


Class: XII 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 from this section. Each question carries ONE mark.

1. Which of the following best reflects the purpose of nursing standards and guidelines?
 - A. To limit nurses' autonomy in clinical decision-making
 - B. To ensure uniformity and safety in nursing practice
 - C. To reduce patient participation in care planning
 - D. To replace the need for professional judgment
2. According to Maslow's hierarchy of needs, which of the following patient concerns should the nurse address first?
 - A. The patient's need for love and belonging
 - B. The patient's desire for self-actualization
 - C. The patient's difficulty in breathing
 - D. The patient's fear of losing independence
3. In pharmaceutical microbiology, MALDI-TOF MS is primarily used to:
 - A. Sterilize medical instruments
 - B. Identify microorganisms rapidly
 - C. Measure blood glucose levels
 - D. Detect genetic mutations in patients
4. Which of the following microorganisms lacks a true nucleus and membrane-bound organelles?
 - A. Fungi
 - B. Protozoa
 - C. Bacteria
 - D. Viruses
5. Which of the following systems is mainly responsible for hormone production and regulation of body functions?
 - A. Nervous system
 - B. Skeletal system
 - C. Endocrine system
 - D. Muscular system
6. Anatomy primarily deals with:
 - A. The chemical reactions occurring inside the human body
 - B. The structural organization of body parts and their relationships
 - C. The physiological mechanisms controlling body functions
 - D. The study of disease processes in the body
7. A person with blood group AB can receive blood from which of the following group/s?
 - A. B only
 - B. A only
 - C. O only
 - D. All blood groups
8. The plasma membrane plays a critical role in cell physiology because it:
 - A. Produces enzymes for metabolism
 - B. Regulates the movement of substances into and out of the cell
 - C. Stores hereditary information
 - D. Synthesizes proteins for muscle contraction
9. When muscle cells enlarge in response to increased workload, this is called:
 - A. Hyperplasia
 - B. Hypertrophy
 - C. Atrophy
 - D. Metaplasia
10. Which of the following best describes atrophy in tissues?
 - A. Increase in cell number due to hormonal stimulation
 - B. Decrease in cell size leading to reduced tissue mass
 - C. Transformation of one cell type into another
 - D. Uncontrolled cell growth forming tumors
11. Which of the following factors can alter how a drug interacts chemically within the body?
 - A. Body temperature
 - B. Patient's age only
 - C. Electrolyte imbalance and pH level
 - D. Nursing shift timing
12. Which electrolyte is the primary ion responsible for nerve impulse transmission and muscle contraction?
 - A. Sodium (Na⁺)
 - B. Calcium (Ca²⁺)
 - C. Potassium (K⁺)
 - D. Chloride (Cl⁻)
13. Which of the following best describes an anabolic process?
 - A. The breakdown of complex molecules into simpler ones to release energy
 - B. The conversion of energy into heat
 - C. The synthesis of complex molecules from simpler ones using energy
 - D. The transport of oxygen in the bloodstream
14. Which of the following is an example of a drug classified by its therapeutic use?
 - A. Antipyretic
 - B. Alkaloid
 - C. Capsule
 - D. Emulsion
15. Which modern drug delivery method provides a slow and steady release of medication through the skin?
 - A. Transdermal patch
 - B. Oral tablet
 - C. Nasal spray
 - D. Eye drops
16. According to the nursing code of ethics, a nurse's primary responsibility is to:
 - A. Maintain good relationships with coworkers
 - B. Protect the patient's rights, dignity, and safety
 - C. Follow hospital policies without question
 - D. Avoid involvement in ethical decision-making
17. Which of the following best describes the principle of justice in nursing ethics?
 - A. Treating all patients fairly and without discrimination
 - B. Always following the doctor's orders
 - C. Keeping patient information confidential
 - D. Doing only what benefits the nurse's workload

Practical Based Assessment (PBA)
Marks: 15
Q2: Attempt ALL questions. Each question carries ONE mark.

18. A nurse is assigned a patient who only eats halal food due to religious beliefs. The nurse ensures the dietary department provides a halal meal. Which concept is the nurse demonstrating?
 - A. Nursing theory
 - B. Cultural competence
 - C. Healthcare management
 - D. Interprofessional communication
19. During a shift change, the departing nurse thoroughly explains a patient's condition and treatment plan to the incoming nurse to ensure continuity of care. This action is a practical demonstration of:
 - A. Effective interprofessional communication and collaboration
 - B. Applying Maslow's hierarchy of needs
 - C. Cultural diversity training
 - D. Understanding the scope of practice
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SECTION “C” DETAILED ANSWER QUESTIONS

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 how nursing theories, professional standards, and cultural competence contribute to the delivery of holistic and ethical patient care.
 - b. Describe the major biomolecules of a cell and explain how biochemical processes help maintain life and energy balance.
2.
 - a. Describe any four body systems, highlighting the major organs and their functions, and explain the overall role of each system in the human body.
 - b. Define immunoglobulins. Explain their types, and discuss their role in the body’s defense mechanisms and their clinical significance.
3.
 - a. Explain the importance of pH regulation in the human body. Describe how buffer systems help maintain acid–base balance, and discuss why understanding this concept is important in nursing care.
 - b. Explain the processes involved in pharmacokinetics and describe how they influence the action and dosage of drugs in the body.

END OF PAPER