## ለ Health Officer

**የፈተና አወቃቀር**

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*ማስታወሻ፡- ይህ የጥናትና የልምምድ ፈተና ነው፤ የኮሚሽኑ ይፋዊ የፈተና ወረቀት ወይም የተረጋገጠ የውጤት መመዘኛ ኣይደለም።*

# PART I – የጥናት መመሪያ / STUDY GUIDE

# 1. Public Health Fundamentals – የሕዝብ ጤና መሠረታዊ እውቀት

**Public Health:** The science and art of preventing disease, prolonging life and promoting health through organized community efforts.

የሕዝብ ጤና ዋና ዓላማ በግለሰብ ብቻ ሳይሆን በመላው ማህበረሰብ ደረጃ በሽታን መከላከልና ጤናን ማሻሻል ነው።

ዋና ዋና ርዕሶች፡-

- Primary Health Care (PHC) – የመጀመሪያ ደረጃ የጤና እንክብካቤ።
- Health Promotion – ጤናን ማስፋፋት።
- Disease Prevention – በሽታን መከላከል።
- Community Participation – የማህበረሰብ ተሳትፎ።
- Equity and Accessibility – ፍትሃዊነትና ተደራሽነት።

**Three levels of prevention**

| ደረጃ | ትርጉም | ምሳሌ |
|---|---|---|
| Primary | በሽታ ከመከሰቱ በፊት | Vaccination |
| Secondary | በሽታን ቀድሞ መለየት | Screening |

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Tertiary የበሽታውን ጉዳት መቀነስ Rehabilitation

# 2. Epidemiology – ወረርሽኝ በሽታ ጥናት

ዋና የሆኑ ቃላት፡-

- Incidence: Number of new cases in a population during a specified period.
- Prevalence: All existing cases at a specified time or period.
- Mortality: Death in a population.
- Morbidity: Illness or disease occurrence.
- Endemic: A disease consistently present in a particular area.
- Epidemic: Cases exceeding the normally expected level.
- Pandemic: An epidemic spreading across countries or continents.
- Surveillance: Continuous systematic collection, analysis, interpretation and dissemination of health data.

# 3. Communicable Diseases – ተላላፊ በሽታዎች

በተለይ የሚጠኑ፡-

- Tuberculosis (TB)
- HIV/AIDS
- Malaria
- Cholera
- Measles
- Meningitis
- Acute Watery Diarrhea (AWD)
- Pneumonia
- COVID-19
- Hepatitis

የሚጠበቅብዎት፡- የበሽታዎችን መተላለፊያ፣ ምልክት፣ ምርመራ፣ ሕክምና፣ መከላከያና ሪፖርት አደራረግ ማወቅ።

# 4. Maternal, Newborn and Child Health (MNCH)

- Antenatal Care (ANC)
- Skilled Birth Attendance
- Postnatal Care (PNC)
- Essential Newborn Care
- Danger Signs in Pregnancy
- Family Planning
- Prevention of Maternal and Neonatal Deaths
- Integrated Management of Childhood Illness (IMCI)

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የአደጋ ምልክቶች፡- በእርግዝና ወቅት ደም መፍሰስ፣ ከባድ ራስ ምታት፣ የዓይን ብርሃን መደብዘዝ፣ መንቀጥቀጥ፣ ከባድ የሆድ ሕመምና የፅንስ እንቅስቃሴ መቀነስ።

# 5. Nutrition and Immunization

- Exclusive Breastfeeding – ለመጀመሪያዎቹ 6 ወራት ብቻ ጡት ማጥባት።
- Complementary Feeding – ከ6 ወር ጀምሮ ተጨማሪ ምግብ።
- Acute Malnutrition – አጣዳፊ የምግብ እጥረት።
- MUAC – Mid-Upper Arm Circumference.
- Growth Monitoring – የሕፃናት እድገት ክትትል።
- Cold Chain Management – የክትባት ቅዝቃዜ ሰንሰለት።

# 6. Environmental Health and WASH

- Safe drinking water
- Sanitation and hygiene
- Food safety
- Waste segregation and disposal
- Infection prevention
- Hand hygiene
- Vector control

# 7. Clinical and Emergency Management

ለHealth Officer አስፈላጊ የሆኑ ርዕሶች፡-

- Patient assessment and triage
- ABCDE approach
- Basic life support (BLS)
- Shock management
- Dehydration assessment
- Pneumonia assessment
- Diabetes and hypertension
- Acute abdomen
- Referral and stabilization
- Rational drug use

**ABCDE**

| **Letter** | **Assessment** |
|---|---|
| A | Airway |
| B | Breathing |
| C | Circulation |
| D | Disability |

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E Exposure

በአስቸኳይ ሁኔታ የሕመምተኛውን ሕይወት የሚያሰጋ ችግር በፍጥነት መለየትና መቆጣጠር ይጠበቅብዎታል።

## 8. HMIS, Quality and Health Management

- Health Management Information System (HMIS)
- Data Quality Assurance (DQA)
- Data Completeness and Accuracy
- Performance Monitoring
- Quality Improvement (QI)
- Supportive Supervision
- Planning and Budgeting
- Community Health Needs Assessment

## 9. Behavioral Competencies and Ethics

- Integrity – ታማኝነት።
- Accountability – ተጠያቂነት።
- Confidentiality – ምስጢር መጠበቅ።
- Teamwork – በቡድን መሥራት።
- Communication – ጥሩ ግንኙነት።
- Customer Service – ለተገልጋይ ክብር መስጠት።
- Time Management – የጊዜ አጠቃቀም።
- Leadership – አመራር።

## 10. Practical Competencies

የተግባር ምዘና ሊካተት የሚችለው፡-

1. የሕመምተኛ ምርመራና የሕመም ታሪክ መውሰድ።
2. Vital signs መለካትና መተርጎም።
3. የአስቸኳይ ሕመምተኛ ማስተናገድ።
4. የወረርሽኝ ምርመራና ሪፖርት።
5. የጤና መረጃ መተንተን።
6. የሕክምና ሪፈራል ማዘጋጀት።
7. የማህበረሰብ ጤና ችግር መለየት።
8. የቡድን ሥራና ውሳኔ መስጠት።

# PART II – 200 የሙከራ ፈተና ጥያቄዎች

MULTIPLE CHOICE QUESTIONS WITH ANSWERS AND EXPLANATIONS

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የሚከተሉት ጥያቄዎች በእንግሊዝኛ ከአማርኛ ማብራሪያ ጋር ቀርበዋል። ትክክለኛው መልስና ማብራሪያ ከእያንዳንዱ ጥያቄ በኋላ ተቀምጧል።

# SECTION 1 – Public Health Fundamentals (1–20)

**1. What is the main objective of Public Health?**

የሕዝብ ጤና ዋና ዓላማ ምንድን ነው?

A. Treating individual patients only

B. Preventing disease and promoting population health

C. Building hospitals only

D. Providing medicines only

Answer: B

ማብራሪያ፦ Public Health በሽታን መከላከልና የሕዝብን ጤና ማሻሻል ላይ ያተኩራል።

**2. Which is a key principle of Primary Health Care?**

A. Community participation

B. Hospital-centered care only

C. Expensive treatment

D. Specialist care only

Answer: A

ማብራሪያ፦ የማህበረሰብ ተሳትፎ የPHC ዋና መርህ ነው።

**3. Which level of prevention involves vaccination?**

A. Primary

B. Secondary

C. Tertiary

D. Rehabilitation

Answer: A

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ማብራሪያ፡- ከትባት በሽታ ከመከሰቱ በፊት ስለሚከላከል Primary Prevention ነው።

**4. Screening for hypertension is an example of which prevention?**

A. Primary

B. Secondary

C. Tertiary

D. Primordial only

Answer: B

ማብራሪያ፡- Screening በሽታን ቀድሞ ለመለየት ይረዳል።

**5. Rehabilitation of a stroke patient is an example of:**

A. Primary prevention

B. Secondary prevention

C. Tertiary prevention

D. Health promotion only

Answer: C

ማብራሪያ፡- Tertiary prevention የበሽታን ውጤትና የአካል ጉዳት ለመቀነስ ይረዳል።

**6. Which is a social determinant of health?**

A. Education

B. Housing

C. Income

D. All of the above

Answer: D

ማብራሪያ፡- ትምህርት፣ ገቢና የመኖሪያ ሁኔታ ጤናን ይወስናሉ።

**7. What does health equity mean?**

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A. Giving identical treatment to everyone regardless of need

B. Fair opportunity for everyone to achieve good health

C. Serving only urban communities

D. Providing services only to wealthy people

Answer: B

ማብራሪያ፡- Health Equity ሁሉም ሰው በጤና እኩል ዕድል እንዲያገኝ ማድረግ ነው።

**8. What is health promotion?**

A. Enabling people to improve control over their health

B. Treating only severe diseases

C. Providing surgery

D. Distributing drugs only

Answer: A

ማብራሪያ፡- Health Promotion ሰዎች በጤናቸው ላይ የበለጠ ቁጥጥር እንዲኖራቸው ማብቃት ነው።

**9. Which is a major function of a Health Officer at a health center?**

A. Clinical care only

B. Disease prevention only

C. Health promotion only

D. Integrated preventive, promotive and curative services

Answer: D

ማብራሪያ፡- HO የመከላከል፣ የማስፋፋትና የሕክምና አገልግሎቶችን በተቀናጀ መንገድ ያቀርባል።

**10. What is Universal Health Coverage (UHC)?**

A. Health services for urban people only

B. Access to needed quality health services without financial hardship

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C. Free medicines for everyone only

D. Hospital services only

Answer: B

ማብራሪያ፡- UHC ሰዎች የሚያስፈልጋቸውን ጥራት ያለው የጤና አገልግሎት ያለ ከባድ የገንዘብ ጫና ማግኘት ነው።

**11. Which approach focuses on the whole community rather than only individuals?**

A. Population-based approach

B. Individual clinical approach

C. Surgical approach

D. Laboratory approach

Answer: A

ማብራሪያ፡- Population-based approach የሕዝብን ጤና በጠቅላላ ይመለከታል።

**12. What is community diagnosis?**

A. Diagnosing one patient

B. Identifying the health problems and needs of a community

C. Prescribing medication

D. Performing surgery

Answer: B

ማብራሪያ፡- Community Diagnosis የማህበረሰቡን የጤና ችግርና ፍላጎት መለየት ነው።

**13. Which is an example of health education?**

A. Teaching proper handwashing

B. Prescribing antibiotics to everyone

C. Performing surgery

D. Selling medicines

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Answer: A

ማብራሪያ፡- የእጅ ንጽህናን ማስተማር የጤና ትምህርት ነው።

**14. What is the best way to identify community health priorities?**

A. Guessing

B. Collecting and analyzing community health data

C. Following rumors

D. Selecting problems randomly

Answer: B

ማብራሪያ፡- በመረጃ ላይ የተመሠረተ ትንተና ቅድሚያ የሚሰጣቸውን ችግሮች ይለያል።

**15. What is the purpose of health advocacy?**

A. Influencing policies and actions to improve health

B. Increasing hospital fees

C. Restricting health information

D. Promoting only private facilities

Answer: A

ማብራሪያ፡- Advocacy ለጤና ማሻሻያ የሚያግዙ ፖሊሲዎችንና ውሳኔዎችን ማበረታታት ነው።

**16. What is a health indicator?**

A. A measurable variable used to assess health status

B. A hospital building

C. A medicine list

D. A patient's name

Answer: A

ማብራሪያ፡- Health Indicator የጤና ሁኔታን ለመለካት የሚያገለግል መለኪያ ነው።

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**17. Which is a determinant of health at the individual level?**

A. Lifestyle

B. National policy only

C. International trade only

D. Climate policy only

Answer: A

ማብራሪያ፡- አኗኗርና የግል ባህሪ በጤና ላይ ቀጥተኛ ተፅዕኖ አላቸው።

**18. What is the main goal of health service integration?**

A. Fragmenting services

B. Providing coordinated and comprehensive care

C. Increasing unnecessary referrals

D. Reducing patient access

Answer: B

ማብራሪያ፡- Integrated Care የተቀናጀና ሁሉን አቀፍ እንክብካቤ ያረጋግጣል።

**19. Which is an example of community participation?**

A. Community members participating in health planning

B. Health workers planning without consultation

C. Excluding local leaders

D. Ignoring community feedback

Answer: A

ማብራሪያ፡- ማህበረሰቡ በዕቅድና በውሳኔ ሂደት መሳተፍ አለበት።

**20. Which is the best indicator of effective health education?**

A. Number of posters distributed only

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B. Improved knowledge and adoption of healthy practices

C. Number of meetings only

D. Number of chairs in the room

Answer: B

ማብራሪያ፡- የጤና ትምህርት ውጤታማነት በእውቀትና በባህሪ ለውጥ ይለካል።

# SECTION 2 – Epidemiology and Disease Surveillance (21–40)

**21. What does incidence measure?**

A. All existing cases

B. New cases occurring during a specified period

C. Total deaths only

D. Total population

Answer: B

ማብራሪያ፡- Incidence በተወሰነ ጊዜ ውስጥ የተከሰቱ አዳዲስ በሽተኞችን ይለካል።

**22. What does prevalence measure?**

A. New cases only

B. All existing cases in a population

C. Deaths only

D. Births only

Answer: B

ማብራሪያ፡- Prevalence በአንድ የጊዜ ነጥብ ወይም ጊዜ ውስጥ ያሉ ጠቅላላ የበሽታ ሁኔታዎችን ይለካል።

**23. A disease that constantly exists in a particular area is called:**

A. Epidemic

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B. Pandemic

C. Endemic

D. Sporadic

Answer: C

ማብራሪያ፡- Endemic በአንድ አካባቢ በተከታታይ የሚገኝ በሽታ ነው።

**24. An epidemic is defined as:**

A. Any single case

B. Occurrence of disease cases above the expected level

C. A disease affecting one person

D. A non-communicable disease only

Answer: B

ማብራሪያ፡- Epidemic ከተለመደው የሚጠበቅ መጠን በላይ የበሽታ መከሰት ነው።

**25. What is a pandemic?**

A. Disease limited to one household

B. An epidemic spreading across countries or continents

C. A disease affecting animals only

D. A disease with no transmission

Answer: B

ማብራሪያ፡- Pandemic ከብዙ አገራት ወይም አህጉራት የሚሻገር ወረርሽኝ ነው።

**26. What is the first step in outbreak investigation?**

A. Close all facilities

B. Prepare for field investigation and verify the diagnosis

C. Give antibiotics to everyone

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D. Ignore early cases

Answer: B

ማብራሪያ፡- የምርመራ ዝግጅት፣ የምርመራ ማረጋገጥና ወረርሽኙ መኖሩን መወሰን አስፈላጊ ነው።

**27. What is the main purpose of disease surveillance?**

A. Early detection and timely public health response

B. Increasing patient waiting time

C. Replacing clinical diagnosis

D. Recording staff attendance only

Answer: A

ማብራሪያ፡- Surveillance የበሽታ ለውጥን ቀድሞ ለመለየትና ፈጣን ምላሽ ለመስጠት ይረዳል።

**28. What is a case definition?**

A. A list of all hospital employees

B. Standard criteria used to classify a person as a suspected, probable or confirmed case

C. A drug prescription

D. A financial report

Answer: B

ማብራሪያ፡- Case Definition በሽተኛን በተመሳሳይ መስፈርት ለመለየት ይረዳል።

**29. Which graph is commonly used to display cases by date of onset during an outbreak?**

A. Pie chart

B. Epidemic curve

C. Organizational chart

D. Flowchart

Answer: B

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ማብራሪያ፡- Epidemic Curve የበሽታ መከሰትን በጊዜ ያሳያል።

**30. What does CFR stand for?**

A. Case Fatality Rate

B. Community Follow-up Report

C. Clinical Facility Review

D. Case Frequency Ratio

Answer: A

ማብራሪያ፡- CFR ከተመዘገቡ የበሽታ ጉዳዮች ውስጥ የሞቱትን መቶኛ ያሳያል።

**31. A population has 100 new cases among 10,000 people at risk. What is the incidence per 1,000?**

A. 1

B. 5

C. 10

D. 100

Answer: C

ማብራሪያ፡- (100 ÷ 10,000) × 1,000 = 10 አዳዲስ ጉዳዮች በ1,000 ሰዎች።

**32. If 20 people die among 200 confirmed cases, what is the CFR?**

A. 2%

B. 5%

C. 10%

D. 20%

Answer: C

ማብራሪያ፡- (20 ÷ 200) × 100 = 10%።

**33. What is the purpose of contact tracing?**

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A. Identifying and following exposed persons

B. Identifying hospital buildings

C. Increasing medicine prices

D. Recording staff salaries

Answer: A

ማብራሪያ፡- Contact Tracing ከበሽተኛ ጋር ግንኙነት ያደረጉ ሰዎችን ለመለየትና ለመከታተል ነው።

**34. What is the epidemiological triad?**

A. Agent, host and environment

B. Doctor, nurse and patient

C. Drug, dose and route

D. Water, food and air only

Answer: A

ማብራሪያ፡- የበሽታ መከሰትን በAgent፣ Host እና Environment ግንኙነት ያብራራል።

**35. What is a risk factor?**

A. A factor associated with increased probability of disease

B. A guaranteed cause of every disease

C. A treatment guideline

D. A laboratory result only

Answer: A

ማብራሪያ፡- Risk Factor የበሽታ ዕድልን የሚጨምር ሁኔታ ነው።

**36. What is the main purpose of a line list during an outbreak?**

A. Organizing individual case information

B. Recording only medicines

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C. Recording staff leave

D. Calculating salaries

Answer: A

ማብራሪያ፡- Line List የበሽተኛውን ስም/መለያ፣ ዕድሜ፣ ቦታ፣ የምልክት መጀመሪያና ውጤት ለመመዝገብ ይጠቅማል።

**37. Which study design is most suitable for comparing disease occurrence between exposed and unexposed groups?**

A. Cohort study

B. Case report

C. Editorial

D. Case series

Answer: A

ማብራሪያ፡- Cohort Study የተጋለጡና ያልተጋለጡ ቡድኖችን ይከታተላል።

**38. What does sensitivity measure in a diagnostic test?**

A. Ability to correctly identify people who have the disease

B. Ability to identify healthy people only

C. Cost of the test

D. Time needed for the test

Answer: A

ማብራሪያ፡- Sensitivity በሽታው ያለባቸውን በትክክል Positive ብሎ የመለየት ችሎታ ነው።

**39. What does specificity measure?**

A. Ability to correctly identify people without the disease

B. Ability to identify all sick people

C. Disease incidence

D. Mortality

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Answer: A

ማብራሪያ፡- Specificity በሽታው የሌለባቸውን በትክክል Negative ብሎ የመለየት ችሎታ ነው።

**40. What is the main purpose of risk communication during an outbreak?**

A. Provide timely, accurate and understandable information

B. Create fear

C. Hide information from the public

D. Spread unverified messages

Answer: A

ማብራሪያ፡- Risk Communication ማህበረሰቡ ትክክለኛ መረጃ አግኝቶ ተገቢ እርምጃ እንዲወስድ ይረዳል።

# SECTION 3 – Communicable Diseases (41–60)

**41. Which organism causes tuberculosis?**

A. Virus

B. Mycobacterium tuberculosis

C. Fungus

D. Protozoa

Answer: B

ማብራሪያ፡- TB በMycobacterium tuberculosis የሚባል ባክቴሪያ ይከሰታል።

**42. How is pulmonary TB mainly transmitted?**

A. Contaminated food

B. Airborne particles from an infectious person

C. Mosquito bites

D. Sexual contact only

Answer: B

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ማብራሪያ፡- በአየር ውስጥ በሚበተኑ ትንንሽ ቅንጣቶች ይተላለፋል።

**43. Which test is commonly recommended for rapid molecular diagnosis of TB where available?**

A. Xpert MTB/RIF or an approved molecular test

B. Blood pressure

C. Urine glucose

D. Hemoglobin only

Answer: A

ማብራሪያ፡- የMolecular TB ምርመራ የTB ባክቴሪያንና Rifampicin resistance ለመለየት ይረዳል።

**44. Which mosquito transmits malaria?**

A. Male Anopheles

B. Female Anopheles

C. Aedes male only

D. Housefly

Answer: B

ማብራሪያ፡- የወባ ተላላፊው ሴት Anopheles ትንኝ ነው።

**45. What is the most appropriate initial diagnostic approach for suspected malaria?**

A. Clinical symptoms alone in all cases

B. Parasite-based testing using microscopy or RDT

C. Chest X-ray

D. Blood pressure measurement

Answer: B

ማብራሪያ፡- በተቻለ መጠን በMicroscopy ወይም RDT ማረጋገጥ ያስፈልጋል።

**46. Cholera is caused by:**

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A. Vibrio cholerae

B. Plasmodium falciparum

C. HIV

D. Mycobacterium tuberculosis

Answer: A

ማብራሪያ፡- Cholera በVibrio cholerae ባክቴሪያ ይከሰታል።

**47. What is the most important initial treatment for severe dehydration due to cholera?**

A. Oral vitamins only

B. Rapid intravenous rehydration according to protocol

C. Antidiarrheal drugs only

D. No treatment

Answer: B

ማብራሪያ፡- ከባድ የውሃ እጥረት ያለበት ሕመምተኛ ፈጣን IV rehydration ይፈልጋል።

**48. HIV primarily attacks which cells?**

A. Red blood cells

B. CD4 T lymphocytes

C. Platelets

D. Bone cells

Answer: B

ማብራሪያ፡- HIV የCD4 ሕዋሳትን በመጉዳት የሰውነት መከላከያ አቅምን ያዳክማል።

**49. Which is an effective HIV prevention measure?**

A. Sharing needles

B. Correct and consistent condom use

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C. Sharing razors

D. Avoiding HIV testing

Answer: B

ማብራሪያ፡- ኮንዶምን በትክክልና በተከታታይ መጠቀም ከመከላከያ ዘዴዎች አንዱ ነው።

**50. What is the main purpose of ART?**

A. Completely remove HIV from the body

B. Suppress viral replication and improve health

C. Treat malaria

D. Prevent all bacterial infections

Answer: B

ማብራሪያ፡- ART የHIV መባዛትን ይቆጣጠራል፣ የCD4 አቅምን ለመጠበቅ ይረዳል።

**51. Measles is transmitted mainly through:**

A. Airborne and respiratory transmission

B. Contaminated soil

C. Mosquito bites

D. Sexual contact

Answer: A

ማብራሪያ፡- Measles በጣም ተላላፊ የሆነ በአየርና በመተንፈሻ ቅንጣቶች የሚተላለፍ በሽታ ነው።

**52. Which symptom is characteristic of measles?**

A. Fever, cough, coryza, conjunctivitis and rash

B. Isolated leg pain

C. High blood pressure only

D. Chronic constipation

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Answer: A

ማብራሪያ፡- ከፍተኛ ትኩሳት፣ ሳል፣ የአፍንጫ ፈሳሽ፣ የዓይን መቅላትና ሽፍታ ዋና ምልክቶች ናቸው።

**53. What is the most important prevention measure for measles?**

A. Vaccination

B. Antibiotics for all children

C. Vitamin C only

D. Avoiding water

Answer: A

ማብራሪያ፡- ክትባት የMeasles መከላከያ ዋና መንገድ ነው።

**54. What is the primary route of hepatitis A transmission?**

A. Fecal-oral

B. Mosquito bite

C. Airborne

D. Blood transfusion only

Answer: A

ማብራሪያ፡- Hepatitis A በተበከለ ምግብና ውሃ ይተላለፋል።

**55. Which disease is commonly transmitted through the bite of an infected dog?**

A. Rabies

B. Cholera

C. TB

D. Measles

Answer: A

ማብራሪያ፡- Rabies በተበከለ እንስሳ ንክሻ ወይም ምራቅ ይተላለፋል።

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**56. What should be done immediately after a suspected rabid animal bite?**

A. Apply soil to the wound

B. Wash thoroughly with soap and running water and seek urgent PEP assessment

C. Wait for symptoms

D. Cover without washing

Answer: B

ማብራሪያ፡- ቁስሉን ቢያንስ 15 ደቂቃ በሳሙናና በውሃ ማጠብና ወዲያውኑ የRabies PEP ግምገማ ማድረግ ያስፈልጋል።

**57. Which is a common sign of pneumonia in children?**

A. Fast breathing and chest indrawing

B. Increased appetite only

C. Hair loss

D. Increased height

Answer: A

ማብራሪያ፡- ፈጣን መተንፈስና የደረት መሳብ የሳንባ ምች ምልክቶች ናቸው።

**58. What is antimicrobial resistance (AMR)?**

A. The human body becoming resistant to all diseases

B. Microorganisms developing the ability to resist antimicrobial medicines

C. A medicine allergy

D. A normal immune response

Answer: B

ማብራሪያ፡- AMR ተሕዋስያን በመድኃኒቶች የማይገደሉበት ወይም የማይቆጣጠሩበት ሁኔታ ነው።

**59. Which practice helps prevent antimicrobial resistance?**

A. Prescribing antibiotics for every fever

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B. Rational antibiotic use based on appropriate indications

C. Stopping antibiotics randomly

D. Sharing prescriptions

Answer: B

ማብራሪያ፡- አንቲባዮቲክን በትክክለኛ ምክንያትና በተገቢው መመሪያ መጠቀም ይጠቅማል።

**60. What should a health center do when a notifiable disease is suspected?**

A. Wait for monthly reporting

B. Notify the appropriate surveillance authority promptly according to national protocol

C. Keep the case secret from public health authorities

D. Discard the record

Answer: B

ማብራሪያ፡- ሪፖርት የሚጠይቁ በሽታዎችን በተወሰነው የጊዜ ገደብ ማሳወቅ አስፈላጊ ነው።

# SECTION 4 – Maternal, Newborn and Child Health (61–80)

**61. What does ANC stand for?**

A. Antenatal Care

B. Acute Neonatal Condition

C. Annual Nutrition Care

D. Advanced Nursing Care

Answer: A

ማብራሪያ፡- ANC በእርግዝና ወቅት ለእናትና ለፅንስ የሚሰጥ እንክብካቤ ነው።

**62. What is the recommended minimum number of ANC contacts under the WHO model?**

A. 2

B. 4

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C. 6

D. 8

Answer: D

ማብራሪያ፡- WHO ቢያንስ 8 ANC contacts ይመክራል፤ በሀገራዊ የአፈጻጸም መመሪያ መሠረት መከታተል ያስፈልጋል።

**63. Which is a danger sign during pregnancy?**

A. Vaginal bleeding

B. Mild hunger

C. Normal fetal movement

D. Mild thirst after exercise

Answer: A

ማብራሪያ፡- በእርግዝና ወቅት ደም መፍሰስ አስቸኳይ ግምገማ የሚፈልግ ነው።

**64. Severe headache and blurred vision during pregnancy may indicate:**

A. Preeclampsia

B. Common cold

C. Malaria only

D. Normal pregnancy

Answer: A

ማብራሪያ፡- ከፍተኛ ራስ ምታትና የዓይን ብርሃን መደብዘዝ የPreeclampsia አደገኛ ምልክቶች ሊሆኑ ይችላሉ።

**65. What does PNC stand for?**

A. Postnatal Care

B. Primary Nutrition Care

C. Patient Nursing Control

D. Pregnancy Normal Care

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Answer: A

ማብራሪያ፡- PNC ከወሊድ በኋላ ለእናትና ለሕፃን የሚሰጥ እንክብካቤ ነው።

**66. When should breastfeeding ideally begin after birth?**

A. Within the first hour

B. After 24 hours

C. After 3 days

D. After one week

Answer: A

ማብራሪያ፡- ጡት ማጥባት ከወሊድ በኋላ በመጀመሪያው ሰዓት መጀመር ይመከራል።

**67. Exclusive breastfeeding is recommended for how long?**

A. 1 month

B. 3 months

C. 6 months

D. 12 months

Answer: C

ማብራሪያ፡- ለመጀመሪያዎቹ 6 ወራት ውሃን ጨምሮ ሌላ ምግብ ወይም ፈሳሽ ሳይሰጥ ጡት ብቻ ማጥባት ይመከራል፤ ከሕክምና ምክንያት የተነሳ የተለየ መመሪያ ካለ ይከተላል።

**68. Complementary feeding should generally begin at:**

A. Birth

B. 2 months

C. 6 months

D. 12 months

Answer: C

ማብራሪያ፡- ከ6 ወር ጀምሮ ጡት ማጥባትን በመቀጠል ተጨማሪ ምግብ ይጀመራል።

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**69. Which is a newborn danger sign?**

A. Inability to breastfeed

B. Normal crying

C. Normal sleeping

D. Normal urination

Answer: A

ማብራሪያ፡- መጥባት አለመቻል ወይም መጥባት መተው አስቸኳይ ምርመራ ይፈልጋል።

**70. What is the purpose of family planning?**

A. Helping individuals and couples decide freely the number and spacing of children

B. Forcing couples to avoid children

C. Treating infectious diseases

D. Replacing antenatal care

Answer: A

ማብራሪያ፡- Family Planning ቤተሰቦች የልጆቻቸውን ብዛትና የወሊድ ልዩነት በነፃነት እንዲወስኑ ይረዳል።

**71. Which condition is a major cause of maternal mortality?**

A. Severe bleeding

B. Hair loss

C. Mild headache

D. Common cold

Answer: A

ማብራሪያ፡- ከባድ የደም መፍሰስ የእናቶች ሞት ዋና መንስኤዎች አንዱ ነው።

**72. What is the purpose of partograph or labor monitoring tools?**

A. Monitoring labor progress and identifying complications

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B. Recording staff attendance

C. Measuring hospital income

D. Recording vaccination only

Answer: A

ማብራሪያ፡- የምጥ ሂደትንና የእናትና የፅንስ ሁኔታን ለመከታተል ይረዳል።

**73. What is the neonatal period?**

A. First 7 days only

B. First 28 completed days after birth

C. First 6 months

D. First year

Answer: B

ማብራሪያ፡- Neonatal Period ከተወለደ እስከ 28 ቀን ያለው ጊዜ ነው።

**74. What is the most appropriate initial action for a newborn who is not breathing normally after birth?**

A. Delay for 10 minutes

B. Initiate newborn resuscitation according to protocol

C. Give oral water

D. Send home

Answer: B

ማብራሪያ፡- በተዘጋጀው የኒውቦርን ሪሰሲቴሽን ፕሮቶኮል መሠረት ወዲያውኑ እርምጃ መውሰድ አለበት።

**75. Which is a benefit of skin-to-skin contact immediately after birth?**

A. Helps maintain newborn temperature and supports breastfeeding

B. Increases infection risk in all cases

C. Prevents all neonatal diseases

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D. Replaces newborn assessment

Answer: A

ማብራሪያ፡- Skin-to-skin የሕፃኑን ሙቀት ለመጠበቅና ጡት ማጥባትን ለማገዝ ይረዳል።

**76. What is the purpose of IMCI?**

A. Integrated assessment and management of common childhood illnesses

B. Managing hospital finances

C. Treating adults only

D. Conducting surgery

Answer: A

ማብራሪያ፡- IMCI የሕፃናትን የተለመዱ በሽታዎች በተቀናጀ መንገድ ይመረምራልና ይቆጣጠራል።

**77. What should be done when a pregnant woman has convulsions?**

A. Treat as an emergency and arrange immediate stabilization and referral

B. Ask her to return next week

C. Give food only

D. Ignore the event

Answer: A

ማብራሪያ፡- በእርግዝና ወቅት መንቀጥቀጥ የEclampsia ምልክት ሊሆን ስለሚችል አስቸኳይ እርዳታ ይፈልጋል።

**78. Which intervention reduces mother-to-child HIV transmission?**

A. Appropriate maternal ART and infant prophylaxis according to guidelines

B. Avoiding antenatal care

C. Sharing needles

D. Delaying HIV testing until delivery

Answer: A

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ማብራሪያ፡- ተገቢው ART፣ የሕፃን መከላከያና ተከታታይ ክትትል የHIV ስርጭትን ይቀንሳሉ።

**79. Which tool is commonly used to assess acute malnutrition in children aged 6–59 months?**

A. MUAC

B. Blood pressure cuff

C. Stethoscope only

D. Thermometer only

Answer: A

ማብራሪያ፡- MUAC የእጅ ክንድ ዙሪያ ልኬት ነው።

**80. What is the main objective of a maternal death review?**

A. Identify avoidable factors and improve quality of care

B. Blame individual staff automatically

C. Hide maternal deaths

D. Stop maternal health services

Answer: A

ማብራሪያ፡- Maternal Death Review ለወደፊት ሞትን ለመከላከል የስርዓት ክፍተቶችን ይለያል።

# SECTION 5 – Nutrition and Immunization (81–95)

**81. What is the primary purpose of vaccination?**

A. Prevent vaccine-preventable diseases

B. Treat all infections

C. Increase body weight

D. Treat hypertension

Answer: A

ማብራሪያ፡- ክትባት ሰውነት ከተወሰኑ በሽታዎች ጋር እንዲታገል ያዘጋጃል።

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**82. What does EPI stand for?**

A. Expanded Programme on Immunization

B. Emergency Patient Information

C. Ethiopian Pharmacy Initiative

D. Essential Public Inspection

Answer: A

ማብራሪያ፡- EPI የተስፋፋ የክትባት ፕሮግራም ነው።

**83. What is the main purpose of the vaccine cold chain?**

A. Maintaining vaccine potency through proper temperature control

B. Freezing all vaccines

C. Storing food

D. Reducing vaccine doses

Answer: A

ማብራሪያ፡- Cold Chain የክትባትን ጥራትና አቅም ለመጠበቅ ይረዳል።

**84. What is the recommended temperature range for many routine vaccines at service delivery level?**

A. -20°C to -10°C

B. +2°C to +8°C

C. +15°C to +25°C

D. +30°C to +40°C

Answer: B

ማብራሪያ፡- ብዙ የመደበኛ ክትባቶች በ+2°C እስከ +8°C ይጠበቃሉ፤ ለእያንዳንዱ ክትባት የተለየ መመሪያ መከተል ያስፈልጋል።

**85. What does AEFI stand for?**



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A. Adverse Event Following Immunization

B. Acute Emergency Facility Inspection

C. Annual Evaluation for Infection

D. Approved Emergency Food Intervention

Answer: A

ማብራሪያ፡- AEFI ክትባት በኋላ የሚከሰት አሉታዊ ክስተት ነው፤ ሁሉም AEFI በክትባቱ ምክንያት ነው ማለት አይደለም።

**86. What is the most important action when a serious AEFI is suspected?**

A. Ignore it

B. Provide appropriate clinical care and report promptly

C. Hide the event

D. Stop all immunization permanently

Answer: B

ማብራሪያ፡- የታካሚውን ደህንነት ማረጋገጥ፣ ማሳወቅና በመመሪያ መሠረት መመርመር አስፈላጊ ነው።

**87. Which nutrient deficiency causes iron-deficiency anemia?**

A. Iron

B. Vitamin C only

C. Sodium

D. Water

Answer: A

ማብራሪያ፡- የIron እጥረት የብረት እጥረት የደም ማነስ ያስከትላል።

**88. Which vitamin deficiency causes night blindness?**

A. Vitamin A

B. Vitamin C

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C. Vitamin D

D. Vitamin K

Answer: A

ማብራሪያ፡- Vitamin A እጥረት የሌሊት ዕይታ ችግር ያስከትላል።

**89. What does BMI measure?**

A. Weight relative to height

B. Blood sugar

C. Blood pressure

D. Hemoglobin

Answer: A

ማብራሪያ፡- BMI = Weight (kg) ÷ Height² (m²)።

**90. What is the main purpose of growth monitoring?**

A. Detect growth problems early

B. Measure staff performance

C. Diagnose all infections

D. Replace immunization

Answer: A

ማብራሪያ፡- የሕፃናት እድገትን በጊዜ መከታተል የእድገት ችግሮችን ቀድሞ ይለያል።

**91. What is SAM?**

A. Severe Acute Malnutrition

B. Standard Adult Medicine

C. Simple Acute Malaria

D. Severe Airway Management

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Answer: A

ማብራሪያ፡- SAM ከባድ አጣዳፊ የምግብ እጥረት ነው።

**92. Which measurement is commonly used to classify severe acute malnutrition in children 6–59 months?**

A. MUAC less than 11.5 cm

B. MUAC greater than 15 cm

C. Height only

D. Head circumference only

Answer: A

ማብራሪያ፡- MUAC ከ11.5 cm በታች መሆን ከSAM መለያዎች አንዱ ነው፤ bilateral pitting oedema ወይም ከባድ wasting ደግሞ በተለየ መንገድ ይገመገማሉ።

**93. What is the best way to prevent iodine deficiency disorders?**

A. Using adequately iodized salt

B. Avoiding vegetables

C. Taking antibiotics

D. Drinking less water

Answer: A

ማብራሪያ፡- በተገቢው መጠን አዮዲን የተጨመረበት ጨው መጠቀም ይረዳል።

**94. Which is an important component of infant and young child feeding?**

A. Appropriate feeding frequency, diversity and consistency

B. Giving only tea

C. Avoiding breastfeeding

D. Giving sugary drinks

Answer: A

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ማብራሪያ፡- የሕፃናት ምግብ በዕድሜ የሚስማማ ብዛት፣ ዓይነትና ወፍራምነት ሊኖረው ይገባል።

**95. What is the purpose of vitamin A supplementation in eligible children?**

A. Prevent vitamin A deficiency and related complications

B. Treat all bacterial infections

C. Prevent all injuries

D. Replace a balanced diet

Answer: A

ማብራሪያ፡- Vitamin A በተገቢው የዕድሜና የፕሮግራም መመሪያ መሠረት ሲሰጥ የVitamin A እጥረትን ይከላከላል።

# SECTION 6 – Environmental Health and WASH (96–110)

**96. What does WASH stand for?**

A. Water, Sanitation and Hygiene

B. Work, Assessment, Safety and Health

C. Waste, Air, Sanitation and Hospital

D. Water, Agriculture, Security and Health

Answer: A

ማብራሪያ፡- WASH ውሃ፣ መፀዳጃና ንጽህናን ያካትታል።

**97. What is the most effective routine measure to prevent many healthcare-associated infections?**

A. Hand hygiene

B. Wearing perfume

C. Opening windows only

D. Taking antibiotics

Answer: A

ማብራሪያ፡- የእጅ ንጽህና የኢንፌክሽን መከላከያ ዋና እርምጃ ነው።

**98. Which method is appropriate for household water disinfection when advised by public health authorities?**

A. Proper chlorination

B. Adding perfume

C. Adding sugar

D. Leaving water uncovered

Answer: A

ማብራሪያ፡- በተገቢው መጠን ክሎሪን መጠቀም የውሃ ጀርሞችን ለመቆጣጠር ይረዳል።

**99. Which practice helps prevent foodborne illness?**

A. Proper cooking and safe food storage

B. Leaving cooked food uncovered for long periods

C. Using contaminated water

D. Mixing raw and cooked food

Answer: A

ማብራሪያ፡- ምግብን በትክክል ማብሰልና ማስቀመጥ የምግብ ተላላፊ በሽታዎችን ይከላከላል።

**100. What is proper healthcare waste segregation?**

A. Separating waste according to type and hazard at the point of generation

B. Mixing all waste together

C. Burning all waste in open areas

D. Throwing sharps in ordinary bins

Answer: A

ማብራሪያ፡- ቆሻሻን በተፈጠረበት ቦታ መለየት የጤና ሠራተኞችንና ማህበረሰቡን ይጠብቃል።

**101. Where should used needles be discarded?**

A. Puncture-resistant sharps container

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B. Ordinary plastic bag

C. Open bucket

D. On the floor

Answer: A

ማብራሪያ፡- መርፌዎች ወዲያውኑ በሚወጉ ነገሮች የማይበሳ የSharps Container ውስጥ መጣል አለባቸው።

**102. What is the purpose of PPE?**

A. Protecting healthcare workers and patients from exposure

B. Replacing hand hygiene

C. Increasing patient costs

D. Preventing all diseases completely

Answer: A

ማብራሪያ፡- PPE ከተላላፊ ነገሮችና ከአደጋ መጋለጥ ይከላከላል።

**103. What is the first step in proper handwashing?**

A. Wet hands with clean running water

B. Apply lotion

C. Dry hands before washing

D. Put on gloves

Answer: A

ማብራሪያ፡- እጆችን በንጹህ ውሃ ማርጠብና ሳሙና መጠቀም የእጅ መታጠብ ሂደት ክፍል ነው።

**104. Which disease can be associated with unsafe drinking water?**

A. Cholera

B. Hypertension

C. Diabetes

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D. Asthma

Answer: A

ማብራሪያ፡- በተበከለ ውሃ የሚተላለፉ በሽታዎች መካከል Cholera ይገኛል።

**105. What is vector control?**

A. Reducing organisms that transmit diseases

B. Increasing mosquito breeding sites

C. Treating all patients with antibiotics

D. Increasing waste accumulation

Answer: A

ማብራሪያ፡- Vector Control የበሽታ ተሸካሚዎችን ቁጥር ወይም ተፅዕኖ መቀነስ ነው።

**106. Which is an effective malaria vector control measure?**

A. Insecticide-treated mosquito nets

B. Sharing towels

C. Open water storage

D. Poor drainage

Answer: A

ማብራሪያ፡- በነፍሳት መድኃኒት የተነከሩ አጎበሮች የወባ ትንኝ ንክሻን ይቀንሳሉ።

**107. What is the purpose of environmental sanitation?**

A. Preventing environmental conditions that contribute to disease

B. Increasing waste

C. Contaminating water

D. Reducing ventilation

Answer: A

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ማብራሪያ፡- የአካባቢ ንጽህና የበሽታ መንስኤ የሚሆኑ ሁኔታዎችን ይቀንሳል።

**108. Which is the correct principle for safe food handling?**

A. Keep raw and cooked food separate

B. Store raw meat above ready-to-eat food

C. Use dirty utensils

D. Ignore expiry dates

Answer: A

ማብራሪያ፡- ጥሬና የበሰለ ምግብን መለየት የCross-contamination አደጋን ይቀንሳል።

**109. What is the purpose of sterilization?**

A. Destroying all forms of microbial life, including bacterial spores

B. Removing visible dirt only

C. Reducing odor

D. Removing dust only

Answer: A

ማብራሪያ፡- Sterilization ሁሉንም የሕይወት ያላቸውን ተሕዋስያንና ስፖሮችን ማጥፋት ነው።

**110. What is the purpose of health facility infection prevention and control?**

A. Reduce transmission of infections within healthcare settings

B. Increase antibiotic use

C. Avoid cleaning

D. Stop patient assessment

Answer: A

ማብራሪያ፡- IPC በጤና ተቋማት ውስጥ የኢንፌክሽን ስርጭትን ይቀንሳል።

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# SECTION 7 – Clinical and Emergency Management (111–130)

**111. What does ABCDE stand for in emergency assessment?**

A. Airway, Breathing, Circulation, Disability, Exposure

B. Assessment, Blood, Care, Diagnosis, Evaluation

C. Air, Body, Chest, Drug, Emergency

D. Alert, Breathing, Care, Disease, Examination

Answer: A

ማብራሪያ፡- ABCDE የአስቸኳይ ሕመምተኛ ምርመራ ቅደም ተከተል ነው።

**112. What should be assessed first in an unconscious patient?**

A. Airway

B. Appetite

C. Weight

D. Skin color only

Answer: A

ማብራሪያ፡- የአየር መንገድ መከፈቱን ማረጋገጥ ቅድሚያ አለው።

**113. Which is a sign of shock?**

A. Cold clammy skin and weak rapid pulse

B. Normal pulse and warm skin only

C. Increased appetite

D. Normal breathing in all cases

Answer: A

ማብራሪያ፡- ቀዝቃዛ ላብ ያለው ቆዳና ደካማ ፈጣን የልብ ምት የShock ምልክቶች ሊሆኑ ይችላሉ።

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**114. What is the priority in severe external bleeding?**

A. Control bleeding and initiate emergency management

B. Give oral fluids only

C. Wait for laboratory results

D. Discharge the patient

Answer: A

ማብራሪያ፡- ደም መፍሰስን በፍጥነት መቆጣጠርና የShock ምርመራ ማድረግ አስፈላጊ ነው።

**115. What is triage?**

A. Sorting patients according to urgency of care

B. Registering staff

C. Recording hospital expenses

D. Giving medicines randomly

Answer: A

ማብራሪያ፡- Triage ሕመምተኞችን በአስቸኳይነት ደረጃ መለየት ነው።

**116. Which is a sign of severe respiratory distress?**

A. Marked difficulty breathing and low oxygen saturation

B. Normal respiratory rate

C. Normal speech without difficulty

D. Normal oxygen saturation

Answer: A

ማብራሪያ፡- ከባድ የመተንፈስ ችግር አስቸኳይ ሕክምና ይፈልጋል።

**117. What is the normal approximate adult resting respiratory rate?**

A. 4–8 breaths/minute

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B. 12–20 breaths/minute

C. 25–35 breaths/minute

D. 40–50 breaths/minute

Answer: B

ማብራሪያ፡- ለጤነኛ አዋቂ ሰው የእረፍት ጊዜ የመተንፈስ መጠን በአጠቃላይ 12–20 ነው።

**118. What is a common symptom of hypoglycemia?**

A. Sweating, tremor and confusion

B. Increased height

C. Hair growth

D. Improved vision

Answer: A

ማብራሪያ፡- የደም ስኳር መቀነስ ላብ፣ መንቀጥቀጥና ግራ መጋባት ሊያስከትል ይችላል።

**119. What is the first priority for a conscious patient with confirmed hypoglycemia who can swallow safely?**

A. Give fast-acting oral glucose according to protocol

B. Give insulin

C. Withhold all treatment

D. Give antibiotics

Answer: A

ማብራሪያ፡- ንቁና መዋጥ የሚችል ሕመምተኛ ፈጣን የሚሠራ ግሉኮስ ይሰጠዋል።

**120. Which is a major risk factor for hypertension?**

A. Excessive salt intake

B. Regular physical activity

C. Healthy diet

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D. Avoiding tobacco

Answer: A

ማብራሪያ፡- ከመጠን በላይ ጨው መጠቀም የደም ግፊትን ሊጨምር ይችላል።

**121. What is an important lifestyle intervention for diabetes?**

A. Healthy diet and regular physical activity

B. Smoking

C. Avoiding all vegetables

D. Excessive sugar intake

Answer: A

ማብራሪያ፡- ጤናማ አመጋገብና አካላዊ እንቅስቃሴ የስኳር በሽታን ለመቆጣጠር ይረዳሉ።

**122. Which finding suggests dehydration?**

A. Sunken eyes and reduced skin turgor

B. Normal urine output and moist mouth

C. Normal activity in all cases

D. Increased tears

Answer: A

ማብራሪያ፡- የዓይን መሸሸግና የቆዳ መልሶ መያዝ መቀነስ የውሃ እጥረት ምልክቶች ናቸው።

**123. What is the main purpose of ORS?**

A. Replace water and electrolytes lost through diarrhea

B. Kill all intestinal bacteria

C. Treat malaria

D. Stop all bowel movements

Answer: A

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ማብራሪያ፡- ORS በተቅማጥ የጠፋውን ውሃና ጨው ለመተካት ይረዳል።

**124. What should be done for a patient with suspected stroke?**

A. Rapid assessment, establish time of symptom onset and urgent referral

B. Wait several days

C. Give food and send home

D. Ignore weakness

Answer: A

ማብራሪያ፡- የStroke ጊዜ እጅግ አስፈላጊ ነው፤ የምልክት መጀመሪያ ጊዜን መመዝገብና ፈጣን ሪፈራል ማድረግ ያስፈልጋል።

**125. Which is an important principle of rational drug use?**

A. Right patient, drug, dose, route and duration

B. Giving the same drug to all patients

C. Prescribing antibiotics for viral infections routinely

D. Ignoring allergies

Answer: A

ማብራሪያ፡- ትክክለኛ መድኃኒት፣ ታካሚ፣ መጠን፣ የአሰጣጥ መንገድና የሕክምና ጊዜ መጠበቅ አለበት።

**126. What is the main purpose of referral?**

A. Ensuring patients receive care beyond the capacity of the current facility

B. Avoiding responsibility

C. Increasing waiting time

D. Replacing documentation

Answer: A

ማብራሪያ፡- Referral ከተቋሙ አቅም በላይ የሆነ ሕክምና ወደሚሰጥ ተቋም ሕመምተኛውን ማስተላለፍ ነው።

**127. Which is a key component of safe patient care?**

A. Correct patient identification

B. Guessing patient identity

C. Skipping documentation

D. Ignoring allergies

Answer: A

ማብራሪያ፡- ታካሚን በትክክል መለየት የሕክምና ስህተትን ይቀንሳል።

**128. What should be done before administering a medication?**

A. Check prescription, patient identity, allergies and relevant safety factors

B. Give medication without checking

C. Ask another patient

D. Ignore the expiry date

Answer: A

ማብራሪያ፡- ከመድኃኒት አሰጣጥ በፊት ትዕዛዙን፣ የታካሚውን ማንነትና የአለርጂ ታሪክ ማረጋገጥ አለበት።

**129. What is the most appropriate action for a patient with severe chest pain and suspected acute coronary syndrome?**

A. Urgent assessment, stabilization and emergency referral according to protocol

B. Routine appointment next month

C. Send home without assessment

D. Give only vitamins

Answer: A

ማብራሪያ፡- ከባድ የደረት ሕመም ሕይወትን የሚያሰጋ ሁኔታ ሊሆን ይችላል።

**130. What is the main purpose of clinical documentation?**

A. Continuity of care, communication and legal accountability

B. Increasing paperwork only

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C. Replacing patient assessment

D. Hiding clinical decisions

Answer: A

ማብራሪያ፡- የታካሚ መዝገብ የሕክምና ቀጣይነትን፣ ግንኙነትንና ተጠያቂነትን ያረጋግጣል።

# SECTION 8 – HMIS, Data Quality and Health Management (131–150)

**131. What does HMIS stand for?**

A. Health Management Information System

B. Hospital Medical Inspection Service

C. Health Medicine Insurance System

D. Human Management Internal Service

Answer: A

ማብራሪያ፡- HMIS የጤና መረጃን ለመሰብሰብ፣ ለመተንተንና ለውሳኔ ለመጠቀም የሚያገለግል ስርዓት ነው።

**132. Which is a characteristic of good-quality health data?**

A. Accuracy

B. Completeness

C. Timeliness

D. All of the above

Answer: D

ማብራሪያ፡- ትክክለኛነት፣ ሙሉነትና በጊዜ መድረስ የጥራት መረጃ ባህሪያት ናቸው።

**133. What does data completeness mean?**

A. All required data fields and reports are filled

B. Data are always correct

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C. Data are submitted late

D. Data are deleted

Answer: A

ማብራሪያ፡- Completeness ሁሉም አስፈላጊ መረጃዎች መሞላታቸውን ያሳያል።

**134. What does data accuracy mean?**

A. Data correctly represent the actual events or services

B. Data are written in large letters

C. Reports are submitted without checking

D. All numbers are increased

Answer: A

ማብራሪያ፡- Accuracy በሪፖርቱ የተመዘገበው መረጃ እውነተኛውን ሁኔታ በትክክል ማሳየቱ ነው።

**135. What is data validation?**

A. Checking data for errors, consistency and plausibility

B. Deleting all records

C. Increasing all figures

D. Changing patient names

Answer: A

ማብራሪያ፡- Data Validation የመረጃውን ትክክለኛነትና ተዛማጅነት መፈተሽ ነው።

**136. What is the main purpose of a health facility annual plan?**

A. Guide activities, resources and expected results

B. Record patient complaints only

C. Replace all guidelines

D. List staff names only

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Answer: A

ማብራሪያ፡- ዓመታዊ ዕቅድ ተግባሮችን፣ ሀብቶችንና የሚጠበቁ ውጤቶችን ያሳያል።

**137. What does M&E stand for?**

A. Monitoring and Evaluation

B. Management and Employment

C. Medicine and Equipment

D. Medical and Emergency

Answer: A

ማብራሪያ፡- Monitoring and Evaluation የተግባር ሂደትና ውጤትን ለመከታተል ይጠቅማል።

**138. What is monitoring?**

A. Continuous tracking of activities and progress

B. Final examination only

C. Financial auditing only

D. Staff recruitment only

Answer: A

ማብራሪያ፡- Monitoring የሥራ አፈጻጸምን በተከታታይ መከታተል ነው።

**139. What is evaluation?**

A. Systematic assessment of relevance, effectiveness and results

B. Counting medicines only

C. Daily attendance recording only

D. Random observation

Answer: A

ማብራሪያ፡- Evaluation የፕሮግራሙን ውጤታማነትና ተፅዕኖ በስርዓት መገምገም ነው።

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**140. What does KPI stand for?**

A. Key Performance Indicator

B. Knowledge and Patient Information

C. Key Patient Inspection

D. Known Program Input

Answer: A

ማብራሪያ፡- KPI የሥራ አፈጻጸምን ለመለካት የሚያገለግል ቁልፍ መለኪያ ነው።

**141. What is supportive supervision?**

A. Supervision that guides, mentors and improves staff performance

B. Punishing staff without feedback

C. Inspecting only buildings

D. Ignoring performance gaps

Answer: A

ማብራሪያ፡- Supportive Supervision ሠራተኞችን በማገዝ፣ በማስተማርና ግብረመልስ በመስጠት አፈጻጸማቸውን ያሻሽላል።

**142. What is the purpose of a quality improvement project?**

A. Identify gaps and test changes to improve service quality

B. Increase unnecessary paperwork

C. Reduce patient safety

D. Avoid measuring performance

Answer: A

ማብራሪያ፡- Quality Improvement የአገልግሎት ጉድለቶችን በመለየት ተግባራዊ መፍትሔ ለመፈተሽ ይረዳል።

**143. What does the PDSA cycle stand for?**

A. Plan, Do, Study, Act

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B. Prepare, Deliver, Supervise, Assess

C. Plan, Decide, Select, Approve

D. Prevent, Diagnose, Screen, Act

Answer: A

ማብራሪያ፡- PDSA የጥራት ማሻሻያ ሙከራ ዘዴ ነው።

**144. What is the main purpose of a clinical audit?**

A. Compare clinical practice with standards and identify improvement needs

B. Punish every health worker

C. Replace patient records

D. Count hospital beds only

Answer: A

ማብራሪያ፡- Clinical Audit አገልግሎቱ ከተቀመጡ መመዘኛዎች ጋር መጣጣሙን ይገመግማል።

**145. Which is an example of an output indicator?**

A. Number of patients receiving health education

B. Reduction in national mortality over ten years

C. Long-term population life expectancy

D. National poverty reduction

Answer: A

ማብራሪያ፡- Output በፕሮግራሙ በቀጥታ የተፈጠረ ውጤት ነው።

**146. What is the purpose of a stock management system?**

A. Prevent stock-outs, wastage and expiry

B. Increase expired medicines

C. Hide medicine consumption

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D. Avoid stock records

Answer: A

ማብራሪያ፡- የመድኃኒት ክምችት አስተዳደር እጥረትን፣ ብክነትንና ጊዜ ያለፈባቸውን መድኃኒቶች ይቀንሳል።

**147. What does FEFO mean in stock management?**

A. First Expiry, First Out

B. First Entry, First Order

C. Final Expiry, First Open

D. First Evaluation, Final Output

Answer: A

ማብራሪያ፡- FEFO ቀድሞ የሚያበቃበት መድኃኒት ቀድሞ እንዲወጣ ያደርጋል።

**148. What is the purpose of a budget?**

A. Estimate and allocate financial resources

B. Record clinical diagnoses

C. Replace work plans

D. Record patient vital signs

Answer: A

ማብራሪያ፡- Budget ለተግባሮች የሚያስፈልገውን የገንዘብ ሀብት ይገምታልና ይመድባል።

**149. Which is the best way to improve low service utilization?**

A. Assess barriers, engage communities and improve service accessibility and quality

B. Blame patients

C. Close the facility

D. Stop health education

Answer: A

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ማብራሪያ፡- የአገልግሎት አጠቃቀም ሲቀንስ ምክንያቶቹን መለየትና የማህበረሰብ ተሳትፎን ማሳደግ ያስፈልጋል።

**150. What is the purpose of a health facility performance review meeting?**

A. Analyze results, identify gaps and agree on corrective actions

B. Discuss unrelated personal matters

C. Avoid accountability

D. Replace clinical services

Answer: A

ማብራሪያ፡- የአፈጻጸም ግምገማ ችግሮችን በመለየት የማሻሻያ እርምጃዎችን ለመወሰን ይረዳል።

# SECTION 9 – Behavioral Competencies and Professional Ethics (151–165)

**151. A patient asks you to disclose another patient's HIV status. What should you do?**

A. Share the information

B. Maintain confidentiality

C. Tell the community

D. Post it online

Answer: B

ማብራሪያ፡- የታካሚ ምስጢር መጠበቅ የሙያ ሥነ-ምግባር ግዴታ ነው።

**152. What is accountability?**

A. Taking responsibility for decisions and actions

B. Blaming others for every mistake

C. Avoiding duties

D. Hiding reports

Answer: A

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ማብራሪያ፡- Accountability ለውሳኔና ለተግባር ተጠያቂ መሆን ነው።

**153. Which behavior demonstrates integrity?**

A. Accepting unofficial payments

B. Falsifying records

C. Being honest and transparent

D. Favoring relatives

Answer: C

ማብራሪያ፡- Integrity ታማኝነት፣ ግልጽነትና ሙያዊ ትክክለኛነት ነው።

**154. A colleague makes a clinical error. What is the best response?**

A. Hide the error

B. Ensure patient safety, report through the proper system and support learning

C. Blame the patient

D. Delete the record

Answer: B

ማብራሪያ፡- የታካሚ ደህንነትን ማስቀደም፣ ስህተቱን በትክክል ማሳወቅና የማሻሻያ እርምጃ መውሰድ አለበት።

**155. What is effective communication?**

A. Listening actively and providing clear information

B. Interrupting patients

C. Using confusing language

D. Ignoring questions

Answer: A

ማብራሪያ፡- ጥሩ ግንኙነት በጥሞና ማዳመጥና በግልጽ መናገርን ያካትታል።

**156. What is teamwork?**

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A. Working collaboratively toward shared goals

B. Working independently without coordination

C. Competing to hide information

D. Avoiding meetings

Answer: A

ማብራሪያ፡- Teamwork ለጋራ ዓላማ በትብብር መሥራት ነው።

**157. A patient is angry about waiting time. What should you do?**

A. Respond angrily

B. Listen respectfully, explain the situation and help find a solution

C. Ignore the patient

D. Ask security to remove every complaining patient

Answer: B

ማብራሪያ፡- ትዕግሥት፣ ክብርና ግልጽ ግንኙነት ቅሬታን ለመፍታት ይረዳሉ።

**158. What is conflict resolution?**

A. Finding a constructive solution to disagreement

B. Increasing hostility

C. Avoiding all communication

D. Punishing everyone involved

Answer: A

ማብራሪያ፡- Conflict Resolution ችግርን በግንኙነትና በጋራ መፍትሔ መፍታት ነው።

**159. Which is the best example of time management?**

A. Prioritizing urgent and important tasks

B. Delaying every task

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C. Ignoring deadlines

D. Performing tasks randomly

Answer: A

ማብራሪያ፡- ተግባሮችን በአስፈላጊነትና በአስቸኳይነት መለየት ውጤታማ የጊዜ አጠቃቀም ነው።

**160. What is professional respect?**

A. Treating all patients with dignity and without discrimination

B. Serving only wealthy patients

C. Ignoring vulnerable people

D. Insulting patients

Answer: A

ማብራሪያ፡- ሁሉንም ታካሚዎች በክብርና ያለ አድልዎ ማገልገል አለበት።

**161. A staff member repeatedly arrives late. What is the appropriate management response?**

A. Ignore the issue

B. Discuss the problem professionally, clarify expectations and follow up

C. Publicly humiliate the staff member

D. Falsify attendance records

Answer: B

ማብራሪያ፡- በሙያዊ ግንኙነት ችግሩን መወያየት፣ የሚጠበቀውን ማብራራትና ክትትል ማድረግ ይገባል።

**162. What does informed consent mean?**

A. Patient agrees after receiving understandable information about the intervention

B. Health worker decides without informing the patient

C. Consent is always unnecessary

D. Family consent replaces every capable adult's consent

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Answer: A

ማብራሪያ፡- Informed Consent ታካሚው በቂ መረጃ ካገኘ በኋላ በፈቃዱ መስማማት ነው።

**163. What should a Health Officer do when faced with a task beyond their competence?**

A. Perform it without assistance

B. Seek appropriate supervision or refer to a qualified professional

C. Pretend to be competent

D. Hide the patient's condition

Answer: B

ማብራሪያ፡- በሙያዊ አቅም ውስጥ መሥራትና አስፈላጊ ሲሆን እገዛ መጠየቅ ግዴታ ነው።

**164. Which action demonstrates continuous professional development?**

A. Regularly updating professional knowledge and skills

B. Refusing all training

C. Ignoring new guidelines

D. Using outdated practices without review

Answer: A

ማብራሪያ፡- CPD እውቀትንና ክህሎትን በተከታታይ ማሻሻል ነው።

**165. What is the best response to a patient who cannot understand the language used by the health worker?**

A. Ignore the communication problem

B. Use an appropriate interpreter while protecting confidentiality

C. Ask another patient to translate sensitive information

D. Refuse care

Answer: B

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ማብራሪያ፡- የታካሚውን ቋንቋ በሚገባ የሚያውቅ አስተርጓሚ በመጠቀም ትክክለኛ ግንኙነትና ምስጢር ጥበቃ ማረጋገጥ አለበት።

# SECTION 10 – Practical and Situational Competency Assessment (166–200)

እነዚህ ጥያቄዎች በተግባራዊ ሁኔታ ውስጥ እንዴት ውሳኔ እንደሚሰጡ ይመዝናሉ።

**166. A patient arrives unconscious and is not breathing normally. What is your first priority?**

A. Take a detailed medical history

B. Activate emergency response and begin appropriate resuscitation

C. Register the patient first

D. Ask for payment

Answer: B

ማብራሪያ፡- ሕይወትን የሚያድን የአስቸኳይ ምላሽ ሂደት ወዲያውኑ መጀመር አለበት።

**167. Several patients from one kebele present with acute watery diarrhea. What should you do?**

A. Treat them individually and do nothing else

B. Notify surveillance authorities, investigate and initiate prevention measures

C. Wait for monthly reports

D. Close the records

Answer: B

ማብራሪያ፡- የAWD ስብስብ ወረርሽኝ ሊሆን ስለሚችል ሪፖርት፣ ምርመራና የWASH እርምጃዎች ያስፈልጋሉ።

**168. A pregnant woman arrives with heavy vaginal bleeding. What is the priority?**

A. Give a routine appointment

B. Emergency assessment, stabilization and urgent referral

C. Send her home

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D. Give only oral vitamins

Answer: B

ማብራሪያ፡- ከባድ የእርግዝና ደም መፍሰስ ሕይወትን የሚያሰጋ አደጋ ነው።

**169. A child has severe respiratory distress. What is the best action?**

A. Routine follow-up next week

B. Rapid assessment, stabilization and urgent referral

C. Give only health education

D. Ignore the respiratory rate

Answer: B

ማብራሪያ፡- ከባድ የመተንፈስ ችግር ወዲያውኑ የሕክምና እርምጃ ይፈልጋል።

**170. Your facility has a sudden shortage of essential medicines. What should you do first?**

A. Hide the shortage

B. Assess stock, prioritize essential needs and notify the responsible supply chain authority

C. Give expired medicines

D. Stop documenting stock

Answer: B

ማብራሪያ፡- የክምችት ሁኔታን መገምገም፣ ቅድሚያ መስጠትና በስርዓቱ ሪፖርት ማድረግ ያስፈልጋል።

**171. A patient refuses a recommended procedure after explanation. What should you do?**

A. Force the procedure

B. Respect the decision, assess understanding and document appropriately

C. Threaten the patient

D. Refuse all future care

Answer: B

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ማብራሪያ፡- ብቃት ያለው ታካሚ ከተረዳ በኋላ የሚሰጠውን ወይም የሚከለክለውን ውሳኔ ማክበር አለበት።

**172. You identify inaccurate monthly HMIS reports. What is the best response?**

A. Submit the inaccurate reports anyway

B. Verify source documents, correct errors transparently and improve the reporting process

C. Delete the entire report

D. Increase the numbers to meet targets

Answer: B

ማብራሪያ፡- የመረጃ ምንጭን ማረጋገጥና ስህተቶችን በግልጽ ማስተካከል አለበት።

**173. A staff member discloses confidential patient information. What should you do?**

A. Ignore the incident

B. Protect the patient, report through appropriate channels and address the breach

C. Share more information

D. Publish the incident online

Answer: B

ማብራሪያ፡- የታካሚውን መብት መጠበቅና ጥሰቱን በተገቢው ስርዓት ማሳወቅ አለበት።

**174. Your health center has low immunization coverage. What is the best first management approach?**

A. Blame health extension workers

B. Analyze coverage data, identify missed communities and develop an outreach plan

C. Stop immunization

D. Change the reports

Answer: B

ማብራሪያ፡- የክትባት ሽፋን ችግርን በመረጃ መተንተንና ያልተደረሱ ማህበረሰቦችን መለየት ይጠቅማል።

**175. A health worker sustains a needle-stick injury. What should happen?**

A. Ignore the injury

B. Immediate first aid, prompt reporting and exposure assessment/PEP evaluation

C. Hide the incident

D. Wait until symptoms appear

Answer: B

ማብራሪያ፡- ቁስሉን ወዲያውኑ ማጠብ፣ ሪፖርት ማድረግና የHIV/HBV/HCV የመጋለጥ ግምገማ ማድረግ ያስፈልጋል።

**176. You suspect a measles outbreak in your catchment area. What should be your first public health response?**

A. Wait for more cases

B. Promptly notify, verify cases, investigate and coordinate response

C. Stop routine reporting

D. Avoid community communication

Answer: B

ማብራሪያ፡- የMeasles ጥርጣሬ ሲኖር ፈጣን ማሳወቅ፣ ምርመራና የክትባት ምላሽ ማቀናጀት አስፈላጊ ነው።

**177. A patient with suspected TB refuses sputum examination. What is the best response?**

A. Insult the patient

B. Explain the importance of testing, address concerns and offer appropriate follow-up

C. Record a negative result without testing

D. Ignore the patient

Answer: B

ማብራሪያ፡- የምርመራውን ጥቅም ማስረዳትና የታካሚውን ስጋት ማዳመጥ ይገባል።

**178. A health center has repeated patient complaints about long waiting times. What should you do?**

A. Ignore complaints

B. Map patient flow, identify bottlenecks and implement improvements

C. Close registration

D. Blame patients

Answer: B

ማብራሪያ፡- የተገልጋይ ፍሰትን በመተንተን የጊዜ መዘግየት መንስኤዎችን መፍታት ይጠቅማል።

**179. During an outbreak, community members spread false information. What should you do?**

A. Spread another rumor

B. Provide timely, evidence-based information through trusted community channels

C. Avoid all communication

D. Threaten community members

Answer: B

ማብራሪያ፡- ትክክለኛና በማስረጃ የተደገፈ መረጃ በማህበረሰብ መሪዎችና በታመኑ መንገዶች ማድረስ ያስፈልጋል።

**180. You discover expired medicines in the pharmacy. What is the correct action?**

A. Continue dispensing them

B. Separate and quarantine them, document and arrange disposal according to policy

C. Mix them with usable medicines

D. Change expiry labels

Answer: B

ማብራሪያ፡- ጊዜ ያለፈባቸው መድኃኒቶች ከሚጠቀሙት መለየትና በስርዓት ማስወገድ አለባቸው።

**181. A patient arrives with suspected severe malaria. What is the appropriate approach?**

A. Delay assessment

B. Urgent clinical assessment, appropriate treatment within capacity and emergency referral when indicated

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C. Give only vitamins

D. Send the patient home

Answer: B

ማብራሪያ፡- Severe Malaria ሕይወትን ሊያሰጋ ስለሚችል ፈጣን ምርመራና ሕክምና ይፈልጋል።

**182. A child presents with diarrhea but no signs of severe dehydration. What is an important management component?**

A. ORS, continued feeding/breastfeeding and zinc according to protocol

B. Stop all food and fluids

C. Routine antibiotics for every child

D. Antidiarrheal medication for all children

Answer: A

ማብራሪያ፡- ORS፣ አመጋገብን መቀጠልና Zinc በተገቢው መመሪያ መሠረት መስጠት ዋና ክፍሎች ናቸው።

**183. Your health center experiences repeated stock-outs. What is the best long-term solution?**

A. Improve forecasting, ordering, inventory monitoring and reporting

B. Stop stock records

C. Order medicines randomly

D. Hide stock-out information

Answer: A

ማብራሪያ፡- ትክክለኛ የፍላጎት ትንበያና የክምችት ክትትል ችግሩን ይቀንሳሉ።

**184. A health worker is performing outside their authorized scope of practice. What should you do?**

A. Ignore it

B. Protect patients, clarify scope, provide supervision and follow reporting procedures

C. Encourage unsafe practice

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D. Hide the incident

Answer: B

ማብራሪያ፡- የታካሚ ደህንነትና የሙያ ወሰን መጠበቅ አለበት።

**185. A community reports an unusual cluster of animal deaths and human fever cases. What should you do?**

A. Ignore the report

B. Notify relevant public health and animal health authorities and investigate jointly

C. Treat all people without assessment

D. Delete the report

Answer: B

ማብራሪያ፡- One Health አቀራረብ የሰው፣ የእንስሳትና የአካባቢ ጤና ትብብርን ይጠይቃል።

**186. You are assigned to lead a health center team with poor performance. What should you do first?**

A. Replace all staff immediately

B. Review performance data, discuss gaps and develop a joint improvement plan

C. Stop team meetings

D. Ignore targets

Answer: B

ማብራሪያ፡- የቡድኑን አፈጻጸም መገምገምና በጋራ የማሻሻያ ዕቅድ ማዘጋጀት ጥሩ አመራር ነው።

**187. A patient complains that they were treated disrespectfully. What is the best response?**

A. Listen, acknowledge the concern, investigate and take corrective action

B. Argue with the patient

C. Delete the complaint

D. Refuse to investigate

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Answer: A

ማብራሪያ፡- ቅሬታን በክብር መቀበል፣ መመርመርና ተገቢ እርምጃ መውሰድ አለበት።

**188. Your facility's maternal death rate increases. What is the best response?**

A. Hide the data

B. Conduct a maternal death review and implement corrective actions

C. Stop maternity services

D. Blame only one employee

Answer: B

ማብራሪያ፡- የሞት ምክንያቶችንና የሥርዓት ክፍተቶችን መለየት አስፈላጊ ነው።

**189. During a patient consultation, a family member answers every question on behalf of a competent adult patient. What should you do?**

A. Ignore the patient

B. Give the patient an opportunity to speak privately and make decisions

C. Let the family make every decision automatically

D. End the consultation

Answer: B

ማብራሪያ፡- የታካሚውን ራስን የመወሰን መብት ማክበር ያስፈልጋል።

**190. A staff member falsifies service delivery figures to achieve targets. What is the correct response?**

A. Approve the figures

B. Verify the data, correct the record transparently and report the misconduct appropriately

C. Increase the false figures

D. Ignore the problem

Answer: B

ማብራሪያ፡- የመረጃ ሐሰተኛነት ተጠያቂነትን ያሳጣል፤ በትክክል መፍታት ይገባል።

**191. You have limited resources and several competing health priorities. How should you allocate them?**

A. Based on personal preference

B. Based on disease burden, urgency, equity, effectiveness and available resources

C. Give everything to one department

D. Ignore community needs

Answer: B

ማብራሪያ፡- የሀብት አመዳደብ በመረጃ፣ በፍትሃዊነትና በተጠባባቂ ውጤት ላይ መመሥረት አለበት።

**192. You find that a high-risk patient missed a scheduled follow-up. What is the best action?**

A. Ignore the patient

B. Follow up using approved patient-tracing and confidentiality procedures

C. Delete the record

D. Wait indefinitely

Answer: B

ማብራሪያ፡- በከፍተኛ አደጋ ላይ ያሉ ታካሚዎችን በተገቢው ስርዓት መከታተል አለበት።

**193. During supportive supervision, a health worker cannot perform a required task correctly. What should you do?**

A. Humiliate the worker

B. Demonstrate the correct procedure, coach and reassess competency

C. Ignore the problem

D. Falsify the supervision report

Answer: B

ማብራሪያ፡- ማሳየት፣ ማሰልጠንና እንደገና መገምገም የSupportive Supervision መሠረታዊ ሂደት ነው።

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**194. A patient with suspected meningitis arrives at your health center. What is the appropriate response?**

A. Routine appointment

B. Immediate assessment, appropriate infection precautions, stabilization and urgent referral

C. Send home

D. Delay care until next week

Answer: B

ማብራሪያ፡- Meningitis አስቸኳይ ምርመራና ሕክምና የሚፈልግ ሁኔታ ነው።

**195. A patient experiences a suspected severe allergic reaction after medication administration. What should you do?**

A. Observe without treatment

B. Recognize anaphylaxis, initiate emergency treatment according to protocol and arrange urgent escalation

C. Give the same medication again

D. Discharge the patient

Answer: B

ማብራሪያ፡- Anaphylaxis ሕይወትን የሚያሰጋ አስቸኳይ ሁኔታ ነው፤ በፕሮቶኮል መሠረት ፈጣን ምላሽ ያስፈልጋል።

**196. A health center's service data show a large difference between register totals and monthly reports. What should you do?**

A. Submit without checking

B. Reconcile registers, tally sheets and reports and identify the source of discrepancy

C. Delete the registers

D. Change figures to match targets

Answer: B

ማብራሪያ፡- Data Reconciliation የምንጭ መዝገቦችንና ሪፖርቶችን በማነጻጸር ልዩነቱን ይለያል።

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**197. A health center wants to improve patient satisfaction. Which is the best approach?**

A. Collect patient feedback, analyze it and implement measurable improvements

B. Stop accepting feedback

C. Ignore complaints

D. Reduce communication

Answer: A

ማብራሪያ፡- የተገልጋይ አስተያየትን በመሰብሰብና በመተንተን የአገልግሎት ጥራትን ማሻሻል ይቻላል።

**198. You are asked to implement a new national health guideline. What should you do?**

A. Ignore it

B. Review the guideline, orient staff, organize resources and monitor implementation

C. Use an outdated version without checking

D. Implement it without training or preparation

Answer: B

ማብራሪያ፡- አዲስ መመሪያ ሲመጣ ማጥናት፣ ሠራተኞችን ማስተዋወቅና አፈጻጸሙን መከታተል አስፈላጊ ነው።

**199. Your health center is experiencing poor coordination between departments. What is the best intervention?**

A. Encourage communication, clarify roles and establish regular coordination meetings

B. Separate departments completely

C. Stop information sharing

D. Ignore the issue

Answer: A

ማብራሪያ፡- ግልጽ የሥራ ድርሻ፣ ግንኙነትና የተቀናጀ ስብሰባ የቡድን ሥራን ያሻሽላሉ።

**200. What best demonstrates overall competency of an existing Health Officer?**

A. Having theoretical knowledge only

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B. Demonstrating professional knowledge, practical skills, ethical behavior and measurable work performance

C. Having a long work experience only

D. Attending meetings only

Answer: B

**ማብራሪያ፡- ሙሉ ብቃት እውቀትን፣ ተግባራዊ ክህሎትን፣ ሥነ-ምግባርንና የሥራ ውጤትን በአንድነት ያካትታል።**

# PART III – ተግባራዊ የብቃት ምዘና / PRACTICAL ASSESSMENT CHECKLIST

**በተግባር ምዘና ወቅት ከሚከተሉት ክህሎቶች አንዳንዶቹ ሊጠየቁ ይችላሉ።**

| **Practical skill** | **የሚጠበቀው ብቃት** |
|---|---|
| Vital signs | BP, PR, RR, Temperature, $SpO_2$ |
| Patient assessment | History taking and physical examination |
| Emergency care | ABCDE and triage |
| Infection prevention | Hand hygiene and PPE |
| Maternal health | ANC risk assessment and referral |
| Child health | IMCI assessment |
| Epidemiology | Outbreak detection and reporting |
| HMIS | Data collection, analysis and reporting |
| Leadership | Team coordination |
| Ethics | Confidentiality and informed consent |

## የተግባር ምዘና ምሳሌዎች

**Scenario 1: Emergency Management**

A patient arrives with severe difficulty breathing.

**የሚጠበቅብዎት፡-**

1. Assess airway and breathing.
2. Measure oxygen saturation.
3. Assess circulation and vital signs.
4. Provide appropriate emergency stabilization.
5. Arrange urgent referral if beyond facility capacity.
6. Document the intervention.

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**Scenario 2: Outbreak Investigation**

Several people develop acute watery diarrhea in one kebele.

**የሚጠበቅብዎት፡-**

1. Identify and notify suspected cases.
2. Establish a case definition.
3. Prepare a line list.
4. Collect appropriate specimens.
5. Investigate possible sources.
6. Implement WASH interventions.
7. Report and monitor the outbreak.

**Scenario 3: Poor Health Center Performance**

Immunization coverage is below the annual target.

**የሚጠበቅብዎት፡-**

1. Review monthly immunization data.
2. Identify missed communities.
3. Analyze barriers to service utilization.
4. Develop an outreach plan.
5. Coordinate with health extension workers.
6. Monitor improvements.

# PART IV – የብቃት ምዘና ራስን የመገምገሚያ ስርዓት

ይህ የራስዎን የጥናት ደረጃ ለመለየት የሚያገለግል የልምምድ መለኪያ ነው፤ ይፋዊ የኮሚሽኑ የማለፊያ ውጤት አይደለም።

| ውጤት | የግምገማ ደረጃ |
|---|---|
| 90–100% | Excellent |
| 80–89% | Very Good |
| 70–79% | Good |
| 60–69% | Needs Improvement |
| Below 60% | Requires Further Study |

## የ200 ጥያቄዎች የጥናት ሪከርድ

**Record your practice results**

በእያንዳንዱ ክፍል ያገኙትን ውጤት ያስገቡ።

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# PART V – የ14 ቀን የጥናት ዕቅድ

| ቀን | የሚያጠኑት |
|---|---|
| Day 1 | Public Health Fundamentals |
| Day 2 | Epidemiology |
| Day 3 | Surveillance and Outbreak Investigation |
| Day 4 | TB, HIV and Malaria |
| Day 5 | Cholera, Measles and other communicable diseases |
| Day 6 | Maternal Health |
| Day 7 | Newborn and Child Health |
| Day 8 | Nutrition and Immunization |
| Day 9 | Environmental Health and WASH |
| Day 10 | Clinical and Emergency Management |
| Day 11 | HMIS and Data Quality |
| Day 12 | Leadership, Ethics and Behavioral Competencies |
| Day 13 | Practical Scenarios and Case Studies |
| Day 14 | Full Mock Examination – 200 Questions |

# PART VI – ዋና ዋና የጥናት ምንጮች

ከሁሉም በላይ የሚጠቅሙዎት የኢትዮጵያ የጤና ሚኒስቴር ሰነዶች ናቸው።

**1. Ethiopian Primary Health Care Clinical Guidelines**

በHealth Center ደረጃ የአዋቂዎችንና የ5–14 ዓመት ሕፃናትን የሕክምና አቀራረብ የሚያብራራ መመሪያ።

Read / Download Clinical Guidelines
|+1

**2. National Health Professional's Competency Assessment and Licensure Examination Implementation Guideline**

የጤና ባለሙያዎች የብቃት ምዘና መርሆዎችን የሚያብራራ ሰነድ።

Read / Download Implementation Guideline
Ministry of Health Ethiopia

**3. Federal Civil Servants Proclamation No. 1353/2024**

ለነባር ሠራተኞች የብቃት ክፍተት መለየትና ምዘና የሚመለከት የሕግ ማዕቀፍ።

Ministry of Justice – Official Proclamation
Ministry of Justice+1

**4. Ethiopian Ministry of Health – Health Extension and Primary Health Service**

የHealth Center Reform፣ Clinical Guidelines፣ Quality Improvement እና IPC ሥራዎች።

Read Ministry of Health Directorate Resources
MOH

**5. Ethiopian Health Professionals Licensing Examination (EHPLE)**

የPublic Health የሙያ እውቀትና ብቃት የሚመለከቱ መመሪያዎችና የልምምድ ሰነዶች።

Ministry of Health – EHPLE Portal
MOH+1

**አስፈላጊ ልዩነት፡-** EHPLE የጤና ባለሙያ ፈቃድ ምዘና ሲሆን፣ አሁን ለሚወስዱት የነባር ፌዴራል ሲቪል ሰርቪስ ሠራተኛ ምዘና የሥራ መደብ፣ የሙያ ደረጃና የብቃት መስፈርት በተለይ መታየት አለበት።

# የመጨረሻ ምክር

ለHealth Officer – Health Center የምዘና ዝግጅት በተለይ በሚከተሉት ላይ ጠንካራ ዝግጅት ያድርጉ፡-

1. Clinical decision-making and emergency management.
2. Disease surveillance and outbreak response.
3. Maternal and child health.
4. HMIS and data analysis.
5. Leadership and supportive supervision.
6. Professional ethics and accountability.
7. Practical problem-solving.

የምዘናው ዓላማ የሚያውቁትን ብቻ ሳይሆን በሥራ ቦታ እንዴት እንደሚተገብሩት ማሳየት ነው።

**የሚቀጥለው ጠቃሚ ደረጃ፡-** እነዚህን 200 ጥያቄዎች የመልስ ማብራሪያ የሚሰጥ፣ ጥያቄዎቹን በተለያየ ቅደም ተከተል የሚያቀርብና ውጤትዎን በራስ-ሰር የሚያሳይ የኮምፒውተር ሙከራ ፈተና ማድረግ ይሆናል።

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