UP CNET BSC Nursing 2025 Nursing aptitude test MCQ

Topic - Cleanliness and hygiene

1) **Which of the following is the main purpose of personal hygiene?**
   a) Looking good
   b) Preventing infections
   c) Saving money
   d) Wearing clean clothes

2) **Hand hygiene is essential to prevent:**
   a) Cancer
   b) Spread of infection
   c) Dehydration
   d) Obesity

3) **Which of the following is the most effective method of hand hygiene?**
   a) Wiping hands on clothes
   b) Washing with soap and water
   c) Using plain water
   d) Wearing gloves only

4) **When should hands be washed in a healthcare setting?**
   a) Before and after patient contact
   b) Only after using the restroom
   c) Only before meals
   d) Only after work

5) **Oral hygiene prevents:**
   a) Dental caries and gum disease
   b) Fever
   c) Eye infection
   d) Skin problems

6) **Which of the following is a sign of poor personal hygiene?**
   a) Bad body odor
   b) Clean clothes
   c) Brushed teeth
   d) Trimmed nails

7) **Proper nail hygiene helps prevent:**
   a) Vision issues
   b) Spread of germs
   c) Cough
   d) Fever

8) **Daily bathing helps in:**
   a) Removing sweat and germs
   b) Improving hair growth
   c) Weight gain
   d) Improving eyesight

9) **Sanitary napkins should be changed every:**
   a) 12 hours
   b) 4–6 hours
   c) 2 hours
   d) Once a day

10) **The best method to kill germs in drinking water is:**
   a) Boiling
   b) Freezing
   c) Filtering
   d) Mixing salt

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11. **Maintaining hygiene in food preparation prevents:**
   a) Food poisoning
   b) Malaria
   c) Tooth decay
   d) Eye strain

12. **In hospitals, bed linens should be changed:**
   a) Daily or when soiled
   b) Weekly
   c) Once a month
   d) Only if the patient requests

13. **Which is NOT a part of personal hygiene?**
   a) Brushing teeth
   b) Watching TV

c) Washing hands
d) Trimming nails

14. **The correct method of sneezing hygiene is:**
    a) Covering mouth with elbow
    b) Using bare hands
    c) Sneezing openly
    d) Turning away

15. **Proper toilet hygiene includes:**
    a) Flushing after use
    b) Leaving the seat up
    c) Using hand dryers
    d) Avoiding hand wash

16. **Infection can spread due to:**
    a) Sharing towels
    b) Clean habits
    c) Disinfectants
    d) Boiled water

17. **What should be used to clean a wound?**
    a) Antiseptic solution
    b) Tap water only
    c) Soap
    d) Cloth

18. **Foot hygiene is important to prevent:**
    a) Fungal infections
    b) Headache
    c) Heart problems
    d) Vision loss

19. **To prevent body odor, one should:**
    a) Bathe daily
    b) Avoid exercise
    c) Wear thick clothes
    d) Use perfume only

20. **Which of these is a disinfectant?**
    a) Phenyl

b) Sugar
c) Milk
d) Oil

21. **Contaminated water can cause:**
    a) Diarrhea
    b) Asthma
    c) Hypertension
    d) Anemia

22. **Which practice reduces cross-contamination in the kitchen?**
    a) Using separate cutting boards for meat and vegetables
    b) Cooking everything together
    c) Using the same towel
    d) Eating raw meat

23. **Brushing teeth should be done:**
    a) Twice a day
    b) Weekly
    c) Only at night
    d) After every meal

24. **Clothes worn by a nurse should be:**
    a) Clean and ironed
    b) Bright and fancy
    c) Casual
    d) Untidy

25. **Sterilization of instruments is necessary to:**
    a) Kill all microorganisms
    b) Add weight
    c) Save time
    d) Make them shiny

26. **Which area needs the most hygiene attention in hospitals?**
    a) Operation theatre
    b) Waiting hall
    c) Parking area
    d) Cafeteria

27. **In case of vomiting in a ward, you should:**
    a) Clean immediately with disinfectant
    b) Leave it
    c) Call the patient
    d) Wait for visitors

28. **Improper waste disposal leads to:**
    a) Environmental pollution
    b) Clean surroundings
    c) Fast healing
    d) None of the above

29. **Before dressing a wound, hands should be:**
    a) Washed and gloved
    b) Rinsed with plain water
    c) Unwashed
    d) Covered with lotion

30. **Use of face masks in hospitals helps prevent:**
    a) Airborne infections
    b) Noise
    c) Blood pressure
    d) Skin rashes

31. **A clean hospital environment helps in:**
    a) Faster recovery
    b) Delayed treatment
    c) Confusion
    d) Stress

32. **How often should toilets be cleaned in hospitals?**
    a) Multiple times a day
    b) Once a week
    c) Monthly
    d) Yearly

33. **Which of the following is a vector-borne disease due to poor hygiene?**
    a) Malaria
    b) Diabetes

c) Arthritis
d) Migraine

34. **Hospital-acquired infections are also called:**
    a) Nosocomial infections
    b) Seasonal infections
    c) Natural infections
    d) Accidental infections

35. **Which color bin is used for disposing needles?**
    a) Red or white puncture-proof
    b) Blue
    c) Green
    d) Yellow bag

36. **Which of these is NOT recommended for hand hygiene?**
    a) Sharing towels
    b) Soap
    c) Alcohol rub
    d) Hand dryer

37. **Clean environment reduces:**
    a) Spread of diseases
    b) Learning
    c) Sleep
    d) Hunger

38. **Sweat glands are present more in:**
    a) Armpits
    b) Elbows
    c) Back
    d) Feet only

39. **Bedpans should be cleaned with:**
    a) Disinfectant
    b) Plain water
    c) Oil
    d) Soap only

40. **The best way to dry hands is:**
    a) Disposable tissue

b) Shared towel
c) Clothes
d) Paper sheet

41. **How often should hospital floors be mopped?**
    a) Frequently with disinfectant
    b) Once a month
    c) Yearly
    d) Never

42. **Maintaining hygiene helps prevent:**
    a) Infections
    b) Intelligence loss
    c) Growth
    d) Height

43. **To clean a thermometer, use:**
    a) Alcohol
    b) Water
    c) Soap
    d) Bleach only

44. **Dustbins should be:**
    a) Covered and cleaned regularly
    b) Left open
    c) Overflowing
    d) Near food

45. **To reduce the risk of lice:**
    a) Avoid sharing combs
    b) Wear hats
    c) Oil daily
    d) Use perfume

46. **Food handlers must maintain:**
    a) Personal cleanliness
    b) Silence
    c) Sleeping
    d) Fancy dress

47. **Laundry in hospitals must be:**
    a) Disinfected before reuse
    b) Sent home
    c) Dry-cleaned
    d) Thrown

48. **When disposing medical waste:**
    a) Follow color-coded system
    b) Burn all waste
    c) Mix with kitchen waste
    d) Flush it

49. **Proper foot hygiene prevents:**
    a) Athlete's foot
    b) Earache
    c) Cough
    d) Headache

50. **Why is patient hygiene important?**
    a) Prevents infection and promotes comfort
    b) Adds beauty
    c) Is optional
    d) Reduces sleep

Answer Key

1. **b** – Preventing infections
2. **b** – Spread of infection
3. **b** – Washing with soap and water
4. **a** – Before and after patient contact
5. **a** – Dental caries and gum disease
6. **a** – Bad body odor
7. **b** – Spread of germs
8. **a** – Removing sweat and germs

9. **b** – 4–6 hours
10. **a** – Boiling
11. **a** – Food poisoning
12. **a** – Daily or when soiled
13. **b** – Watching TV
14. **a** – Covering mouth with elbow
15. **a** – Flushing after use
16. **a** – Sharing towels
17. **a** – Antiseptic solution
18. **a** – Fungal infections
19. **a** – Bathe daily
20. **a** – Phenyl
21. **a** – Diarrhea
22. **a** – Using separate cutting boards for meat and vegetables
23. **a** – Twice a day
24. **a** – Clean and ironed
25. **a** – Kill all microorganisms
26. **a** – Operation theatre
27. **a** – Clean immediately with disinfectant
28. **a** – Environmental pollution
29. **a** – Washed and gloved
30. **a** – Airborne infections
31. **a** – Faster recovery
32. **a** – Multiple times a day
33. **a** – Malaria
34. **a** – Nosocomial infections
35. **a** – Red or white puncture-proof
36. **a** – Sharing towels
37. **a** – Spread of diseases
38. **a** – Armpits

39. **a** – Disinfectant
40. **a** – Disposable tissue
41. **a** – Frequently with disinfectant
42. **a** – Infections
43. **a** – Alcohol
44. **a** – Covered and cleaned regularly
45. **a** – Avoid sharing combs
46. **a** – Personal cleanliness
47. **a** – Disinfected before reuse
48. **a** – Follow color-coded system
49. **a** – Athlete’s foot
50. **a** – Prevents infection and promotes comfort