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**BVNHM-301: Nutrition and Dietetics**

**Maximum Marks: 100**

**Time: 3 Hours**

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**Section A: Multiple Choice Questions (MCQs)**

**(20 × 1 = 20 Marks)**

1. Which nutrient is the main source of energy for the body?

- a) Protein
- b) Carbohydrate
- c) Fat
- d) Vitamin C

**Answer: b) Carbohydrate**

2. Which vitamin is fat-soluble?

- a) Vitamin B1
- b) Vitamin C
- c) Vitamin D
- d) Vitamin B12

**Answer: c) Vitamin D**

3. The process of evaluating a person's nutritional status is called:

- a) Anthropometry
- b) Nutritional assessment
- c) Biochemical testing
- d) Diet planning

**Answer: b) Nutritional assessment**

4. Which of the following is an essential amino acid?

- a) Alanine
- b) Lysine
- c) Glycine
- d) Glutamine

**Answer: b) Lysine**

5. Which nutrient helps in blood clotting and bone health?

- a) Vitamin A
- b) Vitamin K
- c) Vitamin C
- d) Vitamin E

**Answer:** b) Vitamin K

6. What is the recommended macronutrient distribution for adults?

- a) Carbohydrates 50–60%, Proteins 10–15%, Fats 20–30%
- b) Carbohydrates 30%, Proteins 50%, Fats 20%
- c) Carbohydrates 60–70%, Proteins 20%, Fats 10%
- d) Carbohydrates 40%, Proteins 30%, Fats 30%

**Answer:** a) Carbohydrates 50–60%, Proteins 10–15%, Fats 20–30%

7. Which diet is suitable for celiac disease patients?

- a) Low-carb diet
- b) Gluten-free diet
- c) Ketogenic diet
- d) Vegan diet

**Answer:** b) Gluten-free diet

8. Enteral nutrition is administered via:

- a) Intravenous route
- b) Gastrointestinal tract
- c) Muscle injection
- d) Inhalation

**Answer:** b) Gastrointestinal tract

9. Which of the following is a community nutrition program?

- a) Hospital diet planning
- b) Immunization campaigns
- c) School lunch program
- d) Both b and c

**Answer:** d) Both b and c

10. HACCP stands for:

- a) Health Assessment and Clinical Care Program
- b) Hazard Analysis and Critical Control Points

- c) Health and Community Care Procedures
- d) None of the above

**Answer:** b) Hazard Analysis and Critical Control Points

11. Which vitamin deficiency causes scurvy?

- a) Vitamin A
- b) Vitamin C
- c) Vitamin D
- d) Vitamin K

**Answer:** b) Vitamin C

12. Nutritional requirements for infants are highest for:

- a) Proteins
- b) Fats
- c) Vitamins and minerals
- d) All of the above

**Answer:** d) All of the above

13. A balanced diet should provide:

- a) Adequate calories
- b) Required nutrients
- c) Appropriate proportions
- d) All of the above

**Answer:** d) All of the above

14. Parenteral nutrition is given via:

- a) Mouth
- b) Nasogastric tube
- c) Intravenous route
- d) Skin patch

**Answer:** c) Intravenous route

15. Which nutrient helps in tissue repair and enzyme formation?

- a) Carbohydrate
- b) Protein
- c) Fat
- d) Water

**Answer:** b) Protein

16. Nutrition counseling in the community aims to:

- a) Promote healthy eating habits
- b) Prevent nutritional deficiencies
- c) Educate on food safety
- d) All of the above

**Answer:** d) All of the above

17. Obesity management may include:

- a) Reduced-calorie diet
- b) Regular physical activity
- c) Behavioral therapy
- d) All of the above

**Answer:** d) All of the above

18. Which food requires strict hygiene to prevent foodborne illness?

- a) Raw vegetables
- b) Cooked meat
- c) Dairy products
- d) All of the above

**Answer:** d) All of the above

19. Vitamin A deficiency can lead to:

- a) Night blindness
- b) Rickets
- c) Beriberi
- d) Anemia

**Answer:** a) Night blindness

20. Menu planning for hospitals considers:

- a) Nutritional needs of patients
- b) Food preferences
- c) Budget constraints
- d) All of the above

**Answer:** d) All of the above

**(10 × 3 = 30 Marks)**

1. Define nutrition and explain its importance.

**Answer:** Nutrition is the process by which organisms obtain and utilize nutrients from food for growth, repair, and maintenance of body functions. Proper nutrition prevents disease, improves immunity, and promotes overall health.

2. List and briefly describe the basic nutrients.

**Answer:**

- **Carbohydrates:** Main energy source
- **Proteins:** Tissue repair, enzymes, hormones
- **Fats:** Energy, insulation, fat-soluble vitamins
- **Vitamins:** Organic compounds for metabolism and growth
- **Minerals:** Inorganic elements for bones, nerves, and enzymes

3. Explain nutritional requirements across the lifecycle.

**Answer:** Infants require high protein and fat for growth; children need adequate calcium and vitamins for development; adults need balanced nutrients for maintenance; elderly require fewer calories but adequate protein and vitamins for healthy aging.

4. What are the methods of nutritional assessment?

**Answer:** Anthropometry, biochemical tests, clinical examination, dietary assessment (24-hour recall, food frequency questionnaire).

5. Explain the principles of diet planning.

**Answer:** Balanced intake of nutrients, appropriate portion sizes, considering food groups, personal preferences, health conditions, and cultural practices.

6. Describe a gluten-free diet.

**Answer:** Diet excluding wheat, barley, rye, and related products to prevent reactions in patients with celiac disease. Includes rice, corn, millet, fruits, vegetables, and meats.

7. Differentiate between enteral and parenteral nutrition.

**Answer:** Enteral nutrition is delivered through the gastrointestinal tract (oral or tube feeding), while parenteral nutrition is delivered intravenously when GI tract is non-functional.

8. What is HACCP, and why is it important?

**Answer:** Hazard Analysis and Critical Control Points is a systematic approach to prevent food safety hazards in food production and preparation, ensuring safe food for consumption.

9. List the main goals of community nutrition programs.

**Answer:** Promote healthy eating habits, prevent nutrient deficiencies, educate communities on diet, improve public health, and implement government nutrition initiatives.

10. Explain dietary modifications for diabetic patients.

**Answer:** Reduce simple sugars, maintain carbohydrate consistency, include fiber, monitor portion sizes, balance proteins and fats, and provide education on glycemic index foods.

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## Section C: Long Answer Questions (LAQs)

(10 × 5 = 50 Marks)

1. Discuss the role of nutrition in health and disease prevention.

**Answer:** Proper nutrition supports growth, immunity, and cellular repair. It reduces risk of chronic diseases such as diabetes, cardiovascular disorders, obesity, and malnutrition. Balanced diets and essential nutrients prevent deficiencies and improve quality of life.

2. Explain the assessment and management of nutritional disorders.

**Answer:** Nutritional assessment involves anthropometry, biochemical tests, clinical examination, and dietary evaluation. Management includes dietary interventions, supplementation, counseling, and monitoring outcomes.

3. Describe menu planning for hospitals and healthcare settings.

**Answer:** Menu planning considers patients' medical conditions, nutritional needs, food preferences, hygiene, cost, seasonal availability, and balanced nutrients. Menus are adapted for diabetic, hypertensive, vegetarian, and gluten-free diets.

4. Explain the indications and administration of enteral and parenteral nutrition.

**Answer:** Enteral nutrition is indicated for patients with functional GI tract but unable to eat orally. Parenteral nutrition is for patients with non-functional GI tract. Administration requires monitoring electrolytes, glucose, fluid balance, and infection prevention.

5. Discuss dietary interventions for obesity and malnutrition.

**Answer:** Obesity: reduced-calorie diet, exercise, behavior modification. Malnutrition: increased nutrient-dense foods, protein and vitamin supplementation, frequent monitoring, community nutrition support.

6. Explain foodborne illnesses and prevention strategies.

**Answer:** Foodborne illnesses are caused by bacteria, viruses, or toxins. Prevention includes proper cooking, hygiene, safe storage, clean water, and adherence to HACCP guidelines.

7. Discuss the importance of hygiene in food preparation and service.

**Answer:** Hygiene prevents contamination and spread of foodborne diseases. Includes handwashing, cleaning surfaces, safe storage, and handling of raw and cooked foods.

8. Describe the principles and tools of diet planning.

**Answer:** Principles: balanced diet, adequacy, moderation, variety, and personalization. Tools: food pyramid, dietary guidelines, portion control charts, nutrient calculators.

9. Explain the role of nutrition in chronic disease management.

**Answer:** Proper nutrition helps manage blood sugar, blood pressure, lipid profiles, and body weight. It supports therapy, improves recovery, and reduces complications in diabetes, hypertension, and cardiovascular diseases.

10. Discuss the strategies for promoting healthy eating in communities.

**Answer:** Nutrition education programs, counseling, school-based interventions, awareness

campaigns, collaboration with healthcare providers, government policies, and monitoring community dietary habits.

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**BVNHM-302: Community Health Nursing**

**Maximum Marks: 100**

**Time: 3 Hours**

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**Section A: Multiple Choice Questions (MCQs)**

**(20 × 1 = 20 Marks)**

1. Community health nursing primarily focuses on:

- a) Individual patient care
- b) Population-based health
- c) Hospital administration
- d) Surgical care

**Answer: b) Population-based health**

2. Which of the following is a primary prevention strategy?

- a) Vaccination
- b) Surgery
- c) Rehabilitation
- d) Chemotherapy

**Answer: a) Vaccination**

3. The study of disease distribution in populations is called:

- a) Pathology
- b) Epidemiology
- c) Microbiology
- d) Biostatistics

**Answer: b) Epidemiology**

4. Which tool is used for community health assessment?

- a) Partograph
- b) Health survey forms
- c) Thermometer
- d) Stethoscope

**Answer: b) Health survey forms**

5. Maternal and child health nursing includes:

- a) Antenatal care
- b) Child growth monitoring
- c) Immunization programs
- d) All of the above

**Answer:** d) All of the above

6. Tertiary prevention aims to:

- a) Prevent disease occurrence
- b) Detect disease early
- c) Reduce complications of existing disease
- d) Promote health awareness

**Answer:** c) Reduce complications of existing disease

7. Which of the following is a behavioral change model?

- a) Health Belief Model
- b) SWOT Analysis
- c) HACCP
- d) PDSA Cycle

**Answer:** a) Health Belief Model

8. Which population is the focus of community health nursing?

- a) Hospitalized patients only
- b) Entire community
- c) Elderly only
- d) Newborns only

**Answer:** b) Entire community

9. Crisis intervention in mental health aims to:

- a) Diagnose chronic illnesses
- b) Provide immediate support during acute mental health episodes
- c) Conduct routine immunizations
- d) Plan nutrition programs

**Answer:** b) Provide immediate support during acute mental health episodes

10. Health education in community settings primarily involves:

- a) Medication administration
- b) Awareness on healthy behaviors and disease prevention

- c) Hospital-based surgery
- d) Clinical nursing procedures

**Answer:** b) Awareness on healthy behaviors and disease prevention

11. Family planning services aim to:

- a) Increase fertility
- b) Prevent unwanted pregnancies and promote reproductive health
- c) Promote immunization
- d) Reduce nutritional deficiencies

**Answer:** b) Prevent unwanted pregnancies and promote reproductive health

12. Which of the following is a secondary prevention method?

- a) Screening for hypertension
- b) Health education
- c) Vaccination
- d) Rehabilitation

**Answer:** a) Screening for hypertension

13. Community mental health interventions include:

- a) Psychoeducation
- b) Crisis counseling
- c) Referral services
- d) All of the above

**Answer:** d) All of the above

14. Epidemiological surveillance is conducted to:

- a) Treat individual patients
- b) Monitor disease trends in populations
- c) Assess diet plans
- d) Manage hospital finances

**Answer:** b) Monitor disease trends in populations

15. Which of the following is NOT a function of a community health nurse?

- a) Conduct home visits
- b) Manage hospital ICU
- c) Health education
- d) Community assessment

**Answer:** b) Manage hospital ICU

16. Which of the following is a primary responsibility of healthcare management in community health?

- a) Budgeting and resource allocation
- b) Conducting surgeries
- c) Prescribing medication
- d) Performing lab tests

**Answer:** a) Budgeting and resource allocation

17. Immunization programs are part of:

- a) Primary prevention
- b) Secondary prevention
- c) Tertiary prevention
- d) None of the above

**Answer:** a) Primary prevention

18. The scope of community health nursing includes:

- a) Disease prevention
- b) Health promotion
- c) Policy advocacy
- d) All of the above

**Answer:** d) All of the above

19. Collaboration with healthcare teams is important for:

- a) Reducing duplication of services
- b) Enhancing resource utilization
- c) Improving health outcomes
- d) All of the above

**Answer:** d) All of the above

20. Tools used for assessing child growth include:

- a) Weight-for-age charts
- b) Height-for-age charts
- c) Developmental milestone checklists
- d) All of the above

**Answer:** d) All of the above

**(10 × 3 = 30 Marks)**

1. Define community health nursing and explain its scope.

**Answer:** Community health nursing focuses on promoting and protecting the health of populations through preventive care, health education, and community-based interventions. Scope includes maternal and child health, mental health, disease prevention, and health promotion programs.

2. List the principles of community health.

**Answer:** Principles include health promotion, disease prevention, population focus, community participation, equity, and cultural sensitivity.

3. Explain the difference between primary, secondary, and tertiary prevention.

**Answer:**

- Primary: Prevent disease occurrence (vaccination, health education)
- Secondary: Early detection and treatment (screening programs)
- Tertiary: Reduce complications and improve quality of life (rehabilitation)

4. Name the types of epidemiological studies.

**Answer:** Descriptive studies, analytical studies (cohort, case-control), experimental studies (clinical trials), cross-sectional studies.

5. Explain the role of a community health nurse in maternal and child health.

**Answer:** Conduct antenatal and postnatal care, monitor child growth, immunizations, health education for families, identify high-risk pregnancies, and refer as needed.

6. Describe the steps in planning a health education program.

**Answer:** Needs assessment → Setting objectives → Selecting content → Choosing teaching methods → Implementation → Evaluation of outcomes.

7. List tools used for community health assessment.

**Answer:** Surveys, interviews, focus group discussions, observation checklists, demographic data analysis, mapping resources.

8. Define community mental health and its importance.

**Answer:** Community mental health focuses on promoting mental well-being, preventing mental illness, and providing accessible interventions in the community setting.

9. Explain the role of nurses in crisis intervention.

**Answer:** Identify high-risk individuals, provide immediate support, ensure safety, refer to mental health services, and counsel families.

10. Mention key ethical and legal considerations in community health nursing.

**Answer:** Confidentiality, informed consent, respect for cultural beliefs, patient rights, equitable care, adherence to policies and regulations.

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**Section C: Long Answer Questions (LAQs)**

**(10 × 5 = 50 Marks)**

1. Discuss the historical evolution of community health nursing.

**Answer:** Community health nursing evolved from home-based care to population-focused nursing. Early practices involved public health nursing, maternal and child care, and preventive campaigns. Modern evolution includes epidemiology, health education, chronic disease management, and health promotion programs.

2. Explain community health assessment and its tools.

**Answer:** Community health assessment identifies health needs and resources. Tools include surveys, observation, mapping, focus groups, health indicators analysis, and community meetings.

3. Describe epidemiological surveillance and its methods.

**Answer:** Surveillance monitors disease trends for prevention and control. Methods include passive reporting, active case finding, sentinel surveillance, and periodic surveys.

4. Discuss the role of health education in community nursing.

**Answer:** Health education promotes awareness, encourages healthy behaviors, prevents diseases, and empowers communities. Methods include workshops, counseling, campaigns, and school programs.

5. Explain the maternal and child health programs conducted in communities.

**Answer:** Programs include antenatal/postnatal care, growth monitoring, immunizations, family planning, nutrition counseling, and health promotion for mothers and children.

6. Describe primary, secondary, and tertiary health programs in disease prevention.

**Answer:** Primary: vaccination, sanitation, awareness; Secondary: screening, early treatment; Tertiary: rehabilitation, chronic disease management, reducing complications.

7. Explain community-based mental health interventions.

**Answer:** Interventions include counseling, psychoeducation, support groups, crisis intervention, early identification of mental disorders, and referral to psychiatric services.

8. Discuss the planning and management of community health programs.

**Answer:** Involves assessing needs, defining objectives, resource allocation, team coordination, implementation, monitoring, and evaluation to ensure effective community care.

9. Explain the role of collaboration in community health nursing.

**Answer:** Collaboration enhances resource utilization, integrates services, ensures continuity of care, promotes teamwork with other healthcare providers, and improves health outcomes.

10. Discuss ethical and legal issues in community health nursing.

**Answer:** Nurses must ensure confidentiality, informed consent, respect for patient autonomy, cultural sensitivity, adherence to health regulations, and equitable service delivery.

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## **BVNHM-303: Maternal and Child Health Nursing**

**Maximum Marks:** 100

**Time:** 3 Hours

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### **Section A: Multiple Choice Questions (MCQs)**

**(20 × 1 = 20 Marks)**

1. Maternal and child health nursing primarily focuses on:

- a) Hospital administration
- b) Individual patient care
- c) Health of mothers, infants, and children in the community
- d) Surgical procedures

**Answer:** c) Health of mothers, infants, and children in the community

2. Antenatal care aims to:

- a) Promote maternal and fetal well-being
- b) Diagnose chronic illnesses
- c) Conduct surgical procedures
- d) Manage hospital finances

**Answer:** a) Promote maternal and fetal well-being

3. Which of the following is a high-risk pregnancy indicator?

- a) Young maternal age
- b) Previous obstetric complications
- c) Chronic medical conditions
- d) All of the above

**Answer:** d) All of the above

4. The first stage of labor ends with:

- a) Full cervical dilation
- b) Delivery of the baby
- c) Expulsion of the placenta
- d) Onset of contractions

**Answer:** a) Full cervical dilation

5. Immediate newborn care includes:

- a) APGAR assessment
- b) Temperature regulation
- c) Initiation of breastfeeding
- d) All of the above

**Answer:** d) All of the above

6. Postpartum care focuses on:

- a) Maternal physical recovery
- b) Emotional well-being
- c) Education on family planning
- d) All of the above

**Answer:** d) All of the above

7. Growth monitoring in children is assessed by:

- a) Weight-for-age
- b) Height-for-age
- c) Developmental milestones
- d) All of the above

**Answer:** d) All of the above

8. The primary purpose of immunization is to:

- a) Treat existing illnesses
- b) Prevent infectious diseases
- c) Provide nutritional supplementation
- d) Assess growth

**Answer:** b) Prevent infectious diseases

9. Which nutrient is most important for pregnant women to prevent neural tube defects?

- a) Calcium
- b) Iron
- c) Folic acid
- d) Vitamin D

**Answer:** c) Folic acid

10. Pain management during labor may include:

- a) Non-pharmacological methods
- b) Pharmacological methods

- c) Breathing techniques
- d) All of the above

**Answer:** d) All of the above

11. Family involvement in child health programs helps to:

- a) Improve compliance with treatment
- b) Support healthy child-rearing practices
- c) Promote preventive health behaviors
- d) All of the above

**Answer:** d) All of the above

12. Nutritional counseling during pregnancy should focus on:

- a) Balanced diet
- b) Adequate hydration
- c) Supplementation of essential vitamins and minerals
- d) All of the above

**Answer:** d) All of the above

13. Which of the following is a common childhood illness preventable by immunization?

- a) Measles
- b) Malaria
- c) Appendicitis
- d) Asthma

**Answer:** a) Measles

14. Antenatal visits include:

- a) History taking
- b) Physical examination
- c) Laboratory investigations
- d) All of the above

**Answer:** d) All of the above

15. The postpartum period is also called:

- a) Puerperium
- b) Antenatal period
- c) Perinatal period
- d) Neonatal period

**Answer:** a) Puerperium

16. Breastfeeding provides:

- a) Complete nutrition for infants
- b) Immunological protection
- c) Emotional bonding
- d) All of the above

**Answer:** d) All of the above

17. High-risk pregnancies require:

- a) Standard antenatal care
- b) Specialized monitoring and referral
- c) Only nutrition counseling
- d) None of the above

**Answer:** b) Specialized monitoring and referral

18. Developmental milestones are assessed to:

- a) Detect delays early
- b) Plan interventions
- c) Monitor child growth and health
- d) All of the above

**Answer:** d) All of the above

19. Community health programs for mothers and children aim to:

- a) Reduce maternal and infant mortality
- b) Promote health education
- c) Ensure immunization coverage
- d) All of the above

**Answer:** d) All of the above

20. Family health assessment helps to:

- a) Identify health risks
- b) Plan interventions
- c) Empower families in health promotion
- d) All of the above

**Answer:** d) All of the above

**(10 × 3 = 30 Marks)**

1. Define Maternal and Child Health Nursing and explain its scope.

**Answer:** Focuses on care of mothers, infants, and children through preventive, promotive, and supportive interventions. Scope includes antenatal, intrapartum, postpartum, and child health care, as well as community programs.

2. List key components of antenatal care.

**Answer:** History taking, physical examination, lab investigations, nutritional counseling, health education, identification of high-risk pregnancies, and referral.

3. Explain stages of labor and nursing interventions in each.

**Answer:**

- First stage: Onset of contractions → full dilation (support, monitoring, pain relief)
- Second stage: Full dilation → delivery of baby (assistance, monitoring fetal wellbeing)
- Third stage: Delivery of placenta (monitor bleeding, support mother)

4. Describe immediate newborn care practices.

**Answer:** APGAR scoring, airway clearance, thermoregulation, early breastfeeding, cord care, infection prevention.

5. Explain the importance of immunization in child health.

**Answer:** Prevents infectious diseases, reduces child morbidity and mortality, contributes to herd immunity, and promotes overall health.

6. List nutritional requirements for pregnant women.

**Answer:** Adequate calories, protein, vitamins (folic acid, iron, calcium), hydration, and balanced diet for maternal and fetal health.

7. Describe common childhood illnesses and their prevention.

**Answer:** Measles, mumps, rubella, diarrhea, respiratory infections; prevention via immunization, hygiene, nutrition, and health education.

8. Explain family involvement in maternal and child health programs.

**Answer:** Families support care adherence, reinforce health behaviors, participate in education programs, and provide emotional support.

9. List health education topics for mothers during antenatal visits.

**Answer:** Nutrition, lifestyle, warning signs, breastfeeding, postpartum care, family planning, hygiene, and immunization awareness.

10. Describe postnatal care for mothers.

**Answer:** Physical recovery (lochia, perineal care), emotional support, breastfeeding guidance, family planning counseling, monitoring complications.

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**Section C: Long Answer Questions (LAQs)**

**(10 × 5 = 50 Marks)**

1. Discuss the historical evolution of maternal and child health nursing.  
**Answer:** Evolution from midwifery to organized maternal and child health services; public health initiatives, antenatal programs, immunization campaigns, and modern community-based care.
  2. Explain the principles and importance of antenatal care.  
**Answer:** Ensures maternal and fetal health, early detection of complications, nutrition counseling, education on labor, preparation for safe delivery.
  3. Describe nursing care during labor and delivery.  
**Answer:** Monitoring contractions and fetal heart rate, providing comfort and pain relief, assisting in delivery, ensuring asepsis, emotional support.
  4. Discuss immediate and ongoing newborn care.  
**Answer:** Airway management, thermoregulation, APGAR assessment, early breastfeeding, infection prevention, growth monitoring, and immunization.
  5. Explain postpartum care for maternal physical and emotional health.  
**Answer:** Monitor vital signs, lochia, perineal healing, breastfeeding support, counseling, early detection of complications, emotional support, family involvement.
  6. Discuss nutritional requirements and counseling for pregnant women.  
**Answer:** Adequate calories and protein, vitamins (folic acid, iron, calcium), hydration; counseling on balanced diet, lifestyle, avoidance of harmful substances.
  7. Explain growth and development monitoring in children.  
**Answer:** Track physical, cognitive, and motor milestones; identify deviations, provide interventions, and educate caregivers on optimal child growth.
  8. Describe common childhood illnesses and preventive strategies.  
**Answer:** Infectious diseases, malnutrition, respiratory and gastrointestinal illnesses; prevention via immunization, hygiene, nutrition, and health education.
  9. Explain the role of families in maternal and child health promotion.  
**Answer:** Provide care and support, encourage healthy practices, participate in education programs, and reinforce preventive behaviors in children and mothers.
  10. Discuss national and global maternal and child health programs.  
**Answer:** Programs like WHO's Safe Motherhood, UNICEF's Child Survival, National Immunization Program, RMNCH+A; aim to reduce maternal and child mortality, promote nutrition, immunization, and education.
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## **BVNHM-304: Introduction to Medical and Surgical Nursing**

**Maximum Marks: 100**

**Time: 3 Hours**

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### **Section A: Multiple Choice Questions (MCQs)**

**(20 × 1 = 20 Marks)**

1. Medical and surgical nursing primarily focuses on:

- a) Hospital administration
- b) Health promotion only
- c) Nursing care of patients with medical and surgical conditions
- d) Research only

**Answer: c) Nursing care of patients with medical and surgical conditions**

2. The nursing process includes:

- a) Assessment, Planning, Implementation
- b) Diagnosis, Implementation, Evaluation
- c) Assessment, Diagnosis, Planning, Implementation, Evaluation
- d) Planning, Documentation, Evaluation

**Answer: c) Assessment, Diagnosis, Planning, Implementation, Evaluation**

3. Standard precautions in infection control include:

- a) Hand hygiene
- b) Use of PPE
- c) Safe disposal of sharps
- d) All of the above

**Answer: d) All of the above**

4. A comprehensive patient assessment includes:

- a) Physical assessment only
- b) Psychological and social assessment only
- c) Physical, psychological, and social assessment
- d) Vital signs only

**Answer: c) Physical, psychological, and social assessment**

5. Preoperative assessment includes:

- a) Vital signs
- b) Lab investigations
- c) Patient education
- d) All of the above

**Answer:** d) All of the above

6. Postoperative care includes monitoring for:

- a) Vital signs stability
- b) Pain and discomfort
- c) Complications
- d) All of the above

**Answer:** d) All of the above

7. Nursing care for cardiovascular patients includes:

- a) Monitoring vital signs
- b) Medication administration
- c) Patient education
- d) All of the above

**Answer:** d) All of the above

8. Pain management strategies for surgical patients include:

- a) Pharmacological methods
- b) Non-pharmacological methods
- c) Both a and b
- d) None of the above

**Answer:** c) Both a and b

9. Ethical nursing practice involves:

- a) Confidentiality
- b) Informed consent
- c) Patient advocacy
- d) All of the above

**Answer:** d) All of the above

10. Geriatric nursing focuses on:

- a) Children care
- b) Adult care

- c) Older adults' care
- d) Only end-of-life care

**Answer:** c) Older adults' care

11. Telehealth in nursing practice helps in:

- a) Remote monitoring
- b) Patient education
- c) Follow-up care
- d) All of the above

**Answer:** d) All of the above

12. Nursing care for endocrine disorders requires:

- a) Monitoring blood sugar
- b) Medication adherence
- c) Patient education
- d) All of the above

**Answer:** d) All of the above

13. Rehabilitation of surgical patients includes:

- a) Physical therapy
- b) Emotional support
- c) Health education
- d) All of the above

**Answer:** d) All of the above

14. Patient documentation ensures:

- a) Continuity of care
- b) Legal protection
- c) Communication among healthcare team
- d) All of the above

**Answer:** d) All of the above

15. Evidence-based practice in nursing aims to:

- a) Improve patient outcomes
- b) Reduce errors
- c) Integrate latest research into care
- d) All of the above

**Answer:** d) All of the above

16. Nursing care of patients with infectious diseases includes:

- a) Isolation precautions
- b) Patient and family education
- c) Infection control
- d) All of the above

**Answer:** d) All of the above

17. Preoperative patient preparation includes:

- a) Fasting instructions
- b) Skin preparation
- c) Patient education about procedure
- d) All of the above

**Answer:** d) All of the above

18. Chronic illness management in nursing involves:

- a) Lifestyle counseling
- b) Medication adherence
- c) Monitoring for complications
- d) All of the above

**Answer:** d) All of the above

19. Legal issues in nursing include:

- a) Negligence
- b) Malpractice
- c) Patient rights
- d) All of the above

**Answer:** d) All of the above

20. Nursing research contributes to:

- a) Advancing nursing knowledge
- b) Improving patient care
- c) Policy formulation
- d) All of the above

**Answer:** d) All of the above

**(10 × 3 = 30 Marks)**

1. Define medical and surgical nursing and explain its scope.  
**Answer:** Nursing care of patients with medical and surgical conditions; scope includes assessment, planning, implementation, and evaluation in diverse settings.
2. Explain the steps of the nursing process.  
**Answer:** Assessment (collect data), Diagnosis (identify problems), Planning (set goals/interventions), Implementation (carry out plan), Evaluation (assess outcomes).
3. List infection control measures in medical and surgical settings.  
**Answer:** Hand hygiene, PPE use, isolation precautions, safe disposal of sharps, sterilization of instruments, patient education.
4. Explain the components of comprehensive patient assessment.  
**Answer:** Physical examination, vital signs, psychological assessment, social and environmental history, functional assessment.
5. Describe preoperative care and patient preparation.  
**Answer:** Assessment, fasting, lab tests, skin preparation, patient education, consent, psychological support.
6. Explain postoperative care and monitoring.  
**Answer:** Vital signs, wound care, pain management, monitoring for complications, mobilization, patient education.
7. Discuss nursing interventions for cardiovascular patients.  
**Answer:** Monitor vitals, administer medications, provide education, support lifestyle modifications, observe for complications.
8. Describe the role of documentation in nursing care.  
**Answer:** Ensures continuity of care, legal protection, accurate communication among healthcare team, tracks patient progress.
9. Explain nursing care of patients with chronic illnesses.  
**Answer:** Medication adherence, lifestyle counseling, monitoring, education, psychosocial support, prevention of complications.
10. Discuss ethical and legal considerations in nursing practice.  
**Answer:** Confidentiality, informed consent, patient rights, professional accountability, negligence, and malpractice prevention.

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**Section C: Long Answer Questions (LAQs)**

**(10 × 5 = 50 Marks)**

1. Discuss the historical evolution and scope of medical and surgical nursing.  
**Answer:** Development from basic bedside care to specialized nursing roles; scope includes acute and chronic care, perioperative nursing, patient education, and community integration.

2. Explain comprehensive patient assessment and its significance.  
**Answer:** Physical, psychological, and social evaluation; important for accurate diagnosis, individualized care planning, and improved outcomes.
  3. Describe the nursing management of patients with cardiovascular disorders.  
**Answer:** Monitoring, medication administration, lifestyle counseling, health education, complication prevention, rehabilitation.
  4. Explain nursing care of patients with respiratory and endocrine disorders.  
**Answer:** Oxygen therapy, monitoring, medication adherence, nutrition counseling, patient education, prevention of complications.
  5. Discuss preoperative and intraoperative nursing responsibilities.  
**Answer:** Assessment, preparation, psychological support, assisting surgical team, maintaining asepsis, patient safety, documentation.
  6. Describe postoperative care including pain management and complication monitoring.  
**Answer:** Vital sign monitoring, wound care, pain relief strategies, early mobilization, education, preventing infections and other complications.
  7. Explain nursing care for geriatric patients.  
**Answer:** Address age-related physiological changes, chronic illness management, mobility support, nutrition, psychological support, and safety.
  8. Discuss palliative care and end-of-life nursing.  
**Answer:** Pain and symptom management, emotional support, communication with patient and family, ethical decision-making, spiritual care.
  9. Explain emerging trends in medical and surgical nursing including telehealth and evidence-based practice.  
**Answer:** Use of technology for remote care, integration of research findings into practice, improved outcomes, quality improvement initiatives.
  10. Discuss the role of nurses in infection prevention and control in healthcare settings.  
**Answer:** Hand hygiene, aseptic techniques, patient education, monitoring outbreaks, vaccination, safe disposal practices, policy adherence.
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## **BVNHM-305: Principles of Administration and Supervision**

**Maximum Marks:** 100

**Time:** 3 Hours

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### **Section A: Multiple Choice Questions (MCQs)**

**(20 × 1 = 20 Marks)**

1. The primary role of a nurse supervisor is to:

- a) Only perform clinical procedures
- b) Plan, coordinate, and oversee nursing care
- c) Handle hospital finances
- d) Teach medical students only

**Answer:** b) Plan, coordinate, and oversee nursing care

2. Administration in nursing includes:

- a) Staffing and scheduling
- b) Budget management
- c) Policy implementation
- d) All of the above

**Answer:** d) All of the above

3. Which of the following is a responsibility of nursing administration?

- a) Maintaining quality of patient care
- b) Supervising staff performance
- c) Organizing training programs
- d) All of the above

**Answer:** d) All of the above

4. The nursing process includes:

- a) Assessment, Diagnosis, Planning, Implementation, Evaluation
- b) Only Assessment and Planning
- c) Planning and Evaluation only
- d) Implementation only

**Answer:** a) Assessment, Diagnosis, Planning, Implementation, Evaluation

5. Infection control principles in healthcare administration include:

- a) Hand hygiene protocols
- b) Staff training and monitoring
- c) Policy development
- d) All of the above

**Answer:** d) All of the above

6. Effective communication in nursing supervision helps to:

- a) Reduce errors
- b) Improve team coordination
- c) Enhance patient safety
- d) All of the above

**Answer:** d) All of the above

7. Documentation in nursing administration ensures:

- a) Legal protection
- b) Continuity of care
- c) Accountability
- d) All of the above

**Answer:** d) All of the above

8. Nursing care plan supervision includes:

- a) Reviewing care plans for accuracy
- b) Monitoring implementation
- c) Ensuring patient-centered care
- d) All of the above

**Answer:** d) All of the above

9. Budgeting in nursing administration is essential for:

- a) Staff salaries only
- b) Equipment and supply management
- c) Quality patient care
- d) All of the above

**Answer:** d) All of the above

10. Performance appraisal of nursing staff helps to:

- a) Identify training needs
- b) Recognize achievements

- c) Improve patient care quality
- d) All of the above

**Answer:** d) All of the above

11. Preoperative nursing supervision includes:

- a) Patient assessment
- b) Preparing instruments and environment
- c) Staff assignment and coordination
- d) All of the above

**Answer:** d) All of the above

12. Postoperative care supervision includes:

- a) Monitoring patient recovery
- b) Managing complications
- c) Coordinating staff duties
- d) All of the above

**Answer:** d) All of the above

13. Technology in surgical nursing administration includes:

- a) Electronic health records
- b) Monitoring devices
- c) Communication tools
- d) All of the above

**Answer:** d) All of the above

14. Leadership in nursing administration ensures:

- a) Staff motivation
- b) Effective teamwork
- c) Implementation of policies
- d) All of the above

**Answer:** d) All of the above

15. Principles of delegation include:

- a) Assigning tasks based on competency
- b) Monitoring and evaluation
- c) Providing feedback
- d) All of the above

**Answer:** d) All of the above

16. Quality assurance in nursing supervision ensures:

- a) Adherence to protocols
- b) Patient safety
- c) Continuous improvement
- d) All of the above

**Answer:** d) All of the above

17. Conflict management in nursing administration involves:

- a) Mediation
- b) Effective communication
- c) Policy enforcement
- d) All of the above

**Answer:** d) All of the above

18. Ethical considerations in nursing supervision include:

- a) Confidentiality
- b) Fair treatment of staff
- c) Patient advocacy
- d) All of the above

**Answer:** d) All of the above

19. Nursing administration helps in resource management by:

- a) Allocating staff efficiently
- b) Managing supplies
- c) Ensuring cost-effective care
- d) All of the above

**Answer:** d) All of the above

20. Continuous professional development for nurses is supervised to:

- a) Improve knowledge and skills
- b) Meet accreditation requirements
- c) Enhance patient care quality
- d) All of the above

**Answer:** d) All of the above

**(10 × 3 = 30 Marks)**

1. Define nursing administration and its importance.  
**Answer:** Planning, organizing, staffing, directing, and controlling nursing services to ensure effective patient care.
2. Explain the roles of a nurse supervisor in clinical settings.  
**Answer:** Staff supervision, patient care oversight, policy implementation, quality assurance, performance appraisal, and training.
3. Describe the importance of documentation in nursing administration.  
**Answer:** Ensures legal protection, continuity of care, communication, and accountability.
4. List key components of preoperative nursing supervision.  
**Answer:** Patient assessment, preparation of equipment, staff coordination, patient education, infection control.
5. Explain the role of budget management in nursing administration.  
**Answer:** Allocation of resources, staff management, equipment procurement, cost-effective care.
6. Describe strategies for quality assurance in nursing supervision.  
**Answer:** Adherence to protocols, audits, feedback mechanisms, continuous improvement, patient safety monitoring.
7. Explain delegation in nursing administration.  
**Answer:** Assign tasks based on competency, monitor performance, provide feedback, ensure accountability.
8. Describe the importance of communication in nursing supervision.  
**Answer:** Enhances team coordination, reduces errors, ensures patient safety, and promotes effective leadership.
9. Explain ethical considerations in nursing administration.  
**Answer:** Confidentiality, fair treatment, patient advocacy, informed consent, professional accountability.
10. Discuss the role of technology in medical and surgical nursing supervision.  
**Answer:** EHRs, monitoring systems, communication tools, improved efficiency, better patient care outcomes.

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**Section C: Long Answer Questions (LAQs)**

**(10 × 5 = 50 Marks)**

1. Discuss the principles and importance of nursing administration in healthcare settings.  
**Answer:** Planning, organizing, staffing, directing, and controlling nursing services to ensure quality care and efficiency.

2. Explain the roles and responsibilities of a nurse supervisor.  
**Answer:** Staff management, patient care supervision, policy enforcement, training, quality assurance, resource allocation.
  3. Describe preoperative and postoperative care supervision.  
**Answer:** Assessment, preparation, coordination, monitoring recovery, managing complications, patient education, documentation.
  4. Discuss the role of performance appraisal in nursing administration.  
**Answer:** Identifies training needs, recognizes achievements, motivates staff, ensures quality patient care, accountability.
  5. Explain the importance of infection control in medical and surgical nursing supervision.  
**Answer:** Prevents hospital-acquired infections, ensures patient and staff safety, compliance with protocols.
  6. Describe strategies for effective staff management and team leadership.  
**Answer:** Supervision, delegation, communication, conflict management, training, motivation, evaluation.
  7. Discuss the role of budgeting and resource allocation in nursing administration.  
**Answer:** Ensures adequate staffing, manages equipment and supplies, cost-effective care, quality patient outcomes.
  8. Explain ethical and legal responsibilities in nursing supervision.  
**Answer:** Patient rights, confidentiality, informed consent, professional accountability, policy adherence.
  9. Describe the use of technology in modern nursing administration and supervision.  
**Answer:** EHRs, telehealth, monitoring devices, communication tools, workflow efficiency, quality improvement.
  10. Discuss quality assurance and continuous professional development in nursing administration.  
**Answer:** Audits, adherence to standards, training programs, performance evaluation, promoting patient safety, evidence-based practice.
-

# BVNHM-401: Introduction to Hospital Management – Set 1

Maximum Marks: 100

Time: 3 Hours

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## Section A: Multiple Choice Questions (MCQs) – Randomized Options

(20 × 1 = 20 Marks)

1. Hospital management primarily focuses on:
  - a) Clinical procedures
  - b) Administration, planning, and coordination of healthcare services
  - c) Pharmaceutical research
  - d) Nursing interventions
2. A key responsibility of healthcare managers is:
  - a) Treating patients
  - b) Overseeing hospital operations
  - c) Writing prescriptions
  - d) Conducting lab tests
3. Which of the following is a type of healthcare organization?
  - a) Community health centers
  - b) Private hospitals
  - c) Government hospitals
  - d) All of the above
4. Patient rights in a hospital include:
  - a) Right to privacy
  - b) Right to receive care
  - c) Right to informed consent
  - d) All of the above
5. The main purpose of healthcare accreditation is to:
  - a) Promote hospital marketing
  - b) Ensure quality and safety standards
  - c) Increase revenue
  - d) Reduce staff workload
6. Revenue cycle management includes:
  - a) Patient registration
  - b) Billing and coding
  - c) Insurance claims processing
  - d) All of the above
7. Financial planning in hospitals helps to:
  - a) Allocate resources efficiently

- b) Reduce patient waiting time
  - c) Increase staff numbers
  - d) Expand hospital buildings
8. Effective staffing in hospitals ensures:
- a) Improved patient care
  - b) Better staff morale
  - c) Reduced workload
  - d) Faster reporting
9. Operations management in hospitals focuses on:
- a) Supply chain and inventory management
  - b) Facility maintenance
  - c) Workflow optimization
  - d) None of the above
10. Team building in healthcare improves:
- a) Communication
  - b) Collaboration
  - c) Patient satisfaction
  - d) Only administrative tasks
11. Healthcare policies provide guidance on:
- a) Legal and ethical standards
  - b) Hospital architecture
  - c) Clinical diagnoses
  - d) Nutrition plans
12. Cost control strategies in hospitals include:
- a) Budget monitoring
  - b) Reducing wastage
  - c) Staff performance evaluation
  - d) Energy efficiency
13. Accreditation in healthcare is provided by:
- a) NABH
  - b) WHO
  - c) JCI
  - d) All of the above
14. Legal considerations in hospital management include:
- a) Patient consent
  - b) Staff licensing
  - c) Health data protection
  - d) All of the above

15. Leadership skills in hospital management help to:

- a) Improve decision-making ✓
- b) Motivate staff ✓
- c) Ensure organizational efficiency ✓
- d) Conduct surgeries

16. Inventory management ensures:

- a) Stock availability ✓
- b) Reduce expiry of supplies ✓
- c) Smooth operations ✓
- d) Only documentation

17. Ethical considerations in hospital management include:

- a) Patient confidentiality ✓
- b) Fair treatment ✓
- c) Transparency in policies ✓
- d) Only staff evaluation

18. Healthcare managers are responsible for:

- a) Strategic planning ✓
- b) Resource allocation ✓
- c) Staff supervision ✓
- d) Only clinical procedures

19. Utilization management aims to:

- a) Reduce unnecessary services ✓
- b) Improve patient outcomes ✓
- c) Optimize hospital resources ✓
- d) Only financial reporting

20. Performance measurement in hospital management evaluates:

- a) Quality of patient care ✓
- b) Operational efficiency ✓
- c) Financial performance ✓
- d) Only staff punctuality

## Section B: Short Answer Questions (SAQs)

(10 × 3 = 30 Marks)

1. **Define hospital management and explain its importance.**

**Answer:** Planning, organizing, directing, and controlling hospital resources to provide efficient patient care and ensure operational effectiveness.

2. **Explain the roles and responsibilities of healthcare managers.**

**Answer:** Oversee hospital operations, manage staff, ensure patient safety, implement policies, financial planning, and quality assurance.

3. **Describe the legal and ethical considerations in hospital management.**  
**Answer:** Patient confidentiality, informed consent, compliance with laws, ethical decision-making, and professional accountability.
  4. **Explain the importance of healthcare policies and regulations.**  
**Answer:** Ensure standardization of care, compliance with national/international guidelines, protect patient rights, and promote safety.
  5. **Describe the steps involved in revenue cycle management.**  
**Answer:** Patient registration, billing, coding, claims submission, payment processing, and reimbursement follow-up.
  6. **Explain the significance of financial planning in hospital management.**  
**Answer:** Efficient resource allocation, cost control, budget optimization, and ensuring financial sustainability of the hospital.
  7. **Discuss the importance of human resource management in healthcare organizations.**  
**Answer:** Staffing, recruitment, retention, performance appraisal, staff development, team building, and leadership.
  8. **Describe the principles of operations management in hospitals.**  
**Answer:** Planning and maintenance of facilities, supply chain management, workflow optimization, information systems, and patient care efficiency.
  9. **Explain the role of quality assurance and accreditation in hospitals.**  
**Answer:** Ensures compliance with standards, improves patient care, reduces errors, enhances safety, and promotes continuous improvement.
  10. **Describe utilization management in healthcare.**  
**Answer:** Ensures appropriate use of hospital resources, reduces unnecessary services, improves efficiency, and maintains quality care.
- 

### Section C: Long Answer Questions (LAQs)

(10 × 5 = 50 Marks)

1. **Discuss the evolution and historical development of healthcare systems.**  
**Answer:** Traces the development of healthcare from traditional practices to modern organized systems, including hospital development, public health initiatives, and global healthcare reforms.
2. **Explain the types of healthcare organizations and their key functions.**  
**Answer:** Public hospitals, private hospitals, clinics, and community health centers; roles include patient care, education, research, and community services.
3. **Describe financial management in hospitals including budgeting, cost control, and performance measurement.**  
**Answer:** Involves planning, monitoring, and controlling hospital finances, ensuring resources are allocated efficiently, reducing wastage, and tracking performance indicators.

4. **Discuss the roles and responsibilities of healthcare managers in ensuring quality patient care.**

**Answer:** Coordinating staff, managing resources, overseeing operations, implementing policies, and maintaining high standards of patient care.

5. **Explain the significance of healthcare policies, regulations, and patient rights.**

**Answer:** Ensures hospitals comply with legal requirements, protect patient safety, and maintain ethical standards.

6. **Describe human resource management practices in hospitals including recruitment, training, and performance appraisal.**

**Answer:** Strategies to hire qualified staff, provide continuous training, appraise performance, and motivate employees to maintain quality care.

7. **Discuss operations management in healthcare, including facility management, inventory, and information systems.**

**Answer:** Ensures smooth functioning of hospital services, proper maintenance, supply availability, and efficient use of technology for patient care.

8. **Explain the importance of legal and ethical considerations in hospital management.**

**Answer:** Compliance with laws prevents malpractice, ensures ethical care delivery, protects patients' rights, and enhances institutional credibility.

9. **Describe strategies for quality assurance and accreditation in healthcare facilities.**

**Answer:** Standard operating procedures, audits, training, patient feedback, continuous improvement programs, and compliance with accreditation standards.

10. **Discuss utilization management and its impact on hospital efficiency and patient outcomes.**

**Answer:** Optimizes resource use, reduces unnecessary interventions, lowers costs, improves patient satisfaction, and enhances overall efficiency.

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## BVNHM-402: Leadership and Management in Nursing

Total Marks: 100

### Section A: Multiple Choice Questions (MCQs)

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1. Leadership in nursing primarily involves:
  - a) Managing resources
  - b) Guiding and influencing teams
  - c) Filing reports
  - d) Scheduling staff
  
2. Which statement best differentiates leadership and management?
  - a) Leadership involves guiding people, management involves processes
  - b) Leadership is only for senior staff
  - c) Management does not involve planning
  - d) Leadership does not require communication
  
3. Examples of leadership styles include:
  - a) Autocratic
  - b) Laissez-faire
  - c) Transformational
  - d) Micromanagement
  
4. The primary role of a nurse manager is:
  - a) Performing all clinical procedures
  - b) Planning, organizing, and supervising nursing staff
  - c) Only administrative work
  - d) Patient discharge
  
5. Ethical considerations in nursing leadership include:
  - a) Patient confidentiality
  - b) Fair treatment of staff
  - c) Compliance with healthcare laws
  - d) Ignoring regulations
  
6. Effective communication in nursing improves:
  - a) Staff relationships
  - b) Patient safety
  - c) Workflow efficiency
  - d) None of the above
  
7. Trust in nursing teams is built by:
  - a) Consistent behavior
  - b) Open communication

- c) Recognizing contributions
  - d) Ignoring concerns
8. Conflict resolution among nursing staff:
- a) Reduces stress
  - b) Promotes teamwork
  - c) Improves patient care
  - d) Increases tension
9. Cultural competence in communication ensures:
- a) Respect for diversity
  - b) Effective team collaboration
  - c) Patient satisfaction
  - d) Ignoring cultural differences
10. Team dynamics refers to:
- a) The process of scheduling
  - b) Interactions and relationships within the team
  - c) Reporting hierarchy
  - d) Task assignments
11. Healthcare team members include:
- a) Nurses
  - b) Physicians
  - c) Support staff
  - d) Only administrators
12. Benefits of interdisciplinary collaboration:
- a) Improved patient outcomes
  - b) Higher staff morale
  - c) Efficient care
  - d) None
13. Effective team meetings require:
- a) Clear agenda
  - b) Active participation
  - c) Time management
  - d) Ignoring feedback
14. Steps of change management include:
- a) Unfreeze
  - b) Change
  - c) Refreeze
  - d) All of the above
15. Lewin's model of change consists of:
- a) Plan, Do, Check

- b) Unfreeze, Change, Refreeze ✓
  - c) Analyze, Implement, Evaluate
  - d) Initiate, Develop, Conclude
16. Quality improvement involves:
- a) Setting goals ✓
  - b) Monitoring outcomes ✓
  - c) Providing feedback ✓
  - d) Ignoring results
17. Financial management in nursing ensures:
- a) Proper allocation of resources ✓
  - b) Reduces wastage ✓
  - c) Improves patient care ✓
  - d) Excess expenditure
18. Cost-effectiveness means:
- a) Using maximum resources
  - b) Maximize results with minimum resources ✓
  - c) Cutting patient services
  - d) Ignoring staff needs
19. Financial decisions in nursing impact:
- a) Patient care ✓
  - b) Staff satisfaction ✓
  - c) Resource allocation ✓
  - d) None
20. Understanding healthcare economics helps leaders:
- a) Plan efficient services ✓
  - b) Evaluate policies ✓
  - c) Make informed financial decisions ✓
  - d) Avoid reporting
- 

## Section B: Short Answer Questions (SAQs)

1. **Define leadership and management in nursing.**

**Answer:** Leadership is the ability to influence and inspire staff to achieve goals. Management is planning, organizing, and controlling resources to achieve objectives efficiently.

2. **Explain two leadership theories.**

**Answer:**

- Transformational Leadership: Inspires and motivates staff to exceed expectations.
- Situational Leadership: Adapts style based on team's ability and task complexity.

3. **Roles of a nurse leader:**

**Answer:** Setting goals, mentoring staff, conflict resolution, policy compliance, evaluating outcomes.

4. **Importance of ethical considerations:**

**Answer:** Protects patients, ensures fairness, maintains legal compliance, builds trust.

5. **How effective communication improves performance:**

**Answer:** Reduces errors, enhances teamwork, motivates staff, ensures patient-centered care.

6. **Conflict resolution strategies:**

**Answer:** Active listening, negotiation, mediation, clear policies, compromise.

7. **Define team dynamics:**

**Answer:** Patterns of interaction among members; affects collaboration, outcomes, satisfaction.

8. **Steps in change management:**

**Answer:** Unfreeze → Change → Refreeze; leaders prepare staff, implement change, monitor results.

9. **Importance of financial management:**

**Answer:** Optimal resource use, supports staffing and patient care, ensures sustainability.

10. **Role of nurse leaders in quality improvement:**

**Answer:** Identify improvement areas, set goals, monitor outcomes, engage staff, implement corrective actions.

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## Section C: Long Answer Questions (LAQs)

1. **Difference between leadership and management in nursing:**

- Leadership inspires and motivates (e.g., guiding during emergencies).
- Management organizes resources and ensures policies (e.g., staff scheduling).

2. **Leadership styles and applications:**

- Autocratic: Quick decisions in emergencies.
- Democratic: Encourages team input.
- Transformational: Inspires innovation.
- Laissez-faire: Freedom for experienced teams.

3. **Roles of nurse leaders/managers:**

- Oversee performance, plan services, resolve conflicts, mentor staff, ensure quality care.

4. **Ethical and legal considerations:**

- Protect patient rights, maintain professional standards, reduce legal risks, guide decisions.

**5. Strategies to enhance communication and trust:**

- Open dialogue, recognize contributions, provide clarity, address conflicts.

**6. Team dynamics and collaboration:**

- Role clarity, shared goals, team-building, conflict management, positive environment.

**7. Change management steps and nurse leader role:**

- Unfreeze → prepare staff
- Change → implement policies
- Refreeze → stabilize practices
- Leaders motivate, train, and monitor outcomes.

**8. Principles of financial management and impact:**

- Budgeting, resource allocation, cost control.
- Ensures supplies, staffing, and quality care.

**9. Budgeting and resource allocation strategies:**

- Forecast needs, prioritize essentials, reduce wastage, monitor utilization.

**10. Driving quality improvement:**

- Evidence-based practice, monitor outcomes, implement corrections, involve staff, continuous evaluation.
-

## BVNHM-403: Microbiology

Total Marks: 100

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### Section A: Multiple Choice Questions (MCQs)

1. Microbiology is the study of:
  - a) Human anatomy
  - b) Microorganisms
  - c) Plant biology
  - d) Medical devices
2. Louis Pasteur is known for:
  - a) Discovery of penicillin
  - b) Germ theory of disease
  - c) Antibiotic resistance
  - d) Viral classification
3. Bacteria are classified based on:
  - a) Shape and staining characteristics
  - b) Nutrient preferences
  - c) Size only
  - d) Oxygen usage
4. The main function of bacterial cell wall is:
  - a) Energy production
  - b) Protection and shape maintenance
  - c) Protein synthesis
  - d) DNA replication
5. Gram-positive bacteria:
  - a) Have thick peptidoglycan layer
  - b) Stain red in Gram staining
  - c) Lack cell wall
  - d) Only anaerobic
6. Antibiotic resistance occurs due to:
  - a) Mutations
  - b) Proper hygiene
  - c) Vaccination
  - d) Microscopy
7. Viruses are:
  - a) Cellular organisms
  - b) Acellular pathogens
  - c) Fungi
  - d) Protozoa

8. HIV primarily infects:
- a) Red blood cells
  - b) T-helper lymphocytes
  - c) Neurons
  - d) Liver cells
9. Influenza virus is an example of:
- a) DNA virus
  - b) RNA virus
  - c) Retrovirus
  - d) Bacteriophage
10. Fungi can reproduce by:
- a) Binary fission
  - b) Spore formation
  - c) Budding only
  - d) None
11. Candida infections are commonly:
- a) Bacterial
  - b) Fungal
  - c) Viral
  - d) Parasitic
12. Malaria is caused by:
- a) Bacteria
  - b) Plasmodium (Protozoa)
  - c) Virus
  - d) Fungus
13. Amoebiasis is caused by:
- a) Entamoeba histolytica
  - b) Plasmodium
  - c) Candida
  - d) Influenza virus
14. Helminthic infections include:
- a) Roundworm
  - b) E. coli
  - c) Influenza
  - d) HIV
15. PPE is important to:
- a) Protect staff from infection
  - b) Reduce hospital bills
  - c) Increase efficiency
  - d) Replace sterilization

16. Hand hygiene is a critical step in:
- a) Patient admission
  - b) Infection control
  - c) Staff scheduling
  - d) Lab reporting
17. Sterilization methods include:
- a) Autoclaving
  - b) Filtration
  - c) UV irradiation
  - d) Only boiling
18. Vaccines help by:
- a) Killing bacteria
  - b) Stimulating immune response
  - c) Acting as antibiotics
  - d) Reducing blood pressure
19. Antimicrobial stewardship aims to:
- a) Reduce drug resistance
  - b) Increase antibiotic use
  - c) Promote viral replication
  - d) None
20. Biosafety levels in microbiology labs are classified from:
- a) 1 to 4
  - b) 0 to 5
  - c) A to D
  - d) I to III

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## Section B: Short Answer Questions (SAQs)

1. **Define microbiology.**

**Answer:** Microbiology is the scientific study of microorganisms, including bacteria, viruses, fungi, protozoa, and algae, focusing on their structure, function, genetics, and role in health and disease.

2. **List the major groups of microorganisms.**

**Answer:** Bacteria, Viruses, Fungi, Protozoa, and Algae.

3. **Explain Gram staining.**

**Answer:** Gram staining differentiates bacteria based on cell wall structure. Gram-positive bacteria retain violet dye (thick peptidoglycan), Gram-negative bacteria do not (thin peptidoglycan, stain red).

4. **Define pathogenicity.**

**Answer:** Pathogenicity is the ability of a microorganism to cause disease by invading host tissues and producing toxins.

5. **Name common viral infections.**

**Answer:** Influenza, HIV/AIDS, Hepatitis B and C, Measles, Varicella.

6. **List two lab techniques for fungi.**

**Answer:** Sabouraud agar culture, KOH mount microscopy.

7. **Mention preventive measures for parasitic diseases.**

**Answer:** Proper sanitation, clean water, vector control, personal hygiene, use of protective clothing.

8. **Define antimicrobial stewardship.**

**Answer:** A systematic approach to optimize the use of antimicrobials to prevent resistance, ensure effective treatment, and protect public health.

9. **State two biosafety practices.**

**Answer:** Use of PPE, proper disposal of infectious materials, hand hygiene, lab containment practices.

10. **Explain the role of PPE in infection control.**

**Answer:** PPE (gloves, masks, gowns, goggles) protects healthcare workers from exposure to pathogens and prevents cross-contamination.

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### Section C: Long Answer Questions (LAQs)

1. **Discuss the scope and importance of microbiology.**

**Answer:** Microbiology is vital for understanding infectious diseases, developing vaccines and antibiotics, improving public health, and ensuring food and water safety. It supports clinical diagnostics, epidemiology, and biomedical research.

2. **Explain bacterial cell structure and functions.**

**Answer:** Bacteria have a cell wall (shape, protection), plasma membrane (transport), cytoplasm (metabolism), ribosomes (protein synthesis), nucleoid (DNA), and sometimes pili/flagella for movement and attachment.

3. **Describe mechanisms of antibiotic resistance.**

**Answer:** Resistance occurs via gene mutation, horizontal gene transfer, drug inactivation (enzymes), efflux pumps (drug removal), and biofilm formation.

4. **Discuss viral replication cycle.**

**Answer:** Attachment → Entry → Uncoating → Replication → Assembly → Release. Viruses hijack host machinery to reproduce and cause infection.

5. **Explain lab techniques for bacterial culture and identification.**

**Answer:** Techniques include streak plate method, selective/differential media, Gram staining, biochemical tests (catalase, oxidase), and molecular methods like PCR.

6. **Discuss pathogenic fungi and related diseases.**

**Answer:** Candida (candidiasis), Aspergillus (aspergillosis), Cryptococcus (cryptococcosis). Fungi can be opportunistic in immunocompromised hosts; diagnosis requires culture and microscopy.

7. **Describe common protozoan and helminth infections.**

**Answer:** Protozoa: Malaria (Plasmodium), Amoebiasis (Entamoeba histolytica). Helminths: Roundworm, Tapeworm, Hookworm. Transmission via contaminated food, water, or vectors.

8. **Outline principles of infection control in healthcare.**

**Answer:** Standard precautions, hand hygiene, sterilization/disinfection, PPE use, isolation of infectious patients, immunization, monitoring HAIs.

9. **Explain vaccination and its role in disease prevention.**

**Answer:** Vaccines stimulate adaptive immunity, producing antibodies against pathogens, preventing infection and reducing disease severity and transmission.

10. **Discuss the role of healthcare workers in preventing HAIs.**

**Answer:** Adherence to standard precautions, hand hygiene, PPE use, sterilization, safe waste disposal, reporting infections, patient education.

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## BVNHM-404: Psychiatric Nursing

Total Marks: 100

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### Section A: Multiple Choice Questions (MCQs)

1. Psychiatric nursing primarily focuses on:
  - a) Physical health only
  - b) Mental health care
  - c) Surgical care
  - d) Pediatric care
2. DSM-5 is used for:
  - a) Financial planning
  - b) Mental disorder classification
  - c) Medication dosing
  - d) Physical assessment
3. A common anxiety disorder is:
  - a) Schizophrenia
  - b) Generalized Anxiety Disorder
  - c) Bipolar disorder
  - d) Personality disorder
4. Schizophrenia is characterized by:
  - a) High blood pressure
  - b) Psychotic symptoms like hallucinations and delusions
  - c) Viral infection
  - d) Muscle weakness
5. Therapeutic communication involves:
  - a) Listening, empathy, and understanding
  - b) Giving orders only
  - c) Ignoring patient concerns
  - d) Physical assessment only
6. Barriers to communication in mental health include:
  - a) Language, culture, stigma
  - b) High blood sugar
  - c) Excessive exercise
  - d) Vaccination
7. Mental Status Examination (MSE) assesses:
  - a) Physical strength
  - b) Cognitive, emotional, and behavioral functioning
  - c) Blood pressure
  - d) Nutrition

8. Antidepressants are used for:
- a) Hypertension
  - b) Mood disorders like depression
  - c) Fractures
  - d) Viral infections
9. Common side effects of antipsychotic medications include:
- a) Fever only
  - b) Extrapyramidal symptoms, weight gain
  - c) Hair loss
  - d) Constipation only
10. Psychiatric care for children requires:
- a) Same approach as adults
  - b) Age-appropriate communication and family involvement
  - c) Ignoring behavioral issues
  - d) Immediate medication only
11. Cultural considerations in psychiatric care help:
- a) Increase hospital costs
  - b) Improve patient acceptance and adherence
  - c) Replace therapy
  - d) None
12. Stigma related to mental illness leads to:
- a) Social exclusion
  - b) Increased physical strength
  - c) Improved employment
  - d) Faster recovery
13. Suicide risk assessment includes evaluating:
- a) Mental status, history, plan, means
  - b) Only physical illness
  - c) Blood sugar
  - d) Vaccination record
14. Psychiatric nurses' ethical issues include:
- a) Confidentiality, informed consent
  - b) Food preparation
  - c) Administering IV fluids only
  - d) Budgeting
15. Personality disorders are typically:
- a) Acute and brief
  - b) Chronic and enduring patterns of behavior
  - c) Caused by bacteria
  - d) Always reversible

16. Mood disorders include:

- a) Depression and Bipolar disorder ✓
- b) Schizophrenia
- c) Autism
- d) Anxiety only

17. Anxiety disorders include:

- a) OCD, Panic disorder ✓
- b) Diabetes
- c) Hepatitis
- d) Hypertension

18. Psychiatric nursing in geriatrics focuses on:

- a) Only medication
- b) Cognitive decline, depression, and social support ✓
- c) Bone fractures only
- d) Nutrition only

19. Psychotropic medications include:

- a) Antipsychotics, antidepressants, mood stabilizers, anxiolytics ✓
- b) Antivirals only
- c) Analgesics
- d) Antibiotics only

20. Family involvement in psychiatric care helps:

- a) Reduce relapse and improve recovery ✓
- b) Replace therapy completely
- c) Only provide financial support
- d) None

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## Section B: Short Answer Questions (SAQs)

1. **Define psychiatric nursing.**

**Answer:** Psychiatric nursing is a specialized field of nursing that focuses on the care of individuals with mental health disorders, promoting mental wellness, managing symptoms, and supporting patients and families.

2. **List common psychiatric disorders.**

**Answer:** Anxiety disorders, mood disorders (depression, bipolar), schizophrenia, personality disorders, psychotic disorders.

3. **What is therapeutic communication?**

**Answer:** Therapeutic communication is a process of interacting with patients in a way that promotes understanding, trust, and emotional support, using active listening, empathy, and respect.

4. **Explain Mental Status Examination (MSE).**

**Answer:** MSE is a structured assessment of a patient's cognitive, emotional, and behavioral functioning, including appearance, mood, thought content, perception, cognition, and insight.

5. **Mention two barriers to communication in psychiatric nursing.**

**Answer:** Language differences, cultural beliefs, stigma, patient mistrust, and cognitive impairments.

6. **List common side effects of antipsychotic medications.**

**Answer:** Extrapyramidal symptoms (tremors, rigidity), sedation, weight gain, metabolic syndrome, dry mouth.

7. **Define psychopharmacology.**

**Answer:** Psychopharmacology is the study and use of medications to treat mental health disorders, focusing on their mechanisms, effects, indications, and monitoring.

8. **What is the role of family in psychiatric care?**

**Answer:** Families provide emotional support, help monitor symptoms, ensure adherence to treatment, assist in rehabilitation, and participate in psychoeducation.

9. **Name two ethical issues in psychiatric nursing.**

**Answer:** Patient confidentiality and informed consent.

10. **State preventive strategies for mental health disorders.**

**Answer:** Early screening, health education, stress management, community support, family counseling, and promoting healthy coping mechanisms.

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### Section C: Long Answer Questions (LAQs)

1. **Discuss the scope and importance of psychiatric nursing.**

**Answer:** Psychiatric nursing addresses mental health across all ages, managing psychiatric disorders, promoting wellness, preventing relapses, supporting families, educating communities, and improving quality of life. Nurses work in hospitals, community settings, and rehabilitation centers.

2. **Explain classification of mental disorders according to DSM-5.**

**Answer:** DSM-5 categorizes disorders into:

- Neurodevelopmental disorders
- Schizophrenia spectrum and other psychotic disorders
- Bipolar and related disorders
- Depressive disorders
- Anxiety disorders
- Obsessive-compulsive and related disorders
- Trauma and stressor-related disorders
- Personality disorders

- Substance-related and addictive disorders

3. **Describe principles of therapeutic communication in psychiatric nursing.**

**Answer:** Key principles: active listening, empathy, respect, non-judgmental attitude, clarity, open-ended questions, patience, maintaining boundaries, and fostering trust.

4. **Outline the steps of psychiatric assessment.**

**Answer:**

- Collect patient history (medical, psychiatric, social)
- Conduct Mental Status Examination
- Evaluate risk factors (suicidality, violence)
- Assess cultural and family context
- Formulate nursing diagnoses
- Plan care interventions and monitor outcomes

5. **Explain psychopharmacology and nursing responsibilities.**

**Answer:** Nurses monitor medication effects, educate patients/families, ensure adherence, recognize side effects, document responses, and advocate for safe and ethical medication use.

6. **Discuss psychiatric care for children and adolescents.**

**Answer:** Age-appropriate communication, family involvement, behavioral therapy, early identification of disorders (ADHD, depression, anxiety), school coordination, psychoeducation, and safe medication use.

7. **Describe mental health issues in geriatrics and nursing care.**

**Answer:** Common issues: depression, dementia, anxiety, social isolation. Nursing care involves cognitive assessments, supportive therapy, family education, safe environment, and coordination with physicians.

8. **Explain the role of culture in psychiatric care.**

**Answer:** Culture influences symptom expression, treatment acceptance, coping mechanisms, family involvement, stigma perception, and therapeutic communication. Nurses must practice culturally competent care.

9. **Discuss ethical and legal issues in psychiatric nursing.**

**Answer:** Confidentiality, informed consent, autonomy, patient rights, restraint and seclusion guidelines, duty to warn, ethical administration of medications, and documentation standards.

10. **Explain strategies for family involvement in psychiatric treatment.**

**Answer:** Psychoeducation, support groups, counseling, monitoring treatment adherence, assisting in relapse prevention, improving communication, and involving them in care planning.

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## BVNHM-405: Principles of Management

Total Marks: 100

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### Section A: Multiple Choice Questions (MCQs)

1. Management in healthcare primarily involves:
  - a) Only patient care
  - b) Planning, organizing, leading, and controlling healthcare resources
  - c) Only financial management
  - d) Only staff recruitment
  
2. Classical management theories focus on:
  - a) Human relations
  - b) Efficiency and formal structure
  - c) Motivation
  - d) Patient-centered care
  
3. Maslow's Hierarchy of Needs theory addresses:
  - a) Financial management
  - b) Motivation and human needs
  - c) Organizational charts
  - d) Clinical procedures
  
4. SWOT analysis stands for:
  - a) Strengths, Weaknesses, Opportunities, Threats
  - b) Safety, Wellness, Organization, Training
  - c) Systems, Workflows, Operations, Team
  - d) Staff, Wealth, Objectives, Tasks
  
5. Strategic planning in healthcare involves:
  - a) Day-to-day operations
  - b) Long-term goals and vision
  - c) Only financial budgeting
  - d) Clinical diagnosis
  
6. Ethical considerations in management include:
  - a) Confidentiality, fairness, integrity
  - b) Clinical diagnosis
  - c) Only staffing
  - d) Only patient discharge
  
7. Operational planning refers to:
  - a) Short-term, specific actions
  - b) Long-term strategy
  - c) Motivation techniques
  - d) Financial analysis

8. A functional organizational structure is characterized by:
- a) Hierarchical divisions based on functions ✓
  - b) No hierarchy
  - c) Patient-focused teams only
  - d) Random allocation of resources
9. Herzberg's Two-Factor Theory focuses on:
- a) Hygiene factors and motivators ✓
  - b) Clinical procedures
  - c) Budgeting
  - d) Infection control
10. Key Performance Indicators (KPIs) are used to:
- a) Monitor and evaluate performance ✓
  - b) Prescribe medication
  - c) Conduct training only
  - d) Diagnose patients
11. Tactical planning refers to:
- a) Mid-level planning to achieve strategic goals ✓
  - b) Daily routines
  - c) Patient counseling
  - d) Only financial auditing
12. Revenue cycle management includes:
- a) Billing, coding, collection, reimbursement ✓
  - b) Staff appraisal
  - c) Organizational charting
  - d) Training
13. Change management in healthcare aims to:
- a) Maintain status quo
  - b) Implement new strategies effectively ✓
  - c) Only recruit staff
  - d) Only control costs
14. Conflict resolution in healthcare management involves:
- a) Avoiding problems
  - b) Addressing and resolving disputes ✓
  - c) Only financial audits
  - d) None
15. PEST analysis stands for:
- a) Political, Economic, Social, Technological factors ✓
  - b) Patient, Evaluation, Staffing, Training
  - c) Planning, Execution, Strategy, Timing
  - d) Performance, Efficiency, Safety, Testing

16. Quality assurance in healthcare ensures:
- a) High standards of service and patient safety ✓
  - b) Only patient recruitment
  - c) Only staff training
  - d) Only budget control
17. Financial forecasting helps in:
- a) Predicting future revenues and expenditures ✓
  - b) Monitoring patient vitals
  - c) Motivating staff
  - d) Scheduling meetings
18. Organizing healthcare resources includes:
- a) Allocating human, financial, and physical resources ✓
  - b) Only patient care
  - c) Only clinical procedures
  - d) Only staff recruitment
19. Leadership differs from management in that:
- a) Leadership focuses on inspiring and influencing, management on planning and controlling ✓
  - b) Both are the same
  - c) Leadership focuses on billing
  - d) Management focuses on patient care only
20. Ethical financial management in healthcare ensures:
- a) Transparency, accountability, and fairness ✓
  - b) Only profit-making
  - c) Only patient treatment
  - d) Only HR policies
- 

## Section B: Short Answer Questions (SAQs)

1. **Define management in healthcare.**

**Answer:** Management in healthcare is the process of planning, organizing, leading, and controlling resources—human, financial, and physical—to achieve organizational goals efficiently and ethically.

2. **List the four main functions of management.**

**Answer:** Planning, Organizing, Leading, Controlling.

3. **Differentiate between leadership and management.**

**Answer:** Leadership focuses on inspiring, motivating, and influencing people to achieve vision; management focuses on planning, organizing, and controlling resources to achieve objectives.

4. **What is SWOT analysis?**

**Answer:** SWOT is a planning tool used to assess Strengths, Weaknesses, Opportunities, and Threats of an organization for strategic decision-making.

5. **Mention two types of organizational structures in healthcare.**

**Answer:** Functional structure (by functions), Divisional structure (by services or patient type).

6. **State two key steps in financial management of healthcare organizations.**

**Answer:** Budgeting and forecasting, revenue cycle management, cost control, financial reporting.

7. **List two motivational theories used in healthcare management.**

**Answer:** Maslow's Hierarchy of Needs, Herzberg's Two-Factor Theory.

8. **What are Key Performance Indicators (KPIs)?**

**Answer:** Quantifiable metrics used to measure performance and assess the effectiveness of healthcare operations.

9. **Define strategic planning.**

**Answer:** Strategic planning involves long-term planning to achieve organizational goals, allocate resources efficiently, and ensure quality healthcare delivery.

10. **Name two tools used for planning in healthcare.**

**Answer:** SWOT analysis, PEST analysis.

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### Section C: Long Answer Questions (LAQs)

1. **Discuss the importance of management in healthcare.**

**Answer:** Management ensures efficient use of resources, quality patient care, ethical decision-making, organizational effectiveness, staff satisfaction, and financial sustainability. It integrates planning, organizing, leadership, and control to meet the healthcare needs of the community.

2. **Explain the evolution of management theories.**

**Answer:**

- **Classical Theory:** Focused on efficiency, hierarchy, and structure (Taylor, Fayol).
- **Behavioral Theory:** Emphasized human relations, motivation, and leadership (Mayo, Maslow).
- **Modern Approaches:** Systems theory, contingency theory, and evidence-based management, integrating both human and organizational needs.

3. **Describe the planning process in healthcare organizations.**

**Answer:**

Steps include:

- Setting objectives
- Developing strategies
- Conducting environmental analysis (SWOT, PEST)
- Allocating resources
- Monitoring and evaluating outcomes

4. **Explain the role of leadership and motivation in healthcare management.**

**Answer:** Leadership inspires and guides staff, fosters teamwork, implements change, and improves performance. Motivation ensures staff engagement, job satisfaction, and better patient care, using intrinsic (recognition) and extrinsic (rewards) factors.

5. **Discuss types of organizational structures in healthcare.**

**Answer:**

- Functional: Grouped by specialty or function (e.g., nursing, pharmacy).
- Divisional: Based on patient type or services (e.g., pediatrics, surgery).
- Matrix: Combines functional and project-based structures for flexibility.
- Flat: Minimal hierarchy, encourages autonomy and faster decision-making.

6. **Explain the control process in healthcare operations.**

**Answer:**

Steps:

- Set performance standards
- Measure actual performance
- Compare performance with standards
- Identify deviations
- Take corrective actions
- Review outcomes and adjust processes

7. **Discuss financial management in healthcare organizations.**

**Answer:** Financial management involves budgeting, forecasting, monitoring revenue, cost control, and financial reporting. Ethical considerations ensure transparency, accountability, and appropriate use of resources.

8. **Explain change management in healthcare settings.**

**Answer:** Change management involves planning and implementing new strategies, overcoming resistance, leading staff through transitions, and evaluating impact on patient care and organizational performance.

9. **Discuss tools and techniques used for planning in healthcare.**

**Answer:**

- **SWOT Analysis:** Strengths, Weaknesses, Opportunities, Threats.
- **PEST Analysis:** Political, Economic, Social, Technological factors.
- Scenario planning, benchmarking, and forecasting techniques.

10. **Explain strategies for quality assurance and risk management in healthcare.**

**Answer:**

- Set quality standards and protocols

- Monitor clinical and operational processes
  - Implement risk assessment and mitigation
  - Train staff on patient safety
  - Continuous evaluation and improvement
-