

**BHARTIYA SKILL DEVELOPMENT UNIVERSITY****School of Health Care and Paramedics Skills****Session: 2020-21 Summer****B. Voc. Program, 1st Semester****2nd In-Sem. Examination****Course Code: SHP1107****Time: 1 Hour****Course Name: Vital Signs & Assisting in Drug Administration****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. **The most reliable method of taking body temperature is:**
 - a. Oral
 - b. Rectal
 - c. Axillary
 - d. Nasal
2. **Absence of respiration is known as:**
 - a. Eupnoea
 - b. Tachypnea
 - c. Apnea
 - d. Bradypnea
3. **Subcutaneous injection administered is:**
 - a. Epidermal
 - b. Hypodermal
 - c. In the muscle
 - d. Intradermally
4. **Which one below is not considered a "Vital Sign".**
 - a. Temperature
 - b. Pulse
 - c. Respiration
 - d. Weight
5. **Normal Blood pressure is:**
 - a. 120/100 mm of hg
 - b. 100/90 mm of hg
 - c. 120/80 mm of hg
 - d. 120/80 ml of hg

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

- 1) Write down the two difference between the osmosis and diffusion.
- 2) Define Hypertension. Write the four cause and symptom of hypertension.
- 3) Write the pulse site on the human body.

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

- 1) Define fever. Describe the types of fever.
- 2) Describe the factors influencing increase cardiac output.
- 3) Define respiration. Describe the four abnormal breathing sounds.

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School of Health Care and Paramedics Skills

Session: 2020-21 Summer

B. Voc. Program, 1st Semester

2nd In-Sem. Examination

Course Code: SHP1107

Time: 1 Hour

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Instructions:

1. SECTION-A:05 objective type questions, each question carries 01 mark
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SECTION-A

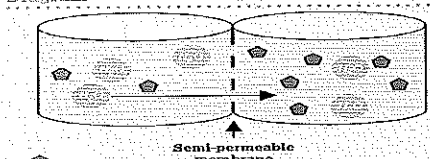
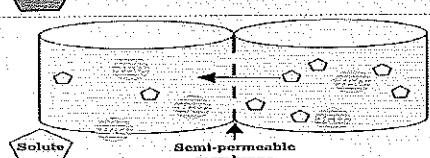
[5x1=5 Marks]

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 - c. 120/80 mm of hg
 - d. 120/80 ml of hg

SECTION-B

[3x2=6 Marks]

- 1) Write down the two difference between the osmosis and diffusion.

Transport mode	Description	Diagram
Osmosis	Movement of water from an area of low solute concentration to an area of high solute concentration	
Diffusion	Movement of solutes from an area of high concentration to an area of low concentration	

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2) Define Hypertension. Write the four cause and symptom of hypertension.

Hypertension

Hypertension, or high blood pressure, is a very common and serious condition that can lead to or complicate many health problems. The risk of cardiovascular morbidity and mortality is directly correlated with blood pressure. Risks of stroke, angina, heart failure, kidney failure or early death from a cardiovascular cause are directly correlated with BP. Hypertension is often called "the silent killer" because it generally has no symptoms until serious complications develop.

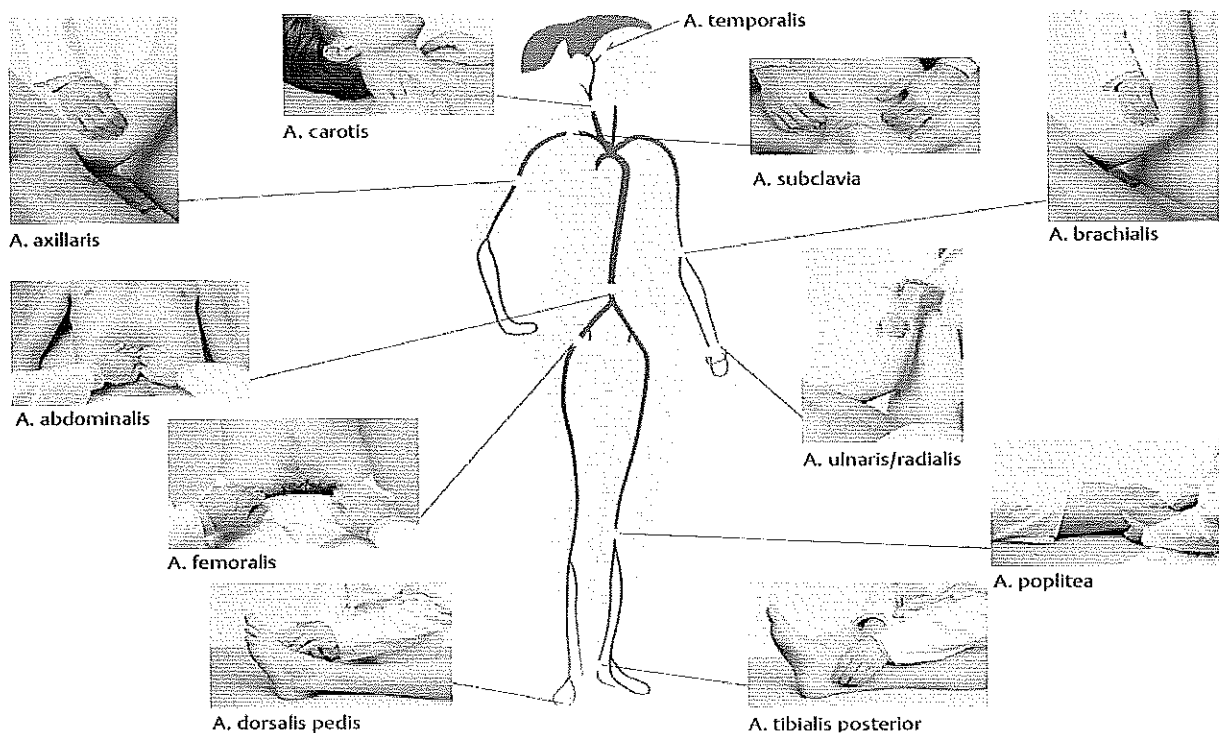
Causes:

- Smoking.
- Being overweight or obese.
- Lack of physical activity.
- Too much salt in the diet.
- Too much alcohol consumption (more than 1 to 2 drinks per day)
- Stress.
- Older age.
- Genetics.

Symptom

- Severe headaches.
- Nosebleed.
- Fatigue or confusion.
- Vision problems.
- Chest pain.
- Difficulty breathing.
- Irregular heartbeat.
- Blood in the urine.

3) Write the pulse site on the human body.



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SECTION-C

[3x3= 9 Marks]

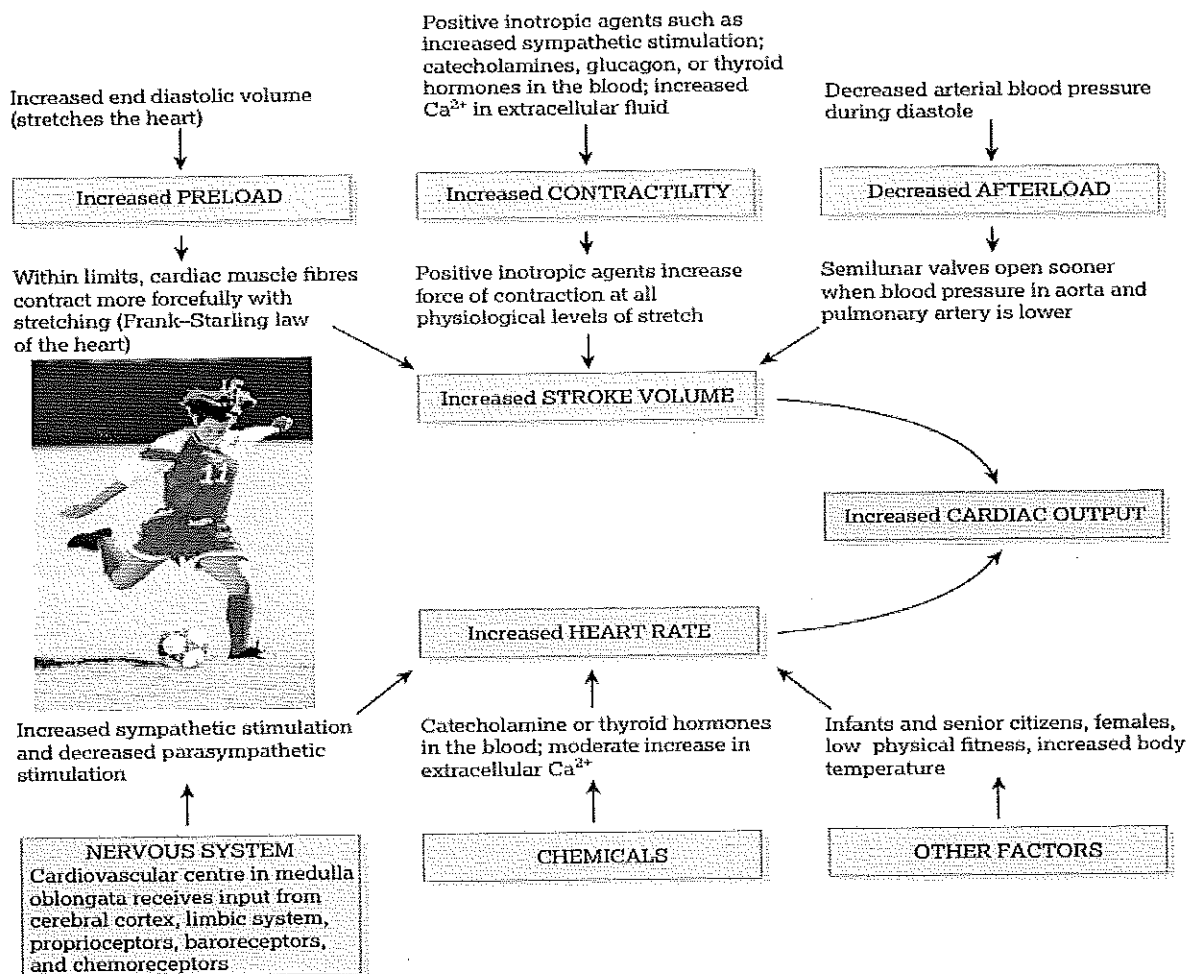
- 1) Define fever. Describe the types of fever.

Fever

Fever or pyrexia is a body temperature above 38°C. When the body is in a feverish state, it is producing more heat than it is losing. A condition caused by fever is termed febrile; a condition not caused by fever is termed afebrile. For example, a febrile seizure is a seizure caused by fever, whereas an afebrile seizure is caused by something other than a fever, such as a head trauma.

Intermittent fever	Body temperature that alternates between febrile and afebrile states
Remittent fever	Elevated body temperature that remains high throughout the day, fluctuating more than 2 degrees Fahrenheit
Relapsing fever	Febrile periods that last for a couple of days, go away, and then return
Constant (continuous) fever	Elevated body temperatures throughout the day with minimal temperature fluctuation (usually not more than 1 degree Fahrenheit) over a 24-hour period

- 2) Describe the factors influencing increase cardiac output.





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- 3) Define respiration. Describe the four abnormal breathing sounds.

Respiration

Respiration, or the act of breathing, is the process of inhaling oxygen into the body and exhaling carbon dioxide. One respiration, also called the respiratory cycle, consists of one expiration (exhalation) and one inspiration (inhalation). Respiratory rate is an indicator of how well oxygen is being provided to the tissues of the body. Respirations are counted by watching, listening, or feeling the movement of inspiration and expiration on the patient's back, stomach, or chest. A stethoscope also may be used to assist with counting respirations.

Breath Sounds

Normal respirations do not usually have any noticeable sounds. However, certain diseases and illnesses can cause irregular respiration sounds. Terms for describing these abnormal breath sounds include the following:

Stridor	A shrill, harsh sound, heard more clearly during inspiration but that can occur during expiration. This sound may occur when there is airway blockage, such as in children with croup and patients with laryngeal obstruction.
Stertor (stertorous breathing)	Noisy sounds during inspiration, sounds like those heard in snoring.
Crackles (also called rales)	Crackling sounds resembling crushing tissue paper, caused by fluid accumulation in the airways. Crackles can be further defined as coarse or fine. Crackles can be heard with pulmonary edema, asthma, early congestive heart failure, and some types of pneumonia.
Rhonchi	Rattling, whistling, low-pitched sounds made in the throat. Rhonchi can be heard in patients with pneumonia, chronic bronchitis, cystic fibrosis, or COPD (chronic obstructive pulmonary disease).
Wheezes	Sounds like rhonchi but more high-pitched, made when airways become obstructed or severely narrowed, as in asthma or COPD.
Cheyne-Stokes breathing	Irregular breathing that may be slow and shallow at first, then faster and deeper, and that may stop for a few seconds before beginning the pattern again. This type of breathing may be seen in certain patients with traumatic brain injury, strokes, and brain tumors.

It's completed

**BHARTIYA SKILL DEVELOPMENT UNIVERSITY****School of Health Care and Paramedics Skills****Session: 2020-21 Summer****B. Voc. Program, 1st Semester****2nd In-Sem. Examination****Course Code: SHP1108****Time: 1 Hour****Course Name: Support Breathing****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. **Dyspnoea is known as:**
 - a. Increase the breathing
 - b. Normal breath
 - c. Shortness of breath
 - d. Increase the pulse rate
2. **According to priorities which position is used in pneumonia prophylaxis?**
 - a. Prone position
 - b. Supine position
 - c. Sitting position
 - d. VATI position
3. **Tuberculosis is caused by:**
 - a. Mycobacterium tuberculosis
 - b. Mycobacterium tetani
 - c. Streptococcus bacteria
 - d. Salmonella typhi
4. **The meaning of cyanosis:**
 - a. Blueness of skin
 - b. Redness of skin
 - c. Yellowness of skin
 - d. Normal skin
5. **Normal respiration rate of a new born baby ranges between:**
 - a. 10 – 12 breath/minute
 - b. 40 – 45 breath/minute
 - c. 20 – 30 breath/minute
 - d. 60 - 80 breath/minute

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

- 1) Define pneumonia. Write down the two causes and symptom of pneumonia.
- 2) What do you mean "lip brake"?
- 3) What do you mean embrocation? Write down the four complication of oxygen administration.

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

- 1) Describe the tuberculosis.
- 2) Define lung embolism. Write down the four causes and symptom lung embolism.
- 3) Define breathing. Describe the influencing factors of breathing.

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

- 1) Define pneumonia. Write down the two causes and symptom of pneumonia.

Pneumonia

Pneumonia is a mostly acute infection of the lung tissue. And pneumonia is an inflammation of the parenchyma in the lung is known as pneumonia.

Causes / Risk Factors

Depending on the cause, different types of pneumonia are distinguished:

- Bacteria pneumonia
- Parasites pneumonia

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- Virus pneumonia
- Aspiration pneumonia
- long-term smokers

Symptoms

- productive cough
- Fever
- pain in breathing
- short of breath
- purulent coughs
- yellowish or greenish sputum

2) What do you mean "lip brake"?

The "Lip Brake"

The lip brake is a special breathing technique, which should be used mainly by patients with existing respiratory diseases and the associated temporary dyspnoea, eg in asthma bronchial. Inhale slowly and deeply through the nose. Exhalation is through the mouth through the half-closed lips. By this procedure, a slight, sustained pressure is maintained within the respiratory tract, which counteracts respiratory distress and an unproductive cough.

3) What do you mean embrocation? Write down the four complication of oxygen administration.

Breath Stimulating Embrocation

This measure has the goal to let the patient feel its breath. The patient should be able to feel the breathing, normalise the rhythm and deepen the breath.

Complication of oxygen administration

- Oxygen induced hypoventilation
- Oxygen toxicity / O₂ narcosis
- Absorption atelectasis
- Retinopathy
- Drying of mucus membranes
- Infection
- Fire hazards

SECTION-C

[3x3= 9 Marks]

1) Describe the tuberculosis.

Tuberculosis

It is the most prevalent communicable infection disease. Usually involves lungs but may effect other organs or tissues in body.

Causes

- Mycobacterium tuberculosis
- Poor hygiene
- Reduce immune status
- Transmission

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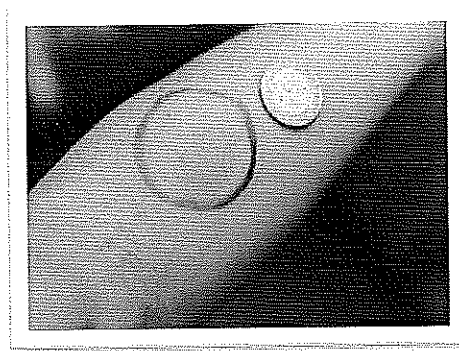
- Airborne droplets coughed or sneezed by the patient

Sign and symptom

- Productive cough
- Fever
- Night sweats
- Weight loss
- Haemoptysis
- Pleuritic pain

Diagnosis

Tuberculosis test: positive reaction to intradermal injection of a tuberculosis.



Therapy

- DOTS (Directly observed therapy short course)
- Detection through sputum smear microscopy of TB suspects.
- month treatment
- Regular supply of anti- TB drugs
- Reporting system to evaluate the treatment outcomes.

2) Define lung embolism. Write down the four causes and symptom lung embolism.

Lung Embolism:

Pulmonary embolism is define as the obstruction of the pulmonary artery or one of its branches by material (eg. Thrombus, tumor, air, or fat) that originated elsewhere in the body.

Causes and Risk Factors

- Orthopaedic operation
- Trauma
- Smoking
- Prolonged bed rest
- COPD
- Thrombus
- Risk factors for thrombus formation:



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- Changes in blood flow, eg bed rest, plaster, long-distance flight, etc.
- Change of the vascular walls, eg after surgery
- Changes in the blood composition, eg in congenital blood clotting disorders

Symptoms

- Small embolisms are mostly symptomless
- Large embolism:
 - Sudden dyspnoea
 - Cyanosis
 - Respiratory-dependent thoracic pain
 - Anxiety
 - Cold sweat
 - Cough
 - Possibly with bloody sputum
 - Tachycardia
 - Stuck neck veins
- Diagnosis
- Anamnesis

3) Define breathing. Describe the influencing factors of breathing.

The breath is a metabolic process, which supplies all our cells with oxygen. The breath is also a fine indicator of physical and psychological changes. It responds to every movement, every touch, every thought and every feeling. It is thus an expression of all physical, mental, and spiritual processes in man, that is, expression of his totality. Tensions, maladjustments and mental conflicts often make the breath flat and cramped. Breathing is life. To be free to breathe freely means to be free from pressure and strain, to feel unhappy and to move. Breathing is primarily unconscious. Newborn babies usually breathe independently. Breathing is one of the few life activities in which the human being is largely independent from birth. Only in the case of changes will one become aware of breathing. Changes in breathing quickly lead to anxiety; Dyspnea can even put a person in death. By breathing, the body is able to exchange gases with the environment. The oxygen that is important for all life processes is absorbed via the lung and the carbon dioxide CO₂ (metabolic waste product) is released. Heart, vessels, and blood ensure transport. The activity of the heart and blood vessels thus supplement breathing. Therefore, a small disorder in the cardiopulmonary system can strongly influence human breathing is one of the vital functions.

Influencing Factors

The following are some examples of factors that may affect breathing:



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- **Biological factors:** A state of the cardiovascular system, condition of the respiratory system, physical activity, sleep, pain, medication
- **Psychological factors:** An inner peace and serenity, joy, fear, anger, hustle and bustle, defeat
Environmental Factors an air pressure, geographical location, composition of the air, temperature, moisture content of the air
- **Environment factors:** Air pressure, Ozon content of the air, geographical location, composition of air, Smog, Temperature, Humidity
- **Socio-cultural factors:** (Eg, physical activity, breathing), workplace (cellar, mine, well ventilated rooms), habits (time to do sports, singing hours)

J/c ambekar



**BHARTIYA SKILL DEVELOPMENT UNIVERSITY****School of Health Care and Paramedics Skills****Session: 2020-21 Summer****B. Voc. Program, 1st Semester****2nd In-Sem. Examination****Course Code: SHP1109****Time: 1 Hour****Course Name: Assisting in Medical Procedure****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. **Full form of HCAI.**
 - a. Human care association infections
 - b. Health care active intact
 - c. Health care associated infections
 - d. Health care associated intact
2. **What is the risk of urinary catheterization?**
 - a. Urinary tract infection
 - b. Union tract infection
 - c. Urinary tract intact
 - d. urinal tract infection
3. **Full form of CSSD:**
 - a. Central sterilize store depot
 - b. Central sterile supply department
 - c. Centre sterile supply department
 - d. Centralize store supply department
4. **Indwelling cauterization is known as:**
 - a. Single lumen catheter
 - b. Double lumen catheter
 - c. Three lumen catheter
 - d. K-90 catheter
5. **Nylon Suture is:**
 - a. Absorbable suture
 - b. Non absorbable suture
 - c. Temporarily suture
 - d. None of above

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

- 1) Write down the purpose of deal with sterile material.
- 2) Define asepsis. When you used to healthcare professional's aseptic technique?
- 3) Describe the type of urinary catheters.

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

- 1) Define enema. Write the four indication of enema.
- 2) Write down the four difference between the aseptic and clean technique.
- 3) Define wounds. Describe the suture (Stitches).

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School of Health Care and Paramedics Skills

Session: 2020-21 Summer

B. Voc. Program, 1st Semester

2nd In-Sem. Examination

Course Code: SHP1109

Time: 1 Hour

Course Name: Assisting in Medical Procedure

Max. Marks: 20

Instructions:

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SECTION-A

[5x1=Marks]

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 - d. None of above

SECTION-B

[3x2=6 Marks]

- 1) Write down the purpose of deal with sterile material.

Deal with sterile material

It is the sterilization material is supply of the procedure site open the sterile material for use aseptic technique with receiving and distributing all surgical instruments and equipment as per well – delineated protocols and standardized procedures.

Purpose

To help the nurse regarding open the sterile material.
To prevent the infection during procedure.
To maintain sterile area.



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- 2) Define asepsis. When you used to healthcare professional's aseptic technique?

Asepsis

Asepsis or aseptic means the absence of germs, such as bacteria, viruses, and other microorganisms that can cause disease. Healthcare professionals use aseptic technique to protect patients from infection. Aseptic technique is a standard healthcare practice that helps prevent the transfer of germs to or from an open wound and other susceptible areas on a patient's body.

The skin is the body's first line of defense against germs. A person is vulnerable to infection as soon as there is a break in their skin, regardless of whether it occurs as a result of an accidental injury or a surgical incision.

Aseptic technique helps prevent healthcare-associated infections (HCAIs). An HCAI is an infection that a person acquires as a result of treatment from a healthcare professional.

Aseptic techniques range from simple practices, such as using alcohol to sterilize the skin, to full surgical asepsis, which involves the use of sterile gowns, gloves, and masks. Healthcare professionals use aseptic technique practices in hospitals, surgery rooms, outpatient care clinics, and other healthcare settings. Using aseptic technique prevents the spread of infection by harmful germs. Healthcare professionals use aseptic technique when they are:

- performing surgical procedures
- performing biopsies
- dressing surgical wounds or burns
- suturing wounds
- inserting a urinary catheter, wound drain, intravenous line, or chest tube
- administering injections
- using instruments to conduct a vaginal examination
- delivering babies

- 3) Describe the type of urinary catheters.

Types of Urinary Catheter.

There are 2 main types of urinary catheter:

intermittent catheters – catheters that are temporarily inserted into the bladder and removed once the bladder is empty.

indwelling catheters – catheters that remain in place for many days or weeks and are held in position by a water-filled balloon in the bladder.

SECTION-C

[3x3= 9 Marks]

- 1) Define enema. Write the four indication of enema.

Enema administration

An enema administration is a technique used to stimulate stool evacuation. It is a liquid treatment most commonly used to relieve severe constipation. The process helps push waste out of the rectum when you cannot do so on your own.

Constipation is a common gastrointestinal condition. It occurs when the colon is unable to remove waste through the rectum. People with this condition have three or fewer bowel movements over a seven-day period. Mild constipation often occurs when you don't eat enough fiber or drink enough



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water on a regular basis. Daily exercise also helps to prevent constipation. An enema administration is most commonly used to clean the lower bowel. However, this is normally the last resort for constipation treatment. If diet and exercise are not enough to keep it regular, laxative are recommending before using an enema. In some cases, laxatives are used the night before an enema administration to encourage waste flow.

Indications

Enemas may be prescribed for the following reasons.

- To clean the lower bowel before surgery, X-ray examination of the bowel using contrast medium or endoscopy examination.
- To treat severe constipation when other methods have failed.
- To introduce medication into the system.
- To soothe and treat irritated bowel mucosa.
- To decrease body temperature (due to contact with the proximal vascular system)
- To stop local haemorrhage.
- To reduce hyperkalaemia (calcium resonium).
- To reduce portal systemic encephalopathy (phosphate enema).

2) Write down the four difference between the aseptic and clean technique.

Aseptic technique vs. clean technique

Aseptic technique and clean technique are two closely related healthcare practices that both aim to keep people safe from infection. The aim of using aseptic technique is to eliminate germs, which are disease-causing microorganisms. Clean technique focuses on reducing the number of microorganisms in general.

Healthcare professionals learn both aseptic and clean techniques and use them in different situations. They will use aseptic technique during surgical operations or when inserting a foreign object, such as a catheter, into a person's body.

Clean technique is often sufficient for long-term care, in-home care, and some outpatient clinical settings. Healthcare professionals use clean technique for people who are not at high risk of infection. For example, they may use clean technique when changing the dressing on a wound that is healing.

Some examples of clean technique practices include thorough handwashing, wearing gloves, and maintaining a clean environment or work area. Clean technique uses non-touch practices. Non-touch practices prohibit healthcare professionals from touching key parts of objects, such as syringe tips and the inside of sterile dressings, even when they are wearing gloves. The medical community define clean technique as a modified form of aseptic technique, as maintaining proper hygiene and a clean environment will help achieve asepsis.



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3) Define wounds. Describe the suture (Stitches).

Wounds

The health care provider chooses the appropriate sterile technique and necessary supplies based on the clinical condition of the patient, the cause of the wound, the type of dressing procedure, the goal of care, and agency policy. Agency policy will determine the type of wound cleansing solution, but sterile normal saline and sterile water are the solutions of choice for cleansing wounds and should be at room temperature to support wound healing. For more complex wounds with delayed healing, antiseptic solutions such as povidone iodine or chlorhexidene may be used for cleansing based on agency policy and the recommendation of a wound clinician or physician.

Sutures (Stitches)

Sutures (stitches) are fine threads sewn through the skin to bring a wound together. Sutures are either permanent or absorbable (usually absorbed by the body within 4 to 8 weeks). Absorbable sutures, which do not require removal, are used to close incisions of the mouth, tongue, and genitals or deep, multi-layered lacerations. Nylon and other non-absorbable sutures should be removed by your health care provider.

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**BHARTIYA SKILL DEVELOPMENT UNIVERSITY**

School of Health Care and Paramedics Skills

Session: 2020-21 Summer

B. Voc. Program, 1st Semester2nd In-Sem. Examination

Course Code: SHP1110

Time: 1 Hour

Course Name: Clinical Picture II

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. Parkinson's disease (PD) was first described by Dr. James Parkinson in:
 - a. 1817
 - b. 1816
 - c. 1917
 - d. 1820
2. Most common symptom of Parkinson's disease:
 - a. Constipation
 - b. Tremors
 - c. Urge of urinate
 - d. Sweating
3. Normal fasting blood sugar in adult is:
 - a. 155 – 160 mg/dl
 - b. 70 – 120 ml/dl
 - c. 70 – 120 mg/dl
 - d. 100 – 120 mg/dl
4. Full form of EEG:
 - a. Electroencephalographic
 - b. Electroenseptic gram
 - a. Electroencephalicgraphy
 - b. Electicalencephalography
5. What is the mode of administration of insulin injection?
 - a. Intramuscular
 - b. Intrathecal
 - c. Subcutaneous
 - d. Intradermal

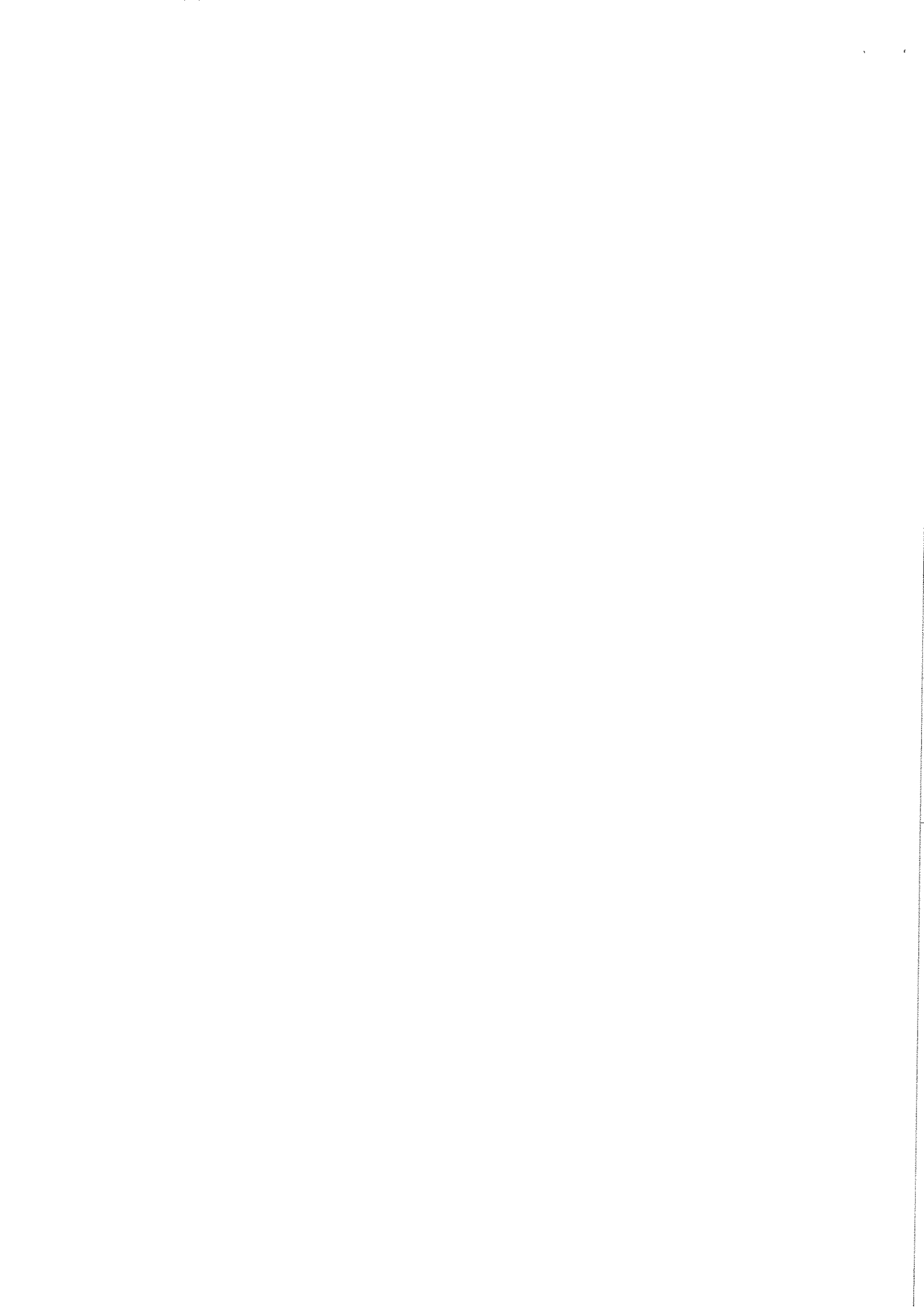
SECTION-B**[3x2=6 Marks]**

- 1) Define Parkinson's disease. Write down the four symptom of Parkinson's disease.
- 2) Describe the diabetes mellitus type Ist.
- 3) Write down the four causes and symptom of diabetes mellitus.

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

- 1) Describe the tremors and bradykinesia.
- 2) Write down the four difference between the partial and generalized seizures.
- 3) Explain the treatment of diabetes patient.

J/c
Ombudant



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3. **SECTION-C:**03 essay type questions, each question carries 03 marks.

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

1. **Parkinson's disease (PD) was first described by Dr. James Parkinson in:**
 - a. 1817
 - b. 1816
 - c. 1917
 - d. 1820
2. **Most common symptom of Parkinson's disease:**
 - a. Constipation
 - b. Tremors
 - c. Urge of urinate
 - d. Sweating
3. **Normal fasting blood sugar in adult is:**
 - a. 155 – 160 mg/dl
 - b. 70 – 120 ml/dl
 - c. 70 – 120 mg/dl
 - d. 100 – 120 mg/dl
4. **Full form of EEG:**
 - a. Electroencephalogram
 - b. Electroenseptic gram
 - a. Electroencephalicgraphy
 - b. Electicalencephalography
5. **What is the mode of administration of insulin injection?**
 - a. Intramuscular
 - b. Intrathecal
 - c. Subcutaneous
 - d. Intradermal

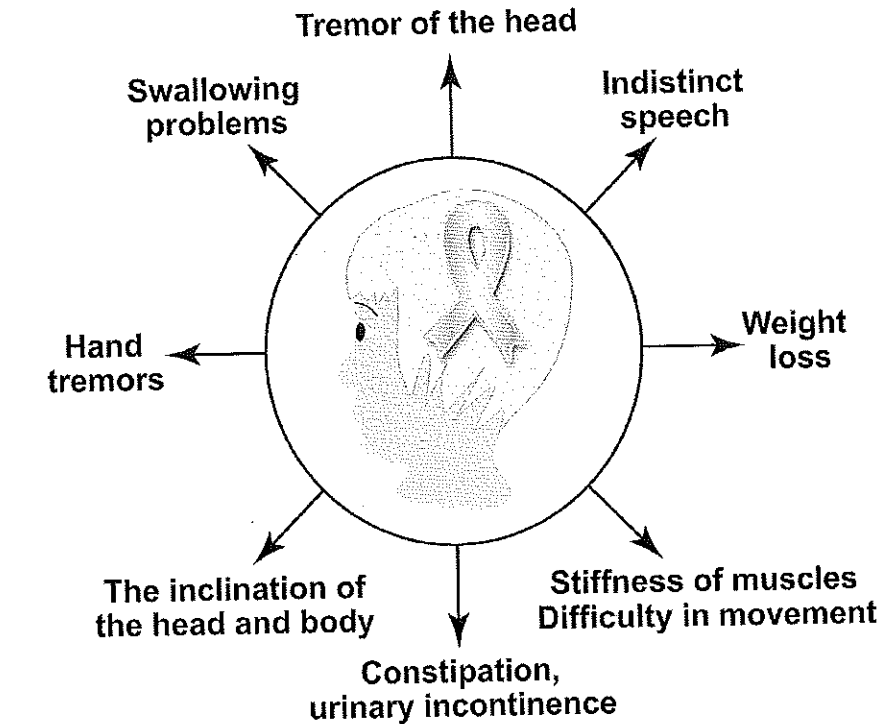
SECTION-B**[3x2=6 Marks]**

- 1) Define Parkinson's disease. Write down the four symptom of Parkinson's disease.
Parkinson's disease (PD) was first described by Dr. James Parkinson in 1817 as a "shaking palsy." It is a chronic, progressive neurodegenerative disease characterized by both motor and nonmotor features. The disease has a significant clinical impact on patients, families, and caregivers through its progressive degenerative effects on mobility and muscle control. The motor symptoms of PD are attributed to the loss of striatal dopaminergic neurons, although the presence of nonmotor symptoms supports neuronal loss in nondopaminergic areas as well. The term parkinsonism is a symptom complex used to describe the motor features of PD, which include resting tremor, bradykinesia, and muscular rigidity. PD is the

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most common cause of parkinsonism, although a number of secondary causes also exist, including diseases that mimic PD and drug-induced causes.

SYMPTOMS OF PARKINSON'S



2) Describe the diabetes mellitus type 1st.

Diabetes mellitus type I

Type 1 diabetes occurs because the insulin-producing cells of the pancreas (beta cells) are damaged. In type 1 diabetes, the pancreas makes little or no insulin, so sugar cannot get into the body's cells for use as energy. People with type 1 diabetes must use insulin injections to control their blood glucose. Type 1 is the most common form of diabetes in people who are under age 30, but it can occur at any age. Ten percent of people with diabetes are diagnosed with type 1.

3) Write down the four causes and symptom of diabetes mellitus.

Causes

- The causes of diabetes are not known. The following risk factors may increase your chance of getting diabetes:
- Family history of diabetes
- African-American, Hispanic, Native American, or Asian-American race, Pacific Islander or ethnic background
- Being overweight
- Physical stress (such as surgery or illness)
- Use of certain medications, including steroids
- Injury to the pancreas (such as infection, tumor, surgery or accident)
- Autoimmune disease
- High blood pressure

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- Abnormal blood cholesterol or triglyceride levels
- Age (risk increases with age)
- Smoking
- History of gestational diabetes
- It is important to note that sugar itself does not cause diabetes. Eating a lot of sugar can lead to tooth decay, but it does not cause diabetes.

Symptoms

- The symptoms of diabetes include:
- Increased thirst
- Increased hunger (especially after eating)
- Dry mouth
- Frequent urination
- Unexplained weight loss (even though you are eating and feel hungry)
- Weak, tired feeling
- Blurred vision
- Numbness or tingling in the hands or feet
- Slow-healing sores or cuts
- Dry and itchy skin
- Frequent yeast infections or urinary tract infections

SECTION-C

[3x3= 9 Marks]

- 1) Describe the tremors and bradykinesia.

Tremor

Tremor, which often presents as the initial symptom, occurs in approximately two-thirds of PD patients. It typically starts in a mild and intermittent fashion. The usual course is an initial unilateral tremor, which progresses to bilateral involvement over the duration of the disease. The tremor of PD is usually described as a resting tremor of the hand (pill-rolling tremor), although it can be present in the lower limbs, toes, and jaws. Stressful situations or asking the patient to perform a mental task may exacerbate and worsen a PD tremor, whereas movement or sleep diminishes the symptoms. Younger patients may have inconsistent presentations or tremor only during periods of fatigue. Although resting tremor is the most common type of tremor in PD, some patients may present with action tremor, e.g., tremor manifested during activity. The diagnostic process is further complicated by the presence of mixed tremor, as well as by the fact that patients with benign essential tremor (BET) may develop a resting tremor later in their disease. Although tremor is common in PD, it is considered to be the least disabling of the motor features compared with the other cardinal features—rigidity and bradykinesia.

Bradykinesia

Bradykinesia is a core clinical motor feature of PD and has been defined as a reduction in the speed, gait, and amplitude of a repetitive action involving voluntary movements. Bradykinesia is the most common clinical feature observed in patients with PD and is considered to be a key diagnostic criterion. The disorder usually appears later than tremor, although in some cases it may be the initial symptom and tremor may never develop. A common clinical presentation associated with this feature is difficulty getting started or initiating movements and a slow, shuffling gait. Patients with



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bradykinesia may also demonstrate hastening of their gait, in which their walking speed increases with small, rapid steps in an effort to “catch up” with their displaced center of gravity. Patients may also experience immobility associated with bradykinesia, typically when confronted by the need to turn or enter through a narrow door. Episodes of “freezing” are an extreme manifestation of PD and usually occur in advanced disease.

- 2) Write down the four difference between the partial and generalized seizures.

Partial

Partial seizures are confined to discrete areas of the cerebral cortex; only a certain area of the body is usually involved, at least at the start. By contrast, generalized seizures are noted in diffuse regions of the brain. Simple partial seizures cause motor, sensory, autonomic, or psychic symptoms without an obvious alteration in consciousness. These seizures may also be manifested as changes in somatic sensation (e.g., paresthesias or tingling), vision, equilibrium, autonomic function olfactory changes, and hearing. Complex partial seizures are characterized by focal seizure activity, accompanied by transient impairment of the patient’s ability to maintain normal contact with the environment. Partial seizures can spread to involve both cerebral hemispheres and may produce a generalized seizure, usually of tonic–clonic variety. Secondary generalization is often observed following simple partial seizures, especially those with a focus in the frontal lobe.

Generalized

Generalized seizures arise from both cerebral hemispheres simultaneously. Absence seizures (petit mal) are characterized by sudden, brief lapses of consciousness without loss of postural control. The seizure typically lasts for only seconds; consciousness returns as suddenly as it was lost, and there is no postictal confusion. Atypical absence seizures have features that deviate clinically and electro physiologically from typical absence seizures. For example, the lapse of consciousness is usually of longer duration and less abrupt in onset and cessation.

A simple absence seizure is defined as a brief clouding of the sensorium, or loss of consciousness, accompanied by certain generalized epileptic discharges without other detectable clinical signs. A complex absence seizure indicates that other signs are also present. Generalized, tonic–clonic seizures (formerly grand mal) are the main seizure type in approximately 20% of all persons with epilepsy. They are also the most common seizure type resulting from metabolic derangements and are therefore frequently encountered in many different clinical settings. Atonic seizures are characterized by sudden loss of postural muscle tone lasting 1 to 2 seconds. Consciousness is briefly impaired, but there is usually no postictal confusion. Myoclonus is a sudden and brief muscle contraction that may involve one part of the body or the entire body.

- 3) Explain the treatment of diabetes patient.

Treatment

There is no cure for diabetes, but treatment can help people to manage it and prevent it from getting worse. Here are some points about treating and managing diabetes.



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	Type I	Type II
Possible cure	Currently no cure, but lifetime treatment can manage symptoms. In time, <u>gene therapy</u> , regenerative medicine using <u>stem cells</u> , or pancreatic islet transplantation may become an option.	Currently no cure, but measures can slow progression and manage symptoms. Gastric bypass may reduce symptoms in people with severe obesity.
Treatment with insulin and other drugs	Daily insulin injections or using an insulin pump can provide insulin as needed through the day and night. Other drugs, such as <u>pramlintide</u> , can stop glucose levels from rising too far.	Metformin can reduce the amount of sugar the liver produces. SGLT2 inhibitors, DP-4 inhibitors, or alpha-glucosidase inhibitors (AGIs) can reduce blood sugar levels.
Lifestyle treatment	Follow the treatment plan and the doctor's instructions regarding insulin and glucose testing. Follow an active, healthful lifestyle to reduce the risk of cardiovascular disease and other health issues. Pay attention to glucose levels when exercising. Managing <u>blood pressure</u> and <u>high cholesterol</u> levels.	Follow the treatment plan and medical advice. Healthful diet, Regular exercise, Managing blood pressure and high cholesterol levels, Avoiding smoking, Knowing the signs of adverse effects and complications.
Avoiding complications	Follow the treatment plan and know the signs of hypo and hyperglycemia and the complications of diabetes.	Know the signs of possible complications to be ready to take action. Take measures to avoid infections. Check for wounds and seek early treatment. Have regular eye tests. Follow a healthful diet and take exercise to manage cholesterol levels and high blood pressure and reduce cardiovascular risk.
Prevention	It is not yet possible to prevent type 1 diabetes.	Follow a healthful diet with regular exercise. Avoid or quit smoking.

Jlc
01/07/24

