I—November 2017 109
15. Community Health Nursing–I—July 2017 118
16. Community Health Nursing–I—November 2016 127
17. Community Health Nursing–I—May 2016 140
18. Community Health Nursing–I—October 2015 150
19. Community Health Nursing–I—September 2015 159
20. Community Health Nursing–I—February 2015 169

JAYPEE BROTHERS

JANUARY 2021

COMMUNITY HEALTH NURSING–I

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

Note: Attempt all the questions in serial order.

Q1. Define the following: **(5 × 2 = 10)**

a. Endemic
b. Community
c. DOTS
d. WHO
e. PEM

Q2. a. Define primary health care. **(5 + 5 + 5 = 15)**
b. Write down the principles of primary health care.
c. Write down the functions of community health nurse.

Q3. a. Explain the methods of family planning. **(5 + 5 + 5 = 15)**
b. Discuss records and reports.
c. Family cycle.

Q4. Describe the following: **(5 + 5 + 5 = 15)**

a. Principles of health education
b. Methods of food preservation
c. Levels of prevention

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

a. ASHA
b. Principles of cooking
c. Home visiting
d. Breastfeeding
e. Balanced diet

JAYPEE BROTHERS

Q1. Define the following:

a. Endemic
b. Community
c. DOTS
d. WHO
e. PEM

Ans:

a. Endemic

Endemic is the constant presence of a disease or infectious agent within a given geographic area or population group.

b. Community

Community is a group of people living together in a specific area and sharing common interests, resources, and social relationships.

c. DOTS

DOTS (Directly Observed Treatment, Short-course) is a tuberculosis control strategy in which patients take their anti-TB medicines under the direct observation of a health worker to ensure compliance.

d. WHO

WHO (World Health Organization) is a specialized agency of the United Nations responsible for international public health.

e. PEM

PEM (Protein Energy Malnutrition) is a nutritional disorder caused by deficiency of protein and calories in the diet, commonly seen in children.

Q2. a. Define primary health care.
b. Write down the principles of primary health care.
c. Write down the functions of community health nurse.

Ans:

a. Primary Health Care

Primary health care is essential healthcare made universally accessible to individuals and families in the community by means acceptable to them, through full participation and at a cost they can afford.

It is the first level of contact between individuals and the healthcare system, focusing on prevention, promotion, treatment, and rehabilitation.

JAYPEE BROTHERS

b. Principles of Primary Health Care

Refer to Solved Question Paper, February 2015, Q. No. 1b.

c. Community Health Nurse

Refer to Solved Question Paper, May 2016, Q. No. 4d.

Q3. a. Explain the methods of family planning.
b. Discuss records and reports.
c. Family cycle.

Ans:

a. Family Planning

Refer to Solved Question Paper, December 2023, Q. No. 5a.

b. Records and Reports

Refer to Solved Question Paper, November 2016, Q. No. 4c.

c. Family Cycle

Refer to Solved Question Paper, November 2019, Q. No. 3a.

Q4. Describe the following:
a. Principles of health education
b. Methods of food preservation
c. Levels of prevention

Ans:

a. Principles of Health Education

Refer to Solved Question Paper, December 2023, Q. No. 3b.

b. Methods of Food Preservation

Refer to Solved Question Paper, November 2019, Q. No. 5c.

c. Levels of Prevention

Refer to Solved Question Paper, November 2017, Q. No. 2b.

Q5. Write short notes on any four of the following:
a. ASHA
b. Principles of cooking
c. Home visiting
d. Breastfeeding
e. Balanced diet

JAYPEE BROTHERS

Ans:

a. ASHA

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

b. Principles of Cooking

1. **Enhance taste and appearance:** Cooking improves the flavor, color, texture, and aroma of food, making it more appealing and enjoyable to eat.
2. **Improve digestibility:** Cooking softens hard foods like grains, pulses, and vegetables, making them easier to chew and digest.
3. **Destroy harmful microorganisms:** Proper cooking kills bacteria, viruses, and parasites that can cause foodborne illnesses.
4. **Preserve or improve nutritional value:** Appropriate cooking methods help retain nutrients like vitamins and minerals; e.g., steaming preserves more nutrients than boiling.
5. **Improve food safety:** Cooking removes harmful toxins and makes certain foods (e.g., kidney beans) safe to eat.
6. **Add variety:** Different cooking techniques (boiling, steaming, frying, baking, grilling) bring variety to meals and help prevent monotony in the diet.
7. **Enhance shelf-life:** Cooking helps in preserving food for a longer time by reducing moisture content and destroying spoilage organisms.
8. **Cultural and social significance:** Cooking reflects cultural practices and adds meaning to social functions and traditions.

c. Home Visiting

Refer to Solved Question Paper, February 2015, Q. No. 5a.

d. Breastfeeding

Refer to Solved Question Paper, August 2020, Q. No. 5c.

e. Balanced Diet

Refer to Solved Question Paper, December 2018, Q. No. 6c.

JAYPEE BROTHERS

ailed 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 nurs

GNM Exam Excellence Solved Papers
Community Health Nursing–I

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 978-93-7937-878-1

9 789379 378781