

CBSE | DEPARTMENT OF SKILL EDUCATION

HEALTH CARE (SUBJECT CODE 413)

Blue-print for Sample Question Paper for Class X (Session 2023-2024)

Max. Time: 2 Hours

Max. Marks: 50

PART A - EMPLOYABILITY SKILLS (10 MARKS):

UNIT NO.	NAME OF THE UNIT	OBJECTIVE TYPE QUESTIONS	SHORT ANSWER TYPE QUESTIONS	TOTAL QUESTIONS
		1 MARK EACH	2 MARKS EACH	
1	Communication Skills-IV	1	1	2
2	Self-Management Skills-IV	2	1	3
3	Information and Communication Technology Skills-IV	1	1	2
4	Entrepreneurial Skills-IV	1	1	2
5	Green Skills-IV	1	1	2
TOTAL QUESTIONS		6	5	11
NO. OF QUESTIONS TO BE ANSWERED		Any 4	Any 3	7
TOTAL MARKS		1 x 4 = 4	2 x 3 = 6	10 MARKS

PART B - SUBJECT SPECIFIC SKILLS (50 MARKS):

UNIT NO.	NAME OF THE UNIT	OBJECTIVE TYPE QUESTIONS	SHORT ANS. TYPE QUESTIONS	DESCRIPTIVE/ LONG ANS. TYPE QUESTIONS	TOTAL QUESTIONS
		1 MARK EACH	2 MARKS EACH	4 MARKS EACH	
1	Health Care Delivery Systems	4	1	1	6
2	Introduction To Care Plan and care of patients	4	1	1	6
3	Sterilization and Disinfection	4	1	1	6
4	Basic First Aid and Emergency Medical Relief	4	1	1	6
5	Human Body: Structures, Functions and Nutrition	4	1	1	6
6	Public Relations	4	1	-	5
TOTAL QUESTIONS		24	6	5	35
NO. OF QUESTIONS TO BE ANSWERED		20	Any 4	Any 3	27
TOTAL MARKS		1 x 20 = 20	2 x 4 = 8	4 x 3 = 12	40 MARKS

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Sample Question Paper for Class X (Session 2023-2024)

Max. Time: 2 Hours

Max. 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.	Every sentence can be broken into two parts. They are: (a) Subject and Predicate (b) Noun and Pronoun (c) Verb and Adverb (d) Preposition and Conjunction	1
ii.	_____ 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. (a) Enjoying (b) Meditation (c) Physical exercise (d) Going on vacations with family and friends	1
iii.	_____ allows the user to search a file or a folder or run executable files. (a) Shut down (b) Control panel (c) Search box (d) Menu bar	1
iv.	_____ Entrepreneurship can be defined as being primarily related to the marketing and production of inputs and products used in agricultural activities. Farmers have benefited the most with rise in agricultural entrepreneurship as it has led to low-cost innovations in farming processes. (a) Agricultural (b) Social (c) Women (d) Small-scale	1
v.	Rahul is a young boy who was fond of playing Hockey and wanted to become a Hockey player. He joined a Hockey academy and came regularly to practice but never made it to the team. For four days, the boy didn't come for practice. The matches had begun and his team was playing the finals. He came for the finals. He went up to the coach and pleaded him to let him play for the match. The coach had never seen the boy plead like this before. The Game started and the boy played like a ball on fire. Every time he got the ball, he shot a goal. Needless to say, he was the star of the game and his team won. What type of motivation did the boy demonstrate? (a) External (b) Internal (c) Both internal and external (d) Not any specific type of motivation	1
vi.	Everyone in the world today is talking about the measures to curb these rising problems. There are World Summits being organized to find a solution to these global problems. And the solution to these problems is only one – _____. (a) Sustainability (b) Global warming (c) Deforestation (d) Pollution	1

Q. 2 Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)		
i.	In an emergency, where there is confusion and fear, the actions of a calm and effective _____ reassures everyone and can make the whole experience less traumatic. (a) Doctor (b) First aider (c) Pharmacist (d) Lab technician	1
ii.	How can you prepare a patient for taking temperature? Arrange in correct order. A. Introduce self and explain the procedure to the patient. B. Wash hands. C. Shake the glass thermometer to lower the chemical to < 96° or inserts the tip of an electronic thermometer into a disposable probe cover. D. Select appropriate thermometer. (a) A, B, C and D (b) B, D, A and C (c) C, B, A and D	1

	(d) D, A, B and C	
iii.	While communicating you must _____ of the message. (a) concentrate on the content (b) avoid the content (c) interpret the content (d) neglect the content	1
iv.	This is an institution for the care, cure and treatment of the sick and wounded, for the study of the diseases, and for the training of the doctors and nurses (Steadman's Medical Dictionary). Identify the type of institution. (a) School (b) Office (c) Hospital (d) College	1
v.	_____ is the study of Bones. (a) Splanchnology (b) Osteology (c) Myology (d) Cytology	1
vi.	What kind of diseases are caused by microbes that spread like common cold and flu? (a) Brain cancer (b) Infectious disease (c) Liver Disease (d) Digestive problem	1

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 (b) Financial status (c) Recreational status (d) Educational status	1
ii.	What preventive measures can you take to protect yourself from getting disease causing micro-organisms? (a) By keeping food uncovered, taking outside foods. (b) By avoiding use of sanitizer, face mask, soap water. (c) By touching everywhere, visiting different places, talking with friends. (d) By washing hands, taking bath, covering our mouth and nose with face mask.	1
iii.	In the systemic loop, the blood circulates via blood vessels into the body's systems, bringing to all _____ its organs, structures and tissues and collecting _____ waste. (a) Oxygen, Carbon dioxide (b) Carbon dioxide, Oxygen (c) Oxygen, Nitrogen (d) Carbon dioxide, Nitrogen	1
iv.	Rohan is working as GDA in a reputed hospital. He communicates effectively with doctors, nurses and other staff members; therefore, Rohan should possess good communication skills. In fact, Rohan can be an effective link in communication between patient and health care team. Which kind of role as GDA is played by Rohan in hospital? (a) Curative function (b) Communicator (c) Caregiver (d) Rehabilitative function	1
v.	_____ is generated when all documentation related to patient care, diagnostic testing, specialty referrals or any other aspect of patient care or management is done on the computer. (a) Electronic Medical Record (EMR) (b) Hand-written record (c) Doctor's prescription (d) Financial bill	1
vi.	_____ refers to movement in a superior direction. (a) Extension (b) Flexion (c) Elevation (d) Depression	1

Q.4		Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	Match the following diseases with their causes:		1
	A. Cholera	i) An infectious disease that is passed to humans by female mosquitoes. It affects the red blood cells and has fever, chills and sweating as its symptoms.	
	B. Chronic Lung Disease	ii) An acute, contagious, infectious disease caused by a virus. It usually occurs in children and causes red spots on the skin, fever and inflammation of the air passages of the head and throat.	
	C. Malaria	iii) A long-term illness that affects the function of the lungs.	
	D. Measles	iv) An acute infectious disease of the small intestine that causes frequent watery diarrhoea, vomiting, muscle cramps and severe dehydration.	
	(a) A- iii, B- iv, C- i, D- ii (b) A- ii, B- iv, C- i, D- iii (c) A- iv, B- iii, C- i, D- ii (d) A- ii, B- iii, C- ii, D- i		
ii.	Molecules consist of carbon, hydrogen and oxygen atoms. They include monosaccharides (glucose, fructose, galactose), disaccharides, and polysaccharides (starch). Identify the molecule. (a) Carbohydrates (b) Proteins (c) Fats (d) Vitamin		1
iii.	Robin is a Medical Student. He is learning the Medical Science in special kind of hospital where primary objective is to train the doctors and research and secondary objective is to provide Health Care. Robin is learning in which kind of hospital? (a) Teaching-cum-Research Hospital (b) Isolation Hospital (c) General Hospital (d) Rural Hospital		1
iv.	Blood is the viscous fluid composed of _____. (a) plasma and cells (b) Only Plasma (c) Only cells (d) None of these		1
v.	Computers are also used in the monitoring of _____. (a) Patient's reports (b) Patient's records (c) Doctor's records (d) Room's records		1
vi.	As a GDA how can you plan for feeding patients appropriately? A. The diet of every patient in the hospital should be planned according to his needs disease condition, metabolic changes, food habits and socio-economic status. B. Prepare/help the patient for taking the meal. C. Force the patients to take meal and scold them if they don't want to take meal. D. All food, regardless of who prepares it or serves it, should be presented to the patient in an appealing and hygienic method. (a) A, B and C (b) A, B and D (c) A, C and D (d) B, C and D		1

Q.5		Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	To disinfect the Hospital in common method this is used in vast manner as it is rapidly bactericidal rather than bacteriostatic. This is basically used as topical antiseptic to disinfect the surface of medical equipment. Name the disinfectant. (a) Alcohol (b) Iodine (c) Hypochlorite (d) Hydrogen peroxide		1
ii.	Match the following professionals with their functions:		1
	A. Doctors	i. Take care of Patients, give medicines to patients, check vitals and push injections etc.	

	B. Nurses	ii. Provide Physiotherapy to the patients who are suffering from orthopaedic problems.	
	C. Pharmacists	iii. Diagnose the disease and treat the patients so that they can get recovery.	
	D. Physiotherapists	iv. Sell medicines.	
	(a) A- iii, B- iv, C- i, D- ii (b) A- iv, B- iii, C- ii, D- i (c) A- iii, B- i, C- iv, D- ii (d) A- ii, B- i, C- iv, D- iii		
iii.	If a person is unconscious, try to arouse by gently shaking and speaking. Do not give fluid, the victim cannot swallow and could suffocate. Look for the victim's chest to rise and fall and listen for sounds of breathing (place your ear near the nose and mouth and feel for breath on your cheek). What do you determine in this situation? (a) Responsiveness (b) Bleeding (c) Spinal injury (d) Fracture		1
iv.	As a GDA when you must give a report about any patient, by observing the characteristics how can you determine that the patient is Well-Nourished. A. Well – developed muscle B. Normal schedule of tooth eruption and healthy teeth and gums. C. Normal urinary and bowel elimination patterns. D. Normal sleep patterns. (a) A, B and C (b) B, C and D (c) A, B and D (d) A, B, C and D		1
v.	Excess potassium may result in_____ (a) Hyperkalemia (b) Hypokalemia (c) Hyponatremia (d) Hyponatremia		1
vi.	The_____ at the reception center handle all visitor 's enquires, direct visitors to the Public Relations Officer (PRO) and coordinates with other hospitals. (a) Receptionist (b) Doctor (c) Nurse (d) Pharmacist		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	What are the basic types of communication? Show by schematic diagram.	2
Q. 7	Enumerate the importance of the ability to work independently.	2
Q. 8	How can you create a new file?	2
Q. 9	Enumerate the positive impact of Entrepreneurship in our society.	2
Q. 10	With the help of schematic diagram show some common sustainable Practices for our homes and work place.	2

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

Q. 11	How can you apply the principle of first aid in your daily life?	2
Q.12	Write down the functions of following departments of hospital. a) Physiotherapy department b) Public Relations Department	2

Q. 13	How the receptionist can play important role in hospital?	2
Q. 14	When you are learning about infection and different pathogens, what are the important points you should remember?	2
Q. 15	If you want to measure the body temperature with thermometer, what preparations should you take before the procedure?	2
Q. 16	Distinguish between the following: Medial and Lateral Superior and Inferior	2

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

Q. 17	While doing the course of GDA, one must have gone the concepts of Anatomy and Physiology. Briefly discuss about them.	4
Q. 18	If Mahima 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. Explain the services that she can provide as GDA in emergency in hospital.	4
Q. 19	As a GDA how one can explain about the important rules for First Aid.	4
Q. 20	As a first aider, how can one deliver the helps to the victim and improves overall outcome?	4
Q. 21	Deepika makes care plan for patients. What is care plan and what are the objectives of care plan?	4