

Class 12 Health Care Sample Paper 2026 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. Which of these sentences is in passive voice?

- (a) They are watching a movie.
- (b) The clock was repaired by Raju.**
- (c) He is sleeping in the room.
- (d) My pet dog bit the postman.

ii. This personality disorder is marked by an overreliance on other people to meet one's emotional and physical needs

- (a) Dependent**
- (b) Obsessive
- (c) Avoidant
- (d) Borderline

iii. A is a systematic display of information. It consists of a number of slides containing text, videos, images and graphs.

- (a) Presentation**
- (b) Database
- (c) Spreadsheet
- (d) Word processing

iv. Harish has a rug business in India. He wants to start exporting rugs to Canada but does not know if they would sell there. The barrier he is facing is

- (a) Self-doubt**
- (b) Lack of plan
- (c) Selecting the right business idea
- (d) Getting capital

v. Mona is helping her sister to overcome a personality disorder. What should she do?

- (a) Talk to her sister
- (b) Engage her in hobbies
- (c) Help her build confidence
- (d) All of the above**

vi. Rita's children fall sick very often. They have cold and cough every month. What should Rita do?

- (a) Grow organic food in kitchen garden
- (b) Use air purifiers with HEPA filters**
- (c) Keep them inside the house all the time

(d) Paint her house with non-VOC paint

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

i. If a patient is transferred to another facility either temporarily or permanently, which kinds of notes are written?

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

ii. The security personnel should, therefore, be trained in rescue and search operations. In India, the CISF has been designated as one of the agencies to respond in the case of a disaster striking any part of the country. Write down the full form of CISF.

- (a) Central Industrial Security Force**
- (b) Central Investigation Security Force
- (c) Central Investigation Social Force
- (d) Central Industrial Social Force

iii. What kind of care emphasizes the social and personal requirements of senior citizens who need some assistance with daily activities and health care, but who desire to live with dignity?

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

iv. What is a reaction to some change that upsets our balance? It is a reaction to physical or mental changes in our life.

- (a) motivation
- (b) stress**
- (c) management
- (d) skill

v. Which zone is the outermost entry/exit zone of the OT complex?

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

vi. Syringes, needles, disposable scalpels and blades, etc are waste. They should be managed in proper way. What kind of waste is this?

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

vii. This skill can be defined as the intellectually disciplined process of actively and skillfully conceptualizing, applying, analyzing, synthesizing, and/or evaluating information gathered from, or generalized by, observation, experience, reflection, reasoning, or communication, as a guide to belief or action or argument. Which skill is this?

- (a) Critical thinking**
- (b) Creative thinking
- (c) Problem solving
- (d) Questioning

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

i. It contains a medication station, hand washing station, nurse station, storage space for stretchers, supplies, and monitors/ equipment, and gas, suction outlets, and ventilator. Identify the sub-area of the operation theater.

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

ii. The team suppresses small fires in designated work areas and assists the search and rescue team or triage team. Identify the team, who help in emergency situation.

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

iii. This is a document which is sent by the hospital informing about a medico-legal case. Identify the document.

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

iv. Products contaminated by radionuclides including radioactive diagnostic material or radio therapeutic materials; and Non-hazardous or general waste: waste that does not pose any particular biological, chemical, radioactive, or physical hazards- Identify the waste material.

- (a) Infectious waste
- (b) Radioactive waste**
- (c) Pharmaceutical waste
- (d) Chemical waste

v. These events are usually conducted in schools, offices, factories, and other such facilities. The kinds of events usually depend on the possible emergencies that could occur in those areas. Identify the event.

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

vi. When human body gets old, the system slows down and it does not work as well as it did in the past. For example, digestion slows down. Foods that are eaten take longer to digest. It also takes longer to burn the calories that we eat. The problem leads to

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

vii. 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. 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. Nosocomial infections are infections that have been acquired in a ___ and are potentially caused by organisms that are resistant to antibiotics.

- (a) Home
- (b) School
- (c) Hospital**
- (d) Laboratory

ii. It involves planning to respond to a disaster. It includes plans, emergency exercises or training, and warning systems. Identify the phase of disaster management.

- (a) Preparedness**
- (b) Mitigation
- (c) Response
- (d) Recovery

iii. Old people may not be able to learn new things as well as they did in the past. 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 is usually maintained by the casualty medical officer. Recording the nature of wound & trauma. In case the patient requests, medical certificate may have to be issued by the hospital. Identify the document.

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

v. First, make sure the first person you manage every day is yourself. Take good care of yourself outside of work so that you bring your very best to work. And while you are at work, you should be all about the work, your work that is. Which skill is this to develop?

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

vi. are mainly utilized by the surgical departments for conducting various surgeries with the help of the anesthesia department, with other paramedical staff. The optimal management of various surgeries requires a team approach, including various departments and support units.

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

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

i. The overall responsibility of along with the infection control committee, is to implement the guidelines for hospital waste management and ensure that waste is handled without any adverse effect on human health and environment.

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

ii. 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**

iii. Moist is given by face mask or nasal catheter if the patient has undergone major.

- (a) CO₂
- (b) N₂
- (c) SO₂
- (d) O₂**

iv. Mrs. Maya Devi is 77-year-old lady is suffering from the problem of cataract. So, she has visited to ophthalmologist and the doctor said that in elderly people, most common problem of eye is:

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

v. The cycle illustrates the ongoing process by which governments, businesses, and civil society plan for and reduce the impact of disasters, react during and immediately following a disaster, and take steps to recover after a disaster has occurred.

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

vi. They begin to take care of themselves and do things on their own. They learn to control themselves and what they do. They learn how to walk around, feed themselves, use the toilet, and control their own behavior. They also want to be with their parents. They do not like people whom they do not know. 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

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

i. Effective skills will help you to avoid stress and provide you with more opportunities to get involved in activities. What kind of skill is this?

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

ii. Hema is working in the hospital laboratory and she is responsible of disposal of microbiological and bio-technological wastes. What process can be done by Hema to dispose these wastes?

- (a) Autoclaving**
- (b) Drainage
- (c) Landfilling
- (d) Way same like general waste

iii. Older adults may not be able to speak and ask questions. After a stroke, many patients have aphasia, a lack of ability to speak. This can be due to

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

iv. What are includes in Problem-focused charting?

- (a) A - Assessment**
P - Problem identification
I - Intervention
E - Evaluation
- (b) A - Assessment
P – Patient identification
I - Introduction
E - Evaluation
- (c) A – Achievement
P - Problem identification
I - Interrogation
E - Evaluation
- (d) A - Action
P - Patient identification
I - Intervention
E – Evaluation

v. is seen often after abdominal surgery. This may cause uneasiness the patient, it gradually reduces with early ambulation.

- (a) Headache
- (b) Flatulence**
- (c) Increased BP
- (d) Increased Pulse rate

vi. A ___ results from the combination of hazard, vulnerability, and insufficient capacity or measures to reduce the potential chances of risk.

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

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. Write a short note about paragraph.

Ans: A group of sentences forms a paragraph. While writing a paragraph, make sure the sentences have a

common idea. When you want to write about a different idea, make a new paragraph. For example, if you are writing about your school, the first paragraph can be of sentences about the name, location, size, and other such details.

8. List any two points of importance of self-motivation.

Ans:

- It increases an individual's energy and activity.
- It directs an individual toward specific goals.

9. Write four steps to insert a text box in a slide.

Ans:

- Open the Insert tab.
- In the Text group, click the Text Box command.
- Click on the slide and drag the cursor until the text box takes the desired width.
- Then release the mouse.

10. Explain any two values which make an entrepreneur.

Ans: Honesty, passion, determination, and confidence

11. How can green jobs be important in solar and wind energy?

Ans: Eco-tourism is intended to provide an experience to visitors to understand the importance of conserving resources, reducing waste, enhancing the natural environment, and reducing pollution. This helps improve public image as the visitors feel good about being in an environmentally friendly place. Green jobs in eco-tourism include eco-tour guides and eco-tourism operators.

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, the diet can be introduced to patient gradually. After any surgical process, diet plays important role in recovery of patient. But it's difficult for patients to digest the normal diet at initial stage. How can the diet be introduced gradually to patient?

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 & the patient's 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. Why is it important to maintain the confidentiality of medical records of patients?

Ans: All patients' records are confidential files that require written permission from the patient for them to be copied. Information within the chart is often of a personal matter as well as legal evidence of the care provided, and should not be available to the insurance companies or third parties without the written permission of the patient. Those who require a patient's information from records need to go through the proper channel, which varies with the policies of the hospital.

14. Time management is important skill to be organized. How can you manage your time wisely to be more productive?

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 student 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 can the infections be transmitted by various routes?

Ans: The routes of transmission of infection can be:

- a) Airborne, for example, through inhalation of hospital dust.
- b) Direct contact, for example, through abrasions on the skin or through the mucous membrane.
- c) Faeco – oral route, for example, through ingestion of food, water with contaminated hands
- d) Parenteral route during the process of injections and infusions ,or through equipment and materials.

16. In emergency situation Medical Triage team helps to rescue people. How can they help in emergency situation?

Ans: Medical Triage Team (2 people):

They provide Simple Triage and Rapid Treatment (START) triage for victims found at the scene, marking victims with category of injury as per the standard operating procedures, and assist 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. When you are managing your time, how will you make your To Do List?

Ans: To Do List

- Plan your day, taking into account your master schedule and the goals for the week.
- When you have finished a study task, cross it off your timetable or list.
- Avoid too much detail - a schedule has to remain flexible.

18. How the age groups can be classified?

Ans:

Age Groups	Age Span
Infant	Birth to 1 year
Toddler	1 to 3 years
Preschool child	3 to 5 years
School age child	5 to 12 years
Adolescent	12 to 18 years
Young Adult	18 to 45 years
Middle Age Adult	45 to 65 years
Old Adult	Over 65

19. Write down the role of following sub-areas of Operation Theater.

Ans:

- (1) Pre-operative check-in area (reception) - It is used to maintain privacy, for changing clothes and wearing a gown, and to provide lockers and lavatories for staff.
- (2) Holding area for patient- This area is planned for IV-line insertion, preparation, catheter/gastric tube insertion, connection of monitors, etc.
- (3) Anesthesia Induction room - It provides space for anesthetic trolleys and equipment as per performing anesthesia-related interventions

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

20. How the ERT team leader, Prajakta can help in emergency situation?

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 the 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 (water, food, medical supplies, transportation, equipment, and so on) 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 communicates and coordinates with the incident commander, local authorities, and other ERT team leaders.

21. In post-operative care, how Mr. Mehra, the patient will be treated in following conditions?

a) Patient who have undergone abdominal surgery.

b) Patient who is unable to breathe on his own.

c) Patient is unable to go for urination.

d) Patient has wound in the place of surgery.

Ans:

- a) Patients who have undergone abdominal surgery
- b) Patient who is unable to breathe on his own: If the patient is unable to breathe on his own, he may require endotracheal intubation or tracheostomy and ventilation using a mechanical ventilator.
- c) Patient is unable to go for urination: If all measures fail at relieving the retention of urine, the bladder is catheterized. Repeated episodes of retention of urine are managed by the use of a self-retaining urinary catheter.
- d) Patient has a wound in the place of surgery: The dressing on the wound is not changed unnecessarily to reduce the risk of wound infection. It is changed if it gets soaked by blood or discharge. In case of wound infection, the dressing is changed as frequently as required.

22. Enumerate four vital signs and show how they can be different in Infant, Child, and Teen. Show in tabular form.

Ans:

Vital Sign	Infant	Child	Pre-Teen/Teen
	0 to 12 months	1 to 11 years	12 and up
Heart Rate	100 to 160 beats per minute (bpm)	70 to 120 bpm	60 to 100 bpm
Respiration (breaths)	0 to 6 months 30 to 60 breaths per minute (bpm) 6 to 12 months 24 to 30 bpm 0 to 6 months	1 to 5 years 20 to 30 (bpm) 6 to 11 years 12 to 20 bpm	12 to 18 bpm
Blood Pressure (systolic/diastolic)	65 to 90/45 to 65 millimeters of mercury (mm Hg) 6 to 12 months 80 to 100/55 to 65 mm Hg	90 to 110/55 to 75 mm Hg	110 to 135/65 to 85 mm Hg
Temperature	All ages 98.6 F (normal range is 97.4 F to 99.6 F)	All ages 98.6 F (normal range is 97.4 F to 99.6 F)	All ages 98.6 F (normal range is 97.4 F to 99.6 F)

23. How Pratul, as the part of the Hospital Waste Management Committee can play important role in Waste management?

Ans: Functions of the Hospital Waste Management Committee

- To ensure the circulation of Bio-medical Waste Rules and guidelines in the Departments.
- To conduct awareness programmes regarding biomedical waste management.
- To conduct training programmes for Medical Professionals, Nursing Professionals, General Duty Assistants, and other staff on biomedical waste Management.
- To hold a meeting of the Hospital Waste Management Committee and formulate a detailed plan of action regarding segregation, collection, storage and transport of waste. To procure the items required in this regard and make them available.

24. When Mr. Khetri met with an accident on the road, he was taken to hospital, and Vimal takes care of all the medico-legal documentation part. Briefly explain about the important documents that can be maintained by the hospital in Medico-legal cases.

Ans: The important documents to be maintained by the hospital in Medico-legal cases are as follows:

- (i) Police intimation: This is a document that is sent by the hospital informing about a medico-legal case.
- (ii) Wound certificate: This document describes the nature of the wound and its importance; this is given on request by the police. It must be duly signed by the medical officer who has attended the patient.
- (iii) Discharge certificate – 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.
- (iv) Accident cum wound register: this is usually maintained by the casualty medical officer. Recording the nature of the wound & trauma. In case the patient requests, a medical certificate may have to be issued by the hospital.