



# Indian School Al Wadi Al Kabir

## Post-Midterm Examination (2025-2026)

Class: IX

Subject: **Health Care (413)**

Max. marks: 50

Date: 23/11/2025

Set - I

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. **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

<b>Q. 1</b>	<b>Answer any 4 out of the given 6 questions on Employability Skills (1 x 4 = 4 marks)</b>	
<b>i.</b>	Which of the following is not a self-management skill? (a) Problem solving (b) Bargaining (c) Understanding self (d) Confidence-building	<b>1</b>
<b>ii.</b>	Grooming is a term associated with: (a) Time management (b) Problem solving (c) Neat and clean appearance (d) Self-management	<b>1</b>
<b>iii.</b>	What steps should one take to build confidence? (a) Set goals in life. (b) Appreciate oneself for all the achievements. (c) Always think positively. (d) Talk to confident people.	<b>1</b>

<b>iv.</b>	Which of the following is a quality of a self-confident person? (a) Patient (b) Compassionate (c) Committed (d) Passionate	<b>1</b>
<b>v.</b>	What can you do to get rid of negative thoughts or feelings? (a) Meditate to calm down and feel positive. (b) Ignore them and move on in life. (c) Act based on the negative thoughts or feelings. (d) Talk to a friend and share all your negative feelings.	<b>1</b>
<b>vi.</b>	Dressing and grooming are important because they help us to look_____. (a) Smart (b) Untidy (c) Shabby (d) All of the above	<b>1</b>

<b>Q. 2</b>	<b>Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)</b>	
<b>i.</b>	Which quality is most essential for a patient care assistant when dealing with patients in pain? (a) Being quick to finish the task. (b) Showing empathy and compassion. (c) Maintain strict schedules. (d) Staying emotionally detached.	<b>1</b>
<b>ii.</b>	Which of the following is NOT a basic activity of daily care for patients? (a) Bathing and hygiene (b) Feeding (c) Performing surgery (d) Assisting with mobility	<b>1</b>
<b>iii.</b>	Which of the following contributes to patient comfort? (a) Proper lighting and ventilation. (b) Loud television is constantly turned on. (c) Keeping curtains always closed. (d) Limiting visitor access completely.	<b>1</b>
<b>iv.</b>	Adequate hydration for patients means: (a) One glass of water per day. (b) No water before bedtime. (c) Sufficient fluid intake as per the doctor's advice. (d) Only juice, no water.	<b>1</b>
<b>v.</b>	Professional behaviour of a PCA includes: (a) Sharing patient information with friends. (b) Maintaining confidentiality. (c) Using mobile phones constantly during duty. (d) Arriving late regularly.	<b>1</b>

<b>vi.</b>	Biomedical waste is defined as: (a) Only hospital food waste. (b) Waste generated during diagnosis, treatment, or immunisation. (c) Office paper waste. (d) Garden waste from hospital premises.	<b>1</b>
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<b>Q.3</b>	<b>Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)</b>	
<b>i.</b>	The colour code for disposing of infectious waste like cotton with blood is:  (a) Blue bag (b) Yellow bag (c) Red bag (d) Green bag	<b>1</b>
<b>ii.</b>	Why is proper biomedical waste management important?  (a) To save money only. (b) To prevent the spread of infections and protect the environment. (c) To increase the amount of waste produced. (d) Only to follow rules.	<b>1</b>
<b>iii.</b>	Oral hygiene for bedridden patients should be performed:  (a) Once a week. (b) Once a month. (c) At least twice daily. (d) Only when requested.	<b>1</b>
<b>iv.</b>	Which one of the following is an unhealthy habit?  (a) Sharing food. (b) Bathing twice a day. (c) Drinking boiled water. (d) Eating without washing one's hands.	<b>1</b>
<b>v.</b>	Which of the following is a benefit of good personal hygiene?  (a) Improved self-confidence. (b) Better social acceptance. (c) Prevention of diseases. (d) All of the above.	<b>1</b>
<b>vi.</b>	Why should you keep your nails clean and short?  (a) They look better. (b) Dirt and germs accumulate under nails and can cause infections. (c) Long nails are uncomfortable. (d) It's a school rule.	<b>1</b>

<b>Q. 4 Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)</b>		
<b>i.</b>	A clinic that provides advanced diagnostic or treatment services for different parts of the body is -----. (a) an Ambulatory Clinic (b) a Free Clinic (c) an Outpatient Clinic (d) a Specialist Clinic	<b>1</b>
<b>ii.</b>	During adolescence, why does personal hygiene become even more important? (a) Hormonal changes increase sweat and oil production. (b) Social interactions increase. (c) Physical changes require additional care. (d) All of the above.	<b>1</b>
<b>iii.</b>	A healthy lifestyle includes: (a) Balanced diet and regular exercise. (b) Adequate sleep and good hygiene. (c) Stress management and avoiding harmful substances. (d) All of the above.	<b>1</b>
<b>iv.</b>	The abbreviation LTC stands for _____. (a) Long-term Communication (b) Long Term Companion (c) Long Term Care (d) Long Term Compassion	<b>1</b>
<b>v.</b>	How many minutes of moderate physical activity should teenagers get per day? (a) 15 min (b) 60 min (c) 120 min (d) 320 min	<b>1</b>
<b>vi.</b>	Which among the following is excluded by a non-governmental organisation? (a) Health care for a special group (b) Health researchers and activists (c) Integrated development programs (d) Preventive measures	<b>1</b>

<b>Q. 5 Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)</b>		
<b>i.</b>	A balanced diet should include: (a) Only fruits and vegetables (b) Foods from all food groups in appropriate proportions (c) Mainly proteins and carbohydrates (d) Large amounts of fats and sugars	<b>1</b>
<b>ii.</b>	What is the primary purpose of a healthcare delivery system? (a) To make money for hospitals. (b) To provide medical care and improve public health. (c) To employ doctors and nurses. (d) To build more hospitals.	<b>1</b>

iii.	Public healthcare facilities are funded by: (a) Private companies (b) The government (c) Insurance companies only (d) Individual donations	1
iv.	An----- clinic offers outpatient guidance and counselling for various diseases and procedures that can be carried out in specialised hospitals or clinics. (a) Ambulatory (b) Free (c) Specialist (d) Alternative	1
v.	The emergency department in a hospital is responsible for: (a) Routine dental check-ups (b) Treating life-threatening and urgent medical conditions (c) Issuing birth certificates (d) Health insurance enrollment	1
vi.	The pharmacy department in a hospital is responsible for: (a) Performing surgeries (b) Dispensing medications and counselling patients (c) Taking X-rays (d) Admitting patients.	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	List three things you will do for personal grooming in each of CARE, WASH, and AVOID to keep clean.	2
Q. 7	What are the factors that affect self-confidence?	2
Q. 8	List any two self-management skills.	2
Q. 9	Write two to three lines you would use to introduce yourself.	2
Q.10	Write one sentence of each type—statement and question.	2

**Answer any 4 out of the given 6 questions in 20 – 30 words each (2 x 4 = 8 marks)**

Q. 11	List any four elements that can provide comfort to a patient.	2
Q. 12	As a team member, what are the responsibilities of a patient care assistant?	2
Q. 13	Briefly explain the Indian system of medicine with two examples.	2
Q. 14	Explain the various components involved in the grooming and dressing of a patient.	2
Q. 15	Define the health care delivery system.	2
Q. 16	What is a biomedical waste management system? Mention any one disposal method.	2

**Answer any 3 out of the given 5 questions in 50– 80 words each (4 x 3 = 12 marks)**

Q. 17	Why should biomedical waste be segregated and disposed of in bags with different colours? Explain with examples	4
Q. 18	Write short notes on the components and functions of hospitals.	4
Q. 19	What is Hygiene, and explain the hygiene routines to be followed to ensure good health?	4
Q. 20	What are the factors that affect good health? What should be done to maintain good health?	4
Q. 21	Differentiate between the DO'S and DONT'S of a Patient Care Assistant.	4