

Faith Academy
Model Paper, 22-23
Class XII
Health Care Theory (813)

Time: 3 Hours

Maximum Marks:60

General Instructions:

1. Please read the instructions carefully.
 2. This Question Paper consists of 24 questions in two sections – Section A & Section B.
 3. Section A has Objective type questions carrying one marks each.
 4. Section B contains Subjective type questions of two, three and four marks respectively.
 5. The candidate has to answer the questions in the allotted (maximum) time of 3 hours.
 6. All questions of a particular section must be attempted in the correct order.
 7. Do as per the instructions given.
-

SECTION-A

Q. 1 Answer any 4 out of the given 5 questions on Employability Skill- (4 x 1 = 4marks)

1. A person suffering from schizoid personality disorder may exhibit the symptom of
 - a) Detached and indifferent
 - b) Extremely nervous
 - c) Impulsive action
2. Which of the following features is used to perform addition in spreadsheets?
 - a) Format option
 - b) Graphs
 - c) Formula
3. _____ keeps ticking as the cells of the body and the body itself changes.
 - a) biological clock
 - b) Wall clock
 - c) Table clock
4. Entrepreneurial behaviour requires certain knowledge, skills or personality profile and it is called as _____.
5. In case of the motivation, an individual demonstrates a desire to do his/her work without any external reward. It is coming from inner mind. Which kind of motivation is this?
 - a) Physiological motivation
 - b) Psychological motivation
 - c) External motivation
 - d) Internal motivation

Q. 2 Answer any 5 out of the given 6 questions-

(5 x 1 = 5 marks)

6. Ranjit's Grandfather is suffering from pain in his knee for long 5 years. Now he is 75 years old. What problem is he facing?

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

7. Mehul's Grandmother is now 70 years old. She may not be able to understand long and detailed information. She may do better with short instructions. This can be due to-

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

8. Having the ability to understand the information you are being presented with and being able to communicate the meaning of that information to others. Which quality of critical thinking is this?

9. This bar of a Calc Screen contains icons (buttons) to provide quick access to commands such as New, Open, Print, Copy and Paste etc. Which is this bar?

- a) Title bar b) Menu bar c) Standard bar d) Task bar

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

11. Traditionally, this care 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. Identify the type of care that we are following in our daily life for our respectable persons.

- a) Elderly care b) Childcare c) Adolescent care d) Adult care

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

12. Disposal of wastes is done by autoclaving hydroclaving, microwave or incineration-

- a) Microbiological and bio-technological
b) Chemical
c) Anatomical

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

14. The team searches and provides for rescue of victims, as is prudent under the conditions and assist the Fire Suppression Team. Which kind of team is this to help in emergency?

15. rescue refers to search and rescue activities that occur in a mountainous environment.

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

17. Rohit Uncle is a diabetic patient. He must follow the diet in strict manner to keep his glucose level in normal value. Doctor has also suggested him to check for some parameters of blood every year and keep the record. The purpose of this record is to provide personalized care. Identify the record.

- A) Medical record b) Staff record c) Medicine record d) Diet record

18. Rohan begins to take care of himself and do things on his own. He learns to control himself and what he does. He learns how to walk around, feed himself, use the toilet and control his own behavior. He also wants to be with his parents. He does not like people that he does not know. What can be the age of Rohan?

- a) 5 to 12 years. B) 3 to 5 years c) 1 to 3 years d) birth to 1 year

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

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

- a) Risk b) Self c) Environmental

20. 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

21. As the body ages, the bones lose the specific mineral, get weak, thin, brittle, and weak. We can get back the mineral by drinking milk, or by taking dairy products mainly. Which kind of mineral is this?

- a) Magnesium b) Calcium c) Iron d) Manganese

22. If you are working as GDA in any hospital and you are responsible for the Disposal of waste materials. How can you dispose the pharmaceutical wastes?

- a) Autoclaving b) Drainage c) Landfilling d) Way same as general waste.

23. Meghna is responsible for generating, segregating, collecting, storing, and treating of the hospital waste. What role she is playing in hospital?

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

24. Baby Rahul has taken birth in this place and has acquired Nosocomial infections that have been potentially caused by organisms that are resistant to antibiotics. In which place has he taken birth?

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

SECTION B: SUBJECTIVE TYPE QUESTIONS

Q5. Answer any 5 out of the given 6 questions on Employability Skills - (5 x 2 =10marks)

Answer each question in 20 – 30 words.

1. Indicate four most common environmental barriers faced by entrepreneurs.
2. Suggest two ways to manage stress.
3. Give importance of self-motivation.
4. Explain paranoid and schizoid type of personality.
5. Differentiate between attitude and behaviour.

6. Describe any four qualities required for a successful entrepreneur.

Q6. Answer any 4 out of the given 5 questions in 20 – 30 words each- (4 x 2 = 8 marks)

7. Write down four purposes of Medical Documentation.

8. Describe how to prepare a “TO DO” list?

9. Mention any four aims of planning operation theatre.

10. What can be the major consideration for disaster management plan?

11. How should a GDA communicate with an elderly people?

Q7. Answer any 2 out of the given 3 questions in 30– 50 words each - (2x 3= 6 marks)

12. Write down main strategies of time management.

13. If you want success in your life, then you must be developed personally. For that you must maintain some activities in your daily life. Which kind of activities can these be?

14. Enumerate the cause of urine retention and measure to overcome them in post-operative period.

Q8. Answer any 4 out of the given 5 questions in 50– 80 words each- (4x 4 = 16marks)

15. Operation theatres are mainly utilized by the surgical departments for conducting various surgeries with the help of the anaesthesia department with other paramedical staff, the optimal management of various surgeries requires a team approach including various departments and support units. There should be perfect planning of the OT scheduling, timely preparation, complete Pre-anaesthesia check-up (PAC), preoperative treatment and shifting of patient to OT With the advancement in technology and improvement of the surgical skills, more complex surgeries are being done and include, simultaneously, various other specialties. (a) What is the basic use of medical furniture in hospital? (b) Who can basically get the chance to work in operation theatre?

16. Describe any two situations in a hospital that require critical thinking.

17. Enumerate four benefits of drill.

18. Everything in nature is made up of five basic elements: (i) earth, (ii) water, (iii) fire, (iv) air, and (v) space. Each of the five elements has a certain relationship with the other elements. These relationships form the laws of nature. An element could support or act as an enemy to the other element. For example, air (contains oxygen) supports fire, but water can block the spread of fire. Therefore, in order for them to co-exist, fire and water need to be separated. Fire is the rapid oxidation of a material in the chemical process of combustion, releasing heat, light and various reaction products. The flame is the visible portion of the fire and consists of glowing hot gases. Fire has the potential to cause physical damage through burning.

(a) Name three elements that are necessary for a fire to ignite and how they are responsible?

(b) Enumerate the common causes of open flames.

19. Evacuation and safety instructions are displayed conspicuously at different prominent places. Describe its importance giving some common signages.

ANSWER KEY OF HELTH CARE MODEL PAPER

1. a) Detached and indifferent
2. c) Formula
3. a) biological clock
4. Entrepreneur competence
5. d) Internal motivation
6. a) Gout
7. d) A short attention span
8. Interpretation
9. c) Standard bar
10. stress
11. a) Elderly care
12. a) Microbiological and bio-technological
13. Bio-medical waste
14. Search and Rescue Team
15. Air and Sea
16. Disaster
17. a) medical record
18. c) 1 to 3 years
19. a) Risk
20. b) 2005
21. b) Calcium
22. c) Landfilling
23. a) Hospital staff
24. c) Hospital

Q5.1 Fear of failure, The Fear of not being an expert, Fear of being pushed into uncomfortable situations and Fear of taking risks.

5.2 Express your feelings, use time management skills, eat a healthy diet, keep a positive attitude (Believe in yourself. Accept the things you cannot change) and Physical exercise is a great stress buster. Walk, swim, ride a bicycle, run or do Yoga. Exercise every day.

5.3 Self-motivation is important because- • It increases individual's energy and activity. • It directs an individual towards specific goals. • It results in initiation and persistence of specific activities • It affects cognitive processes and learning strategies used for completing similar tasks.

5.4 **Paranoid type of personality**-Feeling extremely nervous and worried because you believe that other people do not like you or are trying to harm you.

Schizoid type of personality- Is characterized by a lack of interest in social relationships and people tend to be distant, detached and indifferent.

5.5 **Attitude** involves mind's predisposition to certain ideas, values, people, systems, institutions; **behaviour** relates to the actual expression of feelings, action or inaction orally or/and through body language.

Attitude plays an important role in our thought process and behaviour. An attitude can be positive or negative, but generally, it has more of an impact on our behaviour than we realize

5.6 Four qualities required for a successful entrepreneur are-

1. **Seeking and Acting on Opportunity:** An entrepreneur is always on the look-out or searching for opportunity and is ready to exploit it in the best interests of the enterprise.

2. **Concern for Efficiency:** Many entrepreneurs are always keen to devise new methods aimed at promoting efficiency. They try and create new methods that aim at making working easier, simpler, better, and economical.

3. **Systematic Planning:** Successful entrepreneurs decide future course of action keeping in mind the goals to be achieved. They believe in developing relevant and realistic plans and ensure proper execution of the same in pursuit of running a successful enterprise.

4. **Problem Solving:** An entrepreneur takes each problem as a challenge and put in best for finding out the most appropriate solution for the same. He/she will first of all understand the problem and then evolve appropriate strategy dealing with the same.

6.7. i) To provide better and evidence-based care. ii) Accurate and fast diagnosis leading to better treatment at lower costs of care. iii) Avoid repeating investigations. iv) Provide evidence for medico-legal decisions and disputes.

6.8 Prepare a 'To Do List' in the following way-

- 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.

6.9 Four aims of planning operation theatre-

(i) To promote a high degree of asepsis. (ii) Ensure maximum safety to patients and staff working in OT. (iii) Ensure maximum utilization of the OT. (iv) Ensure maximum comfort to the surgical team, considering long hours of work in difficult posture.

6.10 The major consideration for disaster management plan-

The goals of disaster management are to: 1. Reduce, or avoid, losses from hazards; 2. Assure prompt assistance to victims; and 3. Achieve rapid and effective recovery. Appropriate actions at all points in the cycle lead to greater preparedness, better warnings, reduced vulnerability or the prevention of disasters during the next iteration.

6.11 A GDA would communicate with an elderly people in the following way-

- 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.

7.12 Main strategies of time management-

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. • **Be specific:** Make the task as specific as possible. • **Sub tasking:** It is easy to do small tasks. Try breaking tasks down into smaller subtasks. • **Use all available time:** This is a 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.

7.13 If we want success in our life, then we must be developed personally. For that we must maintain some activities in our daily life like-

1. Set a SMART goal.
2. Prepare a 'To Do List' according to the priority basis.
3. Adopt Time management strategies.
4. Adopt Stress Management Strategies.
5. Develop qualities like self- confidence, sincerity, punctuality etc.
6. Learn to take failures as challenges and a way to improvement.

7.14 The cause of urine retention and measure to overcome them in post-operative period-

Cause	Measure for correction
Pain	Analgesic drugs
Lying down position	Make the patient sit up with support for passing urine.
Lack of privacy	Put screens around the patient's bed
Spasm of bladder neck	Application of hot water bag to the lower abdomen. Sound of running water.

8.15 The basic use of medical furniture in hospital-

a) Hospital furniture like **chairs, tables, trolleys, side screens, and hospital beds along with modern medical equipment** have important role to play in health care. They not only help surgeons to perform the critical surgery with utmost safety of patient, but also make patients feel comfortable during their stay in hospital or the surgery/ post-surgery as well. **Hospital beds** should offer various features like – adjustable backrest, flexible side railings, changing positions using a button, corrosion-free, intact, etc. That provides full comfort and support to the patients. **Bed screens** provide privacy. **Hospital trolleys** are used for the mobility of equipment and hospital supplies. Types of trolleys based on the types of utilities they transfer.

Hospital furniture should be user friendly and durable.

b) **The following should** basically get the chance to work in operation theatre-

- 1 Surgeon. The surgeon is a physician with completed residency in surgery, who possesses all certifications required for practicing general or specialized surgery.
- 2 Anaesthetist. ...
- 3 Surgical assistants.
- 4 Nurse anaesthetist.
- 5 Surgical technologists.
- 6 Circulating nurse and support staff.

8.16 Any two situations in a hospital that require critical thinking-

1. To take a decision for a surgery.
2. To transfer a patient with a fracture.

8.17 The four benefits of drill are-

- Drills help develop teamwork.
- Drills help develop self-confidence.
- Drills help the crew to become familiar with the equipment and procedures and whether they are working properly.
- Drills can help prepare the crew to make decisions under pressure.

8.18 a) The three elements that are necessary for a fire to ignite are: • Heat • Oxygen • Fuel
• Fires start when a flammable and/or a combustible material, in combination with a sufficient quantity of oxygen gas is exposed to a source of heat that reaches above the flash point for the fuel and is able to sustain a rate of rapid oxidation that produces a chain reaction. This is commonly called the “fire tetrahedron”.

b) Common causes of Open Flames

- Negligence while conducting welding, cutting or grinding.
- Improper use of candles.
- Improper handling of flammable or combustible liquids or flammable gases in or near-to- potential ignition sources.
- Matches and cigarettes that are improperly disposed of or left unattended near combustibles.

c) Evacuation and safety instructions are displayed conspicuously at different prominent places. It is very important to save our lives. Some common signages are-

- i. Photo luminescent signages reading “**IN CASE OF FIRE, USE STAIRS DO NOT USE LIFT**” in red and white background in the entire building showing EXIT route.
- ii. Photo luminescent signages are fixed in “**EXIT**” staircase indicating floor number.
- iii. Each stairway and each elevator is given numbers as per evacuation plan e.g. S1, S2, etc. for stairways and L1, L2, etc. for elevators.
- iv. “**No Smoking**” signages are provided in service areas.
- v. Kitchen safety signages are fixed in all kitchens.
- vi. High Voltage/Danger signages are fixed on all electrical panels.

#####