

Health Care Sample Question Paper 2021 Solved

SECTION A: OBJECTIVE TYPE QUESTIONS

1 Answer any 4 out of the given 6 questions on Employability Skills (1 x 4 = 4 marks)

i. A _____ sentence allows us to share a lot of information by combining two or more related thoughts into one sentence.

- a) Simple
- b) Compound**
- c) Complex

ii. _____ contains icons for the most commonly used commands.

- a) Title bar
- b) Menu Bar
- c) Standard Bar**

iii. What does M stand for in SMART goal?

- a) Measurable**
- b) Moderate
- c) Modern

iv. _____ design and develop Solar farm systems.

- a) Wind Energy engineers
- b) Solar Energy engineers.**
- c) Air Energy engineers.

v. _____ is all about finding and listing your goals and then planning on how to complete them.

- a) Goal setting**
- b) Goal seeking
- c) Goal checking

vi. Listening with _____ shows that you respect and value what the other person is saying.

- a) Attention**
- b) Lack of interest
- c) Disrespect

2 Answer any 5 out of the given 7 questions (1 x 5 = 5 marks)

i. The patient's _____ is the permanent legal record.

- a) Medical record**

- b) Anecdotal record
- c) Personal record

ii. _____ is the note acknowledging the arrival of a new patient.

- a) Discharge note
- b) Transfer note
- c) **Admission Note**

iii. _____ in a timely manner can help avoid errors.

- a) **Documentation**
- b) Report generation
- c) Result analysis

iv. When a patient is transferred to another facility either temporarily or permanently, a _____ is written.

- a) Admission- note
- b) **Transfer -note**
- c) Patient teaching- note

v. An _____ is part of medical record that documents the patient's status, reasons why the patient is admitted for inpatient care to a hospital and the initial instructions for the patient's care.

- a) Discharge- note
- b) **Admission- note**
- c) Assessment- note

vi. Children of 1 to 3 years are called as _____.

- a) **Toddler**
- b) Infant
- c) Preschool child

vii. _____ is the fulfillment of the special needs and requirements that is unique to aged people.

- a) Child care
- b) Adult care
- c) **Elderly care**

3 Answer any 6 out of the given 7 questions (1 x 6 = 6 marks)

i. Children of 0 to 1 year old are called _____.

- a) Toddler
- b) **Infant**
- c) Preschool Children

ii. _____ keeps ticking as the cells of the body and the body itself changes.

a) **Biological clock**

b) Wall clock

c) Table clock

iii. _____ need to be conscious of actions and behaviors that cause older adults to become dependent on them and need to allow older patients to maintain as much independence as possible.

a) **Caregivers**

b) Doctors

c) Nurses

iv. Children of 12 to 18 years are called as _____.

a) School-aged children

b) **Adolescent**

c) Toddlers

v. Human tissues, organs or fluids, body parts and contaminated animal carcasses are called as _____.

a) Chemical waste

b) **Pathological waste**

c) Pharmaceutical waste

vi. Disposal of _____ wastes is done by autoclaving, hydroclaving, microwave or incineration.

a) **Microbiological and bio-technological**

b) Chemical

c) Anatomical

vii. Solvents and reagents used for laboratory preparations, disinfectants, and heavy metals contained in medical devices (e.g., mercury in broken thermometers) and batteries are called as _____.

a) Pathological waste

b) **Chemical waste**

c) Pharmaceutical waste

4 Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)

i. _____ color bag is used to store contaminated recyclable waste.

a) Yellow

b) **Red**

c) Blue

ii. _____ investigations are done, so as to ensure fitness for anaesthesia and surgery.

- a) Preoperative
- b) Operative
- c) Postoperative

iii. _____ drugs are used to reduce pain.

- a) Analgesic
- b) Antacid
- c) Sedative

iv. Expired, unused and contaminated drugs and vaccines are called _____.

- a) Cytotoxic waste
- b) Pharmaceutical waste
- c) Chemical waste

v. _____ is a room within a hospital, within which surgical operations are carried out in a sterile environment.

- a) Operating theater
- b) Nursing Station
- c) Recovery room

vi. The requirement of _____ varies with the type of surgeries routinely being done in a particular operating room.

- a) Factory equipment
- b) Medical equipment
- c) Laboratory equipment

5 Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)

i. The full form of ERT is _____.

- a) Emergency response team
- b) Emergency recovery team
- c) Emergency rescue team

ii. A _____ is administered on the night before surgery to reduce anxiety and ensure adequate rest.

- a) sedative
- b) analgesic
- c) antacid

iii. The Disaster Management Act passed in _____ provides for a detailed action plan right from the central government to the district and local levels to draw, implement and execute disaster management plans.

- a) 2006
- b) 2005**
- c) 2004
- d) 2003

iv. _____ team search and provide for rescue of victims, as is prudent under the conditions and assist the Fire Suppression Team.

- a) Medical Triage Team
- b) Search and Rescue Team**
- c) Medical Treatment Team

v. A goal should be _____, which means manageable and achievable.

- a) Realistic.**
- b) Rational.
- c) Supreme

vi. Having the ability to connect pieces of information together in order to determine what the intended meaning of the information was meant to represent is called _____.

- a) Evaluation
- b) Analysis**
- c) Interpretation

6 Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)

i. Write full form of DMC.

- a) Disaster Management Circle
- b) Disaster Management Cycle**
- c) Danger Management Cycle

ii. Having the ability to understand the information you are being presented with and being able to communicate the meaning of that information to others is called _____.

- a) Evaluation
- b) Analysis
- c) Interpretation**

iii. Pre-disaster measures to prevent or mitigate disasters are called _____ Management.

- a) Risk**
- b) Self
- c) Environmental

iv. _____ leads to **Physical damage, illness, quality of life, mental and social problems.**

- a) **Stress**
- b) Time
- c) Mind

v. _____ **thinking means different things in different disciplines.**

- a) Rational
- b) Creative
- c) **Critical**

vi. _____ **team provides medical treatment to victims within the scope of their training.**

- a) Medical Triage Team
- b) Search and Rescue Team
- c) **Medical Treatment Team**

SECTION B: SUBJECTIVE TYPE QUESTIONS

Answer any 3 out of the given 5 questions on Employability Skills (2 x 3 = 6 marks)

Answer each question in 20 – 30 words.

7. What do you mean by noun phrase and verb phrase?

Ans:

- A noun phrase is any noun or pronoun along with its modifiers.
- A verb phrase is any number of verbs working together.

8. How can you close any presentation?

Ans: A presentation can be closed in any one of the following ways:

- Select the Close option from the File menu.
- Click the Close Document button on the right side of the Menu bar.

9. How can you recognize any problem?

Ans: Every decision-making process starts with the problem or some discrepancy that exists between the desired and current state.

There is a desired state and an existing state. The difference between these two is the gap or problem that one must solve through the decision-making process.

10. Enumerate four benefits of teamwork.

Ans:

- Everyone has a role to play in a team, so the pressure to succeed is not on one individual
- It helps you to have a support system, as all team members help to fix any mistakes made by one team member

- You feel good when the team achieves success, and it builds your confidence
- The work gets done faster

11. List down the steps of green jobs to reduce greenhouse gas emissions.

Ans:

- Reuse, Reduce, Recycle, and Use less heat and reconditioning
- Replace your light bulbs and drive less, drive smart
- Buy energy-efficient products and use less hot water
- Use the off buttons and plant a tree.

Answer any 3 out of the given 5 questions in 20 – 30 words each (2 x 3 = 6 marks)

12. Explain about Problem-Oriented Medical Records.

Ans: There is an index list that defines each problem. Everything is itemized, and specific problems are organized into four parts. The main advantage is that it makes it easier to follow a course of treatment for a specific problem.

However, this type would be time-consuming as well, especially to file a new problem in it. The POMR consists of four components: the database, and the problem list, an initial plan for each problem, and a progress note for each problem.

13. Write down the role of office in charge in biomedical waste management.

Ans: The Officer in charge of Bio-medical Waste Management liaises with the Heads of Departments, Infection Control Officer, and Matron. He is a member of the Hospital Waste Management Committee. He is responsible for monitoring the program from time to time at various levels i.e., generation, segregation, collection, storage, transportation, and treatment (including disposal).

He is responsible for the circulation of all policy decisions and the hospital waste management manual. He is responsible for accident reporting in Form III to the prescribed authority.

14. Enumerate the information of label that is tied around the wrist of patient.

Ans: A label is tied around the wrist of the patient, giving the following information.

- Name and Indoor number
- Doctor's name and Ward
- Diagnosis
- Operation to be done

15. Explain the following:

a) Vulnerability Analysis

b) Zoning and land use management

Ans: a) Vulnerability Analysis: Assessing vulnerabilities of a megacity is fundamental to enabling counteractive measures before an expected earthquake disaster, as well as preparing for the post-earthquake response.

An example of vulnerability analysis is of a remote sensing system set up to assess the vulnerability of a megacity and to assess the risk of a hazard turning into a disaster in that megacity.

b) Zoning and Land Use Management: Zoning is a method of land use planning done by local governments. The word is derived from the practice of designating permitted uses of land based on mapped zones that separate one set of land uses from another.

16. Enlist four social problems that can be caused due to stress.

Ans: If we do not manage stress, then we may get into conflict with others, overreact to normal everyday things, show a lack of interest in one's usual activities, suffer loss of relationship with family and friends lose a job due to bad performance. Any four.

Answer any 2 out of the given 3 questions in 30– 50 words each (3 x 2 = 6 marks)

17. Enumerate three qualities a GDA should possess while communication with 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

18. Enlist the different medical equipment used in operation theater complex.

Ans: The common medical equipment includes:

- OT table(s) and OT lights
- Anaesthesia machine(s)/ Workstations
- Patient monitors (ECG, BP, Oxygen saturation, etc.)
- Defibrillator(s)
- Drugs and Drug Trolleys.
- Various surgical equipment is required for performing surgeries.

19. Write down main strategies of time management.

Ans:

- **Priorities:** You probably have a lot of things to do, so assess how important and how urgent the tasks are; then make sure high-priority tasks get done first and are not put off on a regular basis. Avoid time wasters!
- **Be specific:** Make the task as specific as possible.
- **Small bite-sized pieces:** It is easy to do small tasks. Try breaking tasks down into smaller sub-tasks.
- **Use all available time:** This is an especially good strategy if you are pressed for time.
- **Structure the environment:** Find a place, preferably one you can use regularly and with limited distractions.
- **Establish a routine:** We are creatures of habit. Use time management and scheduling tools to establish a routine.

Answer any 3 out of the given 5 questions in 50– 80 words each (4 x 3 = 12 marks)

20. Explain about following medical records.

a) Change of Shift Report

b) Transfer and Discharge Notes

Ans:

a) Change of Shift Report- During each shift, documentation of the patient's assessment is made. The "Change of Shift Report" is the communication between the nursing staff during shift changeover periods regarding patient care. At the end of each shift, nurses report information about their assigned patients to nurses working on the next shift. A handover report is usually given orally in person or during rounds at the bedside. Reports given in person or during rounds in the hospital permit nurses to obtain immediate feedback when questions are raised about a patient's care.

b) Transfer and Discharge Notes- 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 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 unit a similar note may be made.

21. How can the GDA help elderly to take care of Digestive problems?

Ans: The GDA can help patients in taking care of their digestion-related problems by performing the following activities:

- Advising smaller meals spread out during the day, sit up after a meal, rather than lying down, and provide a good diet with low fat and caffeine in case of a hernia.
- Encouraging NOT to drink wine or smoke and helping the person cope with stress, and reporting any pain or bleeding in stool to the doctor. 1
- When the GDA cares for a person with incontinence, the area must be washed with a no-rinse skin cleanser or alcohol-free wipes. The area should be air-dried. A special cream should also be used on clean, dry skin to prevent skin breakdown and to keep all stool away from the skin. Corn starch can also be used. 1
- The GDA should advise at least 20 to 40 grams of fibre/day, fruit, vegetables, beans, bran and whole grains, plenty of fluids such as water and juice, and exercise on a daily basis.

22. Enumerate four types of wastes that can be produced in hospital.

Ans: As per the nomenclature, the waste generated includes as following:

- General Waste: The waste generated from the office, administrative offices, kitchen, laundry, and stores.
- Sharps: Hypodermic needles, needles attached to tubing, scalpel blades, razor, nails, broken glass pieces, etc.

- Infected waste: Equipment and instruments used for diagnostic and therapeutic procedures, waste from surgery, like tissues and organs removed, and autopsy.
- Chemical waste: Formaldehyde is used for preserving tissues and organs, and fixers and developers are used in the radiology department. Solvents like xylene, acetone, ethanol, and methanol are used in laboratories.

23. Explain about zones of Operation theater complex.

Ans: The location and flow of patients, staff, and various equipment determine the OT complex to be divided into different zones. These zones are based on the need for variable levels of cleanliness and sterility.

Conventionally, the OT complex has been divided into four zones:

- 1. Protective Zone: It is the outermost entry/exit zone of the OT complex. It includes:
 - (a) Changing rooms for OT staff (doctors, nursing staff, and other support staff).
 - (b) Patient's waiting area and reception
 - (c) Rooms for Administrative Staff
 - (d) Stores and records room.
 - (e) Receiving area for various materials and equipment
- 2. Clean zone: It connects the protective zone to the aseptic zone. It includes:
 - (a) Pre-operating room
 - (b) Recovery room
 - (c) Store room for sterile equipment and consumables.
- 3. Sterile/Aseptic zone: It includes operating rooms, which are kept sterile. This zone includes:
 - (a) Operating room/suite in particular
 - (b) Scrubbing station/ room and gowning area/ room.
 - (c) Pre-Anaesthesia room
 - (d) Sterile Instruments trolley area.
- 4. Disposal Zone: Areas in this zone include the dirty utility and disposal corridor. Disposal areas from the operating room and connecting corridors lead to the Disposal zone. The connecting corridors are outside the aseptic zone.

24. Enumerate four benefits of drill.

Ans: Benefits of Drills:

- Drills help develop teamwork and help to develop self-confidence.
- Drills help to prepare the crew for responding rapidly and effectively in an emergency situation.
- Drills can help prepare the crew to make decisions under pressure, and Drills can help identify how procedures might be improved.
- Drills help the crew to become familiar with the equipment and procedures, and whether they are working properly.