



COMMON PRE-BOARD EXAMINATION
HEALTH CARE (SUBJECT CODE 413)
Class-X-(2025-26)



SET: 1

Time allowed: 2 Hrs.

MARKING SCHEME

Maximum Marks: 50

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.

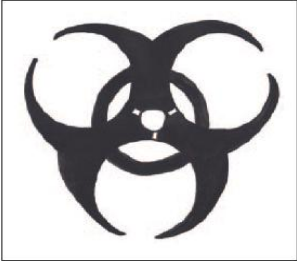

7. SECTION B – SUBJECTIVE TYPE QUESTIONS (26 MARKS):

- 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 (c) Other Methods</p>	1
ii.	Which one of the following self-motivations helps you in? (d) To improve your quality of life	1
iii.	The self-management skills of an employee are very important at the workplace to acquire _____. (c) Self-confidence	1
iv.	How can a virus enter a computer? (a) Online games	1
v.	Which of the following entrepreneurship refers to starting industries in which manufacturing, trading, providing services, production are done on a micro scale? (c) Small-scale entrepreneurship	1
vi.	Which of the following sources of energy is from a renewable source? (a) Solar energy	1
Q.2	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	What is the primary source of funding for government hospitals? (d) Government funding	1
ii.	Which department in a hospital provides services round the clock for patients requiring immediate care? (c) Emergency Department	1
iii.	What level of medical care is closest to the people and provides essential healthcare services? (a) Primary Care Level	1
iv.	Which type of hospital is established and incorporated under the Society Registration Act or Public Trust Act- (a) Voluntary Hospital	1
v.	While communicating you must _____ of the message. (a) concentrate on the content	1
vi.	_____ is the study of Bones.	1

	(b) Osteology.	
Q.3	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	An optimal _____ is essential for normal growth, development, and functions of the organs, or normal reproduction, growth, and maintenance. (a) Nutritional status	1
ii.	A person's dietary pattern is usually slow to change because food habits are deeply rooted in the past. Food choice has always been influenced by non-nutritional factors. What are those factors? (c) All the above	1
iii.	What kind of diet does a patient need when the person is suffering from a peptic ulcer? (b) bland diet	1
iv.	Tachycardia is the term used for _____. (b) Increased pulse rate	1
v.	The central plane which divides the body into two halves is called - (b) Medial	1
vi.	Computers are also used in the monitoring of _____. (a) Patient's reports	1
Q.4	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	What kind of diseases are caused by microbes that spread like common cold and flu? (b) Infectious disease	1
ii.	Protozoa is a type of _____. (c) Parasite	1
iii.	Name the disease which occurs in humans through the saliva of infected animals through bite. (b) Rabies	1
iv.	An acute contagious disease caused by virus occurring in children causing red spots on skin, fever and inflammation of air passages is called _____. (c) Measles	1
v.	The human skeleton is made up of _____ bones. (b) 206	1
vi.	Write the full form of EMS. (a) Emergency Medical Services	1
Q.5	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	Blood is the viscous fluid composed of _____. (a) Plasma and cells	1

ii.	 <p>This is the sign of _____. (a) Biohazard</p>	1
iii.	<p>Burns can be classified into three categories viz., first, second, third degree burns, depending on the _____ of burns. (a) severity</p>	1
iv.	<p>Metered dose inhalers are used in which ailment? (a) Asthma</p>	1
v.	<p>Duodenum, Jejunum and Ileum are parts of which portion of digestive system? (b) Small intestine</p>	1
vi.	<p>Press releases, sponsorships, special events and web pages are part of _____. (d) Public Relations</p>	1
<p>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.</p>		
Q. 6	 <p>Interpersonal Communication. (½ mark) This form of communication takes place between two individuals and is thus a one-on-one conversation. It can be formal or informal. (½ mark) <i>Examples</i> 1. A manager discussing the performance with an employee. 2. Two friends discussing homework. 3. Two people talking to each other over phone or video call. (any one example) (1 mark)</p>	2
Q. 7	<p>List two factors that affect self-confidence. Factors Affecting Self-Confidence</p> <ul style="list-style-type: none"> • Past Experiences. Our past experiences shape our self-confidence a lot. • Self-Perception. How we see ourselves is crucial to our confidence. • Support System. • Societal Expectations. • Fear of Failure. 	2

	<ul style="list-style-type: none"> • Skill Level. • Mental Health. • Physical Well-Being. (any two) (1+1 = 2marks) 	
Q. 8	No, computer viruses cannot infect hardware	2
Q. 9	<p>Successful entrepreneurs have the following qualities.</p> <ul style="list-style-type: none"> • They are confident. They believe in themselves and their abilities. • They keep trying new ideas in their business. • They are patient. • They are creative and think differently about business ideas. • They take responsibility for their actions. • They take decisions after thinking about them. • They work hard. • They do not give up when they face a difficulty. (Any four qualities) ($\frac{1}{2} \times 4 = 2$ marks) 	2
Q.10	<p>Two major advantages gained by using 'Kulhads' are to</p> <ol style="list-style-type: none"> 1. reduce cutting of tree for making paper cups. 2. job creation for potters, which contributes to economy. 3. reduce plastic waste. (any two) (1+1 = 2marks) 	2
	Answer any 4 out of the given 6 questions in 20 – 30 words each (2 x 4 = 8 marks)	
Q.11	<p>Write down the functions of following departments of hospital.</p> <ol style="list-style-type: none"> i. Anaesthesiology - This department supports various surgical departments for operations and also take care of Intensive Care Unit (ICU) and Critical Care. ii. Inpatient Department (IPD) or Wards: A Department where patients are admitted in the hospital for diagnosis and treatment. (1+1 = 2marks) 	2
Q.12	<p>Enumerate four types of diet served in hospital.</p> <ol style="list-style-type: none"> i. Full diet ii. Soft diet iii. Liquid diet iv. Special diet ($\frac{1}{2} \times 4 = 2$ marks) 	2
Q.13	<p>Sterilization is defined as the process by which an article, surface or medium is freed of all living microorganisms either in the vegetative or spore state.</p>	2
Q,14	<p>The basic principles of first aid are as follows:</p> <p>Preserve life: This includes the life of the casualty and rescuer.</p> <p>Protect the casualty from further harm: Ensure the scene is safe and the casualty is not affected by the presence of people.</p> <p>Provide pain relief: This could include the use of ice packs or simply applying a sling.</p> <p>Prevent the injury or illness from becoming worse: Ensure the treatment you provide as part of the First Aid does not make the condition of the</p>	2

	casualty worse or delay the transfer of patient to hospital. ($\frac{1}{2} \times 4 = 2$ marks)	
Q.15	<p>Distinguish between the following:</p> <p>(a) Medial and Lateral Median Line: The central plane which divides the body into two halves, i.e. right and left. Lateral: Away from the median line.</p> <p>(b) Superior and Inferior Superior: Nearer to the head, also called Cranial. Inferior : Nearer to the foot, also called Caudal. ($\frac{1}{2} \times 4 = 2$ marks)</p>	2
Q.16	<p>Computers are utilised in scanning and imaging procedures as well. The procedures range from simple blood tests to sophisticated Computerised Tomography (CT) scans.</p> <p>Computers are also used in the monitoring of patient records. Doctors are able to keep an eye on everything from blood glucose levels to heart rates.</p> <p>The application of computer and information is used to promote and support the practice of patient care and the delivery of care.</p> <p>In addition to the routine use of computer- assisted technology, such as email, computers have many other applications in patient care. (any two points) (1+1 = 2marks)</p>	2
	Answer any 3 out of the given 5 questions in 50– 80 words each (4 x 3 = 12 marks)	
Q.17	<p>If Garima is working as GDA in any hospital and she assists in emergency services required for dealing with accidents, natural disasters, etc. as per health care team members.</p> <p>The GDA assists in emergency services required for dealing with accidents, natural disasters, epidemics, etc. as per the instruction of the healthcare team members. This helps in streamlining the acute care of the patients requiring emergency medical services and thus improve the outcome.</p> <p>Caregiver: A GDA meets the patient’s holistic healthcare needs to promote health and the healing process. The GDA supports improving treatment for specific diseases and applies measures to restore the emotional and social well-being of the patient.</p> <p>Communicator: A GDA is required to communicate effectively with doctors, nurses and other staff members, therefore he/she should possess good communication skills. In fact, a GDA can be an effective link in communication between patient and health care team.</p> <p>Curative Functions: It includes treatment of all ailments/diseases with the help of healthcare team members. The GDA assists the nurse and other health team members in treatment of ailments/ diseases.</p> <p>Rehabilitative Functions: It includes activities related to physical, mental and social rehabilitation. The GDA ensures that the patient returns to a state of normal functioning. This requires assistance to patient and family members for liaison between various team members like physiotherapist,</p>	4

	nutritionist and other rehabilitative members for optimal rehabilitation of members.	
Q.18	<p>A Care Plan has the following characteristics:</p> <ol style="list-style-type: none"> 1. It is holistic and is based on the clinical judgment of the nurse using assessment data. 2. It is based upon identifiable nursing diagnoses (actual, risk or health promotion), which include clinical judgments about individual, family or community's experiences/ responses to actual or potential health problems. 3. It focuses on patient-specific nursing outcomes that are realistic for the care recipient. 4. It includes nursing interventions which are focused on the risk factors. 5. It relates to the future course of action. 	4
Q.19	<p>The GDA's responsibility with regard to the nutrition of the patient can be analysed into four major areas:</p> <ol style="list-style-type: none"> 1. Assisting patients to obtain the necessary nourishment, either assisting with eating or other forms of eating e.g. tube feeding, feeding a helpless patient to eat his food, etc. 2. Motivating patient to eat properly. 3. Helping a patient to accept different diet as necessary e.g. salt free diet. 4. Refer charts of dietician. <p>Appropriate diet of a patient needs to be customized as per choices and needs of the patient.</p> <p>The diet may be planned according to the food habits of the patient, based on culture, religion, socio-economic status, and personal references (likes and dislikes). The impact of the diet on patient needs regular reassessment and appropriate changes are desirable.</p>	4
Q.20	<p>Important rules for First Aid are as follows:</p> <ul style="list-style-type: none"> • Scene safety: Ensure that the site where the event happens is safe for the casualty and rescuer as well. • Assess: Find out what has happened, and then what is wrong with the person. Reassure the victim and continue with initial first aid management. • Call: Call for help to the emergency medical services / ambulance and inform the status of the patient along with all details of the site and existent facility. • Manage and reassess: Help the victim, preferably without moving him or her. Manage the manageable injuries or medical conditions under the purview of the rescuer. Reassess the patient frequently and manage accordingly. 	4
Q.21	Human heart is a pump with four chambers, hollow organ, which is responsible for the circulation of blood throughout the body and along with it all the necessary gases, nutrients and others.	4

	<p>The heart is located in the thorax (chest) between the lungs and behind the sternum. Two third of the heart lies on the left side and it is placed obliquely. The heart has a mass of between 250 and 350 grams and is approximately the size of the fist of the Individual. Heart is made of four chambers, two auricles and two ventricles, each further classified into right and left auricle and right and left ventricle.</p>	
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