



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

MARKING SCHEME

SECTION A: OBJECTIVE TYPE QUESTIONS		
Q.1	Answer any 4 out of the given 6 questions on Employability Skills (1 x 4 = 4 marks)	Marks
i	Which of the following is NOT an element of communication within the communication process cycle? (d) Time	1
ii	In SMART goals, the letter 'S' stands for which of the following? (b) Specific	1
iii	Which of the following is a physical barrier to effective communication? (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? (b) Beliefs	1
v	Identify the sentence that is written in the PASSIVE voice: (b) A movie is being watched by them.	1
vi	Which of the following is an example of external motivation? (b) Practicing question papers to win a "Best Student Award" at the end of the year.	1
Q.2	Answer any 5 out of the following 6 questions on Subject Specific Skills : (1 x 5 = 5 Marks)	
i	According to the World Health Organization (WHO), a health system consists of: (b) Organizations, people, and actions whose primary intent is to promote, restore, or maintain health.	1
ii	Which specialized department in a hospital deals with the medical care of infants, children, and adolescents? (b) Paediatrics	1
iii	In the Indian healthcare structure, Primary Health Care Centres (PHCs) and Community Health Centres (CHCs) are classified as: (c) General Hospitals	1
iv	What is the primary objective of a Teaching Hospital / Medical College? (b) Teaching, research, and providing medical care to patients.	1
v	Which supporting department is responsible for ensuring quality food service to in-patients according to their specific diseases and doctor's advice? (b) Dietary and Food Services Department	1

vi	A patient suffering from a thyroid disorder or diabetes should consult a: (c) Endocrinologist	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? (b) 37.0 °C (98.6 °F)	1
ii	A General Duty Assistant (GDA) must keep a patient in a sitting position for at least _____ after meals to prevent choking. (b) 30 minutes	1
iii	What is the normal resting pulse rate range for a healthy adult? (b) 60 to 100 beats per minute	1
iv	In which patient position does the patient lie flat on the abdomen with the head turned to one side? (c) Prone position	1
v	High blood pressure (Hypertension) for adults is defined in the medical setting as a pressure equal to or more than: (c) 140/90 mm Hg	1
vi	Within how many hours of a patient's admission should a hospital initiate and develop a written Care Plan? (b) Within 8 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: (c) A patient feeling hot, fatigued, or having a headache	1
ii	Which equipment is specifically preferred for sterilizing all-glass syringes and glassware? (b) Hot Air Oven	1
iii	Which of the following is an acute, highly contagious viral infection that causes a blistery red rash? (b) Chickenpox	1
iv	Nosocomial infections are defined as infections that are: (b) Acquired during hospital care and occur more than 48 hours after admission.	1
v	The process by which an article, surface, or medium is freed of all living microorganisms, including vegetative or spore states, is called: (c) Sterilization	1
vi	What are the three vertices of the epidemiological triangle used in studying disease occurrence? (b) Agent, Host, Environment	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)? (c) Fowler's position	

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: (b) Poor nutritional status affecting the skeletal system	
iii	What is the primary purpose of a patient care plan in a healthcare setting? (b) To provide a systematic method of individualized care based on patient assessment	
iv	Which chemical agent is commonly used at a concentration of 70% to 75% for thermometer and skin disinfection? (c) Ethyl or Isopropyl Alcohol	
v	What is the primary responsibility of a General Duty Assistant (GDA) before sending surgical instruments for autoclaving? (c) Thoroughly cleaning and washing organic debris off the instruments	
vi	Which of the following viral diseases is primarily transmitted through blood or sexual contact? (b) Hepatitis B	
	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. Interests: Things that we like to do in our free time that make us happy, or things we are curious about and want to learn in the future. Example: Listening to music or liking to read. (1 Mark) Abilities: An acquired or natural capacity that enables us to perform a particular job or task with considerable proficiency. Example: Being highly skilled at playing the guitar or solving complex math problems. (1 Mark)	2
Q.7	What is paralanguage? List any two components of paralanguage and explain how they affect spoken communication. Definition: Paralanguage refers to <i>how</i> we speak (non-verbal elements of voice) rather than the actual words spoken. (1 Mark) Components (Any Two): Tone, Speed (tempo), and Volume of voice. <i>Tone:</i> Expresses emotional state (e.g., serious, happy). <i>Speed:</i> Fast talking may show excitement or nervousness; slow speech may convey seriousness. (1 Mark)	2
Q.8	Explain the ABC of stress management in detail. ABC of Stress Management: A - Adversity: The stressful event or situation that causes the perceived demand or threat (e.g., approaching exams or missed bus). (0.5 Mark) B - Beliefs: The way an individual perceives and responds to the stressful event (how they think about the situation). (0.5 Mark) C - Consequences: The actions, outcomes, or psychological/physical results of the event and beliefs. (1 Mark)	2
Q.9	Define Emotional Intelligence. What are the three essential skills it includes?	2

	Emotional intelligence is the ability to identify and manage one's own emotions, as well as the emotions of others. It includes three core skills: Emotional awareness: The ability to identify and name one's own emotions. Harnessing emotions: The ability to apply emotions to tasks like thinking and problem-solving. Managing emotions: The ability to regulate one's own emotions when necessary and help others do the same	
Q.10	Differentiate between Active Voice and Passive Voice sentences, providing one clear example of each. Active vs. Passive Voice: Active Voice: Sentences where the subject performs the action. Example: "<i>Radha is reading a book.</i>" (1 Mark) Passive Voice: Sentences where the subject receives the action. Example: "<i>A book is being read by Radha.</i>" (1 Mark)	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. Care Plan Definition and Purpose: Definition: A Care Plan (or Plan of Care) is an individualized set of actions and nursing interventions based on systematic assessment data.(1 Mark) Purpose: To guide all healthcare professionals involved in the care of a person, providing appropriate treatment to ensure optimal patient outcomes and earliest recovery. (1 Mark)	2
Q.12	Distinguish between a clinical Sign and a Symptom, providing one clinical example of each. Clinical Sign vs. Symptom: Symptom: A problem or phenomenon that the patient notices, feels, and experiences internally. Example: Fatigue, pain, or feeling hot. (1 Mark) Sign: An objective phenomenon that a physician or nurse can measure, detect, or observe. Example: Muscle weakness, fever registered on a thermometer, or high BP. (1 Mark)	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. (a)Three risk factors present in this scenario are: Advanced Age: The patient is very old (82 years). Length of Stay: The patient has been hospitalized for a prolonged period (10 days). Invasive Equipment: The presence of a urinary catheter and an IV line introduces portals of entry for microbes. Surgical Wound: The patient has an active incision from abdominal surgery which is highly prone to infection.(Any three risk factors: 0.5 Marks each; Total: 1.5 Marks)	2

	(b) Infections occurring more than 48 hours after hospital admission are considered Hospital Acquired Infections.	
Q.14	Differentiate between Disinfectants and Antiseptics based on their application surfaces. Disinfectants vs. Antiseptics Antiseptics: Chemical disinfectants that can be safely applied directly onto living skin or mucous membranes to inhibit microbial growth. (1 Mark) Disinfectants: Stronger chemical agents used to destroy pathogenic microorganisms on non-living (inanimate) objects, like bedpans, basins, and furniture. They are not safe for direct application on skin. (1 Mark)	2
Q.15	List any four essential personal care services that a General Duty Assistant (GDA) is expected to provide to a patient. Personal Care Services by GDA: GDAs provide: (1) Hygiene maintenance, (2) Assisted bathing, (3) Shaving/grooming, (4) Shampooing, (5) Nail trimming, and (6) Skin care. (0.5 Mark for each of any four)	2
Q.16	How does the Outpatient Department (OPD) differ from the Inpatient Department (IPD) in a hospital? Outpatient Department (OPD): This is the department visited by a patient for diagnosis and treatment where investigative or curative work is done without admitting the patient to the hospital. It operates during fixed working hours and helps in curtailing medical expenses. Inpatient Department (IPD): This is the department or ward where patients are formally admitted to the hospital for ongoing diagnosis, nursing care, and treatment	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. Fowler's Position Details: (a) Description: Fowler's is an upright sitting position where the patient's head of the bed is raised to an angle of 45° to 60°, supported by a backrest and knee/foot pillows to prevent slipping. (2 Marks) (b) Clinical Uses (Any Four): 1. To relieve breathing difficulty (dyspnoea) by allowing maximum lung expansion. 2. To improve cardiac output and promote ventilation. 3. To relieve tension on abdominal sutures post-surgery. 4. To assist in draining the abdominal cavity. 5. To relax the large muscles of the back and thighs. 6. To ease eating, talking, and self-care. (0.5 Mark for each of any four, Max 2 Marks)	2 2
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. Classification of Agents in Infection Control:	

	(a) Sterilization Definition: The process by which an article, surface, or medium is completely freed of all living microorganisms, whether in their vegetative or highly resistant spore states. (1 Mark) (b) Classification of Agents (1.5 Marks for each category with examples): Physical Agents: <i>Dry Heat:</i> Flaming, Hot Air Oven, Incineration. <i>Moist Heat:</i> Autoclaving (steam under pressure), Boiling, Pasteurization. <i>Others:</i> Radiation, Sunlight, Filtration. (Need 3 examples) Chemical Agents: <i>Alcohols:</i> Isopropyl or Ethyl Alcohol (70-75%). <i>Aldehydes:</i> Formaldehyde, Glutaraldehyde. <i>Halogens:</i> Iodine, Chlorine (Bleach). <i>Others:</i> Phenols, Gases (Ethylene oxide). (Need 3 examples)	1 3
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. Nutrition and GDA Feeding Responsibilities: (a) Vital Role of Nutrition: Nutrition is vital for cell growth, energy production, tissue repair, maintaining normal immune responses to resist infection, and significantly improving surgical outcomes such as wound healing. (1 Mark) (b) Crucial Guidelines for GDA (Any Three): <i>Hygiene:</i> Ensure hands and face of the patient are washed, and mouth care is given prior to food. <i>Environment:</i> Create a clean, pleasant, well-ventilated, and quiet atmosphere free of disturbing sights/smells; finish painful dressings at least 1 hour before meal. <i>Temperature:</i> Serve all food and drinks at the correct temperature according to safety and patient preference. <i>Positioning:</i> Place bedridden patients in a comfortable sitting position during the meal and maintain this position for at least 30 minutes post-meal to prevent choking. <i>Patience:</i> Cut food into small, mouth-sized pieces, do not rush the patient, and allow adequate time to chew. <i>Reporting:</i> Document the exact quantity eaten, any vomiting, or immediate allergic reactions to the dietician/nurse. (1 Mark for each of any three, Max 3 Marks)	1 3
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. Levels of Medical Care (a) Differences: Primary Care: The first level of contact close to the people where essential healthcare is provided and most common health problems are resolved. (1 Mark) Secondary Care: An intermediate level dealing with more complex problems requiring specific specialist expertise (e.g., Cardiologist or Endocrinologist). It acts as the first referral level. (1 Mark)	3

	Tertiary Care: A highly specialized level requiring central/regional institutions, advanced diagnostic equipment, and highly specialized health workers for complex procedures (e.g., bypass surgery). (1 Mark) (b) Examples in India (0.5 Mark for each part of any two, Max 1 Mark): <i>Primary:</i> Primary Health Centres (PHCs), sub-centres, village health wellness centres. <i>Secondary:</i> District Hospitals and Community Health Centres (CHCs). <i>Tertiary:</i> Regional or central super-specialty medical colleges/institutes.	1
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. Steps and GDA Role in Patient Care Plan: (a) Five Sequential Steps: <i>Assessment</i> (Socio-cultural, physical, psychological history collection on admission). (0.5 Mark) <i>Problem Identification</i> (Clinical judgment/nursing diagnosis of physical or emotional issues). (0.5 Mark) <i>Planning Interventions</i> (Setting measurable long-term and short-term goals). (0.5 Mark) <i>Implementation</i> (Executing specific medical and nursing actions). (0.5 Mark) <i>Evaluation / Outcomes</i> (Continuous review and modification of the care plan). (0.5 Mark) (b) GDA Role in Care Plan: The GDA plays a supportive but vital role: they assist the nurse in formulating and updating the care plan by reporting vital observations, assist in implementing daily interventions (such as repositioning, transferring, feeding, and managing hygiene), follow specific instructions/orders from doctors/nurses, and continuously monitor the patient's physical and emotional comfort. (1.5 Marks)	2.5 1.5