

SPOT 1

Q.1. IDENTIFY THE SPOT.

Q.2. CALORIE CONTENT PER 100 GRAM.

Q.3. PROTEIN CONTENT PER 100 GRAM.

Q.4. DEFINE SUPPLEMENTARY ACTION
OF PROTEINS.

Wheat.

346kcal. 11.8gm%

When combine with pulses it supplement
methionine which is deficient in pulses.



SPOT 2

Q.1. IDENTIFY THE SPOT.

Q.2. CALORIE CONTENT PER 100 GRAM.

Q.3. PROTEIN CONTENT PER 100 GRAM.

Q.4. DEFINE SUPPLEMENTARY ACTION OF PROTEINS.

Q.5. DEFINE PARBOILING.

Rice. 345kcal. 7gm%

4. When combined with pulses it supplements methionine which is deficient in pulses.

5. Partial cooking in steam, preserving the nutritive quality of rice by hot soaking process.



SPOT 3

Q.1. IDENTIFY THE SPOT.

Q.2. CALORIE CONTENT PER 100 GRAM.

Q.3. PROTEIN CONTENT PER 100 GRAM.

Q.4. DEFICIENT AMINO ACID.

Q.5. DISEASE ASSOCIATED.DEFINE

Maize. 342kcal. 11.1gm%

4. Tryptophan and lysine

5. Pellgrogenic bcoz leucine is in excess of amount which interfere conversion of tryptophan into niacin.



SPOT 4

- Q.1. IDENTIFY THE SPOT.
- Q.2. CALORIE CONTENT PER 100 GRAM.
- Q.3. PROTEIN CONTENT PER 100 GRAM.
- Q.4. IRON CONTENT PER 100 GRAM

Bajra (pearl millet)

361

11.6

8



SPOT 5

Q.1. IDENTIFY THE SPOT.

Q.2. CALORIE CONTENT PER 100 GRAM.

Q.3. PROTEIN CONTENT PER 100 GRAM.

Q.4. DEFINE SUPPLEMENTARY ACTION
OF PROTEINS.

Green gram

348

24.5

Pulses supplements threonine and lysine
which are limiting A.A. in cereals



SPOT 6

Q.1. IDENTIFY THE SPOT.

Q.2. CALORIE CONTENT PER 100 GRAM.

Q.3. PROTEIN CONTENT PER 100 GRAM.

Q.4. DEFINE SUPPLEMENTARY ACTION
OF PROTEINS.

Bengal gram

360

17.1

Same as green gram



SPOT 7

Q.1. IDENTIFY THE SPOT.

Q.2. CALORIE CONTENT PER 100 GRAM.

Q.3. PROTEIN CONTENT PER 100 GRAM.

Q.4. DEFINE SUPPLEMENTARY ACTION
OF PROTEINS.

Red gram

335

22.3

Same as green gram



SPOT 8

Q.1. IDENTIFY THE SPOT.

Q.2. CALORIE CONTENT PER 100 GRAM.

Q.3. PROTEIN CONTENT PER 100 GRAM.

Q.4. DEFINE SUPPLEMENTARY ACTION
OF PROTEINS.

Black gram

347

24.5

Same as green gram



SPOT 9

- Q.1. IDENTIFY THE SPOT.
 - Q.2. CALORIE CONTENT PER 100 GRAM.
 - Q.3. PROTEIN CONTENT PER 100 GRAM.
 - Q.4. CALCIUM CONTENT PER 100 GRAM.
- Soyabean
432kcal
43.2g%
240 mg



SPOT 10

Q.1. PROTEIN CONTENT PER EGG.

Q.2. ENERGY CONTENT PER EGG.

Q.3. DEFINE NPU.

Q.4. NPU FOR EGG.

1 . An egg of 60 gm= 6 gm

2 An egg of 60 gm = 70 kcal

3 product of digestibility coefficient and biological value divided by 100.

NPU= nitrogen retained by body /
nitrogen intake $\times 100$

4.

SPOT 11

- Q.1. PROTEIN CONTENT PER 100 ML OF COW MILK.
= 3.2
- Q.2. ENERGY CONTENT PER 100 ML OF COW MILK.
= 67kcal
- Q.3. DIFFERENCE BETWEEN COW AND HUMAN MILK.
- Q.4. NPU FOR MILK. =. 75

A.3.	cow	human milk
Fat.	4.1	3.4
Protein	3.2	1.1
Lacto	4.4	7.4
Calcium	120	28
Iron	0.2.	0.4
Energy	67	65



SPOT 12

Q.1. IDENTIFY THE SPOT.

Q.2. DEFINE GLYCEMIC INDEX.

Jaggry

G.I. of a food is defined by the area under the two hour blood glucose response curve (AUC) following ingestion of fixed portion of test carbohydrate(usually 50gm) as a proportion (%) of the AUC of the std.(either glucose or white bread)



SPOT 13

Q.1. IDENTIFY THE SPOT.

Q.2. NAME DISEASES TRANSMITTED.

Q.3. CONTROL MEASURES.

Q.4. LLINS

Q.6. IRS.

Q.7. INSECTICIDE USED IN LLIN

Q.8. INSECTICIDE USED IN IRS.

Female anopheles. Malaria & filaria(not in India) .
Residual spray (DDT, Malathion,Lindane, OMS33) ,
space spray (pyrethrum extract) , Genetic control.

Long lasting insecticidal nets

Indoor residual spray

Permethrin or Delta methrin

DDT, Malathion, Lindane, OMS-33



SPOT 14

- Q.1. IDENTIFY THE SPOT.
- Q.2. NAME DISEASES TRANSMITTED.
- Q.3. CONTROL MEASURES.
- Q.4. LLINS
- Q.6. IRS.
- Q.7. INSECTICIDE USED IN LLIN
- Q.8. INSECTICIDE USED IN IRS.

Female adese

Dengue,DHF, chikungunya fever, CHF, rift valley fever, filaria(not in India)



SPOT 15

Q.1. IDENTIFY THE SPOT.

Q.2. NAME DISEASES TRANSMITTED.

Q.3. CONTROL MEASURES.

Head louse

Epidemic typhus, trench fever, relapsing fever, dermatitis

Insecticidal control(0.5% malathion, carbaryl powder) and personal hygiene (wash & clean hairs, clothing towels sheets washed in hot water and soap, steam sterilization)



SPOT 16

Q.1. IDENTIFY THE SPOT.

Q.2. NAME DISEASES TRANSMITTED.

Q.3. CONTROL MEASURES.

Q.4. TREATMENT.

Itch mite

Scabies

Benzyl benzoate, gamma HCH (0.5 to 1%)
„Tetmosol“, Sulphur ointment (2.5 to 10%)



SPOT 17

Q.1. IDENTIFY THE SPOT.

Q.2. NAME DISEASES TRANSMITTED.

Q.3. CONTROL MEASURES.

Rat flea

Bubonic plague , endemic typhus ,
chiggerosis

Insecticidal control (DDT, gamma HCH
and dieldrin, carbaryl or diazinon).

Repellent (diethyltolumide) & Rodent
control.



SPOT 18

Q.1. IDENTIFY THE SPOT.

Q.2. NAME DISEASES TRANSMITTED.

Q.3. CONTROL MEASURES.

Hard tick

Tick typhus , viral encephalitis, viral fever ,
KFD, tularemia , tick paralysis

Insecticidal control (DDT, Lindane ,
Malathion, chlordane, dieldrin)

Environmental control (cracks and
crevices filled up, animal hosts reduced)

Protection of worker



SPOT 19

- Q.1. IDENTIFY THE SPOT. = Soft tick
Q.2. NAME DISEASES TRANSMITTED.
Q.3. CONTROL MEASURES.
Q fever, relapsing fever
Control same as hard tick



SPOT 20

- Q.1. USES.
- Q.2. DOSE
- Q.3. MECHANISM OF ACTION.
- Control of aedes
- 1.0ppm
- Contact poison act on nervous system)



SPOT 21

- Q.1. USES.
- Q.2. DOSE
- Q.3. MECHANISM OF ACTION.



SPOT 22

Q.1. USES.

Q.2. DOSE

Q.3. MECHANISM OF ACTION.

Rodenticide

0.75 to 2% solution (as one part with ten part of flour)

Generate toxic phosphene gas with gastric acid



SPOT 23

- Q.1. USES.
- Q.2. DOSE
- Q.3. MECHANISM OF ACTION.

As a residual spray (1-2 g/sqm) for antiadult mosquito control measure and as a dust(5 to 10%) control of lice , ticks , bugs.

MOA- contact poison (act on nervous system)



SPOT 24

Q.1. USES.

Q.2. DOSE

Q.3. MECHANISM OF ACTION.

MOA - contact poison (AChE inhibitor)

Uses- killing adult mosquito to prevent
DHF and encephalitis epidemic.

Dose- 1-2 gper sq.ft.



SPOT 25

Q.1. IDENTIFY THE SPOT.

Q.2. DEFINE DISINFECTION.

Q.3. AGENT USED TO DISINFECT WATER.

Q.4. DEFINE OTA TEST.

Orthotoluidene arsenite test –

* Free and combined chlorine separately.
when orthotoluidene dissolved in 10%
solution of HCl result as a reagent
formation . When this reagent added to
water containing chlorine yellow colour is
produced instant for free and more slowly
with combined chlorine

A.3. Bleaching powder



SPOT 26

Q.1. IDENTIFY THE SPOT.

Q.2. NAME DISEASES TRANSMITTED.

Q.3. CONTROL MEASURES.

House flies

Typhoid , diarrhoea, dysentery, cholera,
gastroenteritis, amoebiasis , poliomyelitis,
conjunctivitis, trachoma , anthrax

Environmental control

Insecticidal control

Fly paper

Health education



SPOT 27

- Q.1. DOSE.
- Q.2. INDICATION.
- Q.3. CATEGORIES OF ANIMAL BITE.

40IU/kg be
Post exposure prophylaxis asap
3 category



SPOT 28

- Q.1. DOSE.
- Q.2. INDICATION.
- Q.3. CATEGORIES OF ANIMAL BITE.

20IU/kg
3 categories



SPOT 29

Q.1. PRIMARY WOUND MANAGEMENT OF ANIMAL BITE.

Q.2. CATEGORISATION OF ANIMAL BITE.

Q.3. POST- EXPOSURE PROPHYLAXIS (IM)

Q.4. POST- EXPOSURE PROPHYLAXIS (ID)

Q.5. PRE- EXPOSURE PROPHYLAXIS

A.3.(0.5 mL a) essens regimen-

0,3,7,14,28 = 5 vials 5 visits

B) zareb regimen - 0,7,21

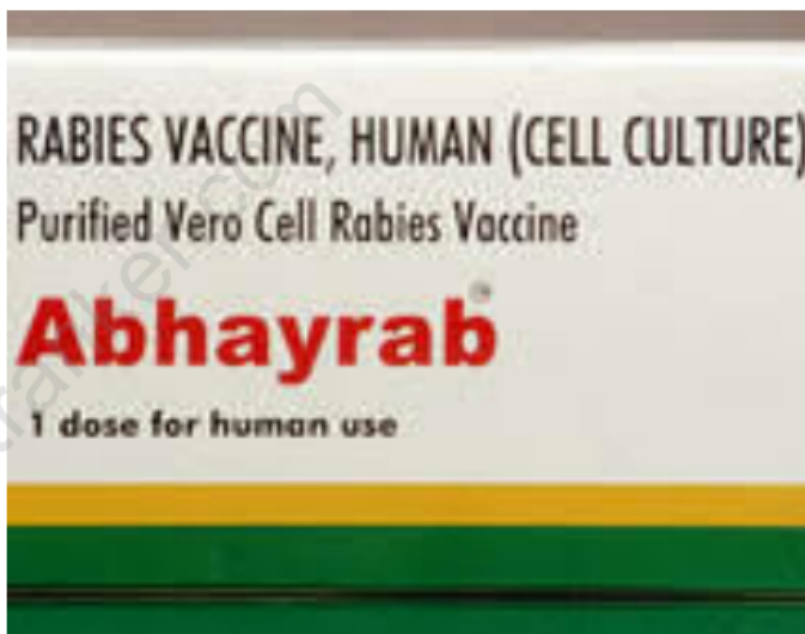
4 vials 3 visits (2-1-1)

A.4.(0.1 ml)ID per site

0,3,7,28

2-2-2-0-2 <2 vials 4 viAl

A.5. IM 1 ml or 0.5 ml or ID of 0.1 ml volume per site on days 0,7,and21or28.



SPOT 30

- Q.1. DOSE AND TIMING.
Q.2. SITE.
Q.3. CONTRAINDICATION.
Q.4. EXPLAIN PHENOMENON WHICH OCCURS AFTER BCG VACCINATION.
Q.5. ADVERSE REACTION.
Q.6. DILUENT.
0.05ml till one month, 1 ml for one age (early as possible after birth)
ID It upper arm
Pt suffering from.eczema , immolunodeficient, immunosuppressive,pregnancy,
Disseminated infection, lymphadenitis, osteomyelitis, anaphylaxis,fever,sepsis, TSS
Normal saline



SPOT 31

- Q.1. DOSE AND TIMING.
- Q.2. SITE.
- Q.3. CONTRAINDICATION.
- Q.4. ADVERSE REACTION.
- 0,6,10,14 wk
- Oral two drops
- same as BCG
- AFP, anaphylaxis



SPOT 32

Q.1. DOSE AND TIMING.

Q.2. SITE.

Q.3. CONTRAINDICATION.

Q.4. ADVERSE REACTION.

6,10,14 wks

0.5 ml IM antrolateral side of mid thigh

Same

Local reactions, seizures, hypotonic
hyporesponsiv episode, anaphylaxis,
encephalopathy



SPOT 33

Q.1. DOSE AND TIMING.

Q.2. SITE.

Q.3. CONTRAINDICATION.

Q.4. ADVERSE REACTION.

three oral dose at 6,10,14 wks

Same

First dose should not be given after 12 wks of age



SPOT 35

- Q.1. DOSE AND TIMING.
- Q.2. SITE.
- Q.3. CONTRAINDICATION.
- Q.4. ADVERSE REACTION.



Q.4. ADVERSE REACTION.

SPOT 36

- Q.1. DOSE AND TIMING.
- Q.2. SITE.
- Q.3. CONTRAINDICATION.
- Q.4. ADVERSE REACTION.
- Q.5. DILUENT.



SPOT 37

Q.1. DOSE AND TIMING.

Q.2. SITE.

Q.3. CONTRAINDICATION.

Q.4. ADVERSE REACTION.

0.5ml , IM, 2dose 1 month gap after1 year booster IM in upper arm

C/I - allergy , immunocompromised pt.,
Immunosuppressive therapy ,
neurological disease

A/R - brachial neuritis , weakness ,
wasting , itching , pain



SPOT 38

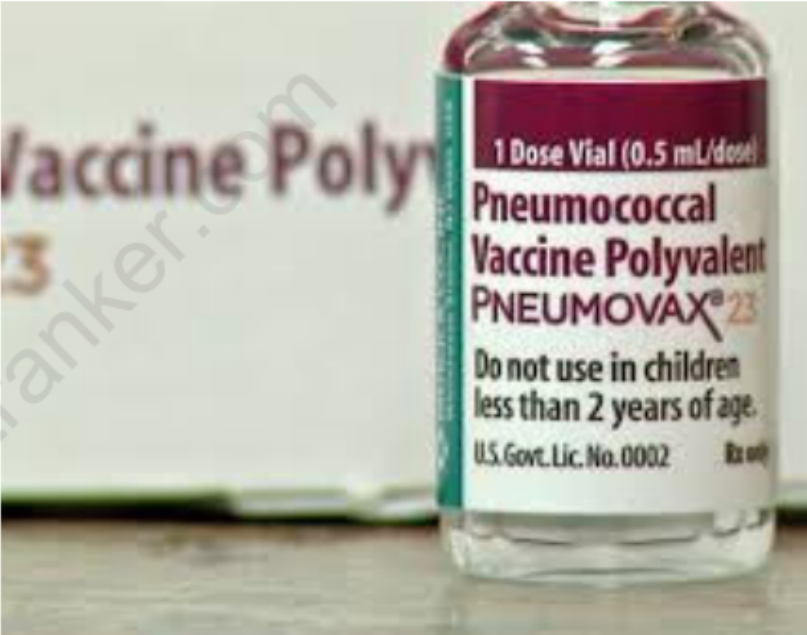
- Q.1. IDENTIFY THE OBJECT.
Q.2. USES.



SPOT 39

- Q.1. DOSE AND TIMING.
- Q.2. SITE.
- Q.3. CONTRAINDICATION.
- Q.4. ADVERSE REACTION.

2,4,6,12 through 15 months
I.m.



SPOT 40

Q.1. IDENTIFY THE OBJECT.

Q.2. USES.

Q.3. DEFINE COLD CHAIN.

Q.4. DEFINE VVM.

.cold chain- a system of storage and transport of vaccine at low temperature, include 6 rights (time, vaccine, quantity, place, condition, cost).

Vvm is a chemical indicator label attached to the vaccine container it records cumulative heat exposure through gradual change in colour.



SPOT 41

- Q.1. IDENTIFY THE OBJECT.
- Q.2. USES.
- Q.3. DEFINE COLD CHAIN.
- Q.4. DEFINE VVM.



SPOT 42

Q.1. IDENTIFY THE SPOT.

Q.2. NAME ESSENTIAL FATTY ACIDS.

Q.3 CONTENT OF MUFA.

Ground nut

Oleic acid, linoleic acid, palmitic acid

41% of total f.a.



SPOT 43

Q.1. IRON AND FA CONTENT IN EACH TABLET.

Q.2. EXPLAIN WIFS.

Q.3. RDA OF IRON FOR adolescent
100mg plus 500 microgram

Weekly for adolescent, school or at
aanganwadi, deep blue colour blisters

Prophylaxis

RDA man- 17

Women-21

Pregnant-35

Lactating-25



SPOT 44

- Q.1. DOSE AND SCHEDULE.
- Q.2. VITAMIN A RICH FOOD PRODUCTS.
- Q.3. ASSOCIATED DISEAS

First dose one lakh at nine months,
Next doses of two lakh with a gap of six months (total nine doses 17 lakh)
Night blindness , xerophthalmia, corneal xerosis , sclerosis , ulcers



SPOT 45

- Q.1. IDENTIFY THE SPOT.
- Q.2. DEFINE PEM. CLASSIFY PEM ACCORDING TO SPOT.
- Q.3. WHAT IS MUAC? CUT-OFF LIMIT FOR MUAC.



SPOT 46

- Q.1. INDICATIONS.
- Q.2. WHAT IS RESOMAL?
- Q.3. WHAT IS SUPER ORS?
- Q.4. HOW DO YOU PREPARE ORS AT HOME?



SPOT 47

- Q.1. MECHANISM OF ACTION.
- Q.2. FAILURE RATE.
- Q.3. ADVANTAGES.
- Q.4. DISADVANTAGES.



SPOT 48

- Q.1. MECHANISM OF ACTION.
- Q.2. DOSE SCHEDULE.
- Q.3. FAILURE RATE.
- Q.4. CONTRAINDICATIONS.

DMPA 150 mg every 3 months IM inj
Suppression of ovulation cervical mucus thickening
Irregular menstrual bleeding, infertility, no child



SPOT 49

Q.1. MECHANISM OF ACTION.

Q.2. DOSE SCHEDULE.

Q.3. FAILURE RATE.

Q.4. CONTRAINDICATIONS.

Centchromen (saheli)

Once a week pill

Take twice a week for three months, then
one tablet per week

Prevent implantation

PCOD, cervical hyperplasia, h/o jaundice,
allergies

1.83 to 2.8



SPOT 50

- Q.1. IDENTIFY THE OBJECT
- Q.2. MECHANISM OF ACTION.
- Q.3. TIMING OF INSERTION.
- Q.4. FAILURE RATE.
- Q.5. ADVERSE EFFECTS.
- Q.6. CONTRAINDICATION

Cellular and biochemical changes in endometrium, biochemical changes in mucus, inhibit sperm motility and capacitation

0.5 to 0.8

Suspected pregnancy, vaginal bleeding , previous ectopic pregnancy, PID , malignancy,

Adverse effects- ectopic pregnancy, expulsion, pelvic infection, pregnancy, mortality, pain, bleeding



SPOT 51

- Q.1. MECHANISM OF ACTION.
- Q.2. DOSE SCHEDULE.
- Q.3. FAILURE RATE.
- Q.4. CONTRAINDICATIONS.
- Q.5. ADVERSE EFFECTS.
- Q.6. ADVANTAGES.

combined pill,
Levanogestrol 0.15mg,
Ethinylestradiol 0.03mg
Failure rate-zero
Prevent the release of ovum, blocking gonadotropin, cervical mucus thickness, penetration inhibitor, motility inhibitor, sperm transport delayed
Cancer of breasts and genital, history of heart disease , hyperlipidemia, thromboembolism, abnormal uterine bleeding , age more than 40, smoking , htn, renal , migraine etc
CVS complications, carcinogenic, metabolic effect,liver renal disorder, foetal Dev inhibit , weight gain ,headache , migraine ,ectopic pregnancy, bleeding, infertility, breasts tenderness
100%effective, anxiety remove, against six disease IDA, PID,ovarian cancer, ectopic pregnancy, fibro cystic disease



SPOT 52

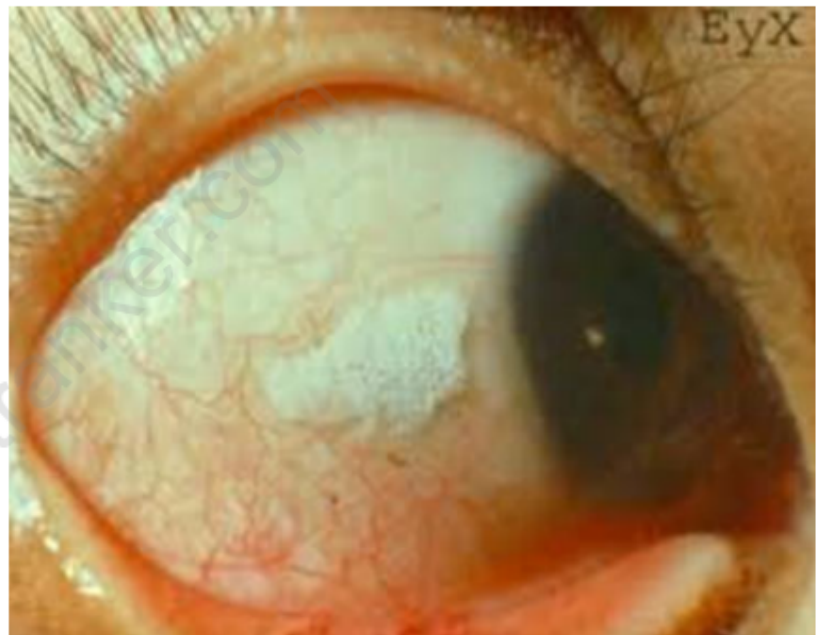
Q.1. IDENTIFY THE SPOT.

Q.2. MANAGEMENT.

Q.3. RDA VITAMIN A.

RDA 600 RE in adult

950 RE. For pregnant



SPOT 53

Q.1. IDENTIFY THE SPOT.

Q.2. PREVENTION AND CONTROL MEASURES.

Q.3. COMPLICATIONS.

- measles vaccine

- Igs

- isolation, immunization of contacts,

C- otitis media , pneumonia, pulmonary complications, neurological complications (encephalitis, SSPE), congenital abnormalities during pregnancy , abortion, premature delivery, def of vit A



SPOT 53

Q.1. IDENTIFY THE SPOT.

Q.2. PREVENTION AND CONTROL MEASURES.

iodized salt , iodized oil IM inj or orally,
Iodine monitoring, man powerminitraining ,
mass communication



SPOT 54

Q.1. IDENTIFY THE SPOT.

Q.2. ASSOCIATED DISEASE

Pellegra D , dermatitis, dementia, death ,
diarrhoea



SPOT 56

Q.1. IDENTIFY THE SPOT.

Q.2. RDA OF VITAMIN D.

Q.3. MANAGEMENT.

100 IU

education, sun bath, vit D fortified food ,
prophylaxis vit D ,60000 IU sachet



SPOT 57

Q.1. IDENTIFY THE SPOT.

Q.2. PERMISSIBLE QUANTITY OF
FLUORIDE IN DRINKING WATER.

Q.3. NALGONDA TECHNIQUE.



SPOT 58

Q.1. IDENTIFY THE SPOT.

Q.2. PERMISSIBLE QUANTITY OF
FLUORIDE IN DRINKING WATER.

Q.3. NALGONDA TECHNIQ

0.5 to 0.8 mg per ltr

Defluoridation by use of alum and lime
concentrations (tap or drinking water and
pH dependent) single step process,in
India andhrapradesh



SPOT 59

Q.1. IDENTIFY THE SPOT.

Q.2. PREVENTION

Q.3. LAST CASE WAS SEEN IN.....

Poliomyelitis

13 Jan 2011

IPV, OPV ,human Igs,pulse polio
immunization

