THEORY 1st - IN-SEM EXAMINATION			
SESSION: 2022-23(SUMMER SEMESTER)			
B.Voc	**Semester**	1st	
Course name / Module	Anatomy, Physiology, Microbiology & Genetics		
Course code	SHP1101		
Date			
Name of the Student		**Reg. No.**	

INSTRUCTIONS

- Maximum Marks: **20**
- Duration of Examination: **01 Hour**
- Attempt all questions.

1. Section A (05 objective type questions, each question carries 01 mark)	**05×1 = 05**

1. Suicidal bag of cell is:
a. Mitrochondria
b. Nucleous
c. Lysosomes
d. Vaculoes

2. "Power House" of the cell:
a. Nucleous
b. Ribosomes
c. Lysosomes
d. Mitrochondria

3. The largest artery of human body:
a. Aorta
b. Carotid artery
c. Subclavian artery
d. Femoral artery

4. The average tidal volume is:
a. 500 ml
b. 250 ml
c. 150 ml
d. 600 ml

5: The part of the large intestine which is joint to the rectum is called:
a. Asending colon
b. Transverse colon
c. Desending colon
d. Sigmoid colon

2. Section B (03 short answer type questions, each question carries 02 marks)	**03×02 = 06**

1) Write down the two differences between the artery, vein, and capillaries.
2) What happen during systole?
3) Write down the name of respiratory organs.

3. Section C (03 long type questions, each question carries 03 marks)	**03×03 = 09**

1) Draw the well labeled diagram of the cell.
2) Define homeostasis. Explain the negative feedback mechanism in homeostasis.
3) Describe cerebrospinal fluid (CSF).

THEORY 1st - IN-SEM EXAMINATION			
SESSION: 2022-23(SUMMER SEMESTER)			
B.Voc	**Semester**	1st	
Course name / Module	Anatomy, Physiology, Microbiology & Genetics		
Course code	SHP1101		
Date			
Name of the Student		**Reg. No.**	

INSTRUCTIONS

- Maximum Marks: **20**
- Duration of Examination: **01 Hour**
- Attempt all questions.

1. Section A (05 objective type questions, each question carries 01 mark)	**05×1 = 05**

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2. Section B (03 short answer type questions, each question carries 02 marks)	03×02 = 06

1) Write down the two differences between the artery, vein, and capillaries.

Write down the two difference between the artery, vein and capillaries.					
S. No.	Content				Max Marks
	Write down the two difference between the artery, vein and capillaries.				2
		Arteries	Veins	Capillaries	
1.	Function	Send blood from heart	Send blood to heart	Material exchange with tissues	
2.	Pressure	High	Low	Low	
3.	Lumen diameter	Narrow	Wide	Extremely narrow	
4.	Wall thickness	Thick	Thin	Extremely thin	
5.	Wall layers	Tunica adventitia Tunica media Tunica intima	Tunica adventitia Tunica media Tunica intima	Tunica intima	
6.	Muscle & elastic fibers	Large amounts	Small amounts	None	
7.	Valves	No	Yes	No	

2) What happen during systole?

What happen during systole?		
S. No.	Content	Max Marks
1.	What happen during systole?	2
	• Systole is when the heart muscle contracts. When the heart contacts, it pushes the blood out of the heart and into the large blood vessels of the circulatory system. From here, the blood goes to all of the organs and tissues of the body. During systole, a person's blood pressure increase.	

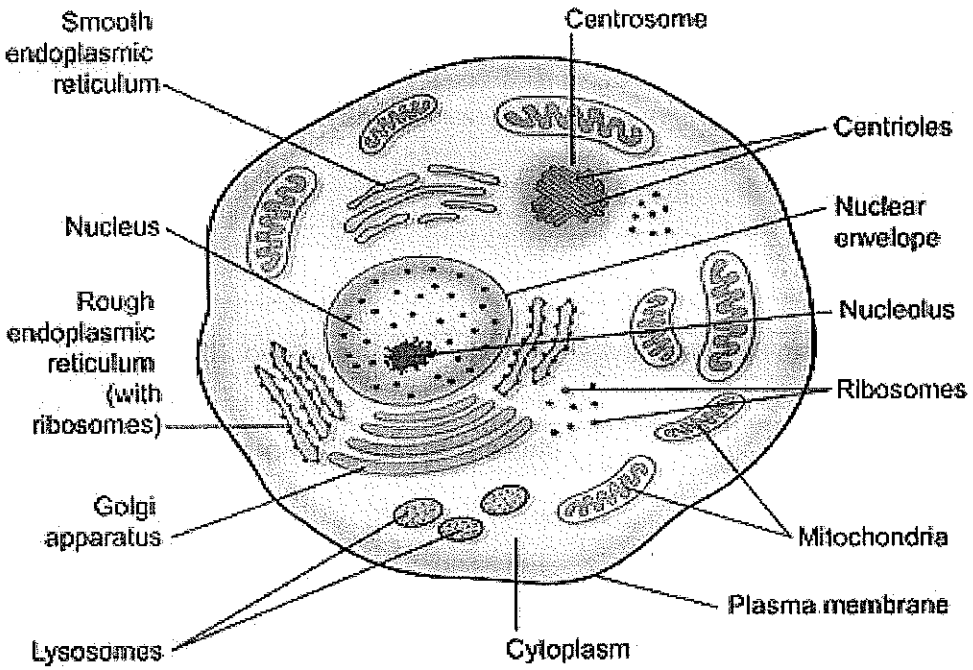
3) Write down the name of respiratory organs.

Write down the name of respiratory organs.		
S. No.	Content	Max Marks
	Write down the name of respiratory organs..	4
1.	Respiratory Organs: • Nose	

	• Mouth • Throat (Pharynx) • Voice box (Larynx) • Windpipe (Trachea) • Large airway (Bronchi) • Small airway (Bronchioles) • Lungs • Alveoli	

3. Section C (03 long type questions, each question carries 03 marks)	**03×03 = 09**

1) Draw the well labeled diagram of the cell.



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.

2) Define homeostasis. Explain the negative feedback mechanism in homeostasis.

Homeostasis is maintained by control systems that detect and respond to changes in the internal environment. A control system has three basic components: detector, control Centre and effector.

Negative feedback mechanisms

In systems controlled by negative feedback, the effector response decreases or negates the effect of the

original stimulus, maintaining or restoring homeostasis (thus the term negative feedback). Control of body
temperature. Body temperature is a physiological variable controlled by negative feedback. which prevents
problems due to it becoming too high or too low. When body temperature falls below the preset level, this is
detected by specialized temperature sensitive nerve endings in the hypothalamus of the brain, which form the
control Centre. This Centre then activates mechanisms that raise body temperature (effectors). These include:
stimulation of skeletal muscles causing shivering narrowing of the blood vessels in the skin reducing the blood flow to, and heat loss from, the peripheries
- behavioral changes, e.g. we put on more clothes or curl up.

3) Describe cerebrospinal fluid (CSF).

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.

THEORY 1st - IN-SEM EXAMINATION			
SESSION: 2022-23(SUMMER SEMESTER)			
B.Voc	**Semester**	1st	
Course name / Module	Hygiene & Safety I		
Course code	SHP1102		
Date			
Name of the Student		**Reg. No.**	

INSTRUCTIONS
• Maximum Marks: **20**
• Duration of Examination: **01 Hour**
• Attempt all questions.

1. Section A (05 objective type questions, each question carries 01 mark)	**05×1 = 05**

1. The infection acquired after 48 hours of admission to the hospital is:
   a. Hospital acquired infection
   b. Hospital associated sterilization
   c. Nosocomial infection
   d. All of above

2. Asepsis means:
   a. Freedom from infection
   b. Freedom from sterility
   c. Freedom from isolation
   d. Freedom from pain

3. Which one of the following is an unhealthy habit?
   a. Sharing food
   b. Bathing twice a day
   c. Drinking boiled water
   d. Eating without washing one hand's

4. Which of the following statement is true about contamination?
   a. Contamination is caused by the entry of germs by an insect bite
   b. Contamination is caused by the entry of germs by an animal bite
   c. Contamination is caused by the entry of germs in to drinking water or edible foods
   d. None of above

5. An agent which kills pathogenic bacteria is called:
   a. Asepsis
   b. Disinfectant
   c. Fomite
   d. Bacteriost

2. Section B (03 short answer type questions, each question carries 02 marks)	**03×02 = 06**

1) What do you mean by hygiene?
2) What is the importance of personal hygiene?
3) Define nosocomial infection.

3. Section C (03 long type questions, each question carries 03 marks)	**03×03 = 09**

1) Write in your own words, which is better washing or disinfecting your hands.
2) What do you understand about BMW? How would you classify hospital waste according to it?
3) Describe both direct and indirect routes of transmission of disease in detail along with their subtype.

K. Kaur

THEORY 1st - IN-SEM EXAMINATION			
SESSION: 2022-23(SUMMER SEMESTER)			
B.Voc	**Semester**	1st	
Course name / Module	Hygiene & Safety I		
Course code	SHP1102		
Date			
Name of the Student		**Reg. No.**	

INSTRUCTIONS
• Maximum Marks: **20**
• Duration of Examination: **01 Hour**
• Attempt all questions.

1. Section A (05 objective type questions, each question carries 01 mark)	**05×1 = 05**

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a. Asepsis
b. Disinfectant
c. Fomite
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2. Section B (03 short answer type questions, each question carries 02 marks)	**03×02 = 06**

1) What do you mean by 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. These diseases tended to be fatal. Drainage channels were also home to tats and other disease-carrying animals, with rats, for example, carrying the plague. Hygiene levels were so bad that these water courses were often referred to as cloacal in towns and cities. Infant mortality was high and life expectancy much lower than today. In addition to medical advances (eg. the discovery of antibiotics in the 1940s), the improvements in hygiene levels associated with infrastructure measures such as the introduction of sewage pipes in towns and villages and hygiene monitoring for drinking water and food led to sustainable progress in health conditions. Of every 1,000 live births, some 130 infants were still dying around the year 1900 compared with just 3 or 4 today. Life expectancy has also increased over the past century from around 47 years to today's figure of about 80.

2) What is the importance of personal hygiene?

Personal hygiene is not just about cleaning dirt, sweat and dead skin from the skin and thereby protecting it against disease and environmental influences. The special importance we all place on it cannot be underestimated. We feel better after a refreshing shower or a relaxing bath, and a well-groomed appearance can im- prove our self-esteem and make us feel more attractive.

3) Define nosocomial infection.

Nosocomial means that a patient becomes infected with an additional disease as a result of their stay in an institution. Often these infections are difficult to treat because the pathogens may be resistant to antibiotics. Prophylactic measures for these often-dangerous infections are therefore very important and are frequently the responsibility of nursing personnel.

3. Section C (03 long type questions, each question carries 03 marks)	**03×03 = 09**

1) Write in your own words, which is better washing or disinfecting your hands.

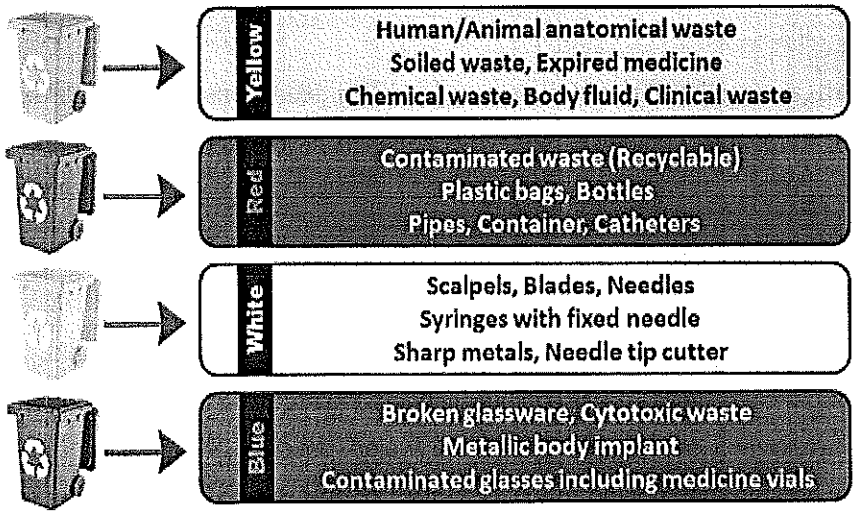
When?	• When starting and finishing work • Before handling food • Before and after food breaks • If hands are visibly dirty • After using the bathroom

How?	• Wet the hands • Rub normal liquid soap into the hand's wrists for at least 30 seconds • Rinse thoroughly with water • Dry with a paper towel
Please note!	• Turn off the tap with the used paper towel • When washing hands, it is not unusual to forget the thumbs, the fingertips, the area between the fingers or the folds of skin on the palm of the hand • Disinfection soaps are only used in specific areas of the hospital

2) What do you understand about BMW? How would you classify hospital waste according to it?

Biomedical waste is defined as any waste, which is generated during the diagnosis, treatment or immunization of human beings or animals, or in research activities pertaining there to, or in the production or testing of biologicals.

Biomedical waste or hospital waste is any kind of waste containing infectious (or potentially infectious) materials. It may also include waste associated with the generation of biomedical waste that visually appears to be of medical or laboratory origin (e.g. packaging, unused bandages, infusion kits etc.), as well research laboratory waste containing biomolecules or organisms that are mainly restricted from environmental release. As detailed below, discarded sharps are considered biomedical waste whether they are contaminated or not, due to the possibility of being contaminated with blood and their propensity to cause injury when not properly contained and disposed.



3) Describe both direct and indirect routes of transmission of disease in detail along with their subtype.

Direct Transmission	Example
Contact infection	Wound infections
Smear infection / contact infection (oral, faecal)	Gastroenteritis, urinary tract infection.During sex: HIV, syphilis etc.

Droplet infection	Colds, flus
Aerogen	Tuberculosis, varicella (chickenpox)
Food and water (alimentary)	Salmonella infection, campylobacter (poultry), cholera
Blood (hematogenous)	Hepatitis B and D caused, for example, by an injury involving a used cannula

Indirect transmission	**Example**
Contaminated environment (via the hands, mouth)	Urinary tract infection, wound infection
Intermediate hosts such as ticks and mosquitos	TBE (tick-borne encephalitis), malaria
Via object	Germs on equipment used for patients, bedside table, urine bottle, potty

THEORY 1st - IN-SEM EXAMINATION			
SESSION: 2022-23(SUMMER SEMESTER)			
B.Voc	**Semester**	1st	
Course name / Module	Mobilization I		
Course code	SHP1103		
Date			
Name of the Student		**Reg. No.**	

INSTRUCTIONS
• Maximum Marks: **20** • Duration of Examination: **01 Hour** • Attempt all questions.

1. **Section A** (05 objective type questions, each question carries 01 mark)	**05×1 = 05**

1. Raising the bed to a comfortable position help prevent:
a. Arm strain
b. Back strain
c. Neck strain
d. Leg strain

2. Principles related to body mechanism are:
a. Bernoulli
b. Archimedes
c. Ergonomics
d. Newton

3. Which of the following, symptom are considered sign of a fracture?
a. Tingling, coolness, loss of pulses
b. Loss of sensation, redness, coolness
c. Coolness, redness, new site of pain
d. Redness, warmth, pain at the site of injury

4. Risk for fall is higher in older adult because of:
a. Change in balance
b. Osteoporosis
c. Shuffling gait
d. Hormonal imbalance

5. Universal fall interventions are the following except:
a. Assure improper lighting
b. Keep floor surface clean dry
c. Keep patient care areas uncluttered
d. A bed alarm should be requested

2. Section B (03 short answer type questions, each question carries 02 marks)	**03×02 = 06**

1) What is movement ?
2) Write down the four aims of Ergonomics.
3) Mention the four most common symptom of fracture.

3. Section C (03 long type questions, each question carries 03 marks)	**03×03 = 09**

1) Define fall. Enlist and describe all the risk factors for falls.
2) Define gout. Enlist the causes and symptoms of it and describe the treatment.
3) What do you mean by decubitus ulcer? How it can be prevented in patients write a detailed note.

THEORY 1st - IN-SEM EXAMINATION			
SESSION: 2022-23(SUMMER SEMESTER)			
B.Voc	**Semester**	1st	
Course name / Module	Mobilization I		
Course code	SHP1103		
Date			
Name of the Student		**Reg. No.**	

INSTRUCTIONS

- Maximum Marks: **20**
- Duration of Examination: **01 Hour**
- Attempt all questions.

1. Section A (05 objective type questions, each question carries 01 mark)	**05×1 = 05**

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c. Keep patient care areas uncluttered
d. A bed alarm should be requested

2. **Section B** (03 short answer type questions, each question carries 02 marks)	**03×02 = 06**

1) What is movement ?

What is movement?		
S. No.	**Content**	**Max Marks**
1.	**What is movement?**	**2**
	The meaning of movement is the act or process of moving especially; change of place or position or posture.	
	Movement the act, process, or result of moving. A particular manner or style of moving abundance of events or incidents.	

2) Write down the four aims of argonomics.

Write down the four aims of ergonomics.		
S. No.	**Content**	**Max Marks**
1.	**Write down the four aims of ergonomics.**	**2**
	Avoid direct or long-term damage caused by work	**0.5**
	Ensure work can be done in a way that reflects an individual 's circum-stances	**0.5**
	Ensure working conditions do not have a negative impact on people 's mental health or well-being.	**0.5**
	Ergonomics is to reduce your exposure to work hazards	**0.5**

3) Mention the four most common symptom of fracture.

Mention the four most common symptoms of fracture.		
S. No.	**Content**	**Max Marks**
1.	**Mention the four most common symptoms of fracture.**	**2**
	Swelling	**0.5**
	Severe sudden pain	**0.5**
	Warmth, bruising or redness	**0.5**
	Unable to bear weight	**0.5**

3. **Section C** (03 long type questions, each question carries 03 marks)	**03×03 = 09**

1) Define fall. Enlist and describe all the risk factors for falls.

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.

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.

2) Define gout. Enlist the causes and symptoms of it and describe the treatment.

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.

Causes/risk factors

- Genetic predisposition
- Environmental factors such as an excessive intake of high-purine foods like meat, pulses etc., high alcohol intake, stress
- Excess weight, hypertension
- High doses of diuretic-based treatments
- Kidney diseases where elimination of uric acid is reduced (eg. diabetic nephropathy)

Symptoms

- Intense joint pain
- lingering discomfort
- inflammation
- redness
- limited range of motion

Treatment

- Anti-inflammatories and analgesics are administered for an acute attack of gout.
- High doses of antirheumatics such as Voltarol® are used or sometimes even cortisone, which is in- jected directly into the joint. Colchicine, an old medicine obtained from the Colchicum plant family, has proven successful in refractory cases.

- During attack-free periods, attempts are made to reduce the uric acid level through medication and changes in diet.
- Both uricostatic and uricosuric drugs are used for this purpose. Uricostatics reduce the production of uric acid. They are few weIl tolerated and are associated with hardly any side effects. One example is Zyloric®. Diuretics should be avoided if at all possible.
  In terms of changes in diet, the aim is keep urine levels low, which means eating little or no food that causes the uric acid in the blood to increase. Alcohol should be avoided.

3) What do you mean by decubitus ulcer? How it can be prevented in patients write a detailed note.

A decubitus ulcer is a pressure sore caused by reduced circulation in the skin.

Prophylaxis
Prophylaxis covers all precautionary measures intended to prevent the development of a de- cubitus ulcer.

Prevention

You can help prevent bedsores by frequently repositioning yourself to avoid stress on the skin. Other strategies include taking good care of your skin, maintaining good nutrition and fluid intake, quitting smoking, managing stress, and exercising daily.

Tips for repositioning

Consider the following recommendations related to repositioning in a bed or chair:

Shift your weight frequently. Ask for help with repositioning about once an hour.

Lift yourself, if possible. If you have enough upper body strength, do wheelchair pushups — raising your body off the seat by pushing on the arms of the chair.

Look into a specialty wheelchair. Some wheelchairs allow you to tilt them, which can relieve pressure.

Select cushions or a mattress that relieves pressure. Use cushions or a special mattress to relieve pressure and help ensure that your body is well positioned. Do not use doughnut cushions, as they can focus pressure on surrounding tissue.

Adjust the elevation of your bed. If your bed can be elevated at the head, raise it no more than 30 degrees. This helps prevent shearing.

Tips for skin care

Consider the following suggestions for skin care:

Keep skin clean and dry. Wash the skin with a gentle cleanser and pat dry. Do this cleansing routine regularly to limit the skin's exposure to moisture, urine, and stool.

Protect the skin. Use moisture barrier creams to protect the skin from urine and stool. Change bedding and clothing frequently if needed. Watch for buttons on the clothing and wrinkles in the bedding that irritate the skin.

Inspect the skin daily. Look closely at your skin daily for warning signs of a pressure sore.

THEORY 1st - IN-SEM EXAMINATION			
SESSION: 2022-23(SUMMER SEMESTER)			
B.Voc/M.Voc	**Semester**	1st	
Course name / Module	**Vital Signs & Drug Administration I**		
Course code	SHP1104		
Date			
Name of the Student		**Reg. No.**	

INSTRUCTIONS
• Maximum Marks: **20**
• Duration of Examination: **01 Hour**
• Attempt all questions.

1. Section A (05 objective type questions, each question carries 01 mark)	**05×1 = 05**

1. Vital signs are indicators of the body's ability to maintain

a. Homeostasis
b. Temperature
c. Pulse
d. Respiration

2. In healthy people, the body temperature is

a. 31 - 32 ° Celsius
b. 36 - 37 ° Celsius
c. 32 - 33 ° Celsius
d. None of the above

3. Fever or pyrexia is a body temperature above .....

a. 32°C
b. 33°C
c. 38°C
d. Both a and b

4. Pulse rate is the number of times ..... per minute (bpm)

a. Heart beats
b. Respiration
c. Breathing
d. None of the above

5. Blood pressure (BP) is one of the most important vital signs because it aids in diagnosis and treatment, especially for

a. Cardiovascular health.
b. Respiratory health
c. Mental health
d. None of the above

2. Section B (03 short answer type questions, each question carries 02 marks)	**03×02 = 06**

1) Write a short note on respiratory depth
2) Mention six sites of measuring pulse.
3) What do you mean by hypothermia?

3. Section C (03 long type questions, each question carries 03 marks)	**03×03 = 09**

1) Mention six rights of medication administration
2) Mention the routes of drug administration with the help of a diagram
3) Describe the blood pressure guidelines by AHA

K. Kowser

THEORY 1st - IN-SEM EXAMINATION			
SESSION: 2022-23(SUMMER SEMESTER)			
B.Voc/M.Voc	Semester	1st	
Course name / Module	Vital Signs & Drug Administration I		
Course code	SHP 1104		
Date			
Name of the Student		Reg. No.	

INSTRUCTIONS
• Maximum Marks: **20** • Duration of Examination: **01 Hour** • Attempt all questions.

1. **Section A** (05 objective type questions, each question carries 01 mark)	**05×1 = 05**

1. Vital signs are indicators of the body's ability to maintain

a. **Homeostasis**
b. Temperature
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2. In healthy people, the body temperature is

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d. None of the above

3. Fever or pyrexia is a body temperature above .....

a. 32°C
b. 33°C
c. 38°C
d. Both a and b

4. Pulse rate is the number of times ..... per minute (bpm)

a. Heart beats
b. Respiration
c. Breathing
d. None of the above

5. Blood pressure (BP) is one of the most important vital signs because it aids in diagnosis and treatment, especially for

a. Cardiovascular health.
b. Respiratory health
c. Mental health
d. None of the above

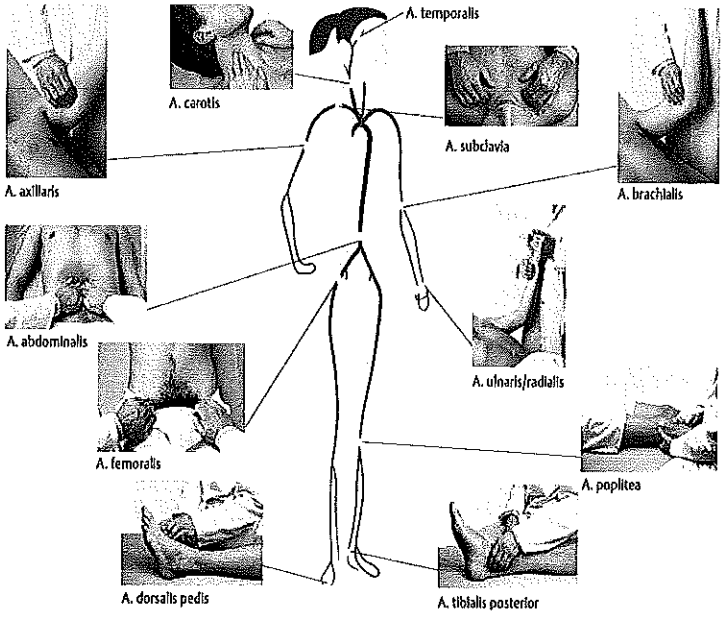
2. Section B (03 short answer type questions, each question carries 02 marks)	**03×02 = 06**

1) Write a short note on respiratory depth

Respiratory Depth

The depth of respiration is the volume of air that is inhaled and exhaled. It is described as either "shallow" or "deep." Rapid but shallow respirations occur in some disease conditions, such as high fever, shock, and severe pain. Hyperventilation refers to deep and rapid respirations, and hypoventilation refers to shallow and slow respirations. When a patient is unable to take in enough oxygen during inhalation, the body becomes deprived of the amount of oxy- gen needed for proper functioning. If oxygen deprivation continues, the skin around the mouth and nail beds of the hands and feet may appear bluish in colour because of the increase of respiration and the signs of cyanosis in the patient's record.

2) Mention six sites of measuring pulse.



3) What do you mean by hypothermia.

Hypothermia

The reverse of hyperthermia is a below normal body temperature or hypothermia. Hypothermia is defined as a body temperature below 35°C and is the result of the body losing more heat than it is producing. Hypothermia commonly occurs in cases of environmental exposure to cool or cold temperatures and/or submersion in cold water. In general, a body temperature below 33.3°C is considered severe hypothermia and may be life-threatening. Clinical signs of hypothermia are:

- lack of muscle coordination
- slurred speech
- violent shivering
- decreased pulse and respirations
- pale
- waxy
- cool skin
- drowsiness
- dazed consciousness progressing to coma and death.

3. **Section C** (03 long type questions, each question carries 03 marks)	**03×03 = 09**

1) Mention six rights of medication administration

1. Right patient

Check the name on the prescription and wristband.

Ideally, use 2 or more identifiers and ask the patient to identify themselves.

2. Right medication

Check the name of the medication, brand names should be avoided.

Check the expiry date.

Check the prescription.

Make sure medications, especially antibiotics, are reviewed regularly.

3. Right dose

Check the prescription.

Confirm the appropriateness of the dose using the BNF or local guidelines.

If necessary, calculate the dose and have another nurse calculate the dose as well.

4. Right route

Again, check the order and appropriateness of the route prescribed.

Confirm that the patient can take or receive the medication by the ordered route.

5. Right time

Check the frequency of the prescribed medication.

Double-check that you are giving the prescribed at the correct time.

Confirm when the last dose was given.

6. Right patient education

Check if the patient understands what the medication is for.

Make them aware they should contact a healthcare professional if they experience side-effects or reactions.

7. Right documentation

Ensure you have signed for the medication AFTER it has been administered.

Ensure the medication is prescribed correctly with a start and end date if appropriate.

8. Right to refuse

Ensure you have the patient consent to administer medications.

Be aware that patients do have a right to refuse medication if they have the capacity to do so.

9. Right assessment

Check your patient actually needs the medication.

Check for contraindications.

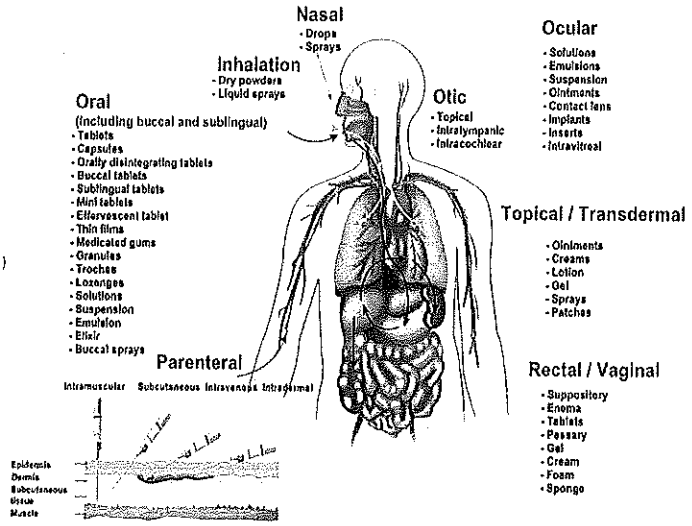
Baseline observations if required.

10. Right evaluation

Ensure the medication is working the way it should.

Ensure medications are reviewed regularly.
Ongoing observations if required.

2) Mention the routes of drug administration with the help of a diagram



3) Describe the blood pressure guidelines by AHA

Blood Pressure Guidelines

Blood pressure readings can vary among adults, regardless of their health. Because of this, blood pressure ranges have been established to identify normal and abnormal blood pressure measurements. A deviation of 20 to 30 mmHg from the patient's baseline measurement can be a significant indicator of a change in health status for that patient. Although an average blood pressure is listed for a new-born, blood pressure readings are not generally taken on infants.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

Blood Pressure Guidelines, AHA

THEORY 1st - IN-SEM EXAMINATION			
SESSION: 2022-23(SUMMER SEMESTER)			
B.Voc/M.Voc	**Semester**	1st	
Course name / Module	Sexual health (Open elective)		
Course code	SHP 1111		
Date			
Name of the Student		**Reg. No.**	

INSTRUCTIONS

- Maximum Marks: **20**
- Duration of Examination: **01 Hour**
- Attempt all questions.

1. Section A (05 objective type questions, each question carries 01 mark)	**05×1 = 05**

1. In a healthy relationship your partner does not?

a. Listen to you
b. Take your feeling and ideas seriously
c. Talk openly and honestly
d. Shouts or yells at you

2. If you are being frightened with yours partners temper then you are in a

a. Healthy relationship
b. Abusive relationship
c. Loving relationship
d. None of the above

3. If a person is being forced into having sex when he or she doesn't want to then it comes under

a. Abusive relationship
b. Assertive relationship
c. Good relationship
d. Both a and b

4. Assertive is a type of communication in which a person

a. Dominates others
b. Think of themselves first , at the expense of others
c. Use threats
d. Respect themselves as well as others

5. Which among these is a safety tip while you are in or leaving an abusive relationship?

a. Stay in touch with friends and be involved in activities
b. Never stay in touch with your friends and family members
c. Isolate yourself
d. Never share your feelings with your loved ones

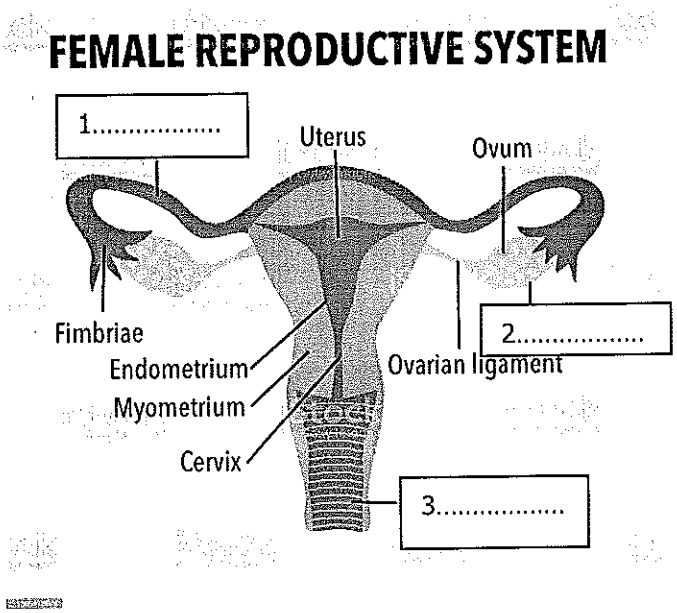
2. Section B (03 short answer type questions, each question carries 02 marks) | 03×02 = 06

1) What do you mean by assertive communication, mention at least three points.
2) Mention six points on safety planning for teens.
3) Fill in the blank with the psycho social crisis.

Approximate Age in years	Virtues	Psycho Social Crisis	Significant Relationship
0 – 2	Hopes		Mother
2 – 4	Will		Parents
4 – 5	Purpose		Family
5 – 12	Competence	Industry vs. Inferiority	Neighbors, School
13 – 19	Fidelity	Identity vs. Role of Confusion	Peers, Role Model
20 – 24	Love	Intimacy vs. Isolation	Friends, Partners
25 – 64	Care	Generativity vs. Stagnation	Household, Workmates
65 - death	Wisdom	Ego Integrity vs. Despair	Mankind, My Kind

3. Section C (03 long type questions, each question carries 03 marks) | 03×03 = 09

1) Mention the missing labels from the picture shown below



2) How does the female reproductive system work?

3) Explain the different parts of breast.

THEORY 1st - IN-SEM EXAMINATION			
SESSION: 2022-23(SUMMER SEMESTER)			
B.Voc/M.Voc	**Semester**	1st	
Course name / Module	Sexual health (Open elective)		
Course code	SHP 1111		
Date			
Name of the Student		**Reg. No.**	

INSTRUCTIONS
• Maximum Marks: **20**
• Duration of Examination: **01 Hour**
• Attempt all questions.
• Any other instruction may be included, If required.

1. **Section A** (05 objective type questions, each question carries 01 mark)	**05×1 = 05**

1. In a healthy relationship your partner will? not ?

a. Listen to you
b. Take your feeling and ideas seriously
c. Talk openly and honestly
d. Shouts or yells at you

2. If you are being frightened with yours partners temper then you are in a

a. Healthy relationship
b. Abusive relationship
c. Loving relationship
d. None of the above

3. If a person is being forced into having sex when he or she doesn't want to then it comes under

a. Abusive relationship
b. Assertive relationship
c. Bad relationship
d. Both a and b

4. Assertive is a type of communication in which a person

a. Dominates others
b. Think of themselves first , at the expense of others
c. Use threats
d. Respect themselves as well as others

5. Which among these is a safety tip while you are in or leaving an abusive relationship?

a. Stay in touch with friends and be involved in activities
b. Never stay in touch with your friends and family members
c. Isolate yourself
d. Never share your feelings with your loved ones

2. Section B (03 short answer type questions, each question carries 02 marks) **03×02 = 06**

1) What do you mean by assertive communication, mention at least three points.

Assertive communication

- Stand up for their rights without denying other people theirs
- Respect themselves as well as others
- Ask for what they want in a straightforward manner
- Express their emotions (both positive and negative) in a healthy manner

2) Mention six points on safety planning for teens.

Tips if you are in or leaving an abusive relationship:

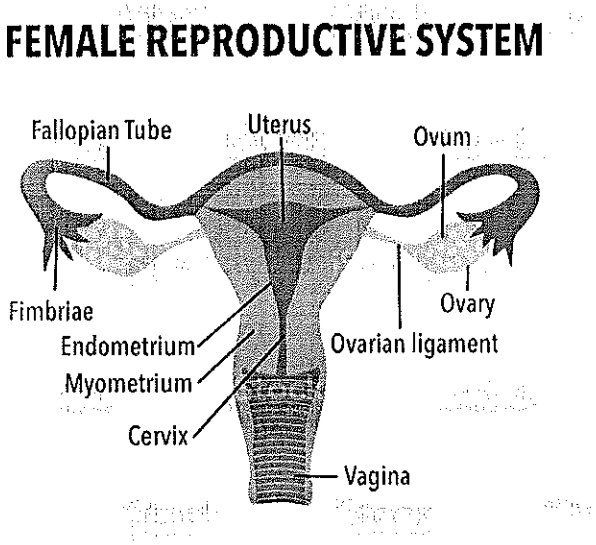
- Stay in touch with friends and involved in activities.
- Keep important phone numbers with you at all times.
- Consider telling your parents, teachers or other trusted adults.
- Set up a code word with friends or parents for danger.
- Consider talking to police and/or a shelter about your situation.
- Try not to be alone with your partner.
- When with your partner, keep in mind warning signs that tell you when things may become abusive.
- If you think you are in danger, LEAVE!
- Make sure someone knows where you are and when you'll be home.
- Always have your cell phone close by or know where the nearest phone is.
- If you decide to break up, do it in a public place. Have friends or parents wait for you near by. Take your cell phone with you if possible.

3) Fill in the blank with the psycho social crisis.

Approximate Age in years	Virtues	Psycho Social Crisis	Significant Relationship
0 – 2	Hopes	Basic Trust vs. Mistrust	Mother
2 – 4	Will	Autonomy vs. Shame and Doubt	Parents
4 – 5	Purpose	Initiative vs. Guilt	Family
5 – 12	Competence	Industry vs. Inferiority	Neighbors, School
13 – 19	Fidelity	Identity vs. Role of Confusion	Peers, Role Model
20 – 24	Love	Intimacy vs. Isolation	Friends, Partners
25 – 64	Care	Generativity vs. Stagnation	Household, Workmates
65 - death	Wisdom	Ego Integrity vs. Despair	Mankind, My Kind

3. Section C (03 long type questions, each question carries 03 marks)	03×03 = 09

1) Mention the missing labels from the picture shown below



2) How does the female reproductive system work?

The female reproductive system provides several functions. The ovaries produce the egg cells, called the ova or oocytes. The oocytes are then transported to the fallopian tube where fertilization by a sperm may occur.The fertilized egg then moves to the uterus, where the uterine lining has thickened in response to the normal hormones of the reproductive cycle. Once in the uterus, the fertilized egg can implant into thickened uterine lining and continue to develop. If implantation does not take place, the uterine lining is shed as menstrual flow.In addition, the female reproductive system produces female sex hormones that maintain the reproductive cycle.During menopause, the female reproductive system gradually stops making the female hormones necessary for the reproductive cycle to work. At this point, menstrual cyclescan become irregular and eventually stop.One year after menstrual cycles stop, the woman is considered to be menopausal.

3) Explain the different parts of breast.

Different parts of breast

Lobes

Each breast has between 15 to 20 lobes or sections. These lobes surround the nipple like spokes on a wheel.

• Glandular tissue (lobules)

These small sections of tissue found inside lobes have tiny bulblike glands at the end that produce milk.

• Milk (mammary) ducts

These small tubes, or ducts, carry milk from glandular tissue (lobules) to nipples.

• Nipples

The nipple is in the center of the areola. Each nipple has about nine milk ducts, as well as nerves.

• Areolae

The areola is the circular dark-colored area of skin surrounding the nipple. Areolae have

glands called Montgomery's glands that secrete a lubricating oil. This oil protects the nipple and skin from chafing during breastfeeding.

• Blood vessels

Blood vessels circulate blood throughout the breasts, chest and body.

• Lymph vessels

Part of the lymphatic system, these vessels transport lymph, a fluid that helps your body's immune system fight infection. Lymph vessels connect to lymph nodes, or glands, found under the armpits, in the chest and other places.

• Nerves

Nipples have hundreds of nerve endings, which makes them extremely sensitive to touch and arousal.