

**BHARTIYA SKILL DEVELOPMENT UNIVERSITY**

School of Health Care and Paramedics

1<sup>st</sup> Semester, 2<sup>nd</sup> In-Sem. Examination

MNA Diploma Program, Summer Semester (2018-19)

Course Code: MNA1103

Time: 1 Hour

Course Name: Body Mechanics and Positioning

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. Kinesthetic known as:
  - a. Emotional support
  - b. Refluction of light
  - c. Study of perception movement
  - d. Study fracture
2. Break in the bone is known as:
  - a. Bone fragment
  - b. Fracture
  - c. Continuity of bone
  - d. bone disease
3. Increase in the level of uric acid in blood is known as:
  - a. Arthroses
  - b. Rheumatic disease
  - c. Hematoma
  - d. Gout
4. What is meant by "Ergonomics"?
  - a. Work with law
  - b. Work with efficiency
  - c. Work with reflects
  - d. All of above
5. Which part of the body is affected by arthroses diseases?
  - a. Hip joint
  - b. Knee joint
  - c. Both a and b
  - d. None of above

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

- 1) Differentiate between mobility and immobility.
- 2) Define gout. Write down the four symptoms of gout.
- 3) Define fall prevention. Explain the various factors of a fall.

**SECTION-C****[3x3= 9 Marks]**

- 1) Define ergonomics. Explain ergonomics in the work place.
- 2) Define rheumatoid arthritis. Explain the six symptoms of rheumatoid arthritis.
- 3) Define fracture. Explain the types and three symptoms of fracture.



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

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

- 1) Differentiate between mobility and immobility.

s. no.	Mobility	Immobility
1	A person ability to move about freely	The inability to move about freely
2	The state or condition of being able to change the location easily	The state or condition of being unable to change the location easily
3	Mobility is multidimensional	Immobility is not multidimensional

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4	Mobility restricted in unconscious patient and mental patient	Immobility restricted in Gastro intestinal disorder patient
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**2) Define gout. Write down the four symptoms of gout.**

Definition : Gout is a form of acute arthritis that causes severe **pain** and swelling in the joints. A typical sign is an increase in the level of uric acid in the blood. This increased level of uric acid causes uric acid crystals to form, which are then deposited in the joints where they cause inflammatory reactions.

Symptoms:

1. Extreme pain in joint
2. Swollen
3. Redness
4. Hyperuricemia

**3) Define fall prevention. Explain the various factors of a fall.**

Definition: A fall is an unforeseen and unintended occurrence in which the person affected hits the floor or some object with their head, trunk or limbs from a lying, sitting or elevated position.

The high risk of falls among the elderly can be attributed to various factors:

- **Biological factors** play a major role, particularly age and gender. Women have more falls. The risk of falls increases significantly with age. It is 3 times as high for 90-year-old than for those aged 65 to 69. Hypotension and memory problems present additional risks.
- **Personal factors** are mainly mobility restrictions due to problems with walking or balance, muscle weakness, Parkinson 's disease, multiple sclerosis and pain. The greater the mobility restriction, the higher the risk of falls such as for those with hemiplegia. Other factors include impaired vision or hearing, perception disorders and psychiatric disorders such as depression. The risk also increases if people use alcohol or medicines such as sleeping pills.
- **Environmental risk factors** tend to be situation-specific, such as an unfamiliar environment, night time or poor light. 50% of falls occur within a week of a patient being transferred to an unfamiliar environment. Living surroundings and furnishings such as steep stairs, carpets, missing bed rails and handles can lead to falls.

**SECTION-C****[3x3= 9 Marks]****1) Define ergonomics. Explain ergonomics in the work place.**

**Ergonomics:** The term 'ergonomics combines the Greek words *ergon* = work and *nomos*= law. Ergonomics is the science of improving working conditions, particularly in terms of avoiding damage to health.

**Ergonomics in the workplace — organizational possibilities**

Workplace: As regards organizing the workplace, consideration is given to body mass, posture, body strength and freedom of movement

Work equipment: The way we use aids, tools, desks, office chairs and the like is important.



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Working environment: Checks are performed for noise emissions, mechanical vibrations, climate, lighting and color scheme.

Working hours: In terms of working hours, it is a case of Checking the rules regarding breaks and any flexible hours or shift arrangements.

Work organization: In terms of work organization, it is a question of defining the content of work, divide group work and ensuring people take ownership.

### 2) Define rheumatoid arthritis. Explain the six symptoms of rheumatoid arthritis.

Definition: Rheumatoid arthritis (chronic polyarthritis) is a chronic inflammatory disease of the connective, supporting and muscle tissue. It tends to follow an episodic course and symptoms mainly affect the joints.

#### Symptoms

- Stiff joints for more than 15 minutes in the morning
- Inflammation affecting 3 or more joints (arthritis), often following a symmetrical pattern with both sides involved at the same time
- Swelling of joints, typically affecting the MCP and PIP joints
- Overheating of joints
- Joint pains at night and in the morning
- Pathological values in laboratory blood tests: increased ESR, rheumatoid factors, anti CCP antibodies etc.
- Feeling generally unwell with tiredness and exhaustion Long-term
- Atrophy of the associated muscles due to lack of joint activity
- Rheumatic nodes = growth of rubbery nodes on the extensor side of joints
- Visible changes and misalignment of joints

### 3) Define fracture. Explain the types and three symptoms of fracture.

Definition: A fracture is when a bone breaks.: A bone fracture is a medical condition in which there is a partial or complete break in the continuity of the bone. Bone fragments may be displaced or not.

Fractures are classified as:

- **direct or indirect fracture:** the bone breaks where the force was applied (direct fracture) or not directly where the force was applied (indirect fracture);
- **open or closed fracture:** if there is no injury to the skin above the fracture, this is a closed fracture. If there is same injury to the skin and other soft tissue (muscles, nerves, tendons, blood vessels), this is referred to as an open fracture;
- **complete or incomplete fracture:** with a complete fracture, 2 fragments are separated by a fracture gap. With an incomplete fracture, there is no complete break in the bone (fissure, infraction);
- **simple fractures or multiple fractures** (eg. comminuted fracture).
- **Symptoms** : The following symptoms are deemed to be sure signs of a fracture:



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- abnormal mobility<sup>[SEP]</sup>
- abnormal position<sup>[SEP]</sup>
- audible or tangible rubbing of bone (crepitation)<sup>[SEP]</sup>
- visible fragments of bone in the case of an open fracture.

The following symptoms are indicative of a fracture but not sufficient to justify a diagnosis:

- haematoma<sup>[SEP]</sup>
- pain<sup>[SEP]</sup>
- loss of function, mobility restriction
- swelling.

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School of Health Care and Paramedics

1<sup>st</sup> Semester, 2<sup>nd</sup> In-Sem. Examination

MNA Diploma Program, Summer Semester (2018-19)

Course Code: MNA1104

Time: 1 Hour

Course Name: Nutrition and Support in Feeding

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. **Loss of appetite is known as:**
  - a. Apnea
  - b. Dysphasia
  - c. Atrexia
  - d. Anorexia
2. **How much water is required per day in children?**
  - a. 1000 ml
  - b. 1000-1500ml
  - c. 500-1500 ml
  - d. Above 2000 ml
3. **What do you mean by enteral nutrition?**
  - a. By venous
  - b. By subcutaneous
  - c. By oral
  - d. By inhalation
1. **Specific gravity of urine is measured by:**
  - a. Urometer
  - b. Urinary bag
  - c. Urinary catheter
  - d. All of above
2. **First time stool of new-born baby is called:**
  - a. Meconium
  - b. Mucous
  - c. Melanin
  - d. Motion

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

- 1) Differentiate between balance diet and light balance diet.
- 2) A women weight is 75 kg. and height is 145 cm. Calculate her Body Mass Index formula and indicate the condition.
- 3) Draw a chart of food pyramid.

**SECTION-C****[3x3= 9 Marks]**

- 1) Define vomiting. Explain the causes of vomiting.
- 2) Define cystitis. Write down the causes, symptom and prevention of cystitis.
- 3) Explain the various aids of excretion that are used in hospital.





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**SECTION-A**

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  - d. Motion

**SECTION-B**

[3x2= 6 Marks]

1) Differentiate between balance diet and light balance diet.

Balance Diet	Light balanced diet
Mixed salad	Salad of green Leaves
Breaded escalope stuffed with ham and cheese	Poached Chicken Escalope
Fried Potatoes	Steamed potatoes
Paperonata (Peppers, tomatoes and onions)	Carrots
Chocolate mousse	Apple compote

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- 2) A women weight is 75 kg. and height is 145 cm. Calculate her Body Mass Index formula and indicate the condition.

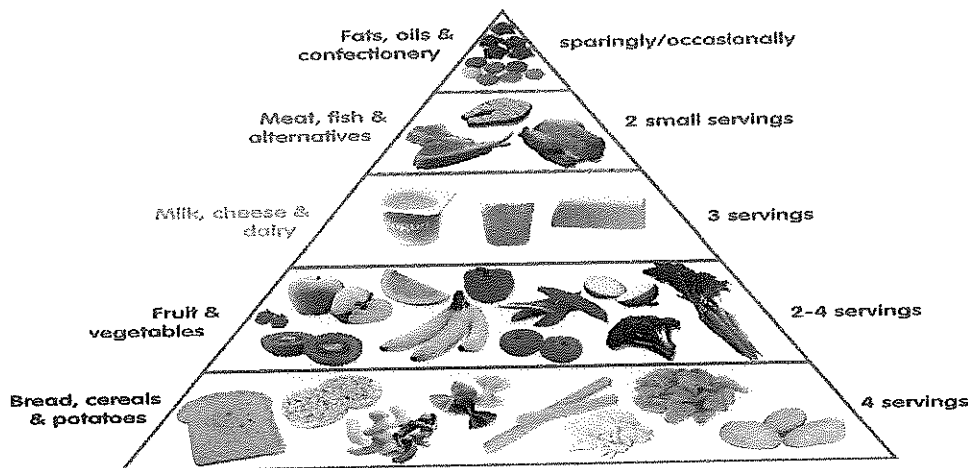
$$\text{BMI} = \frac{\text{Weight in kg}}{(\text{Height in m})^2}$$

$$\text{BMI} = 75/2.10 = 35.71$$

The condition is obesity.

- 3) Draw a chart of food pyramid.

The food pyramid shows which foods we should eat daily in which quantities and thus provides a basis for a healthy diet.



### SECTION-C

[3x3= 9 Marks]

- 1) Define vomiting. Explain the causes of vomiting.

**Definition:** Vomiting is not a disease but it's Symptom of a disease. Vomiting is triggered by a part of the brain known as the vomiting centre. Vomiting means forcibly expulsion of stomach contents.

**Causes:** There are two different trigger factors which are described:

**Cerebral vomiting:** the vomiting centre in the brain is activated directly.

- Brain diseases, e.g. brain tumour, meningitis, migraine, concussion
- Substances which have a toxic effect on the brain, e.g. drugs (anaesthetics, chemotherapy, analgesics) or alcohol. It can also be a side effect of the drug.

**Reflexive vomiting:** the vomiting centre is activated indirectly via the autonomic nervous system.

- Diseases of the gastrointestinal tract
- Heart attack (a common heart attack symptom in women)
- Irritation of the mucous membrane of the throat with an object (toothbrush) or finger
- Rotary vertigo or travel sickness
- Hormone changes during pregnancy



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- Over-extension of the stomach by overeating or eating too quickly
- Infectious diseases, Anxiety
- Intolerance of food

### 2) Define cystitis. Write down the causes, symptom and prevention of cystitis.

Definition: Cystitis is an infectious inflammation of the urinary bladder

#### Causes

It is estimated that 1 woman in 3 will suffer with cystitis at least once in her life. The reasons are as follows:

- The fact women have a short urethra means germs are better able to reach the urinary bladder.
- In women, the opening of the urethra is closer to the anal area, which means intestinal germs may enter the urethra via a smear infection. This is why it is important always to work from the front backwards when cleaning the anal area following a bowel movement.
- Sexual intercourse is one of the more common causes of cystitis (honeymoon cystitis). Bacteria may also reach the bladder when someone inserts a tampon.
- Pregnancy and childbirth facilitate access for germs.
- Estrogen deficiency during and after the menopause favors the proliferation of germs.

Both genders may experience cystitis as a result of urinary obstructions caused by urinary stones or narrowing of the urethra

#### Symptoms

The mucosa in the bladder responds by becoming red, swollen and hypersensitive. The extension that occurs during filling is experienced as a stimulus and emptying is duly triggered.

Common symptoms are pain during urination, pollakiuria and nocturia. Heavily inflamed and slightly bloody mucosa will lead to hematuria. It is not unusual to experience pain in the lower abdomen too (above the symphysis).

Fever does not occur with uncomplicated urinary tract infections. Episodic bouts of fever should raise suspicions of pyelonephritis or urosepsis.

#### Prevention

A high fluid intake increases urinary excretion and is a good way of ensuring the efferent urinary tract is properly flushed out.

When passing water, it is important to empty the bladder completely. This prevents any significant proliferation of germs in residual urine.

Passing water after sexual intercourse flushes out the urethra and removes any bacteria transmitted.

Following a bowel movement, it is essential always to work from the front backwards when cleaning the anal area to prevent any intestinal bacteria accessing the urethra.



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### 3) Explain the various aids of excretion that are used in hospital.

Various aids are used to help some people perform excretion who are dependent on others in this regard:

**a). Toilet attachment** : A toilet attachment effectively raises the toilet bowl. This may be necessary or helpful for those who have undergone certain Operations (e.g. hip operation, spinal column operation) or older people whose hips are less mobile than before. The idea is to make it easier to sit down or stand up.

**b). Commode (night commode)** : A commode can be used for patients who are not very mobile because they are not able or allowed to walk very far. Some older patients may also find it easier to get up from a commode than a toilet (which is lower). In order to protect the person 's intimate sphere, a commode can be placed on a normal toilet or in the corner of the room where washing is performed.

There are different versions of commodes. Some models have footrests. With this type, the client should be told not to stand up on their own or the commode may tip over and cause them to fall. As far using a commode is concerned, the same principles apply as when accompanying a patient to the toilet. Apart from respecting the individual 's intimate sphere and any hygiene provisions, the following points must also be considered:

- The bowl must be slid in before using the commode (risk of injury, particularly for men, if this is slid in later or the bowl is removed).
- Apply the brakes before any transfer.
- Help the patient during the transfer depending on their mobility, resources and general condition.

**c). Bedpan** : Bedpans are sometimes also referred to as pots. Patients who are confined to bed use a bedpan for urinary and stool excretion.

Please consider the following points when using a bedpan:

- Observe the principles of respecting the individual 's intimate sphere and any hygiene provisions.
- Metal bedpans are cold, which may be unpleasant for the patient. To avoid this problem, you can rinse out the bedpan with warm water before use and leave it to dry.
- Given that bedpans can make beds dirty, it is a good idea to use some kind of covering as protection.
- When sliding a bedpan underneath a man, give him a urine bottle at the same time.
- The odours and noises associated with excretion in the presence of other patients or nurses may lead to feelings of shame. Ask visitors and, where possible, other patients to leave the room. Make sure the bell is in easy reach and tell the patient they can call you back in. You may then leave the room out of respect for any feelings of shame.

**d). Urine bottle** : Urine bottles are used for men. Urine bottles have a closable cover and a scale showing how much urine they contain.

Please consider the following points when using a urine bottle:

- Observe any hygiene provisions and the principles of respecting the individual 's intimate sphere.



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- Be sure not to leave the urine bottle wedged in place for too long to avoid pressure damage to the penis and testicles
- If a urine bottle is left wedged in place for too long, the kind of moist heat that favours infections may develop.
- Give the patient the opportunity to wash their hands.
- Then bring the patient a clean, disinfected urine bottle, leaving it somewhere discreet but within easy reach of the patient.





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School of Health Care and Paramedics

1<sup>st</sup> Semester, 2<sup>nd</sup> In-Sem. Examination

MNA Diploma Program, Summer Semester (2018-19)

Course Code: MNA1105

Time: 1 Hour

Course Name: Clinical Picture 1<sup>st</sup>

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. Eating disorders is....
  - a. Anorexia nervosa
  - b. Bulimia nervosa
  - c. Cystitis
  - d. Both a and b
2. Urinary tract infection is caused by...
  - a. Escherichia coli
  - b. Salmonella
  - c. HIV
  - d. Streptococcus
3. Nosocomial infection is transmitted by ....
  - a. Oral route
  - b. Air borne
  - c. Contact
  - d. All of above
4. BMI of 31 indicates which status?
  - a. Normal
  - b. Under weight
  - c. Over weight
  - d. Obesity
5. Dysphagia is known as....
  - a. Difficulty in eating
  - b. Difficulty in swallowing
  - c. Anorexia
  - d. Difficulty of breathing

### SECTION-B

[3x2=6 Marks]

- 1) Define diarrhea. Write down the four symptoms of diarrhea.
- 2) Define obesity. Write down the four preventions of obesity.
- 3) Differentiate between Anorexia nervosa and Bulimia nervosa.

### SECTION-C

[3x3= 9 Marks]

- 1) Explain constipation. Four causes and symptoms of constipation.
- 2) Define UTI. Write down the symptoms and preventions of UTI.
- 3) Define allergies. Explain the types of allergy symptoms.





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School of Health Care and Paramedics

1<sup>st</sup> Semester, 2<sup>nd</sup> In-Sem. Examination

MNA Diploma Program, Summer Semester (2018-19)

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### SECTION-A

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### SECTION-B

[3x2=6 Marks]

- 1) Define diarrhea. Write down the four symptoms of diarrhea.

#### Definition: -

Frequent evacuation involving several watery stools per day. If this situation lasts for more than 1 month, it would be described as chronic diarrhea. Diarrhea is a symptom rather than an actual disease.

#### Symptoms: -

- Watery, mushy and foul smelling stools
- Abdominal cramps
- Flatulence during defecation
- Vomiting and
- Fever
- Loss of appetite
- Physical weakness



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- Lose weight.

2) Define obesity. Write down the four preventions of obesity.

**Obesity:** - Obesity is a state of excess adipose tissue mass.

**Prevention:** -

-social changes and personal choices

- **Diet:** -

- the primary focus of diet therapy is to reduce overall calorie
- low carbohydrate, high protein diets appear to be more effective in lowering BMI

- **Increase physical activity**

- **Behavior modification**

- Self-monitoring of weight
- Stress management
- Social support

3) Differentiate between Anorexia nervosa and Bulimia nervosa.

<b>Anorexia nervosa</b>	Anorexia Nervosa is a life threatening, psychological eating disorders. It's mean lack of appetite, sometime patient does complete refusal of food and extreme weight loss.
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**Symptoms**

**Anorexia nervosa:**

- Strong compulsion to exercise
- Hypersensitivity to cold
- Reduced productivity, Chronic fatigue
- Problems concentrating
- Depression with risk of suicide

<b>Bulimia nervosa</b>	Bulimia means "hunger of an ox" and characterised by episode of eating of large amount of food, alternating with vomiting.
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**Symptoms**

**Bulimia nervosa:**

- Feelings of shame and guilt because of the binge eating
- Body weight fluctuates more than of anorexia nervosa and is usually significantly higher
- Reduced productivity, Chronic fatigue
- Problems concentrating
- Changes to the teeth are typical due to the frequent vomiting
- Episodes of weakness
- Gastrointestinal disorders
- Cardiac irregularities
- Depression with risk of suicide

## SECTION-C

[3x3= 9 Marks]

1) Explain constipation. Four causes and symptoms of constipation.



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**Constipation:** Constipation is a condition of the digestive system where an individual has hard feces that are difficult to expel. In most cases, this occurs because the colon has absorbed too much water from the food that is in the colon.

**Causes:**

- Physical inactivity
- Medications
- Milk
- Irritable bowel syndrome
- Pregnancy
- Aging
- Changes in routine
- Overuse of laxatives
- Not going to the toilet when needed
- Not drinking enough water
- Problems with the colon or rectum

**Symptom: -**

- The main symptoms of constipation are increased difficulty and straining when passing stools.
- stomach ache
- stomach cramps
- feeling bloated and nauseous
- losing appetite
- 

**2) Define UTI. Write down the symptoms and preventions of UTI.**

**Urinary tract infection:** - A urinary tract infection (UTI) is an infection that affects part of the urinary tract.<sup>(1)</sup> When it affects the lower urinary tract it is known as a bladder infection (cystitis) and when it affects the upper urinary tract it is known as kidney infection (pyelonephritis).

**Symptom of UTI: -**

- Burning with urination
- Increased urgency of urination
- Bloody urine
- Urine that looks like cola or tea
- Urine that has a strong odour
- Pelvic pain in women
- Rectal pain in men
- Fever
- Chills

**Prevention of UTI: -**

- Maintain proper personal hygiene.
- Maintain hygiene methods use after urinating and defecation.
- Never hold the urine.
- Frequent don't use of spermicide or diaphragm as a method of contraceptive.
- Using the urinary catheters as little and short of time as possible and used sterile method for insertion.
- Appropriate care of urinary catheter.

**3) Define allergies. Explain the types of allergy symptoms.**

**ALLERGIES:** -The term allergy refers to an acquired hypersensitivity to certain substances found in the environment that would normally be harmless (allergens). Allergies are on the increase. Many people are reacting with increasing sensitivity to the environment. Same 10—15% of the population develop allergies.



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### Symptoms: -

#### 1. Immediate-type allergy

With the immediate-type allergy, the immune system response occurs within seconds or minutes of contact with the allergen.

#### Examples of immediate-type allergies:

- **respiratory organs:** grass or tree pollen (hay fever), fungal spores, flour, house dust mites or animal hair (pet allergy)
- **digestive tract:** food such as proteins, fruit, vegetables, meat, fish
- reaction to drugs, mainly antibiotics, analgesics
- insect bites, bee or wasp venom

#### **Symptoms associated with immediate-type allergies:**

- Facial swelling (oedema of the eyelids)
- Obstruction of the respiratory tracts (asthma, shortness of breath)
- Stomach cramps
- Nausea
- Runny nose and skin rashes (severe itchiness, burning sensations)
- Fall in blood pressure.

#### 2. Delayed-type allergy or contact allergy

Here, reactions occur hours or days after contact with allergens.

Contact allergens are generally substances that come into contact with the skin, e.g. nickel (jewellery or coins), scents, preservatives in cosmetics, or depilatory agents.

#### **Symptoms associated with delayed-type or contact allergies:**

- Burning,
- Itchiness,
- Redness,
- Inflammation (eczema).

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School of Health Care and Paramedics

1<sup>st</sup> Semester, 2<sup>nd</sup> In-Sem. Examination

MNA Diploma Program, Summer Semester (2018-19)

Course Code: MNA1107

Time: 1 Hour

Course Name: Drug Education &amp; Vital sign

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. **Normal pulse in Adult is...**
  - a. 70-80- beat/minute
  - b. 100-110 beat/minute
  - c. 85-95 beat/minute
  - d. Less than 60 beat/minute
2. **Which route is used to measure body temperature in Newborn baby?**
  - a. By oral
  - b. By axilla
  - c. By rectum
  - d. None of above
3. **A patient of 48-year-old with increase systolic blood pressure 160mmHg and diastolic pressure is 90mmHg is known as...**
  - a. Hypotension
  - b. Hypertension
  - c. Normal blood pressure
  - d. Global insufficiency
4. **Which medicine is used to control the vomiting?**
  - a. Analgesic
  - b. Antidepressive
  - c. Antiemetic
  - d. Antiseptic
5. **What is noxious?**
  - a. Physical disability
  - b. Substance dependence
  - c. Family circumstances
  - d. Dizziness

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

- 1) Define coronary heart disease. Write down the four symptoms of coronary heart disease.
- 2) Define hypertension. Describe the care measure of hypertension.
- 3) Explain 6 "R" rules of administration of drugs.

**SECTION-C****[3x3= 9 Marks]**

- 1) Define fever. Explain the types and phases of fever.
- 2) Define addiction. Write down the causes and preventions of addiction.
- 3) Explain the forms of drug applications.

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## BHARTIYA SKILL DEVELOPMENT UNIVERSITY

School of Health Care and Paramedics

1<sup>st</sup> Semester, 2<sup>nd</sup> In-Sem. Examination

MNA Diploma Program, Summer Semester (2018-19)

Course Code: MNA1107

Time: 1 Hour

Course Name: Drug Education & Vital sign

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. Normal pulse in Adult is...
  - a. 70-80- beat/minute
  - b. 100-110 beat/minute
  - c. 85-95 beat/minute
  - d. Less than 60 beat/minute
2. Which route is used to measure body temperature in New-born baby?
  - a. By oral
  - b. By axilla
  - c. By rectum
  - d. None of above
3. A patient of 48-year-old with increase systolic blood pressure 160mmHg and diastolic pressure is 90mmHg is known as...
  - a. Hypotension
  - b. Hypertension
  - c. Normal blood pressure
  - d. Global insufficiency
4. Which medicine is used to control the vomiting?
  - a. Analgesic
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5. What is noxious?
  - a. Physical disability
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  - c. Family circumstances
  - d. Dizziness

### SECTION-B

[3x2=6 Marks]

- 1) Define coronary heart disease. Write down the four symptoms of coronary heart disease.

Definition: Coronary heart disease (CHD) normally happens when cholesterol accumulates on the artery walls, creating plaques. The arteries narrow, reducing blood flow to the heart. Sometimes, a clot can obstruct the flow of blood to the heart muscle

### Symptoms:

- Sweating
- Decrease systolic blood pressure
- Dyspnoea

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- Cyanosis and tachycardia appear
- Blood stained sputum
- Fatigue
- Weakness
- Lethargy

**2) Define hypertension. Describe the care measure of hypertension.**

Definition: Hypertension high blood pressure. This is the increase the systolic pressure more than 140 mm of hg and diastolic blood pressure more than 90 mm of hg is known as the hypertension.

**Care measures for patients with Hypertension:** Patients who are suffering from hypertension should be motivated and supported in particular in order to change their lifestyle. Frequently, the risk factors, such as unhealthy diet or too little exercise, need to be changed.

The patients should:

- Change eating and exercise habits
- Keep the blood pressure daily check
- Learn how to deal with stress
- Put a mild sport exercise into everyday life (eg. walking, jogging, swimming)

**3) Explain 6 "R" rules of administration of drugs.**

Observe the **6-R rule:**

- **Right patient:** check the name on the documentation with the name on the dispenser.
- **Right drug:** Comparison of the drug name in the documentation with the drug name on the package.
- **Right dosage:** Comparison of the dosage (number mg or g) on the medication pack with the prescribed dosage.
- **Right method or type of application:** Comparison of the prescribed form of application (documentation) with the application form recorded on the drug pack
- **Right time:** comparison of the prescribed time (documentation) with the appropriate indentation in the dispenser (morning, noon, evening, night).
- **Right Documentation:**

SECTION – C

[3x3=9]

**1) Define fever. Explain the types and phases of fever.**

Fever is the increase of the human body temperature above 38 ° C as a result of a change in the set point of the heat regurgitation centre in the brain.



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**Types of Fever:** One way is the length of time. A fever can be:

acute, lasting less than 7 days, as in a viral upper respiratory tract infection

sub-acute, lasting up to 14 days, as, for example, in typhoid

chronic or persistent, lasting over 14 days, as in tuberculosis, HIV, and cancers

The course of the fever can be distinguished in three phases:

1. Phase: Fever Increase	The set point value in the temperature centre is increased. Body temperature can rise slowly or rapidly. Most people are chilling at this stage. The body tries to adjust the body temperature to the target value. This can be seen by cold or chills.
2. Phase: Fever Height	Heat generation and metabolic activity remain at an elevated level. The warmer the body, the more fluid loses the client over the skin (sweating) and breathing. Pulse and respiration are accelerated.
3. Phase: Fever Decrease	The set point value drops again (eg after an infection has subsided). The actual lower value is then compared with the actual value, which leads to increased heat loss. The regulation mechanisms of the body are activated for heat loss, the blood circulation increases and sweating can occur. If the fever falls slowly (within several days), it is better for the client.

### 2) Define addiction. Write down the causes and preventions of addiction.

Dependency is defined as an irresistible push to take a substance or perform a particular action to maintain a sense of well-being or to eliminate a misconception. Depending on the type of dependency, there may be various physical and psychological disturbances (e.g., alcohol dependency: liver cirrhosis, pancreatitis, depression).

**Causes:** In today's society, dependencies are increasing, for example due to high demands at work and in everyday life. The causes of addictions are not known. There are presumably various factors that lead to, for example, difficult family relationships, both in the childhood age and in the present, the addiction behaviour of other family members, abuse, excessive ties or lack of relationships with the parents. A cause can also be the desire to escape into the intoxication or before the reality.

Another factor is societal norms, for example, it is self-evident that alcohol is thrown into the public; The drinking of alcohol remains long salon able. Only if the social environment feels disturbed, the alcohol dependency is no longer tolerated. Difficult current life situations such as



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loss, separation, unemployment, depression or burnout can also contribute to a dependency behaviour.

### Prevention

The most important prevention strategies are:

- As early as possible to educate children and young people in kindergartens and schools, as well as clubs, youth clubs, etc.
- Practice strategies for conflict resolution
- Exemplary function of adults
- Clear educational patterns, developing self-esteem
- Avoid overstraining claims (by parents / environment)

### 3) Explain the forms of drug applications.

- **The local:** The goal is a localized effect, e.g. applying a cream or ointment, lozenge, vaginal ovule.
- **The systemic:** Here, the drug enters the bloodstream and thus into the whole organism, for example, taking a tablet, administering an injection or applying a transdermal therapeutic system (TTS)

The type of application of the drug differs depending on the pharmaceutical form.

- of the nature of the drug, in particular its ability to resorption.
- from the desired effect of action and the duration of action of the drug.
- from the desired site of action (local or systemic). Some analgesics are available, for example, as an ointment to the local as well as a tablet for systemic therapy.
- of the desire and condition of the patient. Usually patients prefer tablets, capsules. However, an injection or suppository is indicated for nausea.

The table shows the application forms and the place where they are applied.

Form of Application	Location
Buccal	Cheek
Sublingual	Under the tongue
Per oral = per os	Mouth (swallowing)
Rectal	Rectum
Vaginal	Vagina
Cutan	On the skin
Intracutaneous	In the skin
Subcutaneous = s.c.	Underneath the skin
Intramuscular = i.m.	In the muscle
Intravenous = i.v.	In a vein
Pulmonary	Inhalation
Conjunctival	Onto the conjunctiva (eye)