


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 ONE mark.

18. A public health nurse establishes a storefront clinic in an impoverished urban neighborhood to provide preventative healthcare and hygiene education to immigrants. This community-based approach most directly reflects the historical legacy of which pioneer at the Henry Street Settlement?
 - A. Margaret Sanger
 - B. Lillian Wald
 - C. Dorothea Dix
 - D. Mary Mahoney

19. A hospital files a formal complaint regarding a registered nurse involved in severe professional misconduct and ethical violations.
Which body has the legal authority to investigate and potentially revoke the nurse's license?
A. Local Police Department B. Pakistan Medical Association (PMA)
C. Provincial Health Secretariat D. Pakistan Nursing Council (PNC)
20. An ICU nurse administers intravenous antibiotics, manages a mechanical ventilator, and continuously monitors the vital signs of a patient admitted with severe pneumonia. What aspect of the nursing scope is being fulfilled here?
A. Illness prevention B. Health promotion C. Health restoration D. Palliative care
21. While charting on a paper record, a nurse accidentally documents another patient's blood pressure under the wrong name. What is the legally acceptable method for correcting this error in a medical record?
A. Completely erase the incorrect entry and rewrite it. B. Use correction fluid (whiteout) to cover the mistake.
C. Scribble over the entry heavily so it cannot be read. D. Draw a single line through the entry, initial, and date it.
22. If a patient loses a lot of blood from a severe injury, what will happen to their blood pressure?
A. It will increase B. It will decrease C. It will stay exactly the same D. It will temporarily double
23. As a patient's body temperature rises during a fever, what normally happens to their heart rate (pulse)?
A. It stays exactly the same B. It increases (beats faster)
C. It decreases (beats slower) D. It stops briefly
24. Before a patient goes home, the nurse explains how to take their new medicines at home, what foods to avoid, and when to see the doctor again. This important step is called:
A. Admission assessment B. Discharge teaching C. Hospital orientation D. Triage
25. A patient has a highly contagious skin infection that spreads easily when you touch them or their bed sheets. Which type of precautions should the nurse use?
A. Contact Precautions B. Airborne Precautions C. Droplet Precautions D. Respiratory Precautions
26. Why do health agencies and hospitals usually require healthcare workers to get certain vaccines, such as the Hepatitis B series or the annual flu shot?
A. To protect the workers from catching illnesses and spreading them to highly vulnerable patients
B. To test brand new, experimental medicines on the staff
C. To replace the need for washing hands and wearing masks
D. To make sure the staff takes more sick days
27. When a nurse gently touches an area of skin where an early pressure ulcer is developing, how might the tissue feel compared to the surrounding healthy skin?
A. It will feel exactly the same as healthy skin B. It may feel unusually warm, firm, or spongy (boggy)
C. It will feel like a block of solid ice D. It will feel completely numb and hollow
28. A nurse places a soft pillow under a bedridden patient's lower legs/calves so that their feet are hovering in the air. What is the main purpose of this action?
A. To keep the patient's toes warm
B. To prevent the bony heels from resting on the mattress and forming sores
C. To stop the patient from kicking the blankets off
D. To make it easier to put on their socks
29. What is the absolute most important action a nurse must take before transferring the deceased patient's body to the morgue or funeral home?
A. Give the patient a full haircut
B. Ensure proper identification tags are securely attached to the body
C. Print out the patient's entire medical chart and tape it to their chest
D. Wait for every family member to arrive, even if it takes three days
30. What is the absolute first and most important step a nurse or first aid provider should take when treating a visibly bleeding wound?
A. Pour rubbing alcohol into the wound
B. Apply direct pressure over the wound with a clean cloth or sterile dressing
C. Give the patient pain medication
D. Try to stitch the wound closed
31. A patient spends too much time at the beach and develops a sunburn that is red, warm, and painful, but the skin is unbroken and has no blisters. What type of burn is this?
A. First-degree (superficial) burn B. Second-degree (partial-thickness) burn
C. Third-degree (full-thickness) burn D. Chemical burn
32. Once a patient's seizure has completely stopped, they are breathing but are still very tired and unresponsive. In which position should you place their body?
A. Flat on their back with their legs raised in the air B. Rolled safely onto their side (the recovery position)
C. Sitting straight up in a chair D. Flat on their stomach

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 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