

# Health Care Sample Question Paper 2020

## PART A: EMPLOYABILITY SKILLS (10 MARKS)

*Answer any 4 questions out of the given 6 questions of 1 mark each:*

1. A \_\_\_\_\_ is one independent clause that has a subject and a verb and expresses a complete thought.

- a) Simple word
- b) Simple sentence.

Ans: b) Simple sentence

2. \_\_\_\_\_ is defined as the drive required to engage in goal-oriented behavior.

- a) Motivation.
- b) Disorder.

Ans: a) Motivation

3. \_\_\_\_\_ is a condition marked by an overreliance on other people to meet one's emotional and physical needs.

- a) Dependent physical disorder.
- b) Dependent personality disorder.

Ans: b) Dependent personality disorder

4. \_\_\_\_\_ It is located at the top and displays the name of the application and the name of the current document.

- a) Title bar.
- b) Document bar

Ans: a) Title bar

5. \_\_\_\_\_ is a process of developing a business plan, launching and running a business using innovation to meet customer needs and to make a profit.

- a) Business studies
- b) Entrepreneurship.

Ans: b) Entrepreneurship.

6. The key to environmental protection is to prevent the degradation of the \_\_\_\_\_ which is important for all living creatures.

- a) Natural Environment
- b) Space Environment

Ans: a) Natural Environment

*Answer any 3 questions out of the given 5 questions of 2 marks each:*

**7. Write the differences between Hearing and listening.**

**Ans:** Ans:

<b>Hearing</b>	<b>Listening</b>
1)Hearing is passive	Listening is active
2)Refers to the act of perceiving a sound through the ear	Refers to the act of making a conscious effort to perceive the sound
3)Does not require a conscious effort	Requires a conscious effort
4)Involuntary	Voluntary

**8. Enumerate any four basic personality traits.**

**Ans:**

- Extraversion: Gregarious, assertive, and sociable. (Opposite: reserved, timid, quiet.)
- Agreeableness: Cooperative, warm, and agreeable. (Opposite cold, disagreeable, and antagonistic)
- Conscientiousness: Hardworking, organized, and dependable (lazy, disorganized, and unreliable)
- Emotional stability: Calm, self-confident, and cool (insecure, anxious, and depressed)

**9. Name two software that can be used to create presentation.**

**Ans:**

- MS PowerPoint and Open Office Impress

**10. What should you keep in your mind while understanding your competitors in any business field?**

**Ans:**

- Positioning
- Pricing
- Offers
- Customer Relations

**11. Enlist any four green jobs.**

**Ans:**

- Construction worker, crew member
- Designer
- Carpenters
- Building planners and coordinators

## PART B: SUBJECT SKILLS (50 MARKS)

*Answer any 10 questions out of the given 12 questions: 1 Mark Each*

**12. Write the full form of POMR.**

**Ans:** Problem-oriented medical record.

**13. What do you mean by LAMA?**

**Ans:** Leave Against Medical Advice

**14. What do you mean by shredding?**

**Ans:** Waste is de-shaped or cut into smaller pieces.1

**15. Which color container is used for Pharmaceutical waste?**

**Ans:** Blue

**16. Which position is recommended if the patient has undergone through major surgery?**

**Ans:** Fowler's position

**17. Which drug is prescribed to reduce pain after surgery?**

**Ans:** Analgesic drugs

**18. \_\_\_\_\_ an acute injury or illness that poses an immediate risk to a person's life or long-term health.**

**Ans:** Medical emergency

**19. Name two Materials used in first aid box.**

**Ans:** Cotton wool and antiseptic cream

**20. What do you mean by skin tears?**

**Ans:** Thin and fragile skin

**21. The last stage of childhood is \_\_\_\_\_.**

**Ans:** Adolescence

**22. \_\_\_\_\_ is a key skill that helps throughout life.**

**Ans:** Self-management

**23. \_\_\_\_\_ is the ability to think clearly and rationally about what to do or what to think.**

**Ans:** Critical thinking

*Answer any 5 questions out of the given 7 questions of 2 marks each:*

**24. Write down four purposes of Documentation.**

**Ans:**

- Accurate and faster diagnosis leading to better treatment at lower costs of care, avoiding unnecessary investigations.
- Documentation of a patient's care promotes continuity of care 24 hours.
- Documentation helps in auditing and thus improving the quality of care
- The patient's record also serves as a document for the reimbursement process as well as a legal document of the patient's health status and the care received.

**25. Write short note about colour coding in biomedical waste management.**

**Ans:**

- Yellow- Anatomical waste, infectious waste
- Red- Contaminated plastic waste
- Black- Sharp waste like syringe, needle, etc
- Blue- Pharmaceutical waste and glass bottles.

**26. Enumerate four zones of operation theatre.**

**Ans:**

- Protective zone
- Clean zone
- Sterile zone and Disposal zone

**27. Enumerate four benefits of drills.**

**Ans:**

- Drills help to develop teamwork
- Drills help to develop self-confidence
- Drills help to prepare the emergency team to work under pressure
- Drills help to prepare the crew to work effectively in an emergency situation.

**28. What is the difference between infants and toddlers?**

**Ans:** Ans:

- Infants are 0 to 1-year-old, while toddlers are 1 to 3-year-old.

**29. Enumerate four basic problems of bones in elderly.**

**Ans:**

- Bones lose calcium.
- Bones get weaker and thinner.
- Disks of the spine get smaller, so some will have a curve in the spine
- Joints get less flexible and less mobile.

**30. Enumerate four diseases that can be caused due to stress.**

**Ans:**

- High blood Pressure
- Heart attack
- Headache
- Fatigue

*Answer any 5 questions out of the given 7 questions of 3 marks each:*

**31. Write down the purpose of transfer and discharge note.**

**Ans:** When a patient is transferred to another facility, either temporarily or permanently, a transfer note is written. This note may include the following:-

- Reason for transfer
- Method of transportation
- Person giving and receiving the report
- Notification of the patient, including vital signs and the treatments in progress.

A similar note is made when a patient is sent for a test within the same facility. When the patient returns to the unit, a similar note may be made.

**32. How can biomedical wastes be transported properly?**

**Ans:**

**Internal transport:**

The sanitation staff from the centralized team shall be responsible for transporting the different coloured polythene bags in garbage bins from the sluice room (a dedicated place where used disposables, such as incontinence pads, bed pans, and reusable products are cleaned and disinfected), nursing station, and treatment room of each ward. Push carts and garbage trollies designed for the purpose should only be used.

**External transport:-**

Only general waste collected in the black coloured plastic bags shall be transported in the vehicle by the Municipality authorities. The request shall be made by the hospital authorities to the Municipal authorities to send the vehicle once in day without any failure. The segregated biomedical waste should be transported to the Common Bio Medical Waste Treatment Facility (CBWTF) as per the latest Government of India 2016 guidelines.

**33. Name the instruments that can be kept in recovery room.**

**Ans:**

- (a) Suction machine
- (b) Oxygen
- (c) Sphygmomanometer
- (d) Equipment for intravenous infusion.

- (e) Blood transfusion equipment
- (f) Bed blocks
- (g) Respirator.
- (h) Railing cots
- (i) Cardiopulmonary resuscitation equipment

**34. Enumerate three common causes of fire.**

**Ans:**

- (i) Open Flames: Negligence in conducting hot work, such as welding, cutting, or grinding.
- Improper use of candles. Improper handling of flammable or combustible liquids or flammable gases in or near potential ignition sources. Matches and cigarettes that are improperly used, disposed of or left unattended near combustibles.
- (ii) Electrical: Damaged electrical conductors, plug wires, or extension cords. Use of faulty, modified, or unapproved electrical equipment. Insufficient space or clearance between electrical heating equipment and combustibles. Short or overloaded circuits. Loose electrical connections. Lighting.
- (iii) Cooking: Deep frying in pots or pans on stovetops. Unattended cooking appliances. Combustibles are located dangerously close to cooking equipment.

**35. In any emergency situation of fire, how can first aid be provided?**

**Ans:** To deal with fire emergencies, remember the short form “RACE,” i.e., Rescue, Alarm, Confine, and Evacuate.

- **R – Rescue/Remove:** Search and rescue is a team effort that needs planning, trained people, and coordination amongst the members. When you discover a small fire, you can rescue people in immediate danger, but you should do so without endangering your life. In case of big fires, evacuation should be done, and people should calmly exit via a safe Fire Exit.
- **A – Alarm/Alert:** Sound the alarm by pulling the fire box and calling from a safe distance. Dial the fire emergency number 101.
- **C – Confine/Contain:** Close all doors, windows, and other openings.
- **E – Evacuate/Extinguish:** Evacuate the building. In case it is necessary to enter the building, for example, to save people, take necessary precautions while entering the building.

**36. Enumerate three abilities that you should have as a critical thinker.**

**Ans:**

- Interpretation: Having the ability to understand the information you are being presented with and being able to communicate the meaning of that information to others.

- Analysis: Having the ability to connect pieces of information to determine what the intended meaning of the information was meant to represent.
- Inference: Having the ability to understand and recognize what elements you will need to determine an accurate conclusion or hypothesis from the information you have at your disposal.

**37. Which kinds of problems can arise in gastrointestinal problems of elderly people?**

**Ans:**

- Gums pull back from the teeth so the teeth may get loose.
- Increase in the number of cavities.
- Less feeling of thirst.
- Less muscle tone at the end of the oesophagus to the stomach.
- Less saliva and less digestion.
- Slower movement of the gastrointestinal tract.

*Answer any 3 questions out of the given 5 questions of 5 marks each:*

**38. How can the medical records be maintained?**

**Ans:**

- The records are kept under the safe custody of the GDA in each ward or department.
- No individual sheet is separated from the complete record.
- Records are kept in a place, not accessible to the patients and visitors.
- No stranger is ever permitted to read the records.
- Records are not handed over to the legal advisors without the written permission of the administration.
- All hospital personnel are legally and ethically obligated to keep in confidence all the information provided in the records.
- All records are to be handled carefully. Careless handling can destroy the records.
- All records are filed according to the hospital's custom so that they can be traced easily.
- All records are identified with the bio-data of the patients, such as name, age, ward, bed no, diagnosis, etc.
- Records are never sent out of the hospital without the doctor's permission.

**39. How can hospital wastes be managed properly during segregation, packaging, and transportation?**

**Ans:** The following points should be remembered while segregating, packaging, transporting, and storage of biomedical wastes:

- Biomedical waste shall not be mixed with other wastes.
- Biomedical waste shall be segregated into containers/bags at the point of generation in accordance with the latest Government of India guidelines 2016, before its storage, transportation, treatment, and disposal.

- If a container is transported from the premises where biomedical waste is generated to any waste treatment facility outside the premises, the container shall, apart from the label prescribed as per the latest guidelines 2016.
- Notwithstanding anything contained in the Motor Vehicles Act, 1988, or rules thereunder, untreated biomedical waste shall be transported only in such a vehicle as may be authorized for the purpose by the competent authority as specified by the government.
- No untreated biomedical waste shall be kept stored beyond a period of 48 hours. Provided that if, for any reason, it becomes inevitable to store beyond 48 hours, the authorized person must obtain permission from the prescribed authority and take measures to ensure that the waste does not adversely affect human health and the environment.

#### **40. Describe the Structure, roles, and responsibilities of an ERT.**

**Ans:**

- **ERT Team Leader:** Generally, the first ERT team member arriving on the scene becomes the team leader and is the designated Incident Commander (IC) until the arrival of someone more competent. He/she makes the initial assessment of the scene and determines the appropriate course of action for team members; assumes role of Safety Officer until assigned to another team member; assigns team member roles if not already assigned; designates triage area, treatment area, morgue, and vehicle traffic routes; coordinates and directs team operations; determines logistical needs and determines ways to meet those needs through team members or citizen volunteers on the scene; collects and writes reports on the operation and victims; and communicate and coordinates with the incident commander, local authorities, and other ERT team leaders.
- **Safety Officer:** The Safety Officer checks team members before deployment to ensure that they are safe and equipped for the operation. He/she determines whether the working environment is safe or unsafe and ensures team accountability. He/she supervises operations (when possible) where team members and victims are at direct physical risk, and alerts team members when unsafe conditions arise.
- **Fire Suppression Team (2 people):** The team suppresses small fires in designated work areas and assists the search and rescue team or triage team.
- **Search and Rescue Team (2 people):** The team searches and provides for the rescue of victims, as is prudent under the conditions, and assists the Fire Suppression Team.
- **Medical Triage Team (2 people):** They provide Simple Triage and Rapid Treatment (START) triage for victims found at the scene; marking victims with the category of injury as per the standard operating procedures and assisting the Fire Suppression Team or Rescue Team, if needed.
- **Medical Treatment Team (2 people):** The team provides medical treatment to victims within the scope of their training. This task is normally accomplished in the Treatment

Area; however, it may take place in the affected area as well. They may also assist the Fire Suppression Team and the Medical Triage Team as needed.

**41. Enumerate the basic precautions that should be taken for patients before sending them to operation theatre.**

**Ans:**

- The patient is given a long gown to wear, which opens on the back.
- The patient is given long socks to wear so that he/she does not feel embarrassed.
- Lipstick and nail polish are removed. This is important because the anesthetist has to note pallor and cyanosis, which will not be seen in the presence of the colour.
- The head is covered with a triangular bandage or a cap so that all hairs are covered.
- Dentures are removed.
- Spectacles or contact lenses are removed.
- All ornaments, including wrist watches, bangles, etc., are removed.
- A label is tied around the wrist of the patient, giving the following information.  
a. Name b. Indoor number c. Doctor's name d. Ward e. Diagnosis f. Operation to be done
- The patient is asked to pass urine. This avoids the risk of the development of urinary tract infection during catheterization.
- The drugs prescribed to be given pre-operatively are given. Appropriate records are maintained of the drug administration.

**42. How should you communicate with an elderly people?**

**Ans:**

- Give the person their eyeglasses and hearing aid, if they have one
- Speak slowly and clearly while facing the person
- Keep information simple
- Use words that the person can understand
- Use pictures and large print material • Provide enough light if the patient wants to read
- Keep sessions short
- Repeat communication as often as needed so that the patient can understand it and remember it
- Allow enough time for the patient. Some patients need more time than others
- Make sure that the area or room is quiet