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Revised & Unrevised

NSQF LEVEL-2

KARNATAKA SECONDARY EDUCATION EXAMINATION BOARD, MALLESWARAM, BANGALORE – 560 003

NSQF LEVEL-2 EXAMINATION, MARCH/APRIL, 2019

MODEL ANSWERS

Date : 04. 04. 2019]

CODE NO. : 89-EK

Subject : Health Care

(Regular Fresh & Regular Repeater)

[Max. Marks : 60

Qn. Nos.	Value Points		Total
I.	*Four* alternatives are given for each of the following questions / incomplete statements. Choose the correct alternative and write the complete answer along with its question number and alphabet : 10 × 1 = 10		
1.	The professional staff available in a hospital is (A) Security guard (B) Medical lab technicians (C) Receptionist (D) Data entry operator **Ans :** B — Medical lab technicians		1
2.	The hospital that takes care of client suffering from communicable diseases is (A) Teaching hospital (B) Rural hospital (C) Specialised hospital (D) Isolation hospital **Ans :** D — Isolation hospital		1

Qn. Nos.	Value Points		Total
3.	The part that separates the chest from the abdomen is (A) diaphragm (B) liver (C) stomach (D) pericardium **Ans :** A — diaphragm		1
4.	If a person is suffering from problems related to hormone system he needs to consult (A) Cardiologist (B) Surgeon (C) Gynaecologist (D) Endocrinologist **Ans :** D — Endocrinologist		1
5.	The first link for patients and visitors in hospital are (A) Nurses (B) Receptionist (C) Manager (D) Attendant **Ans :** B — Receptionist		1
6.	The first-aid given when the body temperature is greater than 104°F is (A) cover with the blanket (B) keep the head and neck aligned (C) sponging with wet towel (D) use of tourniquet bandage **Ans :** C — sponging with wet towel		1
7.	The chemical used for sanitation of only floors, wall, chair and table is (A) Quarternary ammonium compounds (B) Hydrogen peroxide (C) Glutaraldehyde (D) Formaldehyde **Ans :** A — Quarternary ammonium compounds		1
8.	The correct group of diseases caused by virus is (A) Cholera, Tetanus, Gonorrhoea (B) Cholera, Gonorrhoe, Rabies (C) Dengue fever, Syphilis, Smallpox (D) Rabies, Smallpox, Dengue fever **Ans :** D — Rabies, Smallpox, Dengue fever		1

Qn. Nos.	Value Points		Total
9.	Characteristics of a well-nourished person is (A) poor posture (B) adequate appetite (C) mental confusion (D) lack of growth **Ans :** B — adequate appetite		1
10.	Expanded form of EMR is (A) Electrical Medical Record (B) Electrical Meter Reading (C) Electronic Medical Record (D) Electronic Meter Reading. **Ans :** C — Electronic Medical Record		1
II.	Fill in the blanks with suitable answer : 4 × 1 = 4		
11.	Patient is admitted to the hospital and stays several days. This type of treatment is called ..... . **Ans :** inpatient care		1
12.	The second step of preparing care plan is ..... . **Ans :** problem identification		1
13.	Medical college is an example of ..... Type of hospital. **Ans :** Teaching hospital		1
14.	An organism which provides shelter to parasite is called ..... . **Ans :** Host.		1

Qn. Nos.	Value Points		Total
III.	The function of organ is system listed in **Column-A** and their organ system is listed in **Column-B.** Match them and write the answers along with their letters. $4 \times 1 = 4$		
15.	Match the following : **Column-A** — **Column-B** i) Conducting and coordinate — a) Respiratory system ii) Helps us in movement with the help of the skeletal system — b) Blood circulatory system iii) Consists of bones and joints to provides the support to the body — c) Nervous system iv) Exchange of oxygen and carbon dioxide gases — d) Digestive system e) Muscular system f) Skeletal system g) Reproductive system.		
	Ans : i) c) Nervous system ii) e) Muscular system iii) f) Skeletal system iv) a) Respiratory system.		1 1 1 1
IV.	Answer the following questions : $6 \times 1 = 6$		
16.	Mention the symptoms of typhoid fever. **Ans :** * Fever and headache, coughing * Bleeding from intestines and rose coloured spots on the skin.	 ½ ½	 1
17.	What are the responsibilities of laundry services ? **Ans :** * Selecting fabrics for use in different hospital areas * Distribution of working clothes.	 ½ ½	 1

Qn. Nos.	Value Points		Total
18.	Write the factors affecting nutritional status of a patient. **Ans :** * Food habits are deeply rooted in the past * Religious taboos, ethinicity, gender and social status.	 ½ ½	 1
19.	Digital monitor is most popular device to measure blood pressure. Why ? **Ans :** * There is no need to listen to heartbeats through the stethoscope * This is good device for hearing impaired patients.	 ½ ½	 1
20.	Blood circulatory system is essential for human body. Why ? **Ans :** * That permits blood and lymph circulation to transport nutrients, oxygen, carbon dioxide, hormones, blood cells, excretory material.	 	 1
21.	Pituitary gland is called endocrine gland. Why ? **Ans :** * It is endocrine gland, have no ducts or tubes and * Secrete hormones directly into the blood stream.	 ½ ½	 1
V.	Answer the following questions : 6 × 2 = 12		
22.	Explain the assessment involved in the planning and implementation of care plan. **Ans :** * A systematic collection and analysis of history and health data about a client * Delivering care and preparing a care plan * Assessment includes not only physiological data but also psychologial, socio-cultural, spiritual, economic and life style of the client * Assessed on admission and a written care plan should be developed and initiated within 8 hours of admission.	 ½ ½ ½ ½	 2
	OR		

Qn. Nos.	Value Points		Total
	What is nutritional status ? Explain. **Ans :** * Nutritional status is the condition of the body resulting from the use of essential nutrient available to it * A clients nutritional status may be good, fair or poor depending on the intake of dietary essentials * On the relative need for them and on the body's ability to use them * A good nutritional status is essential for normal growth, development and functions of the organs, for resistance to infection and for repair of injury.	½ ½ ½ ½	2
23.	Mention the effects of infection by pathogenic bacteria. **Ans :** * Fever * Inflammation * Antibody synthesis * Shock * Impaired blood clotting * They cause some diseases. (Any *four*)	½ ½ ½ ½	2
	OR		
	Mention the responsibilities of microbiologist in prevention and control of hospital acquired infections. **Ans :** * Periodic collection of specimen from wards and other area * Handling patient and staff specimens to maximize the likelihood of a microbiological diagnosis * Developing guidelines for appropriate collection, transport and handling of specimens * Ensuring laboratory practices to meet appropriate standards * Ensuring safe laboratory practice to prevent infections among staff * Monitoring sterilization and disinfection wherever and whenever necessary. (Any *four*)	½ ½ ½ ½	2

Qn. Nos.	Value Points		Total
24.	Write the differences between inhalation and exhalation. **Ans :** *Inhalation :* * When you breathe it is called as inhalation * The diaphragm moves downward toward the abdomen * And the rib muscles pull the ribs upward and downward * The volume of the chest cavity is increased * Air pressure in the chest cavity and lungs is reduced. *Exhalation* : * When you breathe out it is called as exhalation. * The diaphragm moves upward and the * Chest wall muscles relax * Causing the chest cavity to contract * Air pressure in the lungs rises. (Any *two*)	½ ½ ½ ½	2
25.	Mention the far-reaching consequences due to effects of anger. **Ans :** * Getting a bad reputation * Loss of family /friends * Loss of job * Loss of social privileges * Going to jail. (Any *four*)	½ ½ ½ ½	2

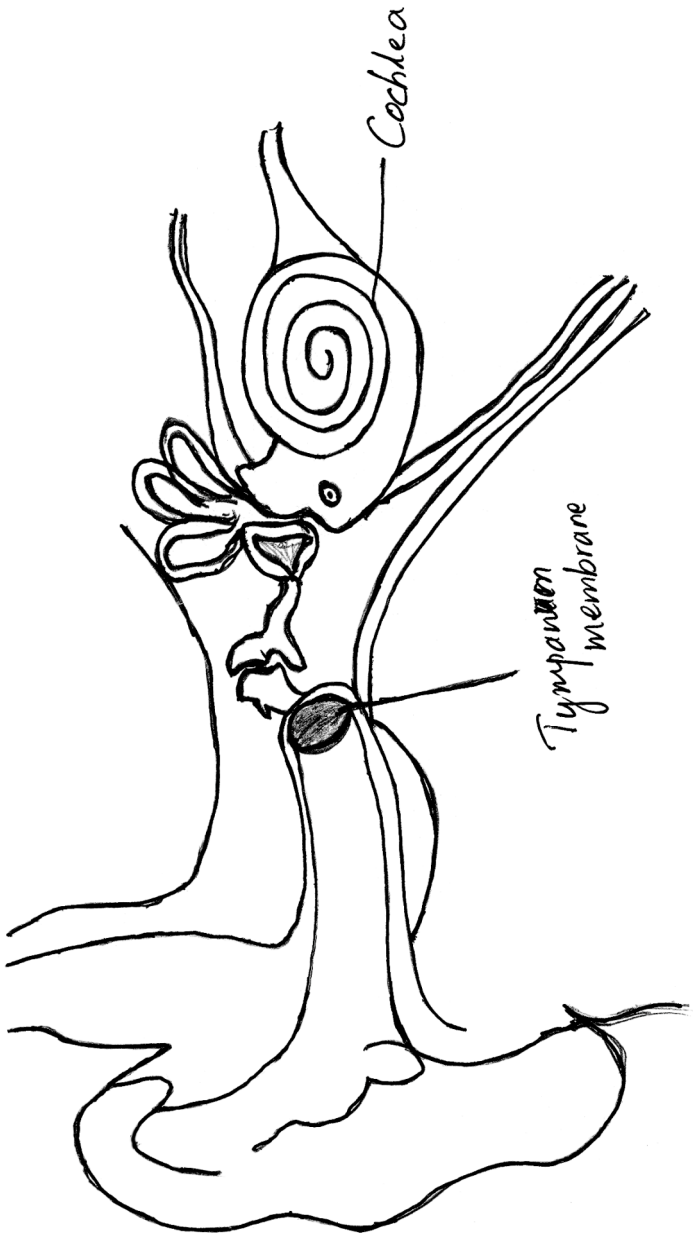
Qn. Nos.	Value Points		Total
26.	Housekeeping in-charger should know the facts about bacteriology. Why ? **Ans :** * Sanitation incharge should also be able to train his employee in cleaning techniques that prevent the spread of disease * A sanitary attendant should be allocated a work area of 1200 to 1500 square feet * Policies of the hospital * The degree of cleanliness required and the electrical cleaning equipment used such as scrubbing machine, vacuum cleaner * For a nursing unit one sanitary attendant over 10 beds is recommended on the basis of round the clock service * In ICU and CCU of higher degree of cleanliness is required. (Any *four*)	½ ½ ½ ½	2
27.	Explain the first-aid given to a person when he is unconscious. **Ans :** a) * Try to arouse by gently shaking and speaking * Do not give fluid the victim cannot swallow and could suffocate b) * Roll the causualty Keeping the head and neck aligned with the body * Open the airway by lifting the chin.	½ ½ ½ ½	2

Qn. Nos.	Value Points		Total
VI.	Answer the following questions : 4 × 3 = 12		
28.	"Computers are very useful in hospital administration." Justify. **Ans :** * Staffing and scheduling systems are used to construct daily, weekly, monthly * Many scheduling systems also collect data on individual employees * Such as the amount of sick time used or vacation hours accumulated * Staffing and scheduling systems often provide a variety of report to the administrative officer * Budgeting and financial tracking are another way that are used in administration.	1 ½ ½ ½ ½	3
29.	What is role of general duty assistant in managing anger ? **Ans :** * Take time-out from your routine work and relax * Take deep breaths * Count to ten mentally * Name the problem, look for possible solutions * Stop blaming others and self * Do not holds onto anger * Look for someone with whom you will be comfortable enough to express yourself * Be open to discuss your own wards and actions that hurt others. * Know yourself and others when see that there is a chance of being hurt * Watch your thoughts, words and actions about others * Take ownership of the hurtful things that you do and say * Stop hurting people with your actions and words.(Any *six*)	½ ½ ½ ½ ½ ½	3
	OR		

Qn. Nos.	Value Points		Total
	What is the role of general duty assistant in emergency situation ? **Ans :** * Identify basic call information * Prioritize incoming calls providing expert systematized caller interrogation * Selection and assignment of the most appropriate type of response source * Provide and assist the caller with pre-arrival instructions to help the victim * CPR is an emergency procedure performed in an effort to manually preserve intact brain function * Provide information support to the responding resources.	½ ½ ½ ½ ½ ½	3
30.	What are the qualities that a general duty assistant should possess while dealing with patient ? **Ans :** * Love for the fellow men * Honesty * Discipline and obedience * Alertness * Technical competence * Dependability and adjustability * Ability to inspire confidence * Resourcefullness, ability to manage time and resources * Courtesy and dignity * Sympathy and Empathy * Intelligence and Common sense * Patience and sense of humour * Good physical and mental health * Generosity * Gentleness and quiteness. (Any *six*)	½ ½ ½ ½ ½ ½	3

Qn. Nos.	Value Points		Total
31.	a) List the differences between antiseptics and disinfectants. b) Name the oxidants used in the following situation : i) disinfecting skin ii) small trauma wounds. **Ans :** a) Antiseptics : * Use on skin and mucous membrane to kill microorganisms * Not for use of inanimate objects Disinfectants * Use to kill microorganisms on inanimate objects * Not for the use on skin and mucous membrane. b) i) 0·1% pottassium permanganate ii) 3% hydrogen peroxide.	½ ½ ½ ½ ½ ½	3
VII.	Answer the following questions : 3 × 4 = 12		
32.	Write the principles involved in diet therapy. **Ans :** * The diet must be planned in relation to changes in metabolism, occuring as a result of disease * The diet must be planned according to the food habits of the client, based on culture, religion, socio-economic status * Change in the diet should be brought gradually and adequate explanation should be given to the client for the changes made * In short and acute illness, food should not be forced because as appetite is very poor and the client may soon recover the normal appetite, but in prolonged illness it is essential to provide adequate food to prevent wasting of tissue and proper wound healing * Whatever the diet prescribed, avarity of food should be selected for the diet * Small and frequent feeds are preferred to the usual three meals * Hot food should be served hot and cold foods should be served cold.	½ ½ ½ 1 ½ ½ ½	4
	OR		

Qn. Nos.	Value Points		Total
	a) Mention the principles involved in bed making. b) List the uses of fowler's position to a patient (client). **Ans :** a) * Micro-organisms are found everywhere on the skin. * The nurse takes care to prevent the transference of microorganisms from the source to the new host by direct or indirect contact * A safe and comfortable bed will ensure good sleep and would thus help to prevent several complication bedridden clients * Good body mechanism maintains the body alignment and prevents fatigue * Systematic ways of functioning saves time, energy and material. (Any *four*) 4 × ½	2	
	b) * To relieve breathing difficulty	½	
	* To relieve tension on the abdominal sutures	½	
	* To help in the draining of the abdominal cavity	½	
	* To relax the large muscles of the back and things.	½	4

Qn. Nos.	Value Points		Total
33.	Draw the diagram of longitudinal section of human ear and label the following parts : i) Tympanum membrane ii) Cochlea. **Ans :**  3 + ½ + ½		4

Qn. Nos.	Value Points		Total
34.	a) What is asthma ? Name the three types of inhalers used in asthma. b) Mention the symptoms of dogbite. **Ans :** a) Asthma is a chronic inflammatory lung disease that causes airways to tighten and narrow. *Types of inhalers* : * Metered does inhalers * Metered dose inhaler with a spacer * Dry powder inhaler b) * Symptoms may include skin break * Bruise or puncture, cuts, bleeding, swelling and redness of the area * Oozing of fluid * The rabies affected person is scared of water (hydrophobia).	½ ½ ½ ½ ½ ½ ½ ½	4
	OR		

Qn. Nos.	Value Points		Total
	a) Name the ailments for which the following drugs are used. i) Tablet cetrizine ii) Tablet digene. b) Mention the symptoms of snakebite. **Ans :** a) i) Allergies ii) Heart burn/Acidity b) * may include fang marks * bloody discharge from wound * swelling or severe pain at the site * burning, blurred vision, tingling sensation * vomiting, loss of muscle coordination, rapid pulse fainting	1 1 ½ ½ ½ ½	4