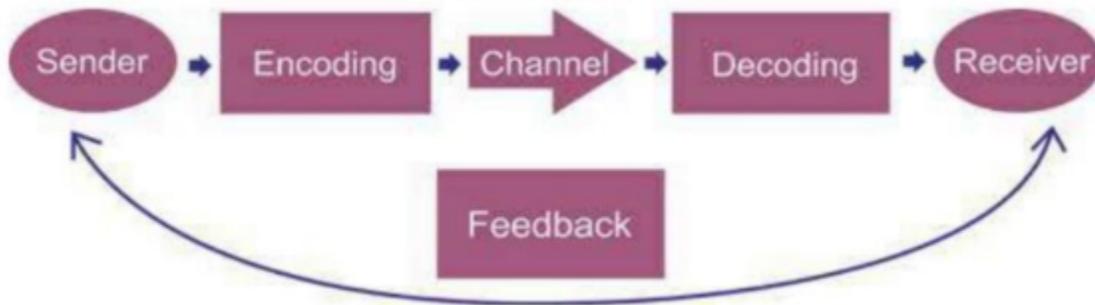


Health Care Sample Question Paper 2024 Solved

SECTION A: OBJECTIVE TYPE QUESTIONS

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

i.



Based on the above diagram, match the following:

1. Sender	A. Important in communication as it helps in knowing whether the receiver has understood the message or not
2. Receiver	B. Who encodes and sends a message through a channel
3. Feedback	C. Message from Sender to Receiver
4. Communication	D. Who decodes the message

- a) 1-B, 2- A, 3- D, 4- C
- b) 1-C, 2- D, 3- A, 4- B
- c) **1-B, 2- D, 3- A, 4- C**
- d) 1-B, 2- D, 3- C, 4- A

ii. is a state of feeling upset, annoyed, and hopeless.

- a) Aggression
- b) **Stress**
- c) Happiness
- d) motivation

iii. Shortcut key to underline text in a spreadsheet.

- a) ctrl + b
- b) ctrl + p
- c) ctrl + c
- d) **ctrl + u**

iv. Which one among the followings is a barrier in becoming a successful entrepreneur

- a) Plenty of funds
- b) Plenty of resources
- c) Adequate entrepreneurship training
- d) Fear of failure**

v. Vijay keeps detached and aloof, and is prone to introspection and fantasy. She shows little interest in forming personal relationships and seems to be emotionally cold. Identify the type of personality disorder.

- a) Schizoid personality disorder**
- b) Dependent personality disorder
- c) Paranoid personality disorder
- d) Avoidant personality disorder

vi. There is a garbage bin in your canteen, and it generally gets filled beyond capacity every day. What should you do?

- (i) Ask the canteen management to get a bigger bin**
 - (ii) Suggest ways to reduce the amount of garbage collected**
 - (iii) Throw garbage on the floor and walk away**
 - (iv) Talk to your friends about the problem**
- (a) A, B, C
 - (b) B, C**
 - (c) A, C, D
 - (d) A, D

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

i. They usually include the time of arrival, age, sex, and how the patient arrived, where the patient came from, medical diagnosis, chief complaint, general appearance, treatment in progress, allergies, vital signs, and notifications of the physician.

- a) admission notes**
- b) assessment notes
- c) discharge notes
- d) transfer notes

ii. 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. Identify the team that helps in an emergency situation.

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

iii. Traditionally, has been the responsibility of family members and was provided within the extended family home. Increasingly in modern societies, this care is now being provided by state or charitable institutions.

- (a) Elderly care**
- (b) Child care
- (c) Adolescent care
- (d) Adult care

iv. A goal can be broken into smaller and more manageable steps. Then it becomes possible to give a timeframe for achieving the goal. That means the goal should be .

- a) Realistic
- b) Action-based
- c) Time Limited**
- d) Simple

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

- a) OPD
- b) Laboratory
- c) Reception
- d) Operation theater**

vi. The is responsible for generating, segregating, collecting, storing and treating of the hospital waste.

- a) Hospital staff**
- b) Doctors
- c) Nurses
- d) Patients

vii. A key skill in is self-regulation. Self- regulation refers to individuals monitoring, controlling and directing aspects of their learning for themselves.

- a) Creative thinking
- b) Self-Management**
- c) Critical thinking
- d) Time – Management

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

i. zone t includes operation rooms which are kept sterile.

- a) Clean zone
- b) Sterile/Aseptic zone**
- c) Protective Zone
- d) Disposal Zone

ii. The team searches and provides for rescue of victims, as is prudent under the conditions, and assists the Fire Suppression Team. Identify the team that helps in emergency situation.

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

iii. The doctor's orders regarding the medication investigations, diet etc. may be written on separate sheets. This is called.

- a) Graphic chart
- b) Consent form
- c) Doctor's order sheet**
- d) Diet sheet

iv. Solvents and reagents used for laboratory preparations, disinfectants, sterilant and heavy metals contained in medical devices (e.g. mercury in broken thermometers) and batteries- Identify the waste material.

- a) Infectious waste
- b) Sharps waste
- c) Pharmaceutical waste
- d) Chemical waste**

v. 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. Identify the team that helps in an emergency situation.

- (a) Medical Treatment Team
- (b) Medical Triage Team**
- (c) Search and Rescue Team
- (d) Fire Suppression Team

vi. Old adults do not have the same appetite that they had when they were younger. Their need for large amounts of food and calories is lowered. They may also not want to eat. If the sense of taste and smell are gone, they may not enjoy food as much as they did when they were younger. The problem leads to

- (a) Endocrine system
- (b) Muscular system
- (c) Digestive system
- (d) Sensory system**

vii. Find a place, preferably one you can use regularly and with limited distractions.

Identify the strategy of time management:

- (a) Be specific
- (b) Priorities
- (c) Subtasking
- (d) Structure the environment**

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

i. The is responsible for the implementation, monitoring, and evaluation of hospital waste management from collection and storage of hospital waste to its final disposal.

- (a) Medical Superintendent/Director
- (b) Officer In charge of Waste Management
- (c) Heads/In charge of Labs/Units/Departments
- (d) In-charge Sanitation Inspector**

ii. Help to prepare the crew for responding rapidly and effectively in an emergency situation.

- (a) Dances
- (b) Drills**
- (c) Dramas
- (d) Songs

iii. Many older adults are confused and not able to understand. Less ability to understand.

This can be due to

- (a) Poor hearing and sight
- (b) Less ability to understand**
- (c) Less learning ability
- (d) A short attention span

iv. This certificate is given to the patient at the time of discharge from the hospital. It contains the diagnosis of the disease, the time period of hospital stays, treatment given. It is a document of medico-legal importance.

Identify the document.

- a) Wound certificate
- b) Accident cum wound register
- c) Discharge certificate**
- d) Police intimation

v. is the ability to think clearly and rationally about what to do or what to believe. It includes the ability to do independent thinking.

- a) Critical thinking**
- b) Creative thinking

- c) Problem solving
- d) Questioning

vi. This zone of operation theater connects the protective zone and aseptic zone. Identify the zone of operation theater.

- (a) Clean zone
- (b) Sterile/Aseptic zone
- (c) Protective Zone
- (d) Disposal Zone

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

i. Waste containing substances with genotoxic properties (i.e., highly hazardous substances that are mutagenic, teratogenic, or carcinogenic), such as cytotoxic drugs used in cancer treatment and their metabolites- Identify the waste material.

- (a) Cytotoxic waste
- (b) Radioactive waste
- (c) Pharmaceutical waste
- (d) Chemical waste

ii. The purpose of this is to provide personalized care.

- (a) Medical record
- (b) Staff record
- (c) Medicine record
- (d) Diet record

iii. This area is planned for IV-line insertion, preparation, catheter/ gastric tube insertion, connection of monitors, etc. Identify the sub-area of the operation theater.

- (a) Staff room
- (b) Holding area for patient
- (c) Post-anesthetic care units (PACU)
- (d) Laboratory

iv. They are not yet able to do anything for themselves. They depend on others to feed them and to keep them safe. They need to be loved. They need others to keep them clean and dry. They must feel that their needs will be met as soon as they begin to cry. Identify the age group of the child in the given condition.

- a) 5 to 12 years.
- b) 3 to 5 years
- c) 1 to 3 years
- d) Birth to 1 year

v. The complete cycle includes the shaping of public policies and plans that either modify the causes of disasters or mitigate their effects on people, property and infrastructure.

- (a) Cost Management
- (b) Friendship Management
- (c) Disaster Management**
- (d) Relationship Management

vi. In elderly people, the most common problem of eye is:

- (a) Gout
- (b) Bowel disorder
- (c) Skin rash
- (d) vision impairment**

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

i. Effective will help you to avoid stress and provide you with more opportunities to get involved in activities.

- (a) Entrepreneurial skill
- (b) Self-Management skill**
- (c) Communication skills
- (d) Green skill

ii. Human tissues, organs, or fluids, body parts, and contaminated animal carcasses are waste.

- a) Infectious waste
- b) Sharps waste
- c) Cytotoxic waste
- d) Pathological waste**

iii. In elderly people, the most common problem of bone is:

- a) Gout**
- b) Bowel disorder
- c) Skin rash
- d) vision impairment

iv. The purpose of documenting medical records is

- A. To provide better and evidence-based care.**
 - B. Avoid repeating investigations.**
 - C. Provide personalized care.**
 - D. Improved application of health policy decisions.**
- (a) A, B, and C
 - (b) B, C, and D
 - (c) A, B, and D

(d) A, B, C, and D

v. **Electrocardiography (ECG), Blood Pressure (BP), Oxygen saturation, etc, and Defibrillator(s) are used in operation theater as.**

- (a) Doctors monitor
- (b) Patient monitors**
- (c) Nurses monitor
- (d) Anesthetic monitors

vi. **As a GDA, you should develop the ability to identify the critical events in and take necessary steps to notify the concerned authority or prevent the spread.**

- (a) enjoyment
- (b) picnic
- (c) get-together
- (d) disaster**

SECTION B: SUBJECTIVE TYPE QUESTIONS

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

7. Enumerate the stages of Active listening.

Ans:

The five stages of active listening are as follows.

- Receiving: It involves listening attentively.
- Understanding: It is an informed agreement about something or someone.
- Remembering: It refers to the retrieval or recall of some information from the past.
- Evaluating: It is about judging the value, quantity, importance, and amount of something or someone.
- Responding: It is about saying or doing something as a response to something that has been said or done.

8. Pratim's brother is a student and has a careless approach to whatever he does. Mention and explain any two techniques to help him maintain a positive outlook in the long run. Give any two techniques that help to maintain a positive outlook.

Ans:

The Following are the two techniques :

- Healthy diet: A healthy and balanced diet is important for a healthy body and mind.
- Physical exercise and fresh air: Following a healthy lifestyle is essential for students.

9. Write down the steps involved in saving a spreadsheet in PDF format.

Ans:

The steps involved in saving a spreadsheet in PDF format are:

- Click on the export directly as PDF ICON on the standard bar. This will export the entire document using the default PDF settings.
- The export dialog box appears.
- Select the drive and the folder where we want to save the file.
- Type the file name and click ok button.

10. What are the benefits of entrepreneurial competencies?

Ans:

Benefits of Entrepreneurial Competencies

- Take actions to implement your ideas.
- Understanding the need or the problem your offering is fulfilling or solving.
- Strategizing and planning the steps that need to be taken.
- Preparing an action plan and timeline.
- Networking with stakeholders.
- Interacting with customers.
- Gaining and analyzing insights.
- Building and motivating a team. Any 4

11 What are the benefits of green jobs?

Ans:

Green jobs help:

- Increase the efficiency of energy and raw materials.
- Reduce greenhouse gas emissions.
- Control waste and pollution.
- Protect and restore ecosystems.
- Support adaptation to the effects of climate change.

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

12. After the surgical process, how can the diet be introduced to the patient gradually?

Ans:

- (a) After the patient has fully recovered from anesthesia and is feeling nauseated, he/she is initially given sips of water to drink. When he/she is found to tolerate that well, he is given liquids orally, e.g., tea, coffee, coconut water, fruit juices, etc., gradually. But the condition depends on the type of surgery & patients' consciousness.
- (b) The next day, he/she is given a soft diet in non-gastric intestinal surgery. The following day, he is given a balanced diet.

13. What do you mean by POMR? How can it be useful?

Ans:

Problem-Oriented Medical Records (POMR).

There is an index list that defines each problem. Everything is itemized, and specific problems are organized into four parts. The main advantage of it 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, the problem list, an initial plan for each problem, and a progress note for each problem.

14. How can you use your time wisely while managing yourself?

Ans:

Everybody is increasingly aware of the cost of time.

Individuals and departments are held accountable for their use of time. Goals are clearly defined and financial penalties are incurred for missed deadlines. School culture can have an important influence on how students use their time. In too many schools, working long hours is equated with working hard. If you leave on time, you may often decrease efficiency and productivity. The rewards will be the ability to control your workload and more time to focus on the most important aspects of your activities.

15. How does the Sanitation Inspector play an important role in the waste management of a hospital?

Ans:

Role of Sanitation Inspector

The In-Charge Sanitation Inspector is responsible for the implementation, monitoring, and evaluation of hospital waste management from the collection and storage of hospital waste to its final disposal. He/she attends the Hospital Waste Management Committee meetings and ensures the training of the staff. Regular in-service training and evaluation of the sanitation attendants is carried out by him/her. He/she shall also provide feedback information to the Officer in charge of waste management in case of accidents and spills.

16. Write a short note about the Medical Triage Team.

Ans:

Medical Triage Team (2 people):

They provide Simple Triage and Rapid Treatment (START) triage for victims found at the scene, marking victims with a category of injury as per the standard operating procedures and assisting the Fire Suppression Team or Rescue Team, if needed. The START system was developed to allow first responders to triage multiple victims in 30 seconds or less based on three primary observations: Respiration, Perfusion, and Mental Status.

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

17. What do you mean by self-management skill? How can this skill be helpful to you throughout your life?

Ans:

Self-management is a key skill that will help you throughout your life. It involves setting goals and managing your time.

Developing your motivation and concentration skills will help you to overcome the problems. Effective self-management will help you to avoid stress and provide you with more opportunities to get involved in activities. A key skill in self-management is self-regulation. Self-regulation refers to individuals monitoring, controlling, and directing aspects of their learning for themselves.

18. How can you take care of the muscle problems in elderly people?

Ans:

Taking Care of Muscle Problems

Regular exercise is very important to maintain and improve muscle function. The GDA should help the patient to do a range of motion exercise so that they can move their muscles and joints completely. GDA and other members of the team often help and/or remind the patient or a resident to perform these exercises.

When a person is not able to do these transfers, they must depend on others for help, and GDA can do it in a better way. Teach the patient to practice how to walk up and down stairs using a handrail. When a person walks up the stairs, they should put their good leg up on the stair and then bring up the weak one.

19. After the surgical process, when the patient feels better, early mobilization is allowed to reduce the risks of some complications. Which are they?

Ans:

Early mobilization reduces the risk of the following complications.

- Deep vein thrombosis.
- Pulmonary embolism
- Hypostatic pneumonia.

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

20. How can Prithvi, as part of the medical treatment team, play an important role in an Emergency situation?

Ans:

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. The team members have to work under the supervision of the ERT team leader and communicate with him/her.
- Because every ERT member in a community receives the same core instructions, all team members have the training necessary to assume any of these roles. Hasty teams may be formed by whichever members are responding at the time.
- Members may need to adjust team roles due to stress, fatigue, injury, or other circumstances.

21. What are the different zones of operation theater? Show by a schematic diagram.

Ans:



22. Why should we take care of the thinking and learning abilities of Elderly people?

Ans:

Thinking and Learning Abilities

The thinking and learning abilities of older adults affect how we communicate, instruct, and teach them and their family members. Older adults need special care during communication and instruction for doing exercise, etc. They often have a physical and mental problem that can interfere with learning and thinking.

Older adults may have:

- A short attention span: Old adults may not be able to understand long and detailed information. They may do better with short instructions.
- Less learning ability: Old people may not be able to learn new things as well as they did in the past.
- Less ability to understand: Many older adults are confused and not able to understand.
- An inability to communicate: Older adults may not be able to speak and ask questions. After a stroke, many patients have aphasia, a lack of ability to speak.
- Poor hearing and sight: Vision and hearing get poorer as humans age. GDA and others must give a patient their eyeglasses and/or their hearing aid so they can communicate easily.

23. Enumerate four color categories of waste disposal. Show by tabular format, which color code is used for which type of waste?

Ans:

S.No.	Category	Type of waste	Colour & Type of Container
1	Yellow	<ul style="list-style-type: none"> ● Human Anatomical Waste ● Animal Anatomical Waste ● Soiled Waste ● Discarded or Expired Medicine ● Microbiology, Biotechnology, and other clinical laboratory waste ● Chemical waste (yellow-e) ● Chemical Liquid Waste 	Yellow coloured non-chlorinated Plastic Bags Note: (i) Chemical Waste (yellow-e) comprising unused residual or date-expired liquid chemicals, including spent X-ray hypo, should be stored in yellow container
2	Red	Contaminated Waste (Recyclable)	Red Coloured Non-Chlorinated Plastic Bags (having a thickness of more than 50 μ) and Containers
3	White	Waste Sharps, including metals	White-coloured translucent, puncture-proof, leak-proof, temperature-proof containers
4	Blue	Glassware and Metallic Body Implants	Puncture-proof, leak-proof boxes or containers with blue coloured marking

24. Differentiate between Symptom notes and medication notes.

Ans: Symptoms and Complaints

Any symptoms or complaints by the patient should be documented in detail. This can include subjective or objective data and must be specific in terms of location, duration, intensity, amount, size, and frequency. While documenting, the complaints of the patient, care given, and response of the patient are also noted.

Medications and Treatments

Usually, there will be a medication administration record. When all the medicines are administered, charting is done. If any medication is not given, the reason for that should be documented, and it is better to inform the physician concerned. Time, route, and dosage of medicine and the reason for administration, and the response of the patient are also documented.