



Indian School Al Wadi Al Kabir

Mid-term Examination (2025-2026)

Subject: Skill Education

Class: X

HEALTH CARE (413)

Max. marks: 50

Date: 25/09/2025

Set- I

Time: 2 hrs.

ANSWER KEY

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.	The _____ conveys the message to the sender in the form of feedback to complete the communication cycle. (a) sender	1
ii.	Which of the following is not important activity to reduce stress? (b) Feeling worried	1
iii.	_____ is a word that replaces a noun. (c) Pronoun	1
iv.	Which of these are examples of positive feedback? (a) Good work	1
v.	Self-motivation is driven by personal satisfaction or purpose - (a) Internal motivation	1
vi.	Which of the following you should look for in every move you take in life? (a) Positive thought	1
Q2.	Answer any 20 out of the given 24 questions (1 x 20 = 20 marks)	
i.	Orthopaedic hospital deals with problems related to – (c) Problems and treatment of bones and soft tissues	1
ii.	A _____ attendant should be allocated a work of cleaning. (c) House keeping	1
iii.	A highly specialized hospital comes under _____ level. (c) Tertiary Care level	1
iv.	Which of the following is NOT listed as a quality of a GDA? (c) Aggressiveness	1
v.	Which of the following is the most important person in a hospital? (c) Patient	1
vi.	Which kind of hospital focuses on a specific area of medical care? (b) Specialised Hospital	1
Q.3	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	Which quality is NOT essential for the General Duty Assistant (GDA) in a hospital? (c) Dishonesty	1
ii.	What is the primary function of the Medical Record Department in a hospital?	1

	(b) Storing and organising medical records.	
iii.	Which department deals with diseases related to the heart? (d) Cardiology	1
iv.	What level of medical care is the closest to the people and provides essential healthcare services? (a) Primary Care level	1
v.	The normal body temperature of our body is – (c) Both (a) and (b)	1
vi.	Sim's Position is for – (c) Taking Rectal temperature	1
Q. 4 Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)		
i.	Normal respiration rate for an adult person at rest range from – (a) 12 to 16 breaths per minute.	1
ii.	Aneroid monitor is used to measure – (c) Blood Pressure	1
iii.	Which of the following is considered as a vital sign? (b) Body temperature	1
vi.	Which position involves the patient lying flat on the back with the head and shoulders slightly elevated? (b) Supine position	1
v.	What is the importance of clear fluid diet? (c) Helps in maintaining fluid balance and providing electrolytes	1
vi.	What steps of the care plan involves setting SMART goals? (d) Outcomes and planning	1
Q.5 Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)		
i.	What is the role of General Duty Assistant in the care plan? (c) Monitoring vital signs and reporting changes	1
ii.	What kind of diet a patient needs when the person is suffering from peptic ulcer? (a) Bland diet	1
iii.	During bed making procedure a bowl of _____ lotion is needed to carbolize the furniture. (c) Antiseptic	1
iv.	Tachycardia is the term used for – (d) Increased pulse rate	1
v.	This is force of blood pushing against the artery walls. We need sphygmomanometer to measure (c) Blood Pressure	1
vi.	The patient served full diet is the one who- c) do not require any modification	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.		

Q6	 Non-Verbal Communication Expressions • Smiling when you are happy • Making a sad face when you are sad	2
Q7	cultural barrier - Barriers to Effective Communication Misunderstanding customs, making assumptions based on someone's background.	2
Q8	Two benefits of effective time management include increased productivity and reduced stress, as it allows individuals to prioritize tasks and allocate time efficiently.	2
Q9	Breaking tasks into smaller, manageable parts can help overcome procrastination by creating a sense of accomplishment as each part is completed, motivating further progress.	2
Q10	Mindfulness can enhance self-management by improving focus, reducing stress, and promoting emotional regulation, enabling individuals to respond better to challenges.	2
	Answer any 4 out of the given 6 questions in 20 – 30 words each (2 x 4 = 8 marks)	
Q11	The following professionals are available in a hospital: 1. Doctors 2. Nurses 3. Pharmacist 4. Medical Lab Technician 5. X-Ray Technician 6. Physiotherapist, etc., (any four)	2
Q12	General Duty Assistant (GDA) should possess the following qualities: • Honesty and loyalty • Discipline and obedience • Alertness • Technical competence • Dependability and adjustability • Ability to inspire confidence (any four)	2
Q13	It is a full diet but consisting of food substances that are easy to chew and digest. Some patients, particularly the aged patients cannot take food which requires chewing or the food that is difficult to digest. A soft diet is advised to these patients. A soft diet may include double boiled rice, soft – cooked pulses and dals, steamed fish, poached eggs, custards, sliced bread, sieved cooked vegetables, cooked or ripe bananas, dalia, etc.	2
Q14	What are the objectives of formulating a Care Plan? Objectives of Care Plan The various objectives of a care plan include the following: • To provide each patient an individualized plan of care so that the patient can be cured at the earliest. • To determine priorities for action.	2

	• To provide for effective communication among the nursing staff and professionals from other disciplines. • To encourage patient participation in planning patient 's care and taking decisions about patient healthcare. • To provide for continuity of care, planning for further actions, and goal setting. • To assist in documentation of the patient's response and recovery. (any four points)	
Q15	1. Normal weight and height for age, body build up and developmental stage. 2. Adequate appetite. 3. Active and alert. 4. Healthy skin. 5. Well – developed muscle 6. Normal schedule of tooth eruption and healthy teeth and gums. 7. Normal urinary and bowel elimination patterns. 8. Normal sleep patterns	2
Q16	The purpose of bed making is as follows: 1. To provide the patients with a safe and comfortable rest and sleep. 2. To give the ward a neat appearance. 3. To adapt to the needs of the patient and to be ready for any emergency or critical condition of illness. 4. To economize time, material and effort. 5. To prevent bedsores. 6. To observe the patient, for the presence of bedsore, oral hygiene, patient's ability of self care, etc. (any four points)	2
	Answer any 3 out of the given 5 questions in 50– 80 words each (4 x 3 = 12 marks)	
Q17	Allied services: 1. Physiotherapy: It provides specialised services to all patients who require physiotherapy. A physiotherapist helps patients who are physically impaired, including those suffering from temporary disability after medical or surgical treatment. 2. Radiology: The department supports in diagnosing the disease and providing treatment using advanced equipment, including Computed tomography (CT) scan, digital X-ray, angiography (imaging of blood vessels) and ultrasound scanning equipment. 3. Administrative and Finance Department: It performs all works related to administrative (such as hiring and posting of hospital staff) and financial activities (such as purchase of medicines and equipment, providing salaries to staff etc.) required for proper functioning of the hospital. 4. Public Relations Department: Public relations department deals with media coverage of the activities of hospitals, including visits, meetings,	4

	conferences, etc. It also prepares booklets, leaflets, and posters with the aim of educating people on various aspects of health. Supporting Services: Hospital may also have some services which are required for providing support to the main clinical areas	
Q18	1. Teaching-Cum-Research Hospital: The primary objective is training of doctors and research. Healthcare is secondary. For example, Medical Colleges. 2. General Hospitals: These hospitals offer treatment for common diseases. The main objective of general hospital is to provide medical care, whereas teaching is secondary. 3. Specialized Hospitals: These hospitals concentrate on giving medical and nursing care in a specific medical speciality, e.g. ophthalmic hospital, heart hospital, etc. 5. Isolation Hospital: These hospitals provide care to patients suffering from infectious diseases. To prevent the disease spreading to others, these patients are kept in isolation wards/hospital. e.g. COVID-19 patients. 6. Rural Hospitals: Hospital based in Rural areas, providing basic medical & nursing care to Rural community. It may have in patient facility and can provide medical care in few medical disciplines. (Mention any four types of hospitals.)	4
Q19	GDA Responsibility in Bed Making 1. Check the doctor's order for specific precautions regarding the movement and positioning of the patient. 2. Assess the patient's ability for self-care. 3. Check the furniture and linen available in the patient's unit. 4. Assess the number of clean linens needed. 5. Assess the articles needed for the comfort of the patient e.g. blankets, backrest etc. 6. Change the linen.	4
Q20	Types of Diets 1. Full Diet ○ Regular, balanced, normal diet (vegetarian or non-vegetarian). ○ For patients who do not require any dietary modifications. 2. Soft Diet ○ Easy to chew and digest. ○ Recommended for elderly or patients with chewing/digestive problems. Examples: double-boiled rice, soft pulses/dals, steamed fish, poached eggs, custards, ripe bananas, dalia, sieved vegetables, bread. 3. Liquid Diet ○ For patients unable to take/tolerate solid food. Two types: Clear Fluid Diet: Clear tea, weak coffee, clear soups, whey water, strained fruit juices, soda water. Maintains fluid balance but low in nutrients; used only short-term.	4

	Full Fluid Diet: Nutritionally complete using milk, custards, egg flips, thin cereal, sugar/glucose. Provides proteins, vitamins, minerals, and calories. Used long-term or with tube feeding. 4. Special Diets (modified for specific diseases): ○ High/low calorie diet ○ High/low protein diet ○ Low salt or salt-free diet ○ Fat-free diet ○ Renal diet ○ Diabetic diet	
Q21	• Five key steps: Assessment (gathering comprehensive health data) - The first step in nursing care is a thorough assessment of a patient's history and health, covering physiological, psychological, socio-cultural, spiritual, economic, and lifestyle aspects. This assessment is done at admission, and a written Care Plan is prepared within 8 hours, tailored to the patient's needs and hospital standards. The admission assessment records the patient's history and current complaints, integrating input from multiple disciplines to identify problems, set priorities, and establish realistic short- and long-term goals with target dates. Problem identification (clinical judgments) - It is the clinical judgment regarding patient's response to actual or potential health conditions or needs. It not only reflects the patient's physical symptoms, but also other problems, such as anxiety, poor nutrition, and conflict within the family. Planning interventions (measurable goals) - Based on the assessment, the GDA helps set measurable short- and long-term goals, such as improving mobility, ensuring proper nutrition, resolving conflicts, or managing pain. They must follow the doctor's specific interventions in coordination with the nurse. Implementation (following plan accurately) - Continuity of care for the patient during hospitalization and in preparation for discharge needs is assured. This is documented in the patient's record and the progress in resolving the health problem is continuously monitored. Evaluation (review and revise as needed) - Both the patient's status and the effectiveness of the nursing care must be continuously evaluated, and the Care Plan should be modified as per the need of the patient.	4