

**Class: XI****HIGHER SECONDARY SCHOOL CERTIFICATE MODEL PAPER 2026****Time Allowed: 20 minutes****SUBJECT: FOUNDATION OF NURSING****SECTION "A" (MULTIPLE CHOICE QUESTIONS)****Marks: 17****Q1: Attempt ALL questions. Each question carries ONE mark.**

1. The main goal of nursing is to:
  - A. Follow doctors' orders blindly
  - B. Focus only on disease treatment
  - C. Promote health and comfort
  - D. Avoid patient interaction
2. The normal body temperature of a healthy adult is:
  - A. 96.8°F
  - B. 98.6°F
  - C. 100°F
  - D. 97.2°F
3. The nurse-patient relationship is based on:
  - A. Trust and empathy
  - B. Authority and obedience
  - C. Distance and formality
  - D. Rules and regulations
4. Hand washing should last for at least:
  - A. 5 seconds
  - B. 10 seconds
  - C. 20 seconds
  - D. 30 seconds
5. The process of destroying all microorganisms is called:
  - A. Disinfection
  - B. Antisepsis
  - C. Sterilization
  - D. Sanitization
6. The first step in the nursing process is:
  - A. Planning
  - B. Assessment
  - C. Evaluation
  - D. Implementation
7. Which is an example of personal protective equipment?
  - A. Stethoscope
  - B. Gloves
  - C. Thermometer
  - D. Hospital bed
8. The best way to identify a patient is by:
  - A. Name only
  - B. Age and gender
  - C. Room number
  - D. ID band
9. When lifting a patient, a nurse should:
  - A. Bend back and lift
  - B. Keep back straight and bend knees
  - C. Ask patient to lift themselves
  - D. Use upper body only
10. The term "asepsis" means:
  - A. Free from infection
  - B. Sterilization of hands only
  - C. Using gloves
  - D. Washing equipment
11. The most important reason for handwashing is to:
  - A. Remove dirt only
  - B. Avoid paperwork
  - C. Prevent spread of infection
  - D. Protect uniforms
12. The normal adult pulse rate per minute is:
  - A. 40–60
  - B. 60–100
  - C. 100–120
  - D. 50–70
13. The main goal of patient hygiene is:
  - A. Promote comfort and health
  - B. Reduce hospital cost
  - C. Complete routine quickly
  - D. Avoid infection only
14. A nurse should ensure privacy by:
  - A. Ignoring visitor
  - B. Covering patient only
  - C. Using screens occasionally
  - D. Closing curtains and doors
15. Which of the following is a common sign of a pressure ulcer?
  - A. Redness and non-blanching skin
  - B. Fever and chills
  - C. Nausea
  - D. Increased appetite
16. A postoperative patient is experiencing shivering despite a normal room temperature. Which physiological mechanism is most likely responsible for this response?
  - A. Peripheral vasodilation increasing blood flow to the skin
  - B. Decreased basal metabolic rate causing heat retention
  - C. Involuntary muscle activity producing additional metabolic heat
  - D. Reduced hypothalamic sensitivity to temperature changes
17. A patient suddenly faints while standing in the hospital corridor. What is the first immediate action a nurse should take?
  - A. Lift the patient upright and give water
  - B. Loosen tight clothing and place the patient in a supine position with legs elevated
  - C. Immediately start CPR
  - D. Leave the patient to regain consciousness on their own

**Practical Based Assessment (PBA)****Marks: 15****Q2: Attempt ALL questions. Each question carries FIVE marks.**

1. Explain the factors affecting skin integrity and describe the nursing interventions used to prevent pressure ulcers.
2. Describe the correct method for measuring a patient's pulse, respiration, temperature, and blood pressure. Include the normal ranges and factors that can affect these vital signs.
3. Explain the steps involved in cleaning, dressing, and covering a wound. Highlight the precautions necessary to maintain asepsis and prevent infection.

**END OF SECTION A**

**Class: XI HIGHER SECONDARY SCHOOL CERTIFICATE MODEL PAPER 2026****Time: 2 hours 40 minutes SUBJECT: FOUNDATION OF NURSING SECTION "B" AND SECTION "C" Total Marks 68**  
**SECTION "B" SHORT ANSWER QUESTIONS 36 Marks****Q3:** Answer any **NINE** questions from this section. All questions carry equal marks.

- i. Define the terms "admission," "transfer," and "discharge" in the hospital setting.
- ii. List two basic components that should be checked during patient admission.
- iii. Explain the immediate steps to control hemorrhage.
- iv. Describe two factors that increase the risk of infection in healthcare settings.
- v. Define pain and mention one way nurses can assess it.
- vi. Explain the difference between standard and droplet precautions with examples.
- vii. Explain the importance of bed making in nursing care.
- viii. List four signs and symptoms of fever.
- ix. Define fainting and give its three causes.
- x. Identify ways that affect heat production and heat loss in the body.
- xi. Name two common injuries of bones and joints and one first aid principle for them.
- xii. Explain two post-mortem care steps after death.

**SECTION "C" DETAILED ANSWER QUESTIONS****32 Marks****Q4:** Answer any **TWO-PART** questions from this section. All questions carry equal marks. Your answer should not exceed 30 – 40 lines.

1. a) Discuss the historical development of the nursing profession. Highlight the contributions of key nursing leaders and explain how their work shaped modern nursing practices.  
b) Describe the different types of hospitals and their functions. Explain the roles of various members of the healthcare team in a hospital setting and how they collaborate to provide patient care.
2. a) Define communication and describe its elements and means in a healthcare setting. Discuss factors that facilitate or interfere with effective communication and give examples of therapeutic and non-therapeutic responses.  
b) Explain the scope of nursing in Pakistan. Include the functions of the Pakistan Nursing Council and Pakistan Nurse's Federation, and discuss how these organizations contribute to professional nursing standards and development.
3. a) Discuss the physiological and psychological changes that occur in a dying patient. Explain how nurses can address the emotional, spiritual, and physical needs of dying patients and support their families.  
b) Explain the first aid management for a patient experiencing burns, poisoning, or choking. Include the general principles of immediate care and precautions to ensure patient safety.

**END OF PAPER**