

CBSE – DEPARTMENT OF SKILL EDUCATION

HEALTH CARE (SUBJECT CODE 413)

MARKING SCHEME OF SAMPLE QUESTION PAPER

Class X (Session 2019–2020)

Time: 2 Hours

Max. Marks: 50

General Instructions:

- This Question Paper consists of two parts viz. Part A: Employability Skills and Part B: Subject Skills.*
- Part A: Employability Skills (10 Marks)**
 - Answer any 4 questions out of the given 6 questions of 1 mark each.*
 - Answer any 3 questions out of the given 5 questions of 2 marks each.*
- Part B: Subject Skills (40 Marks):**
 - Answer any 10 questions out of the given 12 questions of 1 mark each.*
 - Answer any 4 questions from the given 6 questions of 2 marks each.*
 - Answer any 4 questions from the given 6 questions of 3 marks each.*
 - Answer any 2 questions from the given 4 questions of 5 marks each.*
- This question paper contains 39 questions out of which 27 questions are to be answered.*
- All questions of a particular part/section must be attempted in the correct order.*
- The maximum time allowed is 2 hrs.*

PART A: EMPLOYABILITY SKILLS (10 MARKS)

Answer any 4 questions out of the given 6 questions of 1 mark each:

1.	_____ are a group of words that work together to communicate an element of speech. Ans: Phrases 1	(1)
2.	_____ is a practice where an individual is supposed to focus his/her mind on a particular object, thought or activity to achieve a calm mental state reducing stress. Ans: Meditation 1	(1)
3.	_____ is a school of Hindu philosophy reduces stress, which includes a series of postures and breathing exercises practiced to achieve control of body and mind. Ans: Yoga 1	(1)
4.	You can also press _____ on the keyboard to create a new document Ans: Ctrl + N 1	(1)
5.	An _____ is a person who tries to meet needs of a customer through new ideas or ways of doing business and makes profit in return. Ans: Entrepreneur. 1	(1)
6.	_____ refers to that part of environment where life exists. Ans: Biosphere 1	(1)

Answer any 3 questions out of the given 5 questions of 2 marks each:

7.	Enumerate the principles that must be followed for effective communications. Ans: <ul style="list-style-type: none">• Seek first to understand, then diagnose and prescribe• Face to Face Communication is most effective• Communication becomes complex as the number of people we are communicating with increases• Communication across cultures differs $\frac{1}{2} \times 4=2$	(2)
8.	Enumerate the basic importance of stress management skill. Ans: <ul style="list-style-type: none">• Improves mood• Boosts immune system• Promotes longevity• Leads to burst of physical strength, which is vital for goal achievement $\frac{1}{2} \times 4=2$	(2)
9.	How can you save a document in computer? Ans: To save a document, 1. Click the File menu 2. Select Save As option. 3. As the Save As dialog box appears, select the location where you want to save the document. 4. Type the file name, and click on the Save button. $\frac{1}{2} \times 4=2$	(2)
10.	Enlist some values which make an entrepreneur successful. Ans: 1. Confidence 2. Independence 3. Perseverance 4. Open-mindedness $\frac{1}{2} \times 4=2$	(2)
11.	Enumerate natural resources. Ans: There are two main types of natural resources. These are: 1. Renewable natural resources- Resources that can be renewed naturally are known as renewable resources. E.g., water, soil, wind etc. 1 2. Non-renewable natural resources - Resources that cannot be renewed naturally are known as non-renewable resources. E.g., coal, petrol etc. 1	(2)

PART B: SUBJECT SKILLS (40 MARKS)

Answer any 10 questions out of the given 12 questions:

12.	Write Down the full form of OPD. Ans: Outpatient Department 1	(1)
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13.	Which Laboratory is responsible to perform blood Test? Ans: Hematology Laboratory 1	(1)
14.	Name the condition of the patient where blood pressure increases? Ans: Hypertension 1	(1)
15.	Which diet is needed when there is intolerance of food and roughage? Ans: Clear fluid diet 1	(1)
16.	Name one healthy microbe that can be seen in small intestine. Ans: Clostridium 1	(1)
17.	Which method is used to prevent infection by inhibiting growth of bacteria in wounds? Ans: Antisepsis 1	(1)
18.	Which kind of hazards are caused by repetitive movements or improper setup of workstation? Ans: Ergonomic hazards 1	(1)
19.	Oral rehydration salt (ORS) is used in which kind of physical condition? Ans: Dehydration 1	(1)
20.	What do you mean by cytology? Ans: Study of cells 1	(1)
21.	Write down the chemical name of vitamin C. Ans: Ascorbic acid 1	(1)
22.	Name the first point of hospital to contact patients, doctors or staff members. Ans: Medical receptionist 1	(1)
23.	Write the full form of EMS. Ans: Emergency medical service 1	(1)

Answer any 4 questions out of the given 6 questions of 2 marks each:

24.	Enumerate four basic qualities of GDA. Ans: GDA should possess the following qualities: <ul style="list-style-type: none"> • Love for the fellow men • Honesty and loyalty • Discipline and obedience • Alertness ½ x 4=2	
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25.	<p>Why the knowledge of bed making is important for patient in hospital?</p> <p>Ans: Comfort is a basic need of all human being. Every individual requires basic comfort like mattress, pillow, good environment, comfort devices for a good sleep. 1 Bed making is the procedure adopted for making beds using scientific principles of nursing so as to provide maximum comfort of the patient.1</p>	
26.	<p>Write down the differences between antiseptics and disinfectants.</p> <p>Ans: Antiseptics</p> <ul style="list-style-type: none"> • Use on skin and mucous membrane to kill microorganisms. • Not for use of inanimate objects. <p>Disinfectants</p> <ul style="list-style-type: none"> • Use to kill microorganism on inanimate objects. • Not for the use on skin and mucous membrane. <p>½ x 4=2</p>	
27.	<p>Write down the role of a first aider in basic and emergency situation.</p> <p>Ans: As a First Aider, the first thing is to take charge of the situation and stay in charge until the arrival of the medical help or ambulance. While in charge, many other people may offer to help and crowd the place. 1 In an emergency, where there is a confusion and fear, the actions of a calm and effective First Aider reassure everyone, and can make the whole experience less traumatic. Besides giving First Aid, one should ensure the following: Keep unnecessary people away. Protect the casualty's belongings. 1</p>	
28.	<p>Explain general motion on the basis of elevation and depression.</p> <p>Ans: Elevation refers to movement in a superior direction. 1 Depression refers to movement in an inferior direction.1</p>	
29.	<p>Write down the roles of medical receptionist in hospital.</p> <p>Ans:</p> <ul style="list-style-type: none"> • They might also collect patient notes and ensure that these vital records go to the concerned healthcare professional. • In a clinic, they may arrange appointments and patient transport. • Hospital receptionist helps the patient regarding information on Outpatient Department's timing, investigation reports, location of department, etc. • They have to manage the crowd. <p>½ x 4=2</p>	

Answer any 4 questions out of the given 6 questions of 3 marks each:

30.	<p>Enumerate three non government hospitals.</p> <p>Ans:</p> <p>a) Voluntary Hospitals: These are established and incorporated under the Societies Registration Act 1860 or Public Trust Act 1882 or any other Central or State Governments. They are run by public or private funds on a non-commercial basis. 1</p> <p>b) Private Nursing Homes / hospitals: They are generally owned by an individual doctor or group of doctors and they are run on a commercial basis. 1</p> <p>c) Corporate Hospitals: They are public limited companies formed under the Companies Act and are run on commercial lines. They can be either general or specialized or both. 1</p>	(3)
31.	<p>Why is it important to change a patient's position on bed?</p> <p>Ans:</p> <p>The following are the reasons for changing a patient's position on the bed: 1. It helps in promoting comfort and relaxation to give relief from stress.</p> <p>2. It relieves pressure on the diaphragm. 3. It improves gastrointestinal function. 4. It improves respiratory function and circulation of blood.</p> <p>5. It allows for greater lung expansion.</p> <p>6. It prevents deformities and pain.</p> <p>$\frac{1}{2} \times 6 = 3$</p>	(3)
32.	<p>Write down the role of senior nursing administrator in controlling HAI.</p> <p>Ans:</p> <p>The Senior Nursing Administrator is responsible for the following:</p> <p>1. Promoting the development and improvement of nursing techniques, and ongoing review of aseptic nursing policies, with approval by the Infection Control Committee. 1</p> <p>2. Developing training programmes for members of the nursing staff. 1</p> <p>3. Supervising the implementation of techniques for the prevention of infections in specialized areas, such as the operating suite, the intensive care unit, the maternity unit and new-borns units. 1</p>	(3)
33.	<p>Enumerate three basic rules of first aid.</p> <p>Ans:</p> <p>Important rules for First Aid are as follows:</p> <ul style="list-style-type: none"> • Check: Find out what has happened, and then what is wrong with the person. Comfort the victim and arrange shelter. 1 • Call: Arrange for professional medical aid. 1 • Care: Help the victim, preferably without moving him or her. 1 	(3)
34.	<p>Write down the use of calcium in our body. What will happen if the amount of calcium will be less or more than normal level?</p> <p>Ans:</p> <p>Calcium is important for muscle, heart and digestive health. Builds bone, assists in the synthesis and function of blood cells. 1</p> <p>Deficiency of calcium may result in hypocalcaemia (muscle cramps, abdominal cramps, spasms, and hyperactive deep tendon reflexes). 1</p> <p>Excess calcium may result in hypercalcaemia (muscle weakness, constipation, undermined conduction of electrical impulses in the heart, calcium stones in urinary tract, impaired kidney function, and impaired absorption of iron leading to iron deficiency). 1</p>	(3)

35.	<p>As a staff of health care service how should you respond to patient?</p> <p>Ans:</p> <ul style="list-style-type: none"> • Respond to all comments, good or bad, as it shows you listen. • Welcome all opinions and try not to be defensive or aggressive if they 're negative. • Do not use the same stock response to each comment. • Practice to respond to most comments without breaching patient confidentiality. • Know who is asking and why particularly applicable to the group of people. • Do not answer quires that you do not know. <p>$\frac{1}{2} \times 6=3$</p>	(3)
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Answer any 2 questions out of the given 4 questions of 5 marks each:

36.	<p>Enumerate five main roles of GDA in health care services.</p> <p>Ans:</p> <p>The main functions of the GDA are as follows:</p> <p>Promotive Functions: Health promotion is the process of enabling people to increase control over health related problems and to improve health. It is not directed against any particular disease, but is intended to strengthen the host (client) through a variety of approaches such as health education, environmental modification, nutritional support, lifestyle and behavioural changes. The GDA has to educate the client on various aspects of health and nutrition. The GDA provides information about health, treatment or therapy and lifestyle changes. 1</p> <p>Preventive Functions: It includes supervision of pervasion of normal pregnancies and childbirth, supervision of normal growth and development of children, control of communicable diseases, prevention of prolonged illness, provision of health education services, occupational health services and preventive healthcheckup. 1</p> <p>Diagnostic Functions: The GDA helps the patient and health professional in inpatient services involving medical, surgical and other specialties and specific diagnostic procedures. 1</p> <p>Emergency Services functions: The GDA assists in emergency services required for dealing with accidents, natural disasters, epidemics, etc. as per the instruction of the healthcare team members. 1</p> <p>Caregiver: A GDA meets the client's holistic healthcare needs to promote health and the healing process. The GDA provides treatment for specific disease and applies measures to restore the emotional and social well-being of the client. 1</p>	(5)
37.	<p>How can you characterize a care plan?</p> <p>Ans:</p> <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. 1 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. 1 	(5)

	<p>3. It focuses on client-specific nursing outcomes that are realistic for the care recipient. 1</p> <p>4. It includes nursing interventions which are focused on the risk factors. 1</p> <p>5. It relates to the future course of actions.1</p>	
38.	<p>As a first aider how can you manage a patient with minor and severer burn.</p> <p>Ans:</p> <p>In minor burn the following steps will be taken:</p> <ul style="list-style-type: none"> • Remove patient from heat source. • Remove the burnt clothing. • DO NOT apply lotions, ointment or fat (e.g. ghee) to burns. • Run cool water over burnt area. • Wear surgical gloves and gently clean the injured area and dry. • Apply antibiotic, such as Silver Sulphadiazine or Burnol. • Use a sterile bandage to cover burns <p>½ x 6=3</p> <p>In severe burn following steps will be taken:</p> <ul style="list-style-type: none"> • Make the patient lie down. • Apply antibiotic cream over affected area. • Splints may be used to rest the affected joints. • Take the patient immediately to the hospital. <p>½ x 4=2</p>	(5)
39.	<p>Write down the structure and functions of nervous system.</p> <p>Ans:</p> <p>Structure</p> <p>The nervous system is divided into two parts:</p> <ol style="list-style-type: none"> 1. The central nervous system consisting of the brain and spinal cord. These structures are protected by bone (Skull and Vertebral Column) and protected from injury by the cerebrospinal fluid (CSF) which acts as cushion or shock absorber 1 2. The peripheral system which connects the central nervous system to the rest of the body1 <p>Function</p> <p>The nervous system has three general functions: a sensory function, an interpretative function and a motor function.</p> <ol style="list-style-type: none"> 1. Sensory nerves gather information from inside the body and the outside environment. The nerves then carry the information to central nervous system (CNS). 1 2. Sensory information brought to the CNS is processed and interpreted. 3. Motor nerves convey information from the CNS to the muscles and the glands of the body.1 	(5)