



# ***Public Health***

**All past final exams sorted by lectures**

رُوح/ وتين/ نبض/ وريد

الطب والجراحة  
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**Lecture #11 (Child's Healthcare [I]: Dr. Israa)**

1. **The probability of dying during between the 1<sup>st</sup> and the 7<sup>th</sup> day of life, expressed per 1,000 live births is:**
- a. **Post neonatal mortality rate.**
  - b. **Early neonatal mortality rate.**
  - c. **Late neonatal mortality rate.**
  - d. **Still birth.**
  - e. **Perinatal mortality rate.**

**Answer: B**

2. **A mother delivered her baby few hours ago and you want to give her advice for proper nutrition for her baby. Which one of these advices is right?**
- a. **She should wait for 24 hours to start breastfeeding so that she can produce enough milk.**
  - b. **She should breastfeed anytime her baby cries for feeds.**
  - c. **She should stop breast-feeding throughout the first year of her baby's life.**
  - d. **She should make sure that her baby's mouth covers only the tip of the nipple.**
  - e. **Breast milk alone is not enough for her baby for the first Six months.**

**Answer: B**

3. **One is TRUE regarding the global goals for child mortality:**
- a. **The world did not achieve a drop of two-thirds of child mortality by 2015.**
  - b. **Reduction of child mortality was the third among MDGs.**
  - c. **Target 3.8 of the SDGs is to reduce neonatal mortality rate to 25 per 1000 live births.**
  - d. **Target 3.2 of the SDGs is to ensure access to vaccines for all children.**
  - e. **The child mortality rate has reduced by more than 70% over the past 25 years.**

**Answer: A**

4. **All of the following are factors that affect the health of children negatively, EXCEPT:**
- a. **Birth order of third or more.**
  - b. **Low birth weight.**
  - c. **Mothers with low education.**

- d. Sex of the child.
- e. Birth spacing of 2-4 years.

**Answer: E**

5. All of the following are FALSE regarding child's health, EXCEPT:
- a. They are considered a vulnerable segment of the population.
  - b. Childhood is characterized by steady growth and development.
  - c. Most diseases are hard to prevent and treat.
  - d. The child health indicators in a country do not reflect its level of development.
  - e. Children have mature immunity and are less prone to infections.

**Answer: A**

6. Regarding child's morbidity, one of the following is matched CORRECTLY:
- a. Vit A deficiency: preventable developmental delay cause.
  - b. Iron deficiency: blindness.
  - c. Ascaris infection: decreased learning.
  - d. Iodine deficiency: blindness.
  - e. Iodine deficiency: anemia.

**Answer: C**

7. One of the following plays a significant role in early detection of child's diseases:
- a. Mother.
  - b. Child health centers.
  - c. Workers.
  - d. Family.
  - e. Nurse.

**Answer: A**

8. All of the following are TRUE regarding child's health, EXCEPT:
- a. They are considered a vulnerable segment of the population.
  - b. Childhood period is characterized by rapid growth and development.
  - c. Most childhood diseases are hard to prevent and treat.
  - d. Child health indicators in a country reflect its level of development.
  - e. Children have immature immunity more prone to infections.

**Answer: C**

9. The probability of dying during between the 7<sup>th</sup> and the 28<sup>th</sup> day of life, expressed per 1,000 live births is:

- a. Post neonatal mortality rate.
- b. Early neonatal mortality rate.
- c. Late neonatal mortality rate.
- d. Still birth.
- e. Perinatal mortality rate.

**Answer: C**

10. A mother delivered her baby few hours ago and you want to give her advice for proper nutrition for her baby. Which one of these advices is not right?

- a. She should wait for 24 hours to start breastfeeding so that she can produce enough milk.
- b. She should breastfeed anytime her baby cries for feeds.
- c. She should continue breast-feeding throughout the second year of her baby's life.
- d. She should make sure that her baby's mouth covers both the nipple and the areola.
- e. Breast milk alone can be enough for her baby for the first six months.

**Answer: A**

11. One is FALSE regarding the global goals for child mortality:

- a. The world did not achieve a drop of two- thirds of child mortality by 2015.
- b. Reduction of child mortality was the fourth among the MDGs.
- c. Target 3.2 of SDGs is to reduce neonatal mortality to 25 per 1000 births.
- d. Target 3.8 of the SDGs is to ensure access to vaccines for all children.
- e. The child mortality rate has reduced by more than half over the past 25 years.

**Answer: C**

12. Jordan met MDG 4.

- a. True
- b. False

**Answer: B**

13. FFF stands for:

- a. Female education, family spacing, food supplements.

- b. Female education, female feeding, family spacing.
- c. Family education, food supplements, family spacing.
- d. Food education, family spacing, female education.

**Answer: A**

14. The probability of dying during between the 28<sup>th</sup> and exactly one year of age, expressed per 1,000 live births is:
- a. Post neonatal mortality rate.
  - b. Early neonatal mortality rate.
  - c. Late neonatal mortality rate.
  - d. Still birth.
  - e. Perinatal mortality rate.

**Answer: A**

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Lecture #12 (Child's Healthcare [II] in Illness: Dr. Israa)

1. One is TRUE about diarrheal diseases in children:

- a. Diarrhea is defined by the number of stools passages.
- b. Bacteria are more common cause of diarrheal diseases than viruses.
- c. First leading cause of under-five mortality.
- d. Most common virus for diarrheal disease in children is adenovirus.
- e. Diarrheal disease and malnutrition can cause each other.

Answer: E

2. All of the following are TRUE about ARI, EXCEPT:

- a. Upper and Lower ARIS are separated by the epiglottis.
- b. 90% are caused by respiratory syncytial virus.
- c. Can present with ear problems.
- d. More in rural areas.
- e. Four to eight acute respiratory infections occur yearly in most children.

Answer: Both B and D are incorrect.

3. One of the following is TRUE about persistent diarrhea:

- a. It lasts for more than 4 days.
- b. It is caused by metabolic diseases.
- c. It can contain DIOM
- d. It has low risk of dehydration.
- e. It is due to non- infectious causes.

Answer: C

**\*\* DIOM (Diarrhea and Inflammation of the Mucosa) refers to chronic inflammation of the intestinal mucosa, which can lead to persistent diarrhea\*\***

4. The following are characteristics for the child in the picture, EXCEPT:

- a. Low protein intake.
- b. Old man's face.
- c. Weight for height is very low.
- d. No hair changes.
- e. Good appetite.



Answer: A

5. One of the following is TRUE about integrated management of childhood illness (IMCI):

- a. Aim to make a single diagnosis.
- b. Treat health conditions separately.
- c. Occurs at two levels organizational and clinical levels.
- d. Green means treat at home.
- e. Yellow means need for admission.

**Answer: D**

**\*\* IMCI has 3 different components that work together: organizations, clinicians and communities\*\***

6. One is FALSE about diarrhea disease in children:

- a. Diarrhea is defined by the number of stools passages.
- b. Viruses are more common cause of diarrheal disease than bacteria.
- c. Second leading cause of under-five mortality.
- d. Most common virus for diarrheal disease in children is rotaviruses.
- e. Diarrheal disease and malnutrition can cause each other.

**Answer: A**

7. The following are characteristics for the child in the picture, EXCEPT:

- a. Low protein intake.
- b. Moon face.
- c. Weight for height is very low.
- d. Hair changes present.
- e. Poor appetite.



**Answer: C**

8. All of the following are TRUE about ARI, EXCEPT:

- a. Upper and Lower ARIS are separated by the epiglottis.
- b. 90% are caused by Streptococcus pneumonia.
- c. Can present with ear problems.
- d. More in big cities.
- e. Four to eight acute respiratory infections occur yearly in most children.

**Answer: B**

9. One of the following is TRUE about IMCI:

- a. Aim to make a single diagnosis.
- b. Treat health conditions separately.
- c. Occurs at organizational, clinical and communitarian levels.
- d. Yellow means treat at home.
- e. Green means need for admission.

**Answer: C**

**10. One of the following is TRUE about persistent diarrhea:**

- a. It lasts for more than 4 days.
- b. It is caused by metabolic diseases.
- c. It can contain blood.
- d. It has low risk of dehydration.
- e. It is due to non- infectious causes.

**Answer: C**

**11. The best way to reduce diarrhea is:**

- a. Handwashing with soap
- b. Access to safe drinking water
- c. Rotavirus vaccination
- d. Measles immunization
- e. Health education

**Answer: A**

## Lecture #13 (Care of Disabled: Dr. Nedal)

1. One of the following is TRUE about levels of prevention:
  - a. About primary and secondary prevention, targets are sick individuals.
  - b. Child's vaccination is an example of secondary health care
  - c. Screening to detect children with genetic problems is an example of primary prevention
  - d. Rehabilitation services are secondary prevention
  - e. Eating healthy is an example of primary prevention

**Answer: E**

2. Tertiary prevention (rehabilitation) includes all of the following, EXCEPT:
  - a. Measures to compensate for the limitation or loss of function.
  - b. Measures to facilitate social adjustment or readjustment.
  - c. Services provided to enable the handicapped to make maximum use of their abilities.
  - d. Measures to achieve the highest possible degree of "independence".
  - e. Measures to eradicate the biochemical or anatomical abnormality.

**Answer: E**

3. An accurate and early detection of disability is called:
  - a. Prognosis.
  - b. Rehabilitation.
  - c. Investigation.
  - d. Secondary prevention.
  - e. Primary prevention.

**Answer: D**

4. Loss or abnormality of psychological or anatomical structure or function is referred to as:
  - a. Rehabilitation.
  - b. Handicap.
  - c. Impairment.
  - d. Disability.
  - e. Mental retardation.

**Answer: C**

5. One of the following plays a significant role in early detection of disabilities:
- Mother.
  - Child health centers.
  - Workers.
  - Family.
  - Nurse.

**Answer: A**

6. A total of 17755 tests for COVID-19 were done on the 28th of November 2020. These tests are an example of:
- Primary prevention.
  - Secondary prevention.
  - Tertiary prevention.
  - Aim to prevent the onset of illness.
  - Secondary and tertiary preventions at the same time.

**Answer: B**

7. Any restriction or lack of ability to perform an activity in the manner or within the range considered normal for the human being is called:
- Rehabilitation.
  - Handicap.
  - Impairment.
  - Disability.
  - Mental retardation.

**Answer: D**

8. Continuing supportive care to limit disability for highest level of independence of individuals is considered:
- Prognosis.
  - Rehabilitation.
  - Secondary prevention.
  - Primary prevention.
  - Tertiary prevention.

**Answer: E**

9. Limitation on carrying out social roles defined as appropriate for an individual of certain age, gender or class is referred to as:
- Rehabilitation.
  - Handicap.
  - Impairment.
  - Disability.
  - Mental retardation.

**Answer: B**

10. A goal oriented and time-limited process aimed at enabling an impaired person to reach an optimum mental physical and social functional level is referred to as:
- Prognosis.
  - Rehabilitation.
  - Secondary prevention.
  - Primary prevention.
  - Health promotion.

**Answer: B**

11. All of the following are peri-natal causes of disabilities, EXCEPT:
- Drugs.
  - Premature infants.
  - Infections.
  - Brain hemorrhage.
  - Teratogens.

**Answer: E**

12. Special success of rehabilitation depends on all of the following, EXCEPT:
- Religion.
  - Age.
  - Type of home.
  - Personal factors.
  - Belief implicitly in success.

**Answer: A**

**13. One of the following is TRUE about the proper way of treating people with disabilities:**

- a. Show them self- pity or sympathy.
- b. Be overprotective on them.
- c. Describe the person, not the disability.
- d. Make assumptions or generalizations.
- e. Offer unsolicited help.

**Answer: C**

**14. One of the following is incorrect prenatal cause of disability:**

- a. Chromosomal causes as in Down syndrome.
- b. Rh factor as when an Rh- man and an Rh+ woman have children with Rh incompatibility.
- c. Maternal stress.
- d. X- ray exposure especially between the 2<sup>nd</sup> and the 6<sup>th</sup> week of conception.
- e. Many prescription drugs like antibiotics, hormones, steroids and tranquilizers.

**Answer: B**

**15. One of the following statements is WRONG:**

- a. Surgical correction is the proper intervention to solve congenital heart disease, cleft lip and cleft palate.
- b. Factor VIII replacement is given to hemophilia A patients.
- c. Vaccination is the proper management for poliomyelitis and meningitis.
- d. Phenylalanine is given to phenyl- ketonuria patients.
- e. Hormone replacement therapy is suggested for hypothyroidism.

**Answer: D**

**16. A child with a special health care need is called:**

- a. A handicapped child.
- b. An emotionally disturbed child.
- c. A child with disability.
- d. A child with impairment.
- e. A child with chronic physical disorder.

**Answer: C**

**Lecture #14 (Health Care of the Elderly: Dr. Nedal)**

1. **Type of food for elderly should meets all of the following requirements, EXCEPT:**
- a. **Protein intake should be increased.**
  - b. **It has to be easily digested and nourishing.**
  - c. **Dietary fat intake should be limited to less than 30% of the total calories.**
  - d. **It should contain good amounts of mineral salts, trace elements and vitamins.**
  - e. **Animal fat should be substituted by vegetable oil.**

**Answer: A**

2. **As per features of carcinomas in elderly, one of the following is INCORRECT:**
- a. **The most common cancer affecting the elderly is the prostate and lung cancers.**
  - b. **The most common non- fatal cancer in the aged is breast in females and prostate in males.**
  - c. **The incidence of cancer differs in different decades of life/ age.**
  - d. **In some patients, more than one malignant growth can be found.**
  - e. **Cancer is less frequent in the groups (70-80) and (80- 90) years of age.**

**Answer: A**

3. **Prevention of complications among the elderly people. This measure is considered:**
- a. **Primary prevention.**
  - b. **Secondary prevention.**
  - c. **Tertiary prevention.**
  - d. **Rehabilitation.**
  - e. **Screening.**

**Answer: A**

4. **The elderly often have special nutritional requirement due to all of the following factors, EXCEPT:**
- a. **Physical or mental illness.**
  - b. **Nosocomial infections.**
  - c. **Functional status (dependence and immobility).**
  - d. **Reduced intake.**
  - e. **Medication use.**

**Answer: B**

5. The leading cause of death as the population grows older is:
- Respiratory diseases and infections.
  - Diabetes mellitus.
  - Cardiovascular diseases.
  - Accidents.
  - Cancers.

**Answer: B**

6. The main contributing factor of fractures in old age is:
- Osteoarthritis.
  - Reduced visual activity.
  - Osteoporosis.
  - Hyperlipoproteinemia.
  - Overweight.

**Answer: C**

7. Engaging in leisure and household activities by elderly is considered among:
- Prevention of iatrogenic complications.
  - Environmental sanitation.
  - Prevention of psychological problems.
  - Prevention of mental and physical illnesses.
  - Promoting healthy lifestyles.

**Answer: C**

8. All of the following statements are true regarding the use of medication to reduce the onset of elderly illness, EXCEPT:
- Hormone replacement therapy (HRT) may improve sexual functions.
  - HRT improves cholesterol level.
  - HRT may increase the risk of breast cancer and can cause irregular bleeding.
  - HRT decreases fracture risk.
  - Health care professionals must recommend HRT for all menopausal women.

**Answer: E**

9. **Prevention of iatrogenic complications among the elderly people. This measure is considered:**

- a. **Primary prevention.**
- b. **Secondary prevention.**
- c. **Tertiary prevention.**
- d. **Rehabilitation.**
- e. **Screening.**

**Answer: A**

10. **One of the following statements about home- based preventive measure to reduce fall and fractures among elderly is INCORRECT:**

- a. **Removing tripping hazards.**
- b. **Improving lightning can significantly reduce elder's risk of falls and associated factures.**
- c. **Installing grasp bars and handrails.**
- d. **Smoke detectors should be installed and maintained.**
- e. **Arranging furniture so that pathways are not obstructed.**

**Answer: D**

11. **The conditions that cause more discomfort and disability than any other conditions is the elderly are:**

- a. **Genito- urinary tract diseases.**
- b. **Cardiovascular diseases.**
- c. **Digestive systems problems.**
- d. **Diseases of loco motor system.**
- e. **Respiratory diseases.**

**Answer: D**

12. **Urinary incontinence is one of the major disabilities in the elderly women due to:**

- a. **Urinary tract infections.**
- b. **Decrease in the muscle mass which is the source of creatinine.**
- c. **Estrogen deficiency leading to atrophic urethritis, weakness of the pelvic floor muscles.**
- d. **Progressive sclerosis of glomeruli with aging with the development of renal vascular disease.**

e. Change in glomerular filtration rate (GFR).

**Answer: C**

13. One of the following is **WRONG** about elderly preventions:

- a. The goal is to reduce morbidity and premature mortality while preserving the function and quality of life.
- b. Primary prevention aims at preventing or delaying diseases.
- c. Secondary prevention aims at increasing the use of early detection practices.
- d. Tertiary prevention aims at continuing supportive care to limit disability.
- e. Primary prevention occurs at the onset of disease or dysfunction.

**Answer: E**

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**Lecture #15 (Expanded Program on Immunization [EPI]: Dr. Nedal)**

1. The vaccination coverage for DPT vaccine is attained when the infant receives:
- One dose
  - Two doses.
  - Three doses.
  - Four doses.
  - Five doses.

**Answer: B**

2. The dose of DPT vaccine is:
- 0.5 ml
  - 0.05 ml
  - 5 ml
  - 1 ml
  - 0.005 ml

**Answer: A**

3. One of the following vaccines is given as a booster dose to preschool children:
- DPT.
  - Hepatitis.
  - BCG.
  - TT
  - DT

**Answer: E**

**\*\* DT variation of the triple vaccine (DTP) is give to pre-school (<5 years old) because Pertussis vaccine can cause serious convulsions to them, said by Dr.**

**Nedal\*\***

4. The only vaccine that can be administered during pregnancy is:
- OPV
  - Hepatitis B
  - MMR
  - TT
  - Measles

**Answer: D**

5. One of the following is a contraindication to immunization:
- History of jaundice at birth.
  - Recent recipient of blood transfusions.
  - Child being breastfed.
  - History of anaphylactic reaction following ingestion of eggs.
  - Chronic disease of the heart, lungs, kidneys or liver.

**Answer: B**

6. One of the following vaccines is given by subcutaneous injection:
- BCG
  - DPT
  - Hepatitis B.
  - MMR
  - OPV

**Answer: D**

7. All of the following are false contraindications to immunization, EXCEPT:
- Child breast fed.
  - History of jaundice at birth.
  - History of convulsions.
  - Premature or small for date infants.
  - Chronic disease of the heart, lungs, kidneys or liver.

**Answer: C**

8. One of the following is an absolute contraindication to vaccination:
- Malnutrition.
  - Subsequent doses of pertussis vaccines if the child develops collapse or shock.
  - Recent recipient of blood.
  - Immunosuppressive diseases.
  - Severe illness that needs hospitalization.

**Answer: B**

9. MMR first dose is given at the age of:
- Birth.

- b. 3 months.
- c. 6 months.
- d. 9 months.
- e. 12 months.

**Answer: E**

10. All of the following methods of vaccine administration are correct, EXCEPT:

- a. Measles vaccine: subcutaneous injection.
- b. BCG vaccine: intradermal injection in the left arm.
- c. Hepatitis B vaccine: intramuscular injection.
- d. MMR vaccine: intramuscular injection.
- e. DPT vaccine: intramuscular injection.

**Answer: D**

11. All of the following about EPI objectives are correct, EXCEPT:

- a. To maintain immunization safety.
- b. To reduce the incidence of whooping cough, mumps and rubella.
- c. To prevent severe forms of TB such as meningitis and pulmonary TB.
- d. To prepare for introduction of new vaccines according to disease burden and cost effectiveness.
- e. To eradicate neonatal tetanus.

**Answer: C**

12. The dose of BCG vaccine is:

- a. 0.5 ml
- b. 0.05 ml
- c. 5 ml
- d. 0.005 ml
- e. 1 ml

**Answer: B**

13. When a specific infecting agent no longer exists in nature or in laboratory, is known as:

- a. Eradication.
- b. Elimination.

- c. Extinction.
- d. Extension.

**Answer: C**

**Note: Dr. Nedal mentioned them, NIH definitions of the terms:**

Term	Definition
Control	reduction of disease incidence, prevalence, morbidity, and mortality to acceptable levels;
Elimination of disease	reduction to zero incidence of disease in a defined geographic area;
Elimination of infection	reduction to zero incidence of infection caused by a specific agent in a defined geographic area;
Eradication	permanent reduction to zero worldwide incidence of infection caused by a specific agent;
Extinction	the specific agent no longer exists in nature or the laboratory.

14. The removal of pandemic from all countries and stopping the cases, is a suitable definition of:

- a. Elimination.
- b. Eradication.
- c. Extinction.
- d. Both A and B.

**Answer: B**

15. All of the following statements regarding vaccines are correct, EXCEPT:

- a. Vaccine for tuberculosis (TB) is a live freeze-dried vaccine.
- b. DPT vaccine is given intramuscularly anterolaterally.
- c. Polio vaccine is a toxoid vaccine.
- d. Measles vaccine is given subcutaneously.
- e. Whooping cough vaccine is a killed pertussis.

**Answer: C**

16. All of the following statements about DTP vaccine are correct, EXCEPT:

- a. Three doses are needed for full protection, at least four weeks apart.
- b. Dose: 0.5 ml
- c. The DTP combination vaccine must be frozen.
- d. It contains vaccine components against diphtheria, pertussis and tetanus.

- e. The vaccine is given intramuscularly anterolaterally on the right thigh or upper arm.

**Answer: C**

**17. The route of administration of MMR vaccine is:**

- a. Subcutaneously on the right arm.
- b. Intradermally on the left side.
- c. Orally.
- d. Intramuscularly, anterolaterally on the left thigh.
- e. Intramuscularly, anterolaterally on the right arm.

**Answer: A**

**18. The following is an absolute contraindication to vaccination:**

- a. Subsequent doses of pertussis vaccines if the child develops convulsions within 3 hours after vaccination.
- b. Immunosuppressive diseases.
- c. Severe illness that needs hospitalization.
- d. Treatment with antibiotics.
- e. Recent recipient of blood.

**Answer: A**

**19. The dose of DPT vaccine is:**

- a. 0.5 ml
- b. 0.05 ml
- c. 5 ml
- d. 1 ml
- e. 0.005 ml

**Answer: A**

**20. The dose of measles vaccine is:**

- a. 0.5 ml
- b. 0.05 ml
- c. 5 ml
- d. 1 ml
- e. 0.005 ml

**Answer: A**

**21. All of the following statements about polio vaccine are correct, EXCEPT:**

- a. OPV is a live attenuated oral polio vaccine.
- b. OPV is a liquid vaccine comprising three stereotypes of live attenuated poliovirus.
- c. OPV dose is 2 drops.
- d. Injectable polio vaccine (IPV) is the vaccine of choice for eradication of poliomyelitis.
- e. The OPV vaccine is administered orally.

**Answer: D**

**22. The dose of OPV is:**

- a. 0.5 ml
- b. 10 drops
- c. 2 drops
- d. 5 drops
- e. 0.05 ml

**Answer: C**

**23. The first vaccine developed against a form of cancer is:**

- a. Hepatitis B vaccine.
- b. DPT vaccine.
- c. BCG vaccine.
- d. Measles vaccine.
- e. MMR vaccine.

**Answer: A**

**24. The following vaccine is given by intradermal injection:**

- a. BCG
- b. OPV
- c. DPT
- d. Hib
- e. MMR

**Answer: A**

25. One of the following vaccines is routinely given at school entry:

- a. MMR
- b. Pertussis
- c. DPT
- d. BCG
- e. DT

**Answer: E**

26. The age at which we should offer MMR vaccine:

- a. Birth.
- b. 3 months.
- c. 6 months.
- d. 9 months.
- e. 12 months and over.

**Answer: E**

27. All of the following are temporarily contraindications to vaccination, EXCEPT:

- a. Recent recipient of blood.
- b. Pregnancy.
- c. Cancer therapy.
- d. Severe illness that needs hospitalization.
- e. Headache.

**Answer: E**

28. One of the following is the period of babies' lives we give them BCG:

- a. At birth.
- b. At 3 months.
- c. At 6 months.
- d. At 9 months.
- e. At 12 months and over.

**Answer: A**

29. The absolute stopping of pertussis vaccine should be done when:

- a. HIV infection.
- b. Convulsions 3 days after receiving the first dose.

- c. 40.5° C degrees fever within 48 hours of receiving the first dose.
- d. Pregnancy.
- e. Recent recipient of blood.

**Answer: C**

**\*\* DTP vaccine and especially pertussis are either inactivated toxoid or killed virus but never live attenuated\*\***

**30. One of the following is correct regarding freeze- dried vaccines:**

- a. BCG is one of them.
- b. DTP is one of them.
- c. OPV is one of them.
- d. All of above are freeze- dried vaccines.

**Answer: A**

**31. IPV is the proper choice for eradication of poliomyelitis:**

- a. True
- b. False

**Answer: B**

**32. Which of the following is considered an absolute contraindication to vaccination?**

- a. Anaphylactic reactions.
- b. Severe illness.
- c. Recent recipient of blood.
- d. Immune suppression.
- e. All of the above.

**Answer: A**

**33. The vaccine for TB is freeze- dried.**

- c. True
- d. False

**Answer: A**

Lecture #16 (The Vaccine Cold Chain, Dr. Nedal)

1. Regarding storage conditions of vaccines, one of the following statements is **INCORRECT**:
- a. All freeze- dried vaccines become more heat- sensitive after they have been reconstituted.
  - b. BCG, measles, MMR and rubella vaccines are sensitive to heat and light.
  - c. MMR is supplied in dark brown glass vials to protect them against light.
  - d. Hepatitis B, DTP, DT and TT vaccines are sensitive to both heat and freezing.
  - e. BCG and measles are supplied in dark brown glass vials to protect them against heat damage.

**Answer: E**

2. Certain vaccine may get damaged during transportation and become ineffective. Shake test is used to check the possible damage/ potency of the following vaccine:
- a. Hepatitis B.
  - b. DPT.
  - c. Measles.
  - d. OPV
  - e. MMR

**Answer: B**

3. All of the following vaccines are damaged by freezing, **EXCEPT**:
- a. TT
  - b. DT
  - c. OPV
  - d. DPT
  - e. Hib

**Answer: C**

4. Regarding controlling and monitoring temperatures, one statement is **INCORRECT**:
- a. Reconstituted vials may be used in many immunization sessions.
  - b. Reconstituted vaccines do not contain preservatives and thus become an ideal environment for growing dangerous organisms.

- c. All Cold Chain Monitor card (CCMs) have temperature-sensitive indicators that monitor heat exposure throughout the entire journey of vaccine from manufacturer to health facility.
- d. Vaccine Vial Monitor (VVM) is not substituting for expiry dates.
- e. Freeze watch indicators are CCMs used to monitor storage conditions of cold-sensitive vaccines.

**Answer: A**

5. The incorrect statement about criteria of the refrigerator to keep vaccines potent is:
- a. 12- 15 cm away from the wall.
  - b. Its temperature is recorded twice daily.
  - c. Adequate air circulation around it.
  - d. It must be placed away from direct sunlight.
  - e. Defrosted regularly.

**Answer: A**

6. All of the following vaccines are damaged by freezing, EXCEPT:
- a. TT
  - b. DT
  - c. MMR
  - d. DPT
  - e. HBV

**Answer: C**

7. The most heat sensitive vaccine that must be kept between  $-15^{\circ}\text{C}$  and  $-25^{\circ}\text{C}$  is:
- a. DPT
  - b. Measles
  - c. OPV
  - d. MMR
  - e. TT

**Answer: C**

8. The temperature required for proper storage of measles vaccine at the level of local immunization centers is:

- a.  $-2^{\circ}\text{C}$  to  $+8^{\circ}\text{C}$
- b. Zero to  $-8^{\circ}\text{C}$
- c.  $+2^{\circ}\text{C}$  to  $+8^{\circ}\text{C}$
- d.  $-2^{\circ}\text{C}$  to  $+4^{\circ}\text{C}$
- e.  $-15^{\circ}\text{C}$  to  $-25^{\circ}\text{C}$

**Answer: C**

المطب و الجراحة  
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**Lecture #17 (Child's Healthcare [III] Growth and Development: Dr. Israa)**

1. Hassan is 7 months old. If Hassan's growth curve points are found to be at the 0 z-score line for the past four months on WHO's growth charts, all are correct EXCEPT:
- You use the growth chart even if his mother told you that he was born in USA.
  - You tell the mother that her son is on the average weight for his age.
  - You inform his mother that his growth is stagnated and he needs to catch up on the positive z- line 1 or 2.
  - You use the growth charts even if his mother told you that he is bottle fed.
  - You inform his mother that his next visit will be in a month.

**Answer: C**

2. One of the following is TRUE regarding development:
- Associated with increase in cell number or cell size.
  - Raising head to 45 degrees is related to fine motor.
  - The sequence of development is the same for all children.
  - Motor development direction is caudocephalic.
  - At 8 weeks the baby gets afraid if a stranger carries them.

**Answer: C**

3. You work in a MCH clinic, a mother brings her son Rashid for his regular check-up, she informs you that Rashid's birth weight was 3.5 Kg you find his current weight to be 9 Kg. If Rashid is growing normally, what is Rashid's age:
- 6 months.
  - 8 months.
  - 10 months.
  - 12 months.
  - 13 months.

**Answer: C**

**\*\* The infant can double his birth weight by 4-5 months, and triple by the end of first year and quadruple by the age of two years,  $9 / 3.5 =$  less than three (a little behind tripling) -> a little behind the first year. OR you can use the average weight gain formula for exact numbers: for 1<sup>st</sup> 4 months (750 g/ month), 2<sup>nd</sup> 4 months (500 g/ month) and 3<sup>rd</sup> 4 months (250 g/month). 1<sup>st</sup> 4: he will gain 3 kgs (6.5 kgs), 2<sup>nd</sup> 4:**

**he will gain 2 kgs (8.5), now we are close to the target goal: 9<sup>th</sup> month: 8.750 kgs  
and 10<sup>th</sup> month: 9 kg\*\***

4. All of the following are true about growth indicators, EXCEPT:
- a. Weight-for-age cannot indicate obesity.
  - b. Length/height-for-age cannot indicate the effect of an acute diarrheal episode on child's growth.
  - c. Weight-for-age cannot be used for refugee children with unknown age.
  - d. Weight-for-length/height to indicate obesity.
  - e. Weight-for-age may not be accurate if edema presents.

**Answer: D**

5. Rana is a 10 weeks old baby. She was born at 32 weeks gestation (pre-term). On the growth chart at her first MCH visit, you would:
- a. Plot at age 0
  - b. Plot at age 2 weeks.
  - c. Plot at age 10 weeks.
  - d. Plot at age 2 months.
  - e. Plot at age 42 weeks.

**Answer: B**

**\*\* For such questions, use: 40- birth age= difference, then subtract the difference from their current age. 40- 32= 8 weeks, 10- 8= 2 weeks \*\***

6. One is true regarding development:
- a. Associated with increase in cell number or cell size.
  - b. Raising head to 45 degrees is related to fine motor.
  - c. The rate of development is the same for all children.
  - d. Motor development direction is from head to toes.
  - e. At 8 weeks the baby gets afraid if a stranger carries them.

**Answer: D**

7. All of the following are considered normal for full-term newborn, EXCEPT:
- a. Weight of 3.7 kg.
  - b. Respiratory rate of 45 breath per minute.
  - c. Pulse of 150 bpm.

- d. Length of 35 cm.
- e. Weight of 4 kg.

**Answer: D**

8. The normal height of a 4 years old child should be:

- a. 25 cm
- b. 50 cm
- c. 90 cm
- d. 100 cm

**Answer: D**

9. A BMI-for-age chart shows a reading above 1, it indicated:

- a. Underweight.
- b. Possible risk of overweight.
- c. Overweight.
- d. Obese.

**Answer: B**

10. One of the following growth charts is correctly matched:

- a. Weight-for-age: screening of overweight or obese
- b. Length/height-for-age: refugee situations
- c. Weight-for-length/height: screening of overweight or obese.
- d. BMI-for-age: screening of overweight or obese.
- e. Head circumference-for-age: wasting.

**Answer: D**

11. One of the following examples on areas of development is under the gross motor umbrella:

- a. Hand skills.
- b. Replying by non-verbal communication.
- c. Feeding.
- d. Toileting.
- e. Leg movements.

**Answer: E**

12. An infant weighed 4 kg at birth. Her mother visited an MCH center and found out that she weighs 9 kg, the exact age of the infant will be:

- a. 6 months.
- b. 8 months.
- c. 9 months.
- d. 2 years.

**Answer: B**

**\*\* For the 1<sup>st</sup> 4 months: she will gain 3 kgs (7 kgs), for the 2<sup>nd</sup> 4 months: she will gain 2 kgs (9 kgs) \*\***

13. One of the following examples on areas of development is under the gross motor umbrella:

- a. Movement of eye.
- b. Movement of hand.
- c. Movement of leg.
- d. Holding pencil.
- e. Movement of finger.

**Answer: C**

Lecture #18 (School Health Dr. Israa)

1. All of the following help in achieving healthy academic environment, EXCEPT:
- New year starting with high expectations.
  - Decorate the classroom for first grade students.
  - Parent are to stay away from the learning process.
  - Use encouraging words to give feedbacks to students.
  - Students should do homework and get effective feedbacks.

Answer: C

2. A 6 years old female child is characterized by all of the following, EXCEPT:
- Shorter than a boy of similar age.
  - Aware of her sex.
  - Can use a scissor properly.
  - May begin writing her name.
  - Cannot express her feelings clearly yet.

Answer: E

3. One is FALSE about proper ventilation and lightening in classrooms:
- Window area of 20% of the floor area.
  - Windows on same side are required for cross ventilation.
  - Poor ventilation can lead to sleepiness.
  - Poor lightening can lead to conjunctivitis.
  - Florescent (white neon) can be used for artificial lightening.

Answer: B

4. One of the following vaccines is given as a booster dose to preschool children:
- DPT.
  - Hepatitis.
  - BCG.
  - TT
  - DT

Answer: E

5. One of the following is NOT a part of a healthy school environment:
- At least 2 meters away from the main streets.

- b. One water tap per 50 students.
- c. Fire extinguishers should be available.
- d. Selling sweets should be discouraged.
- e. Play facilities should be available.

**Answer: A**

6. Regarding injuries in pre-school children, one of the following is RIGHT:
- a. They occur due to lack of the child's interest to explore the environment.
  - b. Injuries usually occur in new places that the child is not familiar with.
  - c. Injuries are hard to prevent in this age group.
  - d. Homes are the least common places for injuries as children feel the safest.
  - e. A scale is caused by hot liquids.

**Answer: E**

7. If schools re-open next semester, the following can useful measures for control of Covid-19 at schools, EXCEPT:
- a. Daily observation of the pupils in the morning entering the for any signs or symptoms.
  - b. Investigate the cause when a pupil is absent.
  - c. Students with COVID-19 should come to school for monitoring.
  - d. Contacts should be observed for 14 days.
  - e. Avoid full participation in physical education activities for students in the convalescence.

**Answer: C**

8. The following are examples of for prevention of infectious diseases at school. EXCEPT:
- a. Chemoprophylaxis using long acting penicillin for Rheumatic Fever.
  - b. Polio vaccine for students.
  - c. Periodic medical examination for teachers.
  - d. Health education for students and families.
  - e. BCG vaccine at school entry.

**Answer: D**

9. In School X. the 11th grade pupils have a curriculum of public health and are taught premarital health screening for Thalassemia. This is an example of the following type of health education:

- a. Direct health education.
- b. Correlated health education.
- c. Integrated health education.
- d. Incidental health education.
- e. Opportunistic health education.

**Answer: A**

**\*\* Not sure if it is required \*\***

10. All of the following are true about children's thinking, EXCEPT:

- a. They believe that toys are alive.
- b. They can understand different points of view.
- c. They cannot fully recognize the cause-and-effect relationships.
- d. They think that nature is alive and controllable.
- e. They have incomplete differentiation of the self and the world.

**Answer: B**

11. All of the following characterizes the pre-school child's health, EXCEPT:

- a. Malnutrition is prevalent.
- b. Infectious and parasitic diseases.
- c. Less interest in food.
- d. Slower growth rates than under- five children.
- e. Almost double upper to lower body proportions.

**Answer: E**

12. In a school of 500 students distributed equally in 25 classrooms the following should be available to achieve standards of health school, EXCEPT:

- a. 10 drinking fountains.
- b. 25 toilets.
- c. Each classroom area of  $4 \times 4 \text{ m}^2$ .
- d.  $1000 \text{ m}^2$  playground area.
- e. The last seat should be less than 6 m away from the wall.

**Answer: B**

**\*\* Drinking fountains and toilets numbers should be 1/ 50 students, classrooms area should be not less than 16 m<sup>2</sup>, play ground area should be 2 m<sup>2</sup>/ student and the distance between wall and last seat should not be more than 6 m \*\***

**13. School health services are important due to the following reason:**

- a. School aged children are almost half of the Jordanian population.**
- b. Students' backgrounds are the same.**
- c. It is a period of many stresses.**
- d. It is the healthiest period of a human's life.**
- e. It causes stress on economic situation of the country.**

**Answer: C**

**14. If schools re-open next semester, the following can useful measures for control of Covid-19 at schools, EXCEPT:**

- a. Daily observation of the pupils in the morning entering the for any signs or symptoms.**
- b. Investigate the cause when a pupil is absent.**
- c. Students with COVID-19 should stay at home.**
- d. Contacts should be observed for 14 days.**
- e. Full participation in physical education activities for students in the period of convalescence.**

**Answer: E**

**15. One of the following is NOT a part of a healthy school environment:**

- a. At least 20 meters away from the main streets.**
- b. One water tap per 50 students.**
- c. Fire extinguishers should be available.**
- d. Selling sweets should be encouraged.**
- e. Play facilities should be available.**

**Answer: D**

**16. All of the following characterizes the pre-school child's health, EXCEPT:**

- a. Malnutrition is prevalent.**
- b. Infectious and parasitic diseases.**

- c. Less interest in food.
- d. Faster growth rates than under- five children.
- e. Almost equal upper to lower body proportions.

**Answer: D**

**17. One is FALSE about proper ventilation and lightening in classrooms:**

- a. Window area of 50% of the floor area.
- b. Windows opposite to each other.
- c. Poor ventilation can lead to sleepiness.
- d. Poor lightening can lead to conjunctivitis.
- e. Florescent (white neon) can be used for artificial lightening.

**Answer: A**

**18. School health services are important due to the following reason:**

- a. School aged children are almost half of the Jordanian population.
- b. Students' backgrounds are different.
- c. It is a period free from stresses.
- d. It is the healthiest period of a human's life.
- e. It causes stress on economic situation of the country.

**Answer: B**

**19. In classrooms, the distance between the last row and the wall should be:**

- a. More than 1.5 m
- b. More than 6 m
- c. Not more than 6 m
- d. 0.8 m
- e. None of the above

**Answer: C**

**20. One of the following is FALSE as per one-year old girl:**

- a. Screen for hearing loss.
- b. If she gets sick with a communicable disease, she should be excluded from the school.
- c. She could have angular stomatitis due to common vitamin A deficiency at her age.

- d. The most prevalent parasitic infestation is caused by pinworms.
- e. Chemoprophylaxis can be considered.

**Answer: C**

21. One of the following is **WRONG** about care for convalescence pupils:

- a. Full participation in physical education activities should be observed
- b. Children should be observed carefully for signs of possible complication.
- c. Most pupils who have been ill return to school during the period of convalescence.
- d. Their resistance to other infections is low.

**Answer: A**

22. A 5 years old boy:

- a. Has a body proportion similar to adults.
- b. He gets chubbier at this age period.
- c. He gets less slender at this age period.
- d. He grows rapidly during this age period.
- e. 1 year later, no differences between him and girls of his age in terms of growth will be noted.

**Answer: A**

23. One of the following is **WRONG** about one-year old baby:

- a. They start to used expanded language.
- b. They become aware of their bodies.
- c. The cannot use small scissors.
- d. The can control urine and bowel.
- e. They have magical way of thinking.

**Answer: C**

24. In a school of 200 students distributed equally in 10 classrooms the following should be available to achieve standards of health school, **EXCEPT**:

- a. 4 drinking fountains.
- b. 8 toilets.
- c. Each classroom area of  $4 \times 4 \text{ m}^2$ .
- d.  $400 \text{ m}^2$  playground area.

e. The last seat should be less than 6 m away from the wall.

**Answer: B**

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Lectures #19 & 20 (Family Planning [I& II]: Dr. Nedal)

1. One statement of the following is **INCORRECT** regarding birth control methods:
- Some women are more likely than others to encounter problems with specific methods.
  - All contraceptive methods are safe to use.
  - Male condoms protect against STDs.
  - All contraceptives involve some risks to the user.
  - Exclusion of contraindications to methods are important safety element to be considered.

**Answer: D**

2. One statement of the following is **INCORRECT** regarding intrauterine contraceptives:
- Immediate return to fertility upon removal.
  - Effective immediately.
  - Do not affect breastfeeding.
  - Short- term method (especially with 380 A)
  - Do not interfere with intercourse.

**Answer: D**

3. The best continuation rate of any used contraceptive method is:
- Norplant (subdermal implants).
  - Sterilization.
  - IUDs
  - Male condoms and spermicidals.
  - Oral contraceptive pills.

**Answer: B**

**\*\* The question is asking about the method of the longest effective period \*\***

4. One statement is **INCORRECT** regarding being a good and effective family planning counselor:
- Understands and respects the clients' rights.
  - Earns the clients' trusts.

- c. Dominates the counselling session and prevent the client from asking questions.
- d. Understands the benefits and limitations of all contraceptive methods.
- e. Understands the cultural and emotional factors that affect a woman's (or a couple's) decision to use a particular contraceptive.

**Answer: C**

5. One of the following contraceptive methods is considered a traditional one:
- a. Male sterilization.
  - b. Norplant.
  - c. Female condom.
  - d. Coitus interruptus.
  - e. IUDs.

**Answer: D**

6. All of the following contraceptives provides a protection against STDs, EXCEPT:
- a. Condoms (male and female).
  - b. Spermicides (some protection)
  - c. Monogamous relationship.
  - d. Abstinence.
  - e. IUDs.

**Answer: E**

7. All of the followings are true about family planning, EXCEPT:
- a. Optimal birth spacing interval is 18 months.
  - b. Helps adolescents make responsible choices.
  - c. Benefits couples, family and community.
  - d. Spaces pregnancies, which save children's lives and improves their health.
  - e. Saves women's lives and improve their health.

**Answer: A**

8. All of the followings are true about family planning impacts, EXCEPT:
- a. It reduces maternal morbidity and mortality.
  - b. It is the best solution to cut the cycle of poverty.
  - c. It improves the quality of life.

- d. It provides good opportunity for infant care.
- e. It raises standard of living by decreasing number of dependents.

**Answer: B**

9. Factors favoring the acceptance of contraceptive methods include all of the followings, EXCEPT:
- a. Being irreversible.
  - b. Absence of side effects.
  - c. Independence on coitus.
  - d. Being inexpensive.
  - e. Requiring minimal intervention from the medical professionals.

**Answer: A**

10. One of the following contraceptive methods provides protection against STDs:
- a. Lactational amenorrhea.
  - b. IUDs.
  - c. Pills.
  - d. Injections.
  - e. Condoms.

**Answer: E**

11. One of the following is incorrect about lactational amenorrhea method:
- a. Effective immediately.
  - b. Passive immunization is one of its benefits.
  - c. Decreased postpartum bleeding is one of its benefits.
  - d. It is considered the best source of nutrition to the child.
  - e. It has a few systemic side effects.

**Answer: E**

اللهم اجعل خير أعمالنا خواتمها. وخير أعمارنا أواخرها. وخير أيامنا يوم نلقاك..  
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