



Indian School Al Wadi Al Kabir

Second Rehearsal Examination (2025-2026)

Skill Education

Class: X

HEALTH CARE (413)

Max. marks: 50

Date: 02/02/2026

Set- I

Time: 2 hours

MARKING SCHEME

General Instructions:

1. Please read the instructions carefully.
2. This Question Paper consists of **21 questions** in two sections – Section A & Section B.
3. Section A has Objective type questions whereas Section B contains Subjective type questions.
4. **Out of the given (5 + 16 =) 21 questions, a candidate has to answer (5 + 10 =) 15 questions in the allotted (maximum) time of 2 hours.**
5. All questions of a particular section must be attempted in the correct order.



6. SECTION A - OBJECTIVE TYPE QUESTIONS (24 MARKS):

- i. This section has 05 questions.
- ii. There is no negative marking.
- iii. Do as per the instructions given.
- iv. Marks allotted are mentioned against each question/part.


7. SECTION B – SUBJECTIVE TYPE QUESTIONS (26 MARKS):

- i. This section contains 16 questions.
- ii. A candidate has to do 10 questions.
- iii. Do as per the instructions given.
- iv. Marks allotted are mentioned against each question/part.

SECTION A: OBJECTIVE TYPE QUESTIONS

Q.1	Answer any 4 out of the given 6 questions on Employability Skills (1 x 4 = 4 marks)	
i.	 <p>Which method of communication is depicted in the figure given - (a) No Parking (b) No mobile (c) No entry (d) No Pets</p>	1
ii.	<p>Ravi works hard to get the best student award at the end of year. What type of motivation is this? (a) Internal (b) External (c) Both internal and external (d) Not any specific type of motivation</p>	1
iii.	<p>_____ is one of the most effective stress-relieving techniques. (a) Exercise schedule management (b) Time management (c) Diet management (d) Attitude management</p>	1
iv.	<p>What is the term used when you press and hold the left mouse key and move the mouse around? (a) Highlighting (b) Dragging (c) Selecting (d) Moving</p>	1
v.	<p>Ravi's customer comes to his store and starts shouting at him. He does not get angry. He listens to what his customer is saying. He is _____. (a) hardworking (b) confident (c) patient (d) prying new ideas</p>	1
vi.	 <p>Identify the Sustainable Development Goal represented in the picture shown above. (a) No Poverty (b) Zero Hunger (c) Good Health and well being (d) Quality Education</p>	1
Q.2	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	

i.	Ophthalmology is a specialised department which deals with - (a) Deals with medical care of infants, children, and adolescents. (b) Deals with the diagnosis, prevention, and treatment of diseases, disorders and conditions of the oral cavity, especially the teeth (c) Deals with Ear-Nose-Throat (d) Deals with treatment of diseases related to eyes	1
ii.	_____ is responsible for day-to-day maintenance of hospital equipment and other hospital facility. (a) Social Services Department (b) Transportation Services (c) Maintenance and Engineering (d) Cleaning and Laundry	1
iii.	Which level of medical care is out of reach of common people? (a) Primary Care Level (b) Secondary Care Level (c) Secondary and Tertiary Care Level (d) Tertiary and Quaternary Care Level	1
iv.	Hospitals owned by an individuals or group of doctors/individuals and they are run on a commercial basis. (a) Voluntary Hospital (b) Private Nursing Hospital (c) Corporate Hospital (d) Government Hospital	1
v.	A _____ uses computers for documentation with an electronic health record or electronic medical record. (a) General Duty Assistant (b) Patient (c) Laundry man (d) Ward assistant	1
vi.	The science that deals with the structures of the body and the relationship of various parts to each other is known as _____. (a) Arthrology. (b) Osteology. (c) Mycology (d) Anatomy	1
Q.3 Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)		
i.	What is a Care Plan? (a) A financial plan for hospital expenses (b) A set of actions to support patient care (c) A list of doctors on duty (d) A record of hospital supplies	1
ii.	Identifying which of the following is included in patient care? (a) Patient's insurance details (b) Patient's vital signs (c) Staff attendance (d) Hospital utilities schedule	1
iii.	Which action is part of care of patients? (a) Making the bed for the patient (b) Prescribing medication	1


	(c) Cleaning the treasury (d) Recording hospital income	
iv.	 <p>One of the basic procedures that a General Duty Assistant (GDA)/Nursing performs most frequently is that of changing the patient's position. Identify the patient's position in the figure given above.</p> <p>(a) Prone position (b) Fowler's Position (c) Lateral Position (d) Ventral Position</p>	1
v.	The food source of vitamin A is - (a) Orange, ripe yellow fruits, leafy vegetables, carrots, pumpkin, spinach (b) Oatmeal, brown rice, vegetables, potatoes, eggs (c) Meat and other animal products (d) Dairy products, bananas, popcorn, green beans	1
vi.	The first point of contact for the patients, visitors, doctors, and staff members. (a) General Duty Assistant (b) Ambulance Driver (c) Receptionists (d) Public Relations Officer	1
Q.4 Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)		
i.	What is the study of tiny organisms that can cause disease called? (a) Pathology (b) Microbiology (c) Epidemiology (d) Virology	1
ii.	Which term refers to an organism that can cause disease? (a) Antibody (b) Pathogen (c) Vaccine (d) Antibiotic	1
iii.	Which of the following is a <i>key goal</i> of sterilization and disinfection in a hospital? (a) Promote hospital tourism (b) Eliminate microbes to prevent infection spread (c) Increase patient admissions (d) Change hospital layout	1

iv.	Hospital-acquired infection is associated with: (a) Disease present before admission (b) Infection acquired during hospital stay (c) Infection acquired only outside hospital (d) Genetic diseases	1
v.	Beriberi is a deficiency disease caused due the deficiency of - (a) Vitamin A (b) Vitamin B1 (c) Vitamin B12 (d) Vitamin B2	1
vi.	Write the full form of ERS. (a) Emergency Response Service (b) Emergency Relief Service (c) Emergency Relevant Service (d) Emergency Record Service	1
Q.5	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	What is the primary purpose of first aid? (a) To perform major surgery immediately (b) To preserve life and prevent worsening of condition (c) To diagnose the disease (d) To complete paperwork	1
ii.	Which of the following is <i>not</i> part of the fundamental rules of first aid? (a) Preserve life (b) Provide pain relief (c) Ensure protection from further harm (d) Diagnose the disease	1
iii.	In India telephone number for fire service station, for police and for emergency services/Ambulance is - (a) 101, 100 and 108 respectively (b) 100, 101 and 108 respectively (c) 108, 101 and 100 respectively (d) 101, 108 and 100 respectively	1
iv.	In first aid for a deep cut that is bleeding heavily, what is the correct immediate action? (a) Clean and bandage loosely only (b) Apply pressure to stop bleeding and call for medical help (c) Leave it open to air (d) Give the person food and water	1
v.	Sniffing helps bring more air (containing odours) over the - (a) Olfactory mucosa (b) Auditory mucosa (c) Gustatory mucosa (d) Optic mucosa	1
vi.	To talk with patients and their relatives effectively, it is essential that you develop good (a) Listening skills (b) Attitude (c) communication skills (d) Public Relations	1

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.

Q. 6	 <p>Identify the type of verbal communication. Explain giving example. Written Communication This form of communication involves writing words. It can be letters, circulars, reports, manuals, SMS, social media chats, etc. It can be between two or more people. <i>Examples (any one)</i> 1. A manager writing an appreciation e-mail to an employee. 2. Writing a letter to grandmother enquiring about health.</p>	2
Q. 7	<p>How can physical exercise and fresh air help to manage stress? A healthy lifestyle is essential for students. Stress is generally lower in people who maintain a healthy routine. Doing yoga, meditation and deep breathing exercises help in proper blood circulation and relaxes the body. Even taking a walk or playing in the park will help you get a lot of fresh oxygen, which will help you become more active.</p>	2
Q. 8	<p>Write down the shortcut commands of the following – Copy, Paste, Print and Save CTRL+c — copy CTRL+v — paste CTRL+p — print CTRL+s — save</p>	2
Q. 9	<p>What are the two ways a person can earn a living? A career is a line of work that a person takes for life. There are two ways a person can earn a living. They are 1. self-employment 2. wage employment For example, a doctor who works for a hospital is a wage employed person. If the same doctor has their own clinic, he or she is a self-employed person. A self-employed person running a business to satisfy a need by trying new ideas is an entrepreneur.</p>	2
Q.10	<p>What is sustainable development? Sustainable development is the development that satisfies the needs of the present without compromising the capacity of future generations, guaranteeing the balance between economic growth, care for the environment and social well-being</p>	2

	Answer any 4 out of the given 6 questions in 20 – 30 words each (2 x 4 = 8 marks)	
Q.11	Why is it important to have rehabilitation care facilities in the healthcare delivery system? Rehabilitation care facilities are important because they help patients regain their functional abilities and support long-term recovery after illness or injury.	2
Q.12	What is the role of a General Duty Assistant (GDA) in implementing a Care Plan? Answer: The GDA assists in preparing and implementing the care plan by helping the patient with daily activities, ensuring patient comfort, following the planned care steps, and reporting changes in the patient's condition to the nurse or supervisor.	2
Q.13	What is disinfection? Disinfection means the destruction or removal of all pathogenic organisms, or organisms capable of giving rise to infection. This is the freeing of an article from some living organisms and is used in conditions where sterilization is not needed, e.g., disinfection of bedpans, wash basins, furniture, eating utensils and clothes. A perfect disinfectant would also offer complete and full sterilization, without harming other forms of life, be inexpensive, and non-corrosive.	2
Q.14	Differentiated between the following: Sling and splints Slings are used to ease pain, support healing and to protect your arm from further injury. Splints: Splints are orthopaedic mechanical devices used to immobilize and protect a part of the body in the case of a fracture (such as a broken leg or hand).	2
Q.15	Write the function and example of – (i) Epithelial tissue (ii) Muscular tissue Protection, skin Movement, skeletal	2
Q.16	What is an emergency? A condition determined clinically or considered by the patient or his relative or representative, requiring immediate medical attention failing which may result in loss of life or limb.	2
	Answer any 3 out of the given 5 questions in 50– 80 words each (4 x 3 = 12 marks)	
Q.17	Explain the roles and functions of a clinic in the healthcare delivery system. Answer: A clinic functions as a primary point of care where patients receive diagnosis, basic treatment, and routine check-ups. Clinics help in early detection of illnesses, provide outpatient care, refer patients to hospitals when needed, and support preventive health measures in communities.	4
Q.18	Explain why monitoring vital signs is important in the care of patients.	4

	<p>Answer: Monitoring vital signs is important because it provides key information about the patient's physiological status. Changes in temperature, pulse, respiration, or blood pressure can indicate improvements or deteriorations in health. Regular monitoring helps the healthcare team detect early warning signs, make timely decisions, and adjust the care plan accordingly for better patient outcomes.</p>	
Q.19	<p>Explain the Epidemiological Triangle (Triad) for understanding infectious diseases and how they spread. The Epidemiologic Triangle is a model that scientists have developed for understanding infectious diseases and how they spread. There are other factors relating to the host and environment which are equally important to determine whether or not disease will occur in the exposed host. The Triangle has three corners called vertices, with agent, host and environment.</p> <ol style="list-style-type: none"> The Agent: The agent or microbe that causes the disease (the "what" of the Triangle) is the cause of the disease. When studying the epidemiology of most infectious diseases, the agent is a microbe. The Host: Hosts or organism harbouring the disease (the "who" of the Triangle) are organisms, usually humans or animals, which are exposed to and harbour a disease. The host can be the organism that gets sick, as well as any animal carrier (including insects and worms) that may or may not get sick. Although the host may or may not know that it has acquired the disease or have any outward signs of illness, the disease does take lodging from the host. The "host" heading also includes symptoms of the disease. Different people may have different reactions to the same microbe. The Environment: The environment or those external factors that cause or allow disease transmission (the "where" of the Triangle) is the favourable surroundings and conditions external to the host that cause or allow the disease to be transmitted. 	4
Q.20	<p>Classify the different categories of burns and list the steps of first aid given for burns. Burns can be classified into three categories viz., first, second- and third-degree burns, depending on the severity of burn.</p> <p>First Aid:</p> <ul style="list-style-type: none"> • Remove patient from heat source and reassure the patient for further help. • Remove the burnt clothing and any jewellery or metallic objects wore by the victim. • DO NOT apply lotions, ointment or fat (e.g. ghee) to burns. • Run cool water over burnt area. • Dry the body part with a clean cloth • Use a sterile bandage or clean cloth to cover burns. • Take the patient immediately to the hospital. 	4
Q.21	<p>Write a note on human respiratory system. Respiratory System The respiratory system is a system consisting of specific organs and structures used for the process of respiration. The respiratory system is involved in the inhalation and exhalation of oxygen and carbon dioxide between an organism and the environment. The</p>	4

<p>respiration takes place in the respiratory organs called Lungs. The passage of air into the lungs to supply the body with oxygen is known as inhalation, and the passage of air out of the lungs to expel carbon dioxide is known as exhalation; this process is collectively called breathing. The anatomical features of the respiratory system include trachea, bronchi, bronchioles, lungs, and diaphragm. Molecules of oxygen and carbon dioxide are passively exchanged, by diffusion, between the gaseous external environment and the blood. This exchange process occurs in the alveoli or air sacs in the lungs.</p>	
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