

BHARTIYA SKILL DEVELOPMENT UNIVERSITY

School of Health Care and Paramedics

1st Semester, 1st In-Sem. Examination

MNA Diploma Program, Summer Semester (2018-19)

Course Code: MNA1101

Time: 1 Hour

Course Name: Anatomy Physiology & Professional behaviour

Max. Marks: 20

Instructions:

1. **SECTION-A:** 05 objective type questions, each question carries 01 mark
2. **SECTION-B:** 03 short answer type questions, each question carries 02 marks
3. **SECTION-C:** 03 essay type questions, each question carries 03 marks.

SECTION-A**[5x1=5 Marks]**

1. **Outer most layer of cell is known as....**
 - a. Centrosome
 - b. Cytoplasm
 - c. Ribosome
 - d. Plasma membrane
2. **What are the functions of insulin?**
 - a. Absorb glucose
 - b. The breaking down of fat to produce energy
 - c. The breaking down of glycogen into glucose
 - d. Promoting the ripening of sperm
3. **Fertilization is occurring in....**
 - a. Vagina
 - b. Uterus
 - c. Fallopian tube
 - d. Ovary
4. **Which blood group is a universal recipient:**
 - a. O^{-ve}
 - b. A^{+ve}
 - c. AB^{+ve}
 - d. B^{+ve}
5. **How many lobes are present in left lung?**
 - a. One lobe
 - b. Two lobes
 - c. Three lobes
 - d. Four lobes

SECTION-B**[3x2=6 Marks]**

- 1) What are the functions of blood?
- 2) Draw the flow chart of blood circulation.
- 3) What are the functions of kidneys?

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SECTION-C

[3x3= 9 Marks]

- 1) Explain the female internal genital organs.
- 2) Define liver and explain the functions of liver.
- 3) Define cell, explain the cell organelles with the help of a diagram.



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SECTION-A

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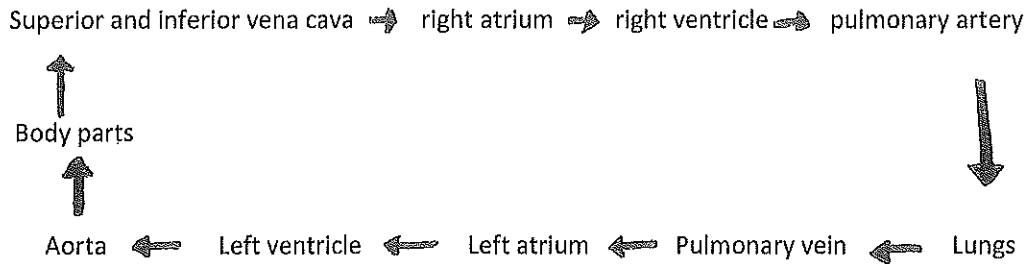
SECTION-B

[3x2=6 Marks]

- 1) What are the functions of blood?
 - Transport (nutrients, oxygen, carbon dioxide, salts, hormones, waste products etc.)
 - Heat distribution
 - Defence against pathogens and foreign substances
 - Wound closure (haemostasis and blood clotting)
 - Buffer function- balancing out fluctuations in pH value

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2) Draw the flow chart of blood circulation.



3) What are the functions of kidneys?

- ✓ Excretion of metabolic products and toxins
- ✓ Keeping the water balance and osmotic pressure constant
- ✓ Keeping the salt balance constant
- ✓ Electrolyte balance
- ✓ Keeping the acid-alkali balance constant
- ✓ Hormone production:
 - Renin
 - Erythropoietin

SECTION-C

[3x3= 9 Marks]

1) Explain the female internal genital organs.

• **Internal genitalia: -**

The internal organs of the female reproductive system lie in the pelvic cavity and consist of the vagina, uterus, two uterine tubes and two ovaries.

• **Vagina**

The vagina is a fibromuscular tube lined with stratified squamous epithelium, connecting the external and internal organs of reproduction. It is about 10cm long, but it also has a high degree of elasticity and can therefore stretch. Its mucus membrane has a robust structure for protection against mechanical damage and it has a pH value OF 4-4.5.

• **Uterus**

The uterus is pear shaped, 6-7 cm long and weight 50gm. It is situated between the bladder and the rectum and is anchored in the pelvis with strong ligament.

• **Fallopian tube**

Each of the two fallopian tubes measure 10-17 cm in length, from the infundibulum at the ovary to the opening in to the uterus. The fallopian tube receive the ovum after ovulation and transport it to the uterus.

• **Ovaries**

The ovaries are the female gonads (glands producing sex hormones and the ova). They are 2.5 to 3.5 cm long, 2 cm wide and 1 cm thick. Each is attached to the upper part of the uterus by the ovarian ligament.

• **Function:**

The ovaries function are the maturation of ova and the production of the female sex hormones Oestrogen and progesterone.

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2) Define liver and explain the functions of liver.

Liver: -

The liver is the largest gland in the body, weighing between 1 and 2.3 kg. It is situated in the upper part of the abdominal cavity occupying the greater part of the right hypochondriac region, part of the epigastric region and extending into the left hypochondriac region.

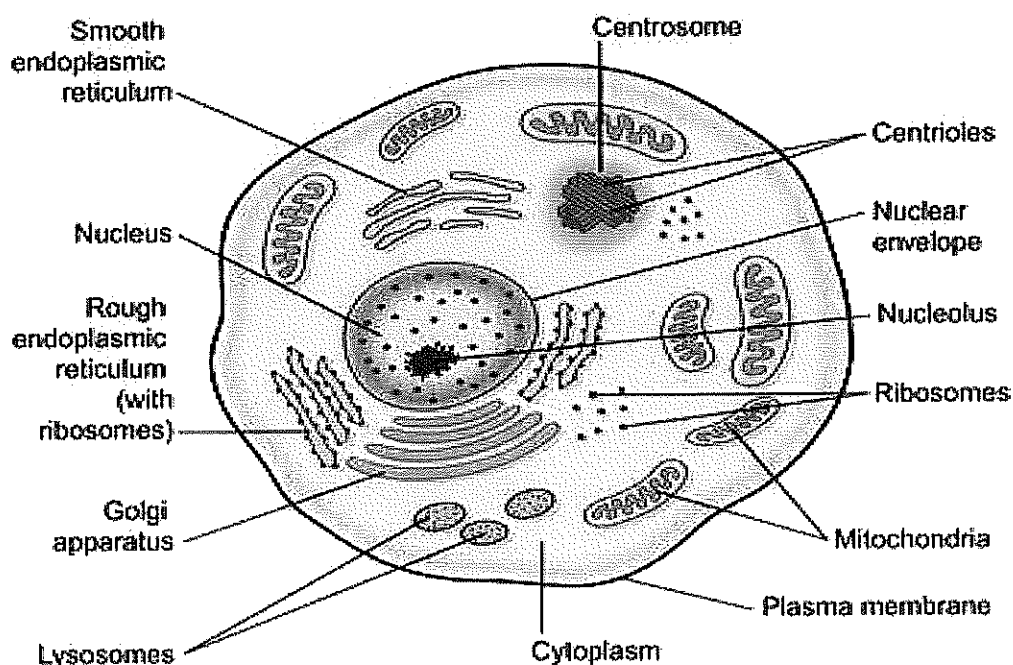
Function: -

- The liver function are extraordinarily varied. Substances are taken out of the blood and stored or convert in the liver. The products are then released into the blood or excreted as bile.
- A large proportion of the glucose which is absorbed into in the intestine is in turn absorbed by the liver cells and converted into glycogen.
- The liver also constructs and break down fats and convert carbohydrates into fats.
- Old red blood cells are broken down in the liver as well as in the spleen.
- Finally, liver stores iron and fat-soluble vitamins such as vitamin k, vitamin B₁₂ and vitamin A.

3) Define cell, explain the cell organelles with the help of a diagram.

The cell: structure and functions: -

Cell is structured and functional of the body is known as the cell. The human body develops from a single cell called the zygote, which results from the fusion of the ovum (female egg cell) and the spermatozoon (male sex cell). A cell consists of a plasma membrane inside which are a number of organelles suspended in a watery fluid called cytoplasm.



Plasma membrane: -

The plasma membrane consists of two layers of *phospholipids* and sugar molecules embedded in them. In addition to phospholipids, the lipid *cholesterol* is also present in the plasma membrane.

The membrane proteins perform several functions:





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- Branched carbohydrate molecules attached to the outside of some membrane protein molecules give the cell its immunological identity.
- They can act as specific receptors for hormones and other chemical messengers.
- Some are involved in transport across the membrane.

Organelles: -

Nucleus: -

Every cell in the body has a nucleus, with the exception of mature erythrocytes (red blood cells). Skeletal muscle and some other cells contain several nuclei. The nucleus is the largest organelle.

Mitochondria: - Mitochondria are membranous, sausage-shaped structures in the cytoplasm, sometimes described as the 'power house' of the cell. They are involved in aerobic respiration, the processes by which chemical energy is made available in the cell.

Ribosomes: -

These are tiny granules composed of RNA and protein. They synthesise proteins from amino acids, using RNA as the template. Ribosomes are also found on the outer surface of the nuclear envelope and rough endoplasmic reticulum where they manufacture proteins for export from the cell.

Endoplasmic reticulum (ER): -

Endoplasmic reticulum is an extensive series of interconnecting membranous canals in the cytoplasm **There are two types:**

- **Smooth ER** synthesises lipids and steroid hormones, and is also associated with the detoxification of some drugs. Some of the lipids are used to replace and repair the plasma membrane and membranes of organelles.
- **Rough ER** is studded with ribosomes. These are the site of synthesis of proteins.

Golgi apparatus: -

The Golgi apparatus consists of stacks of closely folded flattened membranous sacs. It is present in all cells but is larger in those that synthesise and export proteins. The vesicles are stored and, when needed, they move to the plasma membrane and fuse with it. The contents then leave the cell by exocytosis.

Lysosomes

Lysosomes are one type of secretory vesicle with membranous walls, which are formed by the Golgi apparatus. They contain a variety of enzymes involved in breaking down fragments of organelles and large molecules (e.g. RNA, DNA, carbohydrates, proteins). Lysosomes in white blood cells contain enzymes that digest foreign material such as microbes.

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School of Health Care and Paramedics

1st Semester, 1st In-Sem. Examination

MNA Diploma Program, Summer Semester (2018-19)

Course Code: MNA1102

Time: 1 Hour

Course Name: Hygiene and Safety & support in personal hygiene

Max. Marks: 20

Instructions:

1. SECTION-A: 05 objective type questions, each question carries 01 mark
2. SECTION-B: 03 short answer type questions, each question carries 02 marks
3. SECTION-C: 03 essay type questions, each question carries 03 marks.

SECTION-A

[5x1=5 Marks]

1. The aim of hand hygiene is....
 - a. To show off
 - b. To appear smart
 - c. To wash hand
 - d. To prevent transmission of germs
2. Where would you put a syringe after use?
 - a. Blue waste bin
 - b. Yellow waste bin
 - c. Red waste bin
 - d. Black waste bin
3. What is the duration for washing hands?
 - a. 40 second
 - b. 35 second
 - c. 60 second
 - d. 30 second
4. Which is not a sterilization method?
 - a. Gas sterilization
 - b. Plasma sterilization
 - c. Radiation sterilization
 - d. Wood fire sterilization
5. The disinfectant agent alcohol is used to clean for:
 - a. Wound disinfection
 - b. Laundry disinfection
 - c. Waste water disinfection
 - d. Hand disinfection

SECTION-B

[3x2=6 Marks]

- 1) Draw the flow chart of chain of infections.
- 2) Describe the protective measure equipment.
- 3) What are the signs of inflammation?

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SECTION-C

[3x3= 9 Marks]

- 1) Differentiate between the sterilization and disinfection.
- 2) Explain how to take care of dry skin. Describe 6 measures.
- 3) Explain the principles of personal hygiene.



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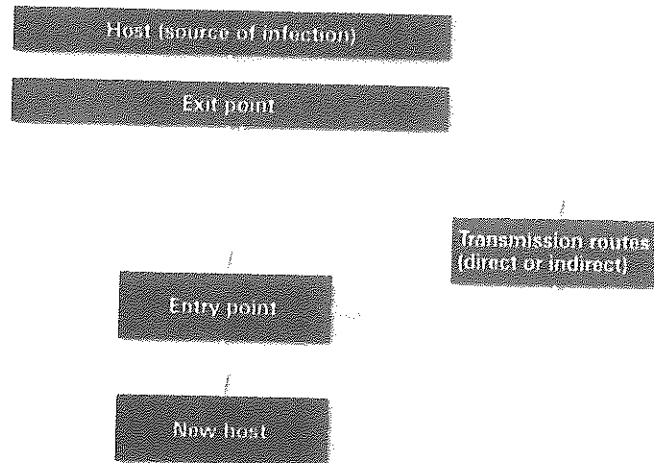
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SECTION-B

[3x2=6 Marks]

1) Draw the flow chart of chain of infections.



2) Describe the protective measure equipment.

Protective measures before contact with bodily fluids:

Protective measures include wearing gloves, aprons, masks and protective glasses, as well as proper handling of laundry and equipment and the disposal of bodily fluids.

- **Gloves**

Disposable gloves (nitrile, vinyl) are worn every time contact with bodily fluids/substances or objects and surfaces contaminated with these is certain or possible.

Gloves are removed or replaced after any contact/contamination involving bodily fluids/substances and when moving on from one patient to the next.

- **Aprons**

Aprons should be worn if significant contact with bodily fluids/substances is expected (e.g. stools from an incontinent patient, or when treating large, exuding wounds).

Aprons will either be disposable, ideally, or can be used again (washable). Wet or dirty aprons are to be disposed of.

- **Masks**

Surgical masks are worn if the mucosa is expected to be exposed to bodily fluids through splashes or droplets, such as when vomiting, coughing or influenza is involved. To avoid infecting patients, personnel with a cold should wear a surgical mask.

- **Protective glasses**

Protective glasses are worn if there is a danger of splashes hitting the eyes, such as when sucking away respiratory secretions or preparing disinfectant solutions.



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3) What are the signs of inflammation?

Inflammation is the term used when the body reacts to an external or internal source of irritation such as germs or injury. The resulting signs include

- Redness
- Swelling
- Overheating
- pain
- functional impairment
- These may be positive too, such as during the wound healing process

SECTION-C

[3x3= 9 Marks]

1) Differentiate between the sterilization and disinfection.

Disinfection	Sterilization
<ul style="list-style-type: none">• Low level – Kills most vegetative bacteria, some viruses and some fungi.	<ul style="list-style-type: none">• High temperature – Moist or heat / steam or dry heat.• Low temperature – Ozone
<ul style="list-style-type: none">• Intermediate level – Kills vegetative bacteria, viruses, fungi and mycobacterium.	<ul style="list-style-type: none">• Chemical – Liquid sterilants, hydrogen peroxide
<ul style="list-style-type: none">• High level – Kills all microbial organism- Potential to render device sterile.	<ul style="list-style-type: none">• Gas – Ethylene oxide
<ul style="list-style-type: none">• Thermal – Disinfection via thermal applications under 100^oc.	<ul style="list-style-type: none">• Radiation – gamma , e-beam

2) Explain how to take care of dry skin. Describe 6 measures.

- Care of dry skin – Showering is preferable to bathing.
- Assuming the use cooler water (BELOW 34^oC) rather than overly hot water.
- If possible, arrange an oil bath with no soap or syndet added 2 to 3 times a week.
- Pat the skin as opposed to rubbing it dry.
- Use a w/o emulsion rather than cream for skin care purposes and rub this in well.
- Also think about using a little ointment (e.g. Bepanthen) on areas such as elbows, forearms, knees or shins where the skin is very dry and rub in well to prevent any greasy.
- Do not use any products that contain alcohol.
- Think about using urea based w/o lotions to care for skin that is scaly as well.

3) Explain the principles of personal hygiene.

- Inform the patient about each care measure involved, even if they cannot respond due to linguistic or medical reasons. Pay more attention to nonverbal signs.
- If possible, make sure the patient has their hearing aid or dental prosthesis before starting personal hygiene so they can hear you better and talk to you.
- Ask about their habits and needs, and read any documentation relating to their care.
- Anything the patient can do, they should be left to do themselves.
- Never perform washing together (for example, the patient washing their arms while you wash their legs to speed things up).
- Think about people's intimate sphere: only uncover/undress patients to the extent necessary and



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draw the curtain or provide a sight screen.

- Always ask before touching a person in intimate areas. You might say something like 'Do you mind if I see whether the skin under your breast is red? '
- Only use bath towels for drying after bathing/showering; when washing someone, only use them to cover the person up.
- Dispose of any strong-smelling material immediately in the waste bin, which should be emptied once personal hygiene is complete.
- Make sure you apply hygiene principles consistently.
- Try and minimize any strain on your back as you work.

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MNA Diploma Program, Summer Semester (2018-19)

Course Code: MNA1106

Time: 1 Hour

Course Name: First Aid & CPR, Palliative care

Max. Marks: 20

Instructions:

1. **SECTION-A:** 05 objective type questions, each question carries 01 mark
2. **SECTION-B:** 03 short answer type questions, each question carries 02 marks
3. **SECTION-C:** 03 essay type questions, each question carries 03 marks.

SECTION-A**[5x1=5 Marks]**

1. **Symptom of burn grade 3rd is:**
 - a. Redness and blister, pain
 - b. Redness
 - c. Whitish or brownish black, No pain
 - d. Charred, burnt on bones and muscle, No pain
2. **What is meant by acute pain?**
 - a. To have depression
 - b. Short time severe pain
 - c. To not accept the situation
 - d. Physical, psychological, social and spiritual pain
3. **Full form of PASS:**
 - a. Push, Aim, Sweep, squeeze
 - b. Pull, Aim, Squeeze, Sweep
 - c. Push, Aim, Squeeze, Sweep
 - d. Pull, Aim, Sweep, Squeeze
4. **What is the meaning of palliative care?**
 - a. To have cancer
 - b. The last phase of life
 - c. Improve the quality of life of patient
 - d. The four phases of dying
5. **What is the use of code pink in the hospital?**
 - a. In case of Cardiac arrest
 - b. In case of Internal disaster
 - c. In case of Child missing
 - d. In case of Physical assault

SECTION-B**[3x2=6 Marks]**

- 1) Define terminal rattle (Death rattle)
- 2) What is the aim of palliative care?
- 3) Write down the steps involved in cleaning crash cart trolley.

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SECTION-C

[3x3= 9 Marks]

- 1) Explain the model Elisabeth Kubler Ross five phases.
- 2) Define emergency situation and explain the grades of dyspnea.
- 3) Define emergency code and explain the code red.

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SECTION-B

[3x2=6 Marks]

- 1) Define terminal rattle (Death rattle)
The term "punctual rattling" is a rattling sound that arises during the inhalation and exhalation phase. The reason for the rattling is secretion, which has accumulated in the throat area, in the trachea and in the lungs. The dying can no longer cough or swallow the secretion due to increasing weakness of the musculature or even a lack of awareness. It thickens and narrows the airways.



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2) What is the aim of palliative care?

Relieves pain and other stressful ailments.

- Helps patients stay active as long as possible.
- Integrates psychic and spiritual aspects.
- Affirms life and considers dying to be a normal process.
- does not want to accelerate or delay death.
- Assists relatives to process the patient's illness and his own grief.
- Is teamwork to meet the needs of patients and relatives as well as possible.
- Can be applied early in the disease in combination with life-prolonging measures, such as
- chemotherapy and radiotherapy.

3) Write down the steps involved in cleaning crash cart trolley.

Firstly, remove all the material on the crash cart trolley.

- After remove take a pad with spirit.
- Clean hole trolley with the help of pad.
- After cleaning leave the trolley some time for dry.
- After dry put back all the materials of crash cart trolley.

SECTION-C

[3x3= 9 Marks]

1) Explain the model Elisabeth Kubler Ross five phases.

The Swiss doctor Elisabeth Kübler-Ross (1926-2004) has conducted numerous studies on the subject of dying and published several books on the subject. It summarizes the psychological processes associated with the approaching death in five phases:

1. Do not want to believe it
2. Anger
3. Negotiation
4. Depression
5. Approval

Phase 1: Do not want to believe it

The person concerned cannot accept the news of their serious or incurable illness. She reacts with not wanting to want and calls for new investigations, believes in confusion or accuses the treating physicians and nurses of disability. Others suppress the message and behave as if it has not been told. Denial mitigates the shock.

Phase 2: Anger

If the person concerned has recognized the incurable disease as such, anger and jealousy grow on the others who are allowed to live ("Why does it have to meet me?"). There is a flood of negative emotions that the dying man can carry with him. This often manifests itself in "trifles" such as dissatisfaction with the food, the room, the cohabitant, in special wishes, but also in violent disputes with the family and aggressive accusations also against the nursing staff.



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Phase 3: Negotiation

In this phase, imminent death is seen as unavoidable. Further denial or evasion is no longer possible. "The body says the truth." The dying man tries to reach a deferment by negotiating, that is, more life time. She haggles with nursing staff, promising, for example, to adapt and participate in therapies. Because of her willingness to make a commitment, she sometimes becomes a "well-groomed" person. But also fate or God become (trading) partners in the struggle of the dying for a "bit more lives".

Phase 4: Depression

The dying man overwhelms the feeling of a terrible loss. He regrets past failures and mourns all that he will lose: partners, children and friends. Problems which he can no longer solve bring grief. Mistakes made cause guilt feelings. In this time, the dying person is able to deal fully with reality. For example, he draws up a will or completes business. It may be that his personal attitude to life changes. He becomes quieter and retreats. This withdrawal can be painful for the family, but it is a sign that he is able to break away from his ties and leave the world behind him.

Phase 5: Approval

The final phase is characterized by approval and calm expectation of the end. The dying has found its peace with the world and accepts the approaching death, even if a weak hope is often maintained, but not dying. The dying person is tired and weak, sleeps a lot, and usually does not want to be disturbed. It often only communicates with gestures or a few words.

The five-phase model is only a "guideline". This process can take years or even happen within a few minutes. It is also possible to phase out or to pass through several times. The basic feeling in all phases is fear (perception of the unstoppable end). In all phases, however, there is also the hope that a miracle might happen.

2) Define emergency situation and explain the grades of dyspnea.

Definition: An emergency situation is a sudden, life-threatening situation in which the vital functions are disturbed. The serious disturbances can be caused by internal influences such as a complication of an existing disease and from outside such as by an accident.

Unconsciousness

It is a state which occurs when the ability to maintain an awareness of self and environment is lost.

Dyspnoea

Difficulty in breathing; shortness of breath

Cardiac arrest

when your heart suddenly stops pumping blood round your body.

Circulatory shock

The blood flow of heart is low or may stop resulting less blood supply to tissue.

Acute bleeding

loss of blood from the circulatory system for any internal and external injury.

Burns

A burn is damage to your body's tissues caused by heat, chemicals, electricity, sunlight, or radiation.

Epilepsy

Epilepsy is a spectrum condition with a wide range of seizure types and control varying from person-to-person.



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Grade of Dyspnea

Dyspnoea is divided into four different severity levels:

Grade I: The shortness of breath arises with a greater physical exertion, e.g. when climbing the stairs.

Grade II: The shortness of breath arises already with moderate physical strain, e.g. go straight.

Grade III: This is where the breathing is already at the smallest physical load, e.g. during trouser pulling and pulling out.

Grade IV: Dyspnoea at rest: dyspnoea also in rest, without physical activity

3) Define emergency code and explain the code red.

DEFINITION OF EMERGENCY CODES: -

Hospital emergency codes are coded messages often announced over a public address system of a hospital to alert staff to various classes of onsite emergencies

- **The code red:** It is alarm for fire inside the hospital.

Purpose of fire safety plan: -

- To protect patients, visitors, contractors and employees.
- To minimize property damage.

Fire emergency response: -

"RACE"

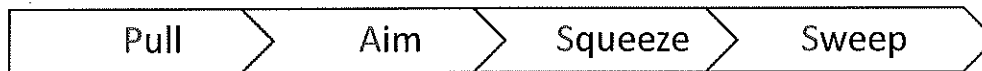
R: Rescue

A: Alarm

C: contain

E: extinguish

How to use of extinguish: -



Prevention and protections: -

- Training all of the hospital staff.
- Preparing and distributing the plan in the hospital.
- Applying fire drill in each department.
- Applying hospital wide fire drill.

