



Indian School Al Wadi Al Kabir

Mid-term Examination (2026-2027)

Sub: Skill Education

Health Care (Sub. Code. 413)

Class: X

Date: 24/09/2026

Set-II

Max. Marks: 50

Time: 2 Hours

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. All questions of a particular section must be attempted in the correct order.
5. **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.
6. **SECTION B – SUBJECTIVE TYPE QUESTIONS (26 MARKS):**
 - i. This section contains 16 questions.
 - ii. A candidate has to attempt 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. (1 x 4 = 4 marks)	Marks
i	Which of the following is NOT an element of communication within the communication process cycle? (a) Channel (b) Receiver (c) Sender (d) Time	1
ii	In SMART goals, the letter 'S' stands for which of the following? (a) Standard (b) Specific (c) Serious (d) Systematic	1
iii	Which of the following is a physical barrier to effective communication? (a) Stage fear and lack of will to communicate (b) Slang, professional jargon, and regional colloquialisms (c) Stringent rules and superior-subordinate relationships in an organization (d) Environmental and natural conditions preventing seeing gestures or body language.	1
iv	What does the letter 'B' represent in the "ABC" of stress management? (a) Behaviour (b) Beliefs (c) Brain (d) Balance	1

v	Identify the sentence that is written in the PASSIVE voice: (a) He is reading a book. (b) A movie is being watched by them. (c) Raju repaired the flat tire. (d) The dog chased the cat.	1
vi	Which of the following is an example of external motivation? (a) Learning to play a musical instrument because it makes you happy. (b) Practicing question papers to win a "Best Student Award" at the end of the year. (c) Cooking food because you love cooking and it makes you feel good. (d) Enacting a role play for self-improvement and personal satisfaction.	1
Q.2	Answer any 5 out of the following 6 questions. (1 × 5 = 5 Marks)	
i	According to the World Health Organization (WHO), a health system consists of: (a) Only publicly owned hospitals that provide medical care. (b) Organizations, people, and actions whose primary intent is to promote, restore, or maintain health. (c) Only specialized corporate healthcare institutes. (d) Pharmaceutical retail stores and clinical laboratory centers.	1
ii	Which specialized department in a hospital deals with the medical care of infants, children, and adolescents? (a) Obstetrics and Gynaecology (b) Paediatrics (c) Geriatrics (d) Anaesthesiology	1
iii	In the Indian healthcare structure, Primary Health Care Centres (PHCs) and Community Health Centres (CHCs) are classified as: (a) Specialized Hospitals (b) Teaching Hospitals (c) General Hospitals (d) Private Nursing Homes	1
iv	What is the primary objective of a Teaching Hospital / Medical College? (a) Providing food and laundry support services. (b) Teaching, research, and providing medical care to patients. (c) Isolating patients with highly infectious diseases only. (d) Managing the financial assets and accounts of local clinics.	1
v	Which supporting department is responsible for ensuring quality food service to in-patients according to their specific diseases and doctor's advice? (a) Housekeeping Department (b) Dietary and Food Services Department (c) Pharmacy Division (d) Medical Records Department (MRD)	1
vi	A patient suffering from a thyroid disorder or diabetes should consult a: (a) Cardiologist (b) Dermatologist (c) Endocrinologist (d) Haematologist	1
Q.3	Answer any 5 out of the given 6 questions. (1 × 5 = 5 Marks)	
i	What is the commonly accepted average core body temperature (taken internally) in a healthy human? (a) 36.0 °C (96.8 °F) (b) 37.0 °C (98.6 °F) (c) 38.0 °C (100.4 °F) (d) 39.0 °C (102.2 °F)	1

ii	A General Duty Assistant (GDA) must keep a patient in a sitting position for at least _____ after meals to prevent choking. (a) 10 minutes (b) 30 minutes (c) 2 hours (d) 12 hours	1
iii	What is the normal resting pulse rate range for a healthy adult? (a) 40 to 60 beats per minute (b) 60 to 100 beats per minute (c) 100 to 120 beats per minute (d) 120 to 150 beats per minute	1
iv	In which patient position does the patient lie flat on the abdomen with the head turned to one side? (a) Supine position (b) Lateral position (c) Prone position (d) Fowler's position	1
v	High blood pressure (Hypertension) for adults is defined in the medical setting as a pressure equal to or more than: (a) 120/80 mm Hg (b) 130/85 mm Hg (c) 140/90 mm Hg (d) 110/70 mm Hg	1
vi	Within how many hours of a patient's admission should a hospital initiate and develop a written Care Plan? (a) Within 2 hours (b) Within 8 hours (c) Within 24 hours (d) Within 48 hours	1
Q.4	Answer any 5 out of the given 6 questions. (1 × 5 = 5 Marks)	
i	Identify the clinical SYMPTOM from the options below: (a) Muscle weakness measured by a physician (b) An elevated body temperature recorded on a thermometer (c) A patient feeling hot, fatigued, or having a headache (d) Warmth of skin detected during a physical examination	1
ii	Which equipment is specifically preferred for sterilizing all-glass syringes and glassware? (a) Steam Autoclave under pressure (b) Hot Air Oven (c) Boiling water bath (d) Chemical glutaraldehyde bath	1
iii	Which of the following is an acute, highly contagious viral infection that causes a blistery red rash? (a) Athlete's Foot (b) Chickenpox (c) Typhoid Fever (d) Whooping Cough	1
iv	Nosocomial infections are defined as infections that are: (a) Acquired prior to admission and incubating at that time. (b) Acquired during hospital care and occur more than 48 hours after admission. (c) Spread strictly through contaminated outdoor recreational water. (d) Caused exclusively by non-pathogenic normal gut flora.	1

v	The process by which an article, surface, or medium is freed of all living microorganisms, including vegetative or spore states, is called: (a) Cleaning (b) Disinfection (c) Sterilization (d) Antisepsis	1
vi	What are the three vertices of the epidemiological triangle used in studying disease occurrence? (a) Doctor, Nurse, General Duty Assistant (b) Agent, Host, Environment (c) Bacteria, Virus, Fungi (d) Cleaning, Disinfection, Sterilization	1
Q.5	Answer any 5 out of the given 6 questions. (1 × 5 = 5 Marks)	
i	Which therapeutic position is used to improve cardiac output, promote ventilation, and relieve severe breathing difficulty (dyspnoea)? (a) Prone position (b) Lateral position (c) Fowler's position (d) Supine position	1
ii	During a routine physical observation, a GDA notes that a patient exhibits motor weakness, poor posture, and painful joints. According to the textbook, these observations are clinical signs of: (a) Poor mental health and confusion (b) Poor nutritional status affecting the skeletal system (c) Normal physical ageing of a bedridden patient (d) Severe dehydration and electrolyte loss	1
iii	What is the primary purpose of a patient care plan in a healthcare setting? (a) To calculate the hospital billing and discharge fees (b) To provide a systematic method of individualized care based on patient assessment (c) To assign cleaning and laundry duties to hospital staff (d) To schedule the personal papers of medical doctors	1
iv	Which chemical agent is commonly used at a concentration of 70% to 75% for thermometer and skin disinfection? (a) Formaldehyde solution (b) Glutaraldehyde liquid (c) Ethyl or Isopropyl Alcohol (d) Concentrated Phenol	1
v	What is the primary responsibility of a General Duty Assistant (GDA) before sending surgical instruments for autoclaving? (a) Performing a mock surgery to test the tools (b) Sharpening the blades of the instruments (c) Thoroughly cleaning and washing organic debris off the instruments (d) Applying chemical varnish to prevent rusting	1
vi	Which of the following viral diseases is primarily transmitted through blood or sexual contact? (a) Influenza (Flu) (b) Hepatitis B (c) Measles (d) Chickenpox	1

	SECTION B: SUBJECTIVE TYPE QUESTIONS	
	Answer any 3 out of the following 5 questions in 20 – 30 words each. (3 × 2 = 6 Marks)	
Q.6	Distinguish between Interests and Abilities (Strengths), providing one example of each.	2
Q.7	What is paralanguage? List any two components of paralanguage and explain how they affect spoken communication.	2
Q.8	Explain the ABC of stress management in detail.	2
Q.9	Define Emotional Intelligence. What are the three essential skills it includes?	2
Q.10	Differentiate between Active Voice and Passive Voice sentences, providing one clear example of each.	2
	Answer any 4 out of the following 6 questions in 20 – 30 words each. (4 × 2 = 8 Marks)	
Q.11	What is a Care Plan? State its primary purpose in a healthcare setting.	2
Q.12	Distinguish between a clinical Sign and a Symptom, providing one clinical example of each.	2
Q.13	An 82-year-old patient is recovering in the Inpatient Department (IPD) after undergoing major abdominal surgery. The patient has an intravenous (IV) line, a urinary catheter, and has been in the hospital for 10 days. (a) Based on the scenario, identify three distinct clinical risk factors that increase this patient's susceptibility to a Hospital Acquired Infection (HAI). (b) State the timeframe after admission beyond which an infection is formally classified as an HAI.	2
Q.14	Differentiate between Disinfectants and Antiseptics based on their application surfaces.	2
Q.15	List any four essential personal care services that a General Duty Assistant (GDA) is expected to provide to a patient.	2
Q.16	How does the Outpatient Department (OPD) differ from the Inpatient Department (IPD) in a hospital?	2
	Answer any 3 out of the following 5 questions in 50– 80 words each. (3 × 4 = 12 Marks)	
Q.17	(a) Describe Fowler's position. Include the angle of elevation of the patient's head. (b) List any four clinical uses of Fowler's position.	4
Q.18	(a) Define the term Sterilization. (b) Classify the agents of sterilization into Physical Agents and Chemical Agents, giving at least three examples of each.	4
Q.19	(a) Why is proper nutrition vital for patient recovery, particularly for surgical patients? (b) Explain any three crucial guidelines or instructions that a GDA must follow while preparing and feeding a patient.	4
Q.20	(a) Differentiate between the three levels of medical care: Primary, Secondary, and Tertiary Care. (b) Provide one example of an institution or professional associated with each level in India.	4
Q.21	(a) List the five sequential steps involved in the planning and implementation of a Care Plan. (b) Describe the role of a GDA in assisting the nursing staff in executing these steps.	4

All the Best