Registration No.: .....

BHARTIYA SKILL DEVELOPMENT UNIVERSITY

School of Health Care and Paramedics Skills

Session: 2019-20 Summer

B. Voc. Program, 1st Semester

1st In-Sem. Examination

Course Code: SHP1101 **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=Marks]

1. **Outer most layer of cell is known as....**
   a. Centrosome
   b. Cytoplasm
   c. Ribosome
   d. Plasma membrane
2. **Wrist joint is the example of which type of joint.**
   a. Ball and socket joint
   b. Hinge joint
   c. Condlyoid joint
   d. Saddle joint
3. **Outer most layer of the skin...**
   a. Dermis
   b. Hypodermis
   c. Subcutaneous
   d. Epidermis
4. **Which blood group is a universal donor:**
   a. O^{-ve}
   b. A^{+ve}
   c. AB^{+ve}
   d. O^{+ve}
5. **Left ventricle is receiving the blood which valve?**
   a. Tricuspid valve
   b. Mitral valve
   c. Left atrium
   d. pulmonary vein

SECTION-B

[3x2=6 Marks]

1) What are the functions of blood?
2) Explain the cerebrospinal fluid (CSF).
3) Explain the trachea with functions.

SECTION-C

[3x3= 9 Marks]

1) Define pituitary gland. Write the name of hormones secreted by pituitary gland with functions.
2) Define liver and explain the functions of liver.
3) Define cell, explain the cell organelles with the help of a diagram.

K. Kour

Registration No.: .....

BHARTIYA SKILL DEVELOPMENT UNIVERSITY

School of Health Care and Paramedics Skills

Session: 2019-20 Summer

B. Voc. Program, 1st Semester

1st In-Sem. Examination

Course Code: SHP1101 **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=Marks]

1. **Outer most layer of cell is known as....**
   a. Centrosome
   b. Cytoplasm
   c. Ribosome
   d. Plasma membrane
2. **Wrist joint is the example of which type of joint.**
   a. Ball and socket joint
   b. Hinge joint
   c. Condlyoid joint
   d. Saddle joint
3. **Outer most layer of the skin...**
   a. Dermis
   b. Hypodermis
   c. Subcutaneous
   d. Epidermis
4. **Which blood group is a universal donor:**
   a. O^{-ve}
   b. A^{+ve}
   c. AB^{+ve}
   d. O^{+ve}
5. **Left ventricle is receiving the blood which valve?**
   a. Tricuspid valve
   b. Mitral valve
   c. Left atrium
   d. pulmonary vein

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

2) Explain the cerebrospinal fluid (CSF).

Cerebrospinal fluid is secreted into each ventricle of the brain by *choroid plexuses.* CSF pressure is higher than venous pressure, CSF is secreted continuously at a rate of about 0.5 ml per minute, i.e. 720 ml per day. The volume remains fairly constant at about 150 ml. CSF pressure may be measured using a vertical tube attached to a *lumbar puncture* needle inserted into the subarachnoid space above or below the 4th lumbar vertebra (which is below the end of the spinal cord).

CSF consisting of:

- Water
- Mineral salts
- Glucose
- Plasma proteins: small amounts of albumin and globulin
- A few leukocytes.

Functions of cerebrospinal fluid

- CSF supports and protects the brain and spinal cord by maintaining a uniform pressure around these vital structures and acting as a cushion or shock absorber between the brain and the skull.
- It keeps the brain and spinal cord moist and there may be exchange of nutrients and waste products between CSF and nerve cells.

3) Explain the trachea with functions.

- **Position**

  The trachea or windpipe is a continuation of the larynx and extends downwards to about the level of the 5th thoracic vertebra where it divides at the carina in to the right and left primary bronchi, one bronchus going to each lung. It is approximately 10 to 11 cm long.

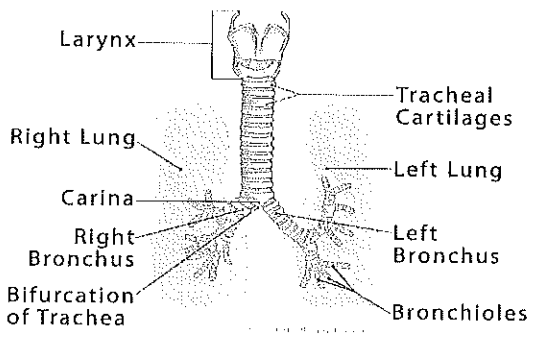
- **Structure**

  The trachea is composed of three layers of tissue, and held open by between 16 and 20 incomplete (C-shaped) rings of hyaline cartilage.

- **Function**

Support and patency

- Tracheal cartilages hold the trachea permanently open (patent), but the soft tissue bands in between the cartilages allow flexibility so that the head and neck can move freely without obstructing or kinking the trachea
- Cough reflex
- **Warming, humidifying and filtering**
- These continue as in the nose, although air is normally saturated and at body temperature when it reaches the trachea.



Registration No.: .....

BHARTIYA SKILL DEVELOPMENT UNIVERSITY

SECTION-C

[3x3= 9 Marks]

1) Define pituitary gland. Write the name of hormones secreted by pituitary gland with functions.

The pituitary gland is a pea-sized organ at the base of the brain. The anterior lobe of the pituitary gland reacts

to hormones from the hypothalamus. In response, it produces:

- Hormone which stimulate other endocrine gland in the body
- Hormones which take direct effect in the body

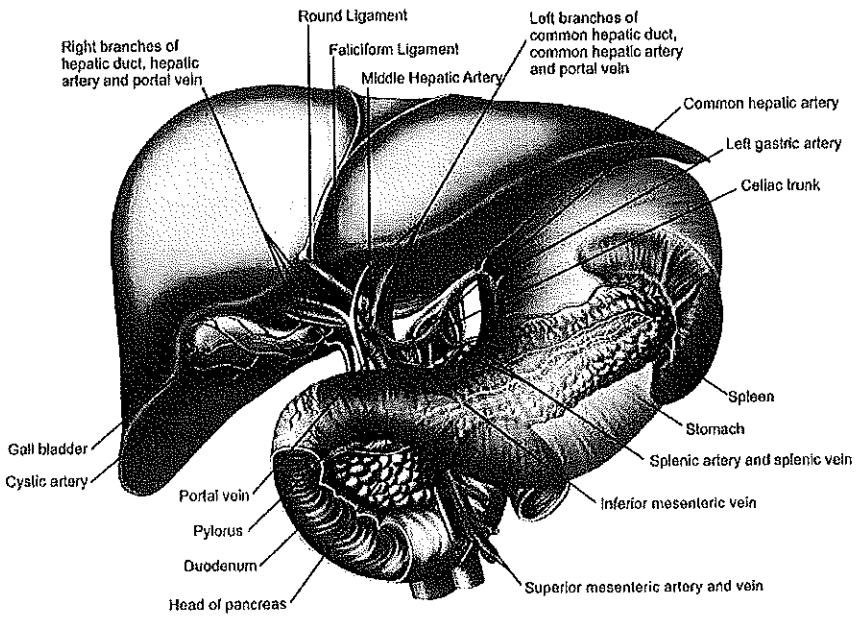
Stimulating hormones		**Effect**
TSH	Thyroid-stimulating hormone	Thyroxine production in the thyroid gland, growth of the thyroid gland
ACTH	Adrenocorticotropic hormone	Production of hormone in the adrenal cortex
FSH	Follicle-stimulating hormone	Follicular ripening in the ovary, spermatogenesis in the testicle
LH	Luteinising hormone	Formation of the corpus luteum in the ovary
Hormones with direct effect		**Effect**
Growth hormone		Promotes growth, accelerates the cell cycle of most tissues which are capable of dividing
Prolactin		Promotes the production of milk in the mammary gland

The posterior lobe of the pituitary gland stores and releases:

Antidiuretic hormone (ADH)	Inhibition the excretion of water in the kidney
Oxytocin	Cause contractions of the uterus (labour pain) and of the muscle of the mammary glands

2) Define liver and explain the functions of 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 B_{12} and vitamin A.

Portal vein

The nutrient-rich from the digestive organs is transported to the liver via the portal vein. The substances are then processed in the liver.

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

Cell is structured and functional of the body is known as the cell. The human body develops from a single cellcalled 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.

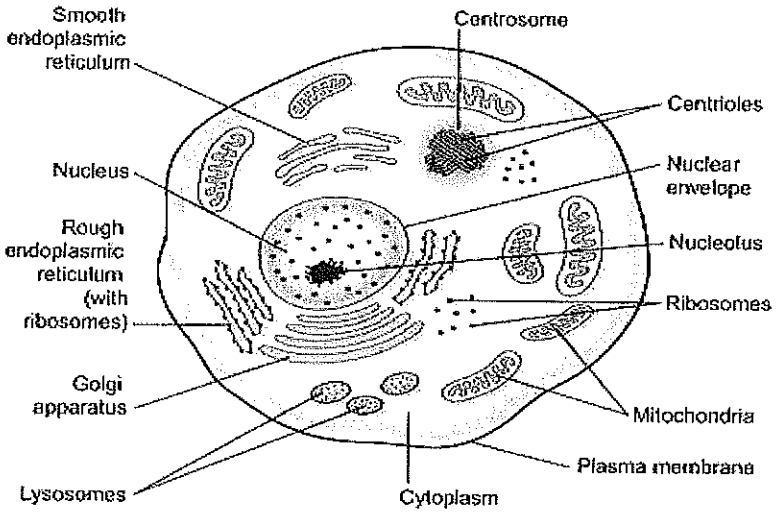


Figure 11: The cell: structure and functions

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:

- 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.

Registration No.: .....

BHARTIYA SKILL DEVELOPMENT UNIVERSITY

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 endoplas- mic 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.

Registration No.: .....

BHARTIYA SKILL DEVELOPMENT UNIVERSITY

School of Health Care and Paramedics Skills

Session: 2019-20 Summer

B. Voc. Program, 1st Semester

1st In-Sem. Examination

Course Code: SHP1102 **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 gloves after use?**
   a. Blue waste bin
   b. Yellow waste bin
   c. Red waste bin
   d. Black waste bin
3. **What is the duration for Disinfection hands?**
   a. 40 second
   b. 35 second
   c. 60 second
   d. 30 second
4. **Which is not symptom of inflammation?**
   a. Calor
   b. Rubor
   c. Stupor
   d. Dolor
5. **Isolation means:**
   a. Break the chain of infection
   b. Infection
   c. Protective measure
   d. All of above

SECTION-B

[3x2=6 Marks]

1) Define hygiene. Explain the influencing factors of hygiene.
2) Write the six principles of personal hygiene.
3) Draw the flow chart of chain of infections.

SECTION-C

[3x3= 9 Marks]

1) Differentiate between the sterilization and disinfection.
2) Define security. Explain the four sign of security and insecurity.
3) Explain the Personal protective equipment.

K. Kour

Registration No.: .....

BHARTIYA SKILL DEVELOPMENT UNIVERSITY

School of Health Care and Paramedics Skills

Session: 2019-20 Summer

B. Voc. Program, 1st Semester

1st In-Sem. Examination

Course Code: SHP1102 **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 gloves after use?**
   a. Blue waste bin
   b. Yellow waste bin
   c. Red waste bin
   d. Black waste bin
3. **What is the duration for Disinfection hands?**
   a. 40 second
   b. 35 second
   c. 60 second
   d. 30 second
4. **Which is not symptom of inflammation?**
   a. Calor
   b. Rubor
   c. Stupor
   d. Dolor
5. **Isolation means:**
   a. Break the chain of infection
   b. Infection
   c. Protective measure
   d. All of above

SECTION-B

[3x2=6 Marks]

1) **Define hygiene. Explain the influencing factors of hygiene.**

The word hygiene comes from Greek and is derived from „Hygeia", the name for the goddess of good health. It is essentially synonymous with health. Hygiene is the science of keeping people and the environment health and covers the measures used to achieve this. Just over 100 years ago, general refuse and waste water from toilets and bathrooms were still being diverted into rivers and streams. This favoured the spread of epidemics such as cholera and typhoid.

Influencing factors –

Biological factors

How a person takes care of their personal hygiene will depend on their age or stage of development, gender, state of health, physical activity, skin condition and how they sweat. For example, younger people will tend to shower daily. Older people often used to tend to have a bath once a week (in the bathtub) or wash at the washbasin. Nobody really thought about washing their whole body each day. It is hardly surprising then if some patients are resistant to the idea of performing personal hygiene on a frequent basis. They do not feel dirty and think that washing is pointless or even harmful. It is a case of striking a balance therefore between washing as little as possible to respect the individual preferences of clients and washing as often as it is necessary to prevent pathogens multiplying and bad odours building up.

Psychological factors

Individual attitudes and mood can have an influence on personal hygiene. In particular, the choice of personal hygiene products, use of perfume, choice of clothes and hairstyle will depend on psychological factors. These are expressions of personal identity.

Sociocultural factors

Personal hygiene and choice of clothes are passed on to children by their parents and social environment. Much will depend on financial resources, status and current fashion trends. Clothes are often determined by a sense of belonging to a specific group or culture. They indicate whether or not someone belongs to a group and are especially important to young people. In contrast, older people learned during their childhood to have a bath on Saturday and only wear their best clothes on Sundays or public holidays. These habits can still be seen in some patients. Almost all countries around the world have experienced some degree of multicultural- ism over the past years and decades. This means there are people living everywhere now from different cul- tures and religions that set out certain rules regarding things like personal hygiene. It goes without saying that we take people's needs and habits seriously and accommodate these where possible, particularly those based on a patients religion, and take these into account in terms of personal hygiene. For example, Muslims or Hindus can only perform personal hygiene under running water as used water is deemed to be unclean.

Environmental factors

Our sanitary facilities make it possible to customize personal hygiene to the individual needs of each person. The environment and climate also play a significant role in the choice of clothes and use of skin care products. It is not always possible in hospital to take into account individual preferences in terms of personal hygiene or clothes. One example is when a hospital nightshirt needs to be worn during surgery or specific investigations. These restrictions should, however, be kept to a minimum.

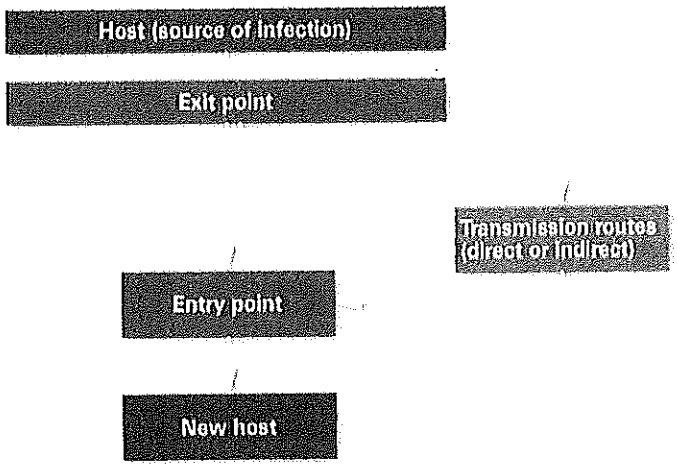
2) Write the six principles of personal hygiene.

Principles of personal hygiene

Personal hygiene requires thorough preparation. The time, duration and sequence involved should reflect the habits and condition of the patient. Respect their independence and plan personal hygiene together. Use the time spent an personal hygiene to take a look at the condition of the patient's skin and their condition in general. It is also a good opportunity to build a relationship with the patient and create an atmosphere of trust. This opens the door to conversations where those involved can also ask personal questions and speak their mind.

- 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 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.

3) Draw the flow chart of chain of infections.



SECTION-C

[3x3= 9 Marks]

1) Differentiate between the sterilization and disinfection.

Disinfection

Disinfection reduces levels of germs and pathogens as far as possible by killing and thereby preventing them from causing any further disease. There are patient-focused measures (eg. disinfection of hands or disinfection of the skin prior to interventions), as well as cleaning/disinfection of devices and utensils.

There are various ways to disinfect an object:

Physical measures

These are thermal processes (= using heat), filtration and radiation.

Thermal processes

Boiling in hot water at 93°C for 3 minutes or in special rinsing machines at 90°C for 5 minutes, e.g. drinking bottles for infants, various instruments such as tweezers

Filtration

Special fine filters (HEPA filters) for filtration of air in operating theatres and intensive care wards

Radiation

Ultraviolet light for the preparation of drinking water (in developing countries)

Desinfectant agents

Active ingredient	Application	Effect
Alcohol	Hand disinfection Skin disinfection Surface disinfection	Fast-acting (within seconds) Often inadequate against fungi / spores
Aldehydes, peracetic acid,	Surface disinfection	Effects lasts for up to an hour
O2 – realizing agents	Device in rooms / instruments	Biodegrable
Halogens, e.g. iodine	Laundry disinfection Waste water disinfection Swimming pools	Chlorine has a bleaching effect
Octenidine	Disinfection of mucosa Wound disinfection	Effective against bacteria, stick rigidly to the application time
Ammonium	Devices Surface disinfection	Non-toxic, may also be used in kitchens

Sterilization

Sterilization is intended to achieve complete eradication of germs. This means all microorganisms are killed and rendered harmless. Heat-resistant materials and the immediate surroundings are sterilized. A sterile environment must be created for all invasive interventions. This means the surgical environment and any utensils such as bandages and instruments must be sterile. Sterility is invariably an absolute state: either something is sterile or it is not

Various methods of sterilization

Various sterilization processes can be used to achieve an aseptic state:

Sterilization method	Application	Effect
Steam sterilization: Used as the most reliable method	Instruments, laundry, bandages, glass-based-materials, heat-sensitive plastics, rubber	Steam in the autoclave (high-pressure sterilization unit) penetrates the sterile material for 18 minutes at 134° C and 2-3 bar.
Plasma sterilization	Thermolabile material	Process involving hydrogen peroxide and low temperatures
Gas sterilization (used only rarely because of toxicity, no further new approvals)	Optical instruments (ophthalmology), endoscopes, plastics	Formaldehyde gas at around 60°C, also peracetic acid
Radiation sterilization	Used for the manufacture of single-use items (catheters, plastic items etc.) in an industrial setting, comparatively expensive	e.g. X-rays, gamma rays. sterilizations performed at low temperature and is also suitable for temperature-sensitive substrances.

BHARTIYA SKILL DEVELOPMENT UNIVERSITY

2) Define security. Explain the four sign of security and insecurity.

The term security comes from the Latin word 'securus' and means carefree, unconcerned, secure. It is important for all of us to feel secure and achieve security so we can go about out day-to-day business. For the most part, creating a sense of security also means ensuring protection against things like accidents, fires and infection. Security also means taking care of oneself, other people and the environment.

Signs of security

- patient expresses their desires and aims;
- patient knows their own rights;
- patient feels well informed;
- patient is ready to accept responsibility;
- patient 's speech is appropriate, audible and clear;
- patient has an upright, open posture and stands firmly on both feet;
- patient does not keep making sudden changes of position, but keeps reasonably still (eg. sitting);
- patient has an open gaze, they can look the other person in the eye, their facial expressions are relaxed;
- actions are performed in a calm and relaxed manner.

Signs of insecurity

- patient rarely expresses insecurity directly;
- repeated questions such as: What would you do in my position? '
- patient reacts in an irritated of aggressive manner;
- patient withdraws into their shell and only gives monosyllabic responses;
- patient sticks rigidly to nursing routines;
- speech is quiet, uneven and indistinct,
- posture is closed, i.e, stooped and self-protective;
- patient often looks harassed, wanders about in an agitated manner and keeps changing position;
- their gaze is timid, restless or absent; patient often avoids eye contact with others;
- facial expressions are tense, patient blushes or smiles at inappropriate times;
- actions are performed in a nervous, Jittery or agitated manner.

3) Explain the Personal protective equipment.

Protective measures before contact with bodily fluids

The term bodily fluids/substances cover blood and all its component parts, all bodily secretions and excretions such as sputum, saliva, tears, vaginal secretions, urine, stools or wound secretions. Protective measures in- clude wearing gloves, aprons, masks and protective glasses, as well as proper handling of laundry and equip- ment and the disposal of bodily fluids.

Gloves

Disposable gloves (nitrile, vinyl) are worn every time contact with bodily fluids/substances or objects and sur- faces contaminated with these is certain or possible. Gloves are removed or replaced after any contact/con- termination involving bodily fluids/sub stances and when moving on from one patient to the next. Hands must be disinfected once gloves have been removed. This is because hands may become contaminated during removal of gloves or through micro lesions they may contain.

BHARTIYA SKILL DEVELOPMENT UNIVERSITY

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 avoiding 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.

Laundry

Used bedlinen and patient laundry are disposed of in special plastic bags. Any heavily soiled laundry (e.g. stools, urine, blood) may need to be placed in a special plastic bag.

Devices/instruments

Devices and instruments which may have been contaminated during use must not be reused for other patients unless they are disinfected (eg. rubbing with alcohol or specialist disinfection agent) or possibly sterilized be- forehand. This applies to blood pressure cuffs, stethoscopes etc. Disinfection is performed immediately after use. Interim storage of contaminated items and instruments must be avoided.

Disposal of bodily fluids

Bodily fluids such as stools and urine should be disposed of directly without any interim storage (drum, auto- matic bedpan washer).

Registration No.: .....

BHARTIYA SKILL DEVELOPMENT UNIVERSITY

School of Health Care and Paramedics Skills

Session: 2019-20 Summer

B. Voc. Program, 1st Semester

1st In-Sem. Examination

Course Code: SHP1105 **Time: 1 Hour**

Course Name: Clinical Picture 1st **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. **Nosocomial infection transmitted by...**
   a. Contact
   b. Air borne
   c. Oral route
   d. All of above
2. **BMI of 16 indicates which status?**
   a. Normal
   b. Under weight
   c. Over weight
   d. Malnutrition
3. **Urinary tract infection is caused by...**
   a. Escherichia coli
   b. Salmonella
   c. HIV
   d. Mycobacterium tuberculosis
4. **Full form of HAI...**
   a. Hospital allergy
   b. Hospital acquired inspection
   c. Hospital acquired infection
   d. Both b and c
5. **House dust which type of allergy?**
   a. Food allergy
   b. Inhaled allergy
   c. Injected allergy
   d. Contact allergy

SECTION-B

[3x2=6 Marks]

1) How to prevent of dry skin?
2) Define infection. Explain the mode of transmission.
3) Define nosocomial infection. Write the four prevention of nosocomial infection.

SECTION-C

[3x3= 9 Marks]

1) Define anorexia nervosa. Write the eight nursing measures for eating disorders.
2) Define diarrhoea. Difference between the acute diarrhoea and chronic diarrhoea.
3) Define allergies. Explain the Causes and symptom of allergies.

K. Kaur

Registration No.: .....

BHARTIYA SKILL DEVELOPMENT UNIVERSITY

School of Health Care and Paramedics Skills

Session: 2019-20 Summer

B. Voc. Program, 1st Semester

1st In-Sem. Examination

Course Code: SHP1105 **Time: 1 Hour**

Course Name: Clinical Picture 1st **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. **Nosocomial infection transmitted by...**
   a. Contact
   b. Air borne
   c. Oral route
   d. All of above
2. **BMI of 16 indicates which status?**
   a. Normal
   b. Under weight
   c. Over weight
   d. Malnutrition
3. **Urinary tract infection is caused by...**
   a. Escherichia coli
   b. Salmonella
   c. HIV
   d. Mycobacterium tuberculosis
4. **Full form of HAI...**
   a. Hospital allergy
   b. Hospital acquired inspection
   c. Hospital acquired infection
   d. Both b and c
5. **House dust which type of allergy?**
   a. Food allergy
   b. Inhaled allergy
   c. Injected allergy
   d. Contact allergy

SECTION-B

[3x2=6 Marks]

1) **How to prevent of dry skin?**

Prevention of Dry Skin

- void using hot water to bathe or shower
- shower every other day instead of every day
- keep your shower time to less than 10 minutes
- use a moisturizing soap when you bathe or shower
- apply moisturizer immediately after bathing or showering
- pat, rather than rub, wet skin dry with a soft towel

- avoid itching or scrubbing dry skin patches
- use a humidifier in your home
- drink plenty of water

2) Define infection. Explain the mode of transmission.

Infection is the invasion of an organism's body tissues by disease-causing agents, their multiplication, and the reaction of host tissues to the infectious agents and the toxins they produce. Infectious disease, also known as transmissible disease or communicable disease, is illness resulting from an infection. These include skin contact, bodily fluids, contact with faeces, airborne particles, and touching an object that an infected person has also touched. The immune system is an effective barrier against infectious agents.

Mode of transmission

- Droplet contact
- Faecal-oral transmission
- Sexual transmission
- Oral transmission
- Transmission by direct contact

3) Define nosocomial infection. Write the four prevention of nosocomial infection.

A hospital-acquired infection (HAI), also known as a nosocomial infection, is an infection that is acquired in a hospital or other health care facility. To emphasize both hospital and nonhospital settings, it is sometimes instead called a health care–associated infection.

Prevention of Nosocomial Infection

- Source patient to destroy the pathogenic agents
- Proper sterilization & disinfection of inanimate object. This helps to control the source of infection.
- Transmission can be controlled by regular washing of hands
- Disinfection of equipment & change of working cloths
- Use of sterile dressing, surgical gloves & face mask further contributes in control of nosocomial infection
- Pre-operative disinfection of patient

SECTION-C

[3x3= 9 Marks]

1) Define anorexia nervosa. Write the eight nursing measures for eating disorders.

Anorexia nervosa	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.

Nursing measures for people with eating disorders

The following measures are important:

- Make sure that you comply with the agreed rules and do not allow the patient to 'haggle 'with you.
- Try not to moralise.
- Check the patient 's weight regularly. (The frequency of weight checks will depend on the patient 's general state of health and the concept at the individual institution.)
- If the patient is severely underweight, make sure that the rules of treatment are complied with, such as prescribed bed rest etc.
- Observe the patient 's behaviour in relation to eating and drinking. Document may be that special nutrition is needed.
- Practise a constructive approach to food with the patient, e.g. putting together a balanced menu in a cookery group, or shopping and cooking together.
- Supervise the taking of medication if applicable.
- Make sure that there is no 'smuggling 'of food. To do this, check the room regularly together with the patient or lock the ward kitchen.
- Make sure that the patient does not go to the toilet for one hour after meals (risk of vomiting).

- Encourage and support the patient to keep a therapy diary about self-control over eating and vomiting.
- Take note of any suicidal statements and report these.

2) Define diarrhoea. Difference between the acute diarrhoea and chronic diarrhoea.

Diarrhoea

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.

Causes / Risk Factors

Acute diarrhoea	Chronic diarrhoea
• GI infections involving bacteria, virus, fungi, parasite (e.g. norovirus, salmonella, coliform bacteria) • Food poisoning • Side effects of medication (e.g. antibiotics, cytostatic) • Laxative use • Psychological influences (e.g. anxiety, stress).	• Chronic inflammatory intestinal diseases (e.g. Crohn 's disease, ulcerative colitis) • Food intolerance • Irritable bowel syndrome • Laxative abuse • Hormonal problems (e.g. hyperthyroidism). • No cause can be found in many cases of chronic diarrhoea.

3) Define allergies. Explain the Causes and symptom of allergies.

So far, the various forms of medication have mainly been used to treat plaques. Medication was applied locally (directly to the skin: ointments, creams or Lotions) for mild cases or systemically (ingested) for more severe cases. Meticulous skin care should form part of any psoriasis treatment

Causes / Risk Factors

Inhaled allergens	these are inhaled with the air we breathe (e.g. house dust, pollen, particular matter).
Contact allergens	these involve contact (e.g. latex), are worn next to the skin (e.g. nickel) or are applied to the skin (e.g. cosmetics).
Food allergens	these are eaten or drunk (e.g. nuts, strawberries, milk).
Injected allergens	allergens introduced to the circulation (e.g. wasp stings, blood of a different group, medicines).

Symptoms

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.

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 (jewelry or coins), scents, preservatives in cosmetics, or depilatory agents.

Symptoms associated with delayed-type or contact Allergies

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