

GNM solved paper series Based on the *Punjab Nurses Registration Council (PNRC)*

3rd
Year



GNM 3rd Year

Solved Question PAPERS

2024-2014

Based on the Punjab Nurses Registration Council (PNRC)

Key Features

- Covers last **11 years** Qs papers with Explanations up to **2024**
- **200+** Long Answer Questions
- **150+** Short Answer Questions
- **100+** Pedagogical features
- **150+** Short notes
- Explanations with References from standard textbooks

Subjects Covered

- Midwifery and Gynecological Nursing
- Community Health Nursing-II



CBS Publishers & Distributors Pvt. Ltd.

Sandeep Kaur
Priyanka Randhir



Midwifery and Gynecological Nursing [2024–2014] Solved Papers

References Taken From:

- Sandeep Kaur, “Textbook of Midwifery and Gynecological Nursing for GNM Nursing Students,” 1st edition, CBS Publishers

Punjab Nurses Registration Council
Examination: GNM Third Year
Subject: Midwifery and Gynecological Nursing
2024

Time: 3 Hours

M.M.: 75

Note: Attempt all the questions.

1. Define the following terms:

[2×5=10]

- a. Gestational diabetes
- b. Crowning
- c. Fertilization
- d. Embryo
- e. Puberty

2. Write short notes on any three of the following:

[5×3=15]

- a. Signs and symptoms of placental separation
- b. Signs and symptoms of onset of labor
- c. Signs and symptoms of abortion
- d. Signs and symptoms of eclampsia

3. a. Define ectopic pregnancy

[2+4+3+6=15]

- b. Enlist signs, symptoms and sites of ectopic pregnancy.
- c. Write the methods of diagnosis of ectopic pregnancy.
- d. Write about nursing management of a patient with ectopic pregnancy.

4. Write short notes on any three of the following:

[5×3=15]

- a. Complications of a patient with forceps delivery
- b. Complications of prolonged labor
- c. Complications of abortion
- d. Complications of gestational diabetes

5. Write short notes on any four of the following:

[5×4=20]

- a. Twin pregnancy
- b. Third stage of labor
- c. Postnatal care
- d. Breastfeeding
- e. True and false pains

Midwifery and Gynecological Nursing 2024

1. Define the following terms:

[2×5=10]

a. Gestational diabetes

(Ref: Sandeep Kaur, *Textbook of Midwifery and Gynecological Nursing for GNM Nursing Students*, 2nd edition, CBS Publishers, p. 242)

Answer

Gestational Diabetes

Gestational diabetes is defined as abnormal carbohydrate tolerance with onset or first detected during present pregnancy. This condition usually presents late in second or during the third trimester.

Risk Factors

- Diabetes in a first degree relative (parents/sibling)
- Previous gestational diabetes or impaired glucose tolerance
- Persistent glycosuria
- Age over 30 years
- Obesity
- Recurrent abortion
- Unexplained stillbirth
- Congenital abnormality
- A baby whose birth weight is 4 kg or more at 40 weeks

b. Crowning

(Ref: Sandeep Kaur, *Textbook of Midwifery and Gynecological Nursing for GNM Nursing Students*, 2nd edition, CBS Publishers, p. 120)

Answer

Crowning

During 2nd stage of labor, after internal rotation of the head, further descent occurs until the sub-occiput lies under the pubic arch. At this point, maximum diameter of the fetal head stretches the vulval outlet and the head cannot recede back even after the contraction is over, and is called “crowning of the head.”

Or

Crowning is often referred to as the “ring of fire” in the birthing process when the baby’s head becomes visible in the birth canal after full dilatation of the cervix.

c. Fertilization

(Ref: Sandeep Kaur, *Textbook of Midwifery and Gynecological Nursing for GNM Nursing Students*, 2nd edition, CBS Publishers, p. 45)

- Serial sonography at every 3–4 weeks interval or earlier if needed. Assessment of fetal growth, AFI, nonstress test and Doppler velocimetry are correlated.
- Hospitalize the patient at term if no complication arises, if emergency occurs, admit the patient at earlier phases also.

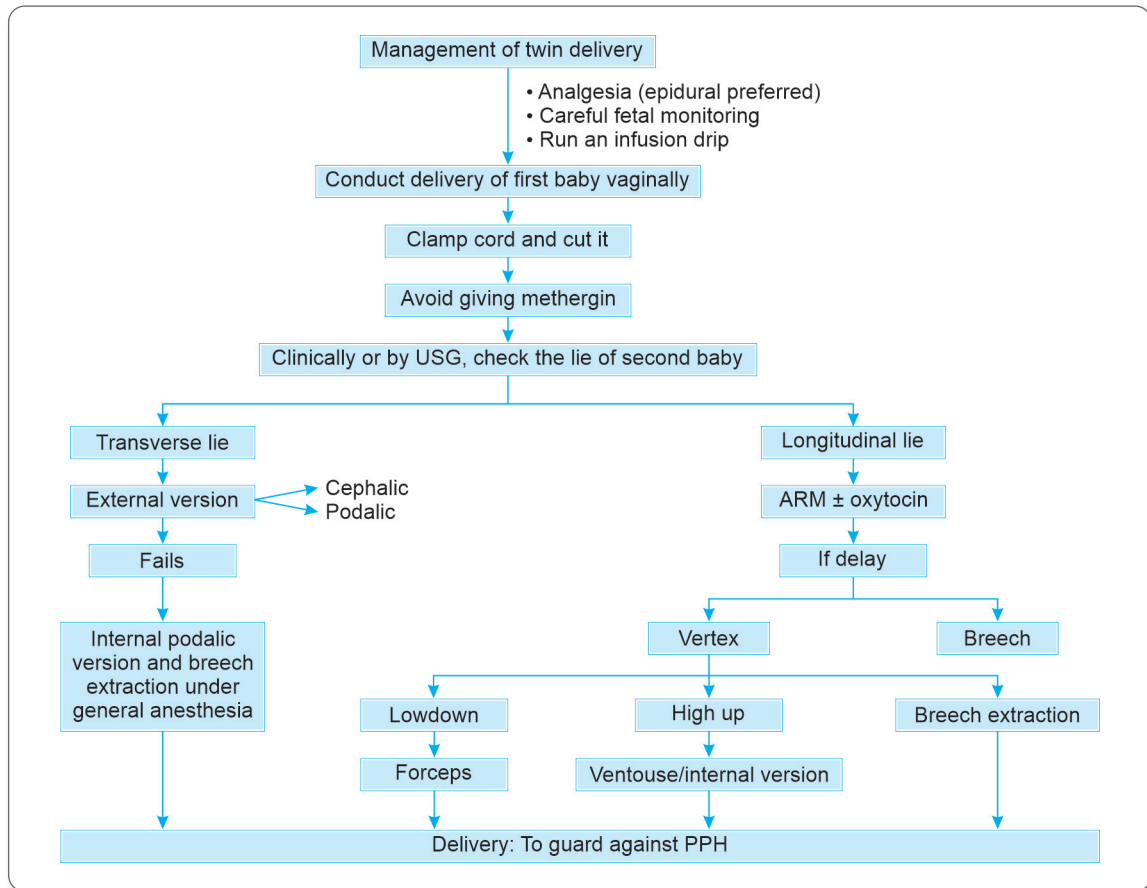


Fig. 5: Management of twin pregnancy

b. Third stage of labor

(Ref: Sandeep Kaur, *Textbook of Midwifery and Gynecological Nursing for GNM Nursing Students*, 2nd edition, CBS Publishers, p. 128)

Answer

Third Stage of Labor

Definition: It starts after the birth of baby and ends with expulsion of placenta and membranes.

Duration: It is about 15 minutes in both primi and multipara; however, duration is reduced to 5 minutes with active management

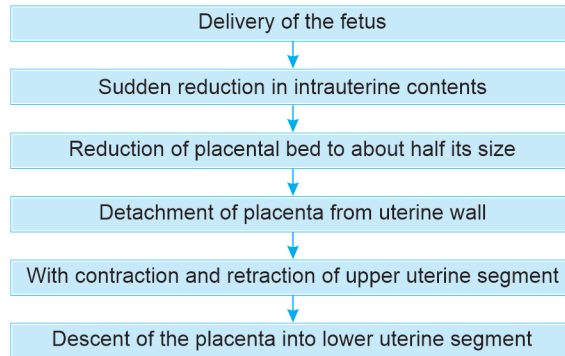


Fig. 6: Steps of placental separation

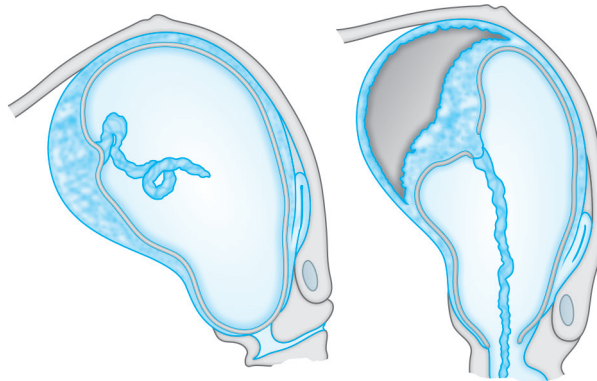


Fig. 7: Placental separation

Placental Expulsion

Mechanism of placental expulsion is shown in Figure 8.

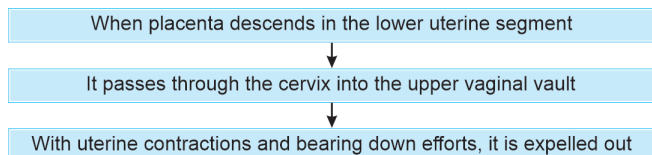


Fig. 8: Mechanism of placental expulsion

- Determine the fundal height using the ulnar side of the palm
- 12 weeks:** Level of symphysis pubis
16 weeks: Midway between symphysis pubis and umbilicus.
20 weeks: 1–2 finger breadth below umbilicus
24 weeks: Level of umbilicus
32 weeks: Halfway between umbilicus and xiphoid process
36 weeks: At level of xiphoid process
40 weeks: 2–3 finger breadth below the xiphoid process if lightening occurs

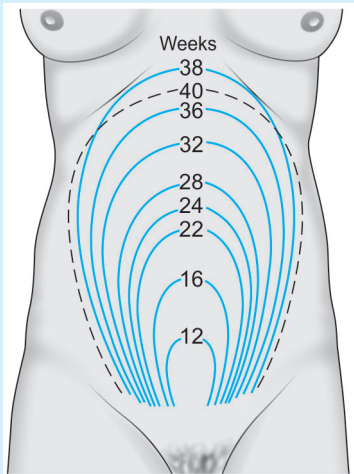


Fig. 1: Fundal height at various weeks of gestation

- Measure fundal height using any one of the following methods:
 - Using measuring tape:

Place zero line of the tape measure on the upper border of the symphysis pubis and stretch the tape across the contour of the abdomen to the top of the fundus along the midline
 - Caliper method (Pelvimeter):
 - ◆ Place one tip of the caliper on the upper border of the symphysis pubis and the other tip at the top of the fundus. Both placements are in the midline
 - ◆ Read the measurement on the centimeter scale located on the arc, close to the joint. The number of centimeters should be equal approximately to the weeks of gestation after about 22–24 weeks.
- Measure the abdominal girth by encircling the woman's abdomen with a tape measure at the level of the umbilicus. (It is measured in inches)

In order to estimate if fetal growth corresponds to the gestational period



Fig. 2: Measuring fundal height

The number of centimeters measured should be approximately equal to the weeks of gestation after about 22–24 weeks

This method is more accurate.

Normally the measurement is 2 inches (5 cm) less than the weeks of gestation.
 E.g., 32 inches at 34 weeks gestation. Measurements more than 100 cm (39.5 inches) are abnormal at any week of gestation.

Contd...

- The hand converges around the presenting part when head is not engaged
- The hands will diverge away from the presenting part and there will be no mobility if the presenting part is engaged or dipping.

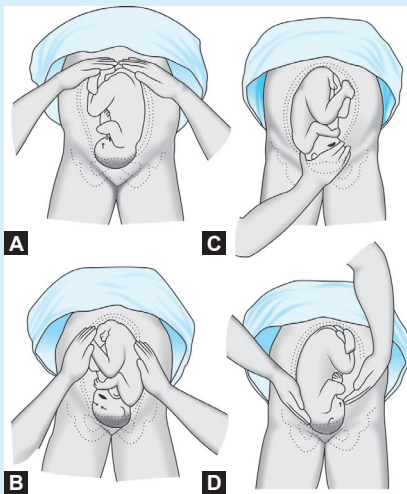


Fig. 3A to D: Leopold's maneuvers. **A.** Fundal palpation; **B.** Lateral palpation; **C.** Pawlik's grip; **D.** Pelvic palpation

Cephalic prominence on the same side as the fetal small parts indicates vertex presentation with well flexed head cephalic prominence on the same side as the fetal back may be occiput in a face presentation with extended head prominences are felt on both sides (brow presentation)

Auscultation

- Place fetoscope or stethoscope over the convex portion of the fetus closest to the anterior uterine wall (Table 1 and Fig. 4). Count fetal heart rate for 1 complete min.
- Inform the mother of your finding. Make her comfortable.
- Replace articles and wash hands
- Record in the patient's chart the time, finding and remarks if any

Fetal heart sounds are heard over fetal back (scapula region) in vertex and breech presentation. Over chest in face presentation.

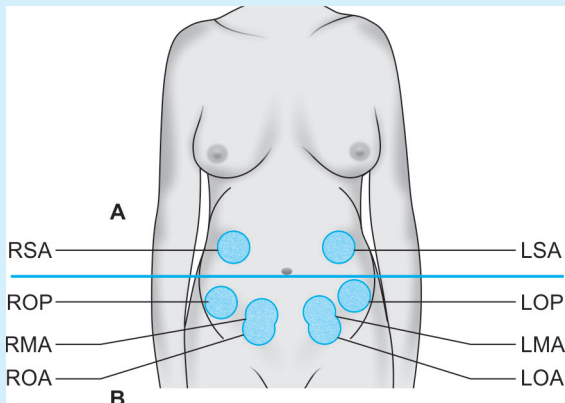


Fig. 4: Convex portion of the fetus

Punjab Nurses Registration Council
Examination: GNM Third Year
Subject: Midwifery and Gynecological Nursing
2015

Time: 3 Hours

M.M.: 75

Note: Attempt all the questions.

- 1. Define the following:** **[2×5=10]**
 - a. Grand multipara
 - b. Restitution
 - c. Amnion
 - d. Multiple pregnancy
 - e. Episiotomy
- 2. Differentiate the following:** **[5×3=15]**
 - a. Normal labor and abnormal labor
 - b. Antepartum hemorrhage and postpartum hemorrhage
 - c. Anterior fontanelle and posterior fontanelle
- 3. Write four points of the following:** **[2×5=10]**
 - a. Effects of pregnancy on gastrointestinal system
 - b. Complications of 3rd stage of labor
 - c. Complications of intrauterine contraceptive device [Cu-T]
 - d. Causes of low birth weight
 - e. Complications of anemia
- 4. Write about the nursing management of the following:** **[5×4=20]**
 - a. Patient with oxytocin infusion
 - b. Pregnant lady with asthma
 - c. Asphyxiated baby
 - d. Minor disorders of puerperium
- 5. Write short notes on any two of the following:** **[10×2=20]**
 - a. Immediate care of the newborn
 - b. Family welfare program
 - c. Breastfeeding

Midwifery and Gynecological Nursing 2015

1. Define the following:

[2×5=10]

a. Grand multipara

(Ref: Sandeep Kaur, "Textbook of Midwifery and Gynecological Nursing" for GNM Nursing Students, 1st edition, CBS Publishers, p. 265)

Answer

Grand Multipara

A grand multipara is a woman who has already delivered five or more infants who have achieved a gestational age of 24 weeks or more.

Or

'Grand multiparity' is a patient, who has had ≥ 5 births (live or stillborn) at ≥ 20 weeks of gestation.

Complications

During pregnancy:

- Abortion
- Obstetric hazards as malpresentation, multiple pregnancy, placenta previa
- Medical disorders (anemia, HIV, Preeclampsia, cardiac disease)
- Prematurity

During labor:

- Cord prolapse
- Cephalopelvic disproportion (due to advancing age of mother and large sized baby)
- Obstructed labor
- Rupture uterus
- Shock
- Operative interference

During puerperium:

- Increased morbidity due to sepsis, intranasal hazards
- Subinvolution
- Lactation failure
- Postpartum hemorrhage

b. Restitution

(Ref: Sandeep Kaur, "Textbook of Midwifery and Gynecological Nursing" for GNM Nursing Students, 1st edition, CBS Publishers, p. 112)



Community Health Nursing-II [2024–2014] Solved Papers

References Taken From:

- *Krishne Gowda, “Essentials of Sociology for BSc Nursing Students”, 1st edition, CBS Publishers*
- *KK Gill, “Textbook of Community Health Nursing-1 for GNM Nursing Students”, 1st edition, CBS Publishers*
- *KK Gill, “Textbook of Community Health Nursing-2 for GNM Nursing Students”, 1st edition, CBS Publishers*
- *Sandeep Kaur, “Textbook of Midwifery and Gynecological Nursing for GNM Nursing Students”, 1st edition, CBS Publishers*
- *Park, K. (2021) “Parks Textbook of Preventive and Social Medicine”, 26th edition, M/S Banarsidas Bhanot, Jabalpur*
- *Panchali Pal, “Textbook of Pediatric Nursing for Nursing Students”, 2nd edition, CBS Publishers*

Punjab Nurses Registration Council
Examination: GNM Third Year
Subject: Community Health Nursing-II
2022

Time: 3 Hours

M.M.: 75

Note: Attempt all the questions.

- 1. Define the following terms:** **[2×5=10]**
 - a. Cold chain
 - b. Community Health Nurse
 - c. ASHA
 - d. HIV
 - e. Health
- 2. a. Importance of birth and death registration.** **[5×3=15]**
 - b. Healthcare delivery system in India.
 - c. National Health Policy.
- 3. a. Describe the role of nurse in National Immunization Program.** **[5×3=15]**
 - b. Discuss the care of postnatal mothers.
 - c. Explain the functions of school health nurse.
- 4. a. Explain the health records maintaining in CHC.** **[5×3=15]**
 - b. What are the major health problems in India?
 - c. Immunization schedule.
- 5. Write short notes on any four of the following:** **[5×4=20]**
 - a. Infertility
 - b. MTP
 - c. Oral pills
 - d. Breastfeeding
 - e. WHO

Community Health Nursing-II 2022

1. Define the following terms:

[2x5=10]

a. Cold chain

(Ref: Internet)

Answer

Cold Chain

“Cold chain is a system of storing and transporting vaccines at recommended temperatures from the point of manufacture to the point of use.”

—WHO

Or

From the point of manufacture to the point of usage, vaccines are stored and transported using a system called “cold chain system”.

b. Community health nurse

(Ref: Internet)

Answer

Community Health Nurse

Community health nurse: “Community health nurse is the nurse who has a direct and significant relationship with individuals and families in the community and who give health education to them.”

Or

A community health nurse is in charge of providing general and comprehensive public health and nursing services to the residents of a specific community.

She is assigned for helping people in resolving health and nursing care issues at their place where they live and work.

c. ASHA

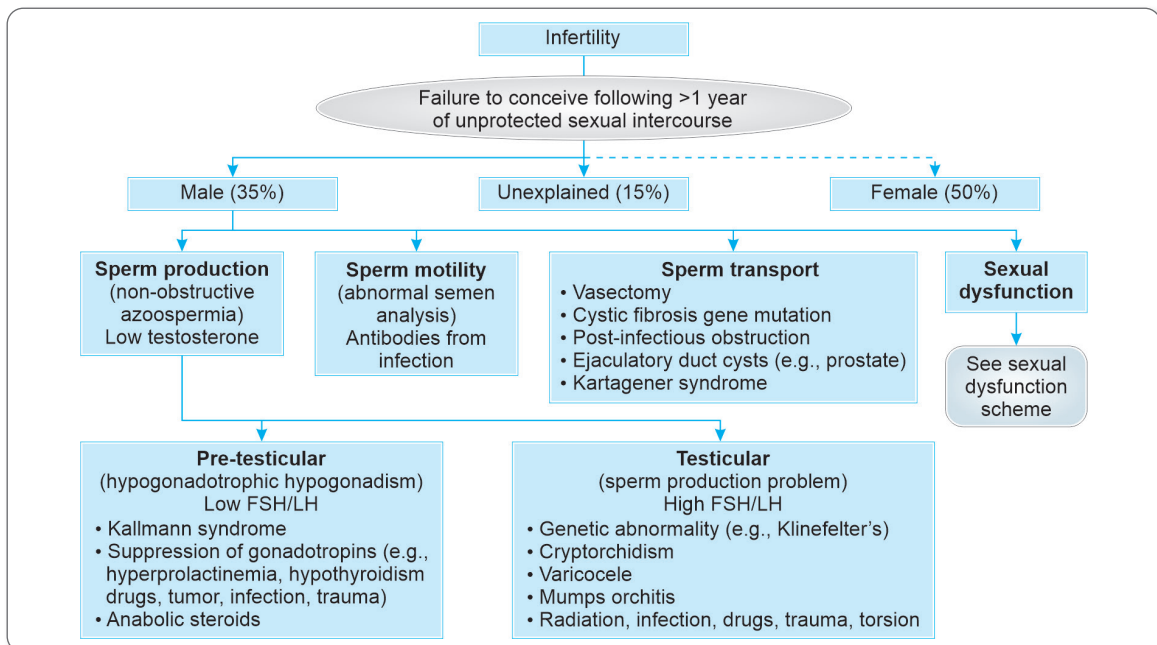
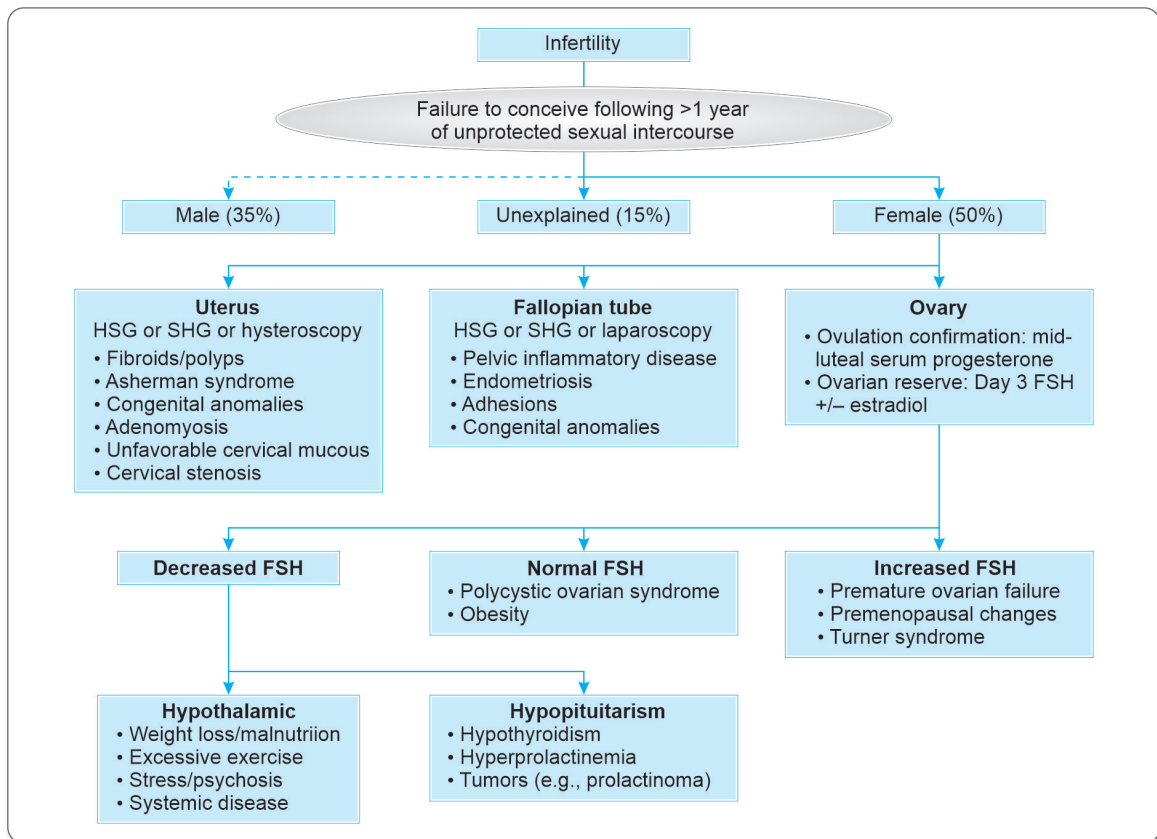
(Ref: Internet)

Answer

For answer, refer to 2023 paper, Q. 5 (c)

d. HIV

(Ref: Internet)



Punjab Nurses Registration Council
Examination: GNM Third Year
Subject: Community Health Nursing-II
2018

Time: 3 Hours

M.M.: 75

Note: Attempt all questions.

1. Define the following terms:

[1×10=10]

- | | |
|---------------------------|-------------------|
| a. Primary Healthcare | f. Rehabilitation |
| b. WHO | g. PNDT Act |
| c. RNTCP | h. Supervision |
| d. Gerontology | i. ESI |
| e. School health services | j. Epidemiology |

2. Write short notes on:

[5×3=15]

- a. Demography
- b. Health Problems in India
- c. National Health Policy

3. Discuss briefly:

[5×3=15]

- a. Healthcare delivery system in India
- b. Vital statistics, its various types and sources.
- c. Importance of birth and death registration.

4. Discuss in detail:

[5×3=15]

- a. National cancer control program
- b. Janani Shishu Suraksha Karyakaram (JSSK)
- c. Organization set up of health system at district level

5. Write short note on any four of the following:

[5×4=20]

- a. UNICEF
- b. Family Welfare
- c. National Health Mission
- d. ICDS
- e. PEM

Community Health Nursing-II 2018

1. Define the following terms:

[1×10=10]

a. Primary Healthcare

(Ref: KK Gill, "Textbook of Community Health Nursing-1 for GNM Nursing Students",
Unit 1: Introduction to Community Health, 1st edition, CBS Publishers, p. 22)

Answer

Primary Healthcare

"Primary healthcare is essential healthcare made universally accessible to individuals and acceptable to them, through their full participation and at a cost the community and country can afford". —**Alma-Ata Declaration**

b. WHO

(Ref: KK Gill, "Textbook of Community Health Nursing-2 for GNM Nursing Students",
Unit 10: Health Agencies, 1st edition, CBS Publishers, p. 401–403)

Answer

World Health Organization

World Health Organization (WHO) is a specialized, nonpolitical health agency of United Nation Organizations drafted by 'Technical Preparatory Committee' in 1946 and that came into force on April 7, 1948.

c. RNTCP

(Ref: KK Gill, "Textbook of Community Health Nursing-2 for GNM Nursing Students",
Unit 6: National Health Programs, 1st edition, CBS Publishers, p. 192)

Answer

RNTCP

The government of India's public health initiative that coordinates its antituberculosis activities is called the National Tuberculosis Elimination Program (NTEP), formerly known as the Revised National Tuberculosis Control Program (RNTCP).

Or

The Directly Observed Treatment, Short Course (DOTS) method served as the foundation for the Revised National Tuberculosis Control Program (RNTCP), which started as a pilot project in 1993 and was introduced as a national program in 1997 before rapidly expanding in late 1998. In 2006, the entire country was covered under this program.

GNM 3rd Year

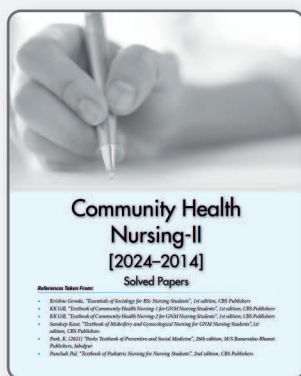
Solved Question PAPERS

2024-2014

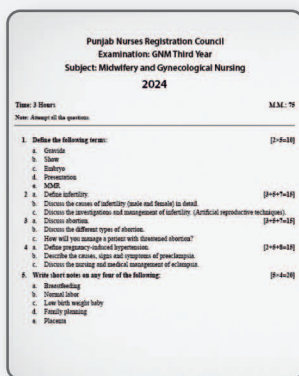
Based on the *Punjab Nurses Registration Council (PNRC)*



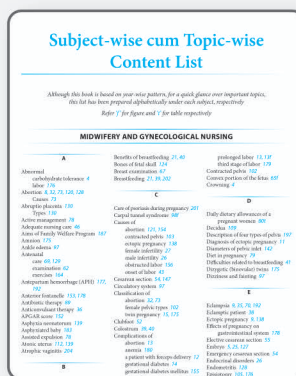
This book is an invaluable resource for GNM Nursing Third-Year students preparing for the Punjab Nurses Registration Council (PNRC) examinations. The book is an indispensable aid for GNM Nursing Third-Year students, offering a comprehensive collection of last 11 years' Solved Question Papers with purely examination-oriented approach. This book will play a pivotal role as far as the success of the student is concerned as it is a vital educational tool and reference resource for them.



Covering **Authentic Question Papers** of Punjab Nurses Registration Council (PNRC) of the GNM Nursing Third-Year Subjects



Extensive coverage of **Last 11 Years, Qs papers** of GNM Nursing Third-Year up to 2024



Subject-wise cum Topic-wise content list in the beginning of the book has been given for quick glance over the important topics

Regimen	Route	Loading dose	Maintenance dose
Pritchard	IM	4 g IV over 3-5 minutes followed by 10 g deep IM (5 g in each buttock)	5 g IM 4 hourly in alternate buttock
Zuspan	IV	4 g IV over 5-10 minutes	2 g/hr
Sibai	IV	6 g IV over 20 minutes	2 g/hr

Explanations of Qs are supplemented with different **pedagogical features**, like Tables, Flowcharts and Images for better understanding of the concepts

References Taken From:

- Krishna Gowda, "Essentials of Sociology for BSc Nursing Students", 1st edition, CBS Publishers
- KK Gill, "Textbook of Community Health Nursing-1 for GNM Nursing Students", 1st edition, CBS Publishers
- KK Gill, "Textbook of Community Health Nursing-2 for GNM Nursing Students", 1st edition, CBS Publishers
- Sandhya Kaur, "Textbook of Midwifery and Gynecological Nursing for GNM Nursing Students", 1st edition, CBS Publishers
- Park, K. (2021) "Textbook of Preventive and Social Medicine", 26th edition, M/S Banarsidas Bhanot Publishers, Jaipur
- Panchali Pal, "Textbook of Pediatric Nursing for Nursing Students", 2nd edition, CBS Publishers

Each and every Qs has been provided with **Standard References of Textbook** for detailed understanding of the respective topic



CBS Publishers & Distributors Pvt. Ltd.

4819/XI, Prahlad Street, 24 Ansari Road, Daryaganj, New Delhi 110 002, India

E-mail: feedback@cbspd.com, Website: www.cbspd.com

New Delhi | Bengaluru | Chennai | Kochi | Kolkata | Lucknow | Mumbai

Hyderabad | Jharkhand | Nagpur | Patna | Pune | Uttarakhand

ISBN: 978-93-94525-85-6

