



Indian School Al Wadi Al Kabir

Mid-term Examination (2025-2026)

Subject: Skill Education

Class: X

HEALTH CARE (413)

Max. marks: 50

Date: 25/09/2025

Set- I

Time: 2 hrs.

General Instructions:

1. Please read the instructions carefully.
2. This Question Paper consists of **21 questions** in two sections – Section A & Section B.
3. Section A has Objective type questions whereas Section B contains Subjective type questions.
4. **Out of the given (5 + 16 =) 21 questions, a candidate has to answer (5 + 10 =) 15 questions in the allotted (maximum) time of 2 hours.**
5. All questions of a particular section must be attempted in the correct order.

6. SECTION A - OBJECTIVE TYPE QUESTIONS (24 MARKS):

- i. This section has 05 questions.
- ii. There is no negative marking.
- iii. Do as per the instructions given.
- iv. Marks allotted are mentioned against each question/part.

7. SECTION B – SUBJECTIVE TYPE QUESTIONS (26 MARKS):

- i. This section contains 16 questions.
- ii. A candidate has to do 10 questions.
- iii. Do as per the instructions given.
- iv. Marks allotted are mentioned against each question/part.


SECTION A: OBJECTIVE TYPE QUESTIONS

Q.1	Answer any 4 out of the given 6 questions on Employability Skills (1 x 4 = 4 marks)	
i.	The _____ conveys the message to the sender in the form of feedback to complete the communication cycle. (a) sender (b) environment (c) receiver (d) circumstances	1

ii.	Which of the following is not important activity to reduce stress? (a) Physical exercise (b) Feeling worried (c) Healthy diet (d) Time management	1
iii.	_____ is a word that replaces a noun. (a) Verb (b) Adjective (c) Pronoun (d) Preposition	1
iv.	Which of these are examples of positive feedback? (a) Good work (b) You can do better (c) Some points are missing (d) You need to work with dedication	1
v.	Self-motivation is driven by personal satisfaction or purpose - (a) Internal motivation (b) Intermediate motivation (c) External motivation (d) Both b and c	1
vi.	Which of the following you should look for in every move you take in life? (a) Positive thought (b) Negative thought (c) Stress (d) Emotional imbalance	1
Q.2	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	Orthopaedic hospital deals with problems related to – (a) Investigation and treatment of cancers. (b) Diagnosis, treatment and prevention of mental health. (c) Problems and treatment of bones and soft tissues (d) Deals with digestive system related diseases and their management	1
ii.	A _____ attendant should be allocated a work of cleaning. (a) Reception (b) OPD (c) Housekeeping (d) Blood bank	1
iii.	A highly specialized hospital comes under _____ level. (a) Primary Care Level (b) Secondary Care Level (c) Tertiary Care level (d) None of these	1
iv.	Which of the following is NOT listed as a quality of a GDA? (a) Courtesy and dignity (b) Patience (c) Aggressiveness (d) Dependability	1
v.	Which of the following is the most important person in a hospital? (a) Nurse (b) Doctor	1

	(c) Patient (d) Pharmacist	
vi.	Which kind of hospital focuses on a specific area of medical care? (a) General Hospital (b) Specialised Hospital (c) Teaching Hospital (d) Nursing Hospital	1
Q.3	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	Which quality is NOT essential for the General Duty Assistant (GDA) in a hospital? (a) Technical competence (b) Patience (c) Dishonesty (d) Sympathy and empathy	1
ii.	What is the primary function of the Medical Record Department in a hospital? (a) Providing medical treatment to the patients (b) Storing and organising medical records. (c) Conducting laboratory tests (d) Finance and Accounts Department	1
iii.	Which department deals with diseases related to the heart? (a) Internal Medicine (b) Obstetrics and Gynaecology (c) Paediatrics (d) Cardiology	1
iv.	What level of medical care is the closest to the people and provides essential healthcare services? (a) Primary Care level (b) Secondary Care level (c) Tertiary Care level (d) Quaternary Care level	1
v.	The normal body temperature is – (a) 37.0°C (b) 98.6°F (c) Both (a) and (b) (d) Only (a)	1
vi.	Sims' Position is for – (a) Taking Oral temperature (b) Taking Axillary temperature (c) Taking Rectal temperature (d) Taking Pulse rate	1
Q.4	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	Normal respiration rate for an adult person at rest range from – (a) 12 to 16 beats per minute (b) 16 to 32 beats per minute (c) 10 to 20 beats per minute (d) 24 to 32 beats per minute	1

ii.	Aneroid monitor is used to measure – (a) Body temperature (b) Pulse rate (c) Blood Pressure (d) Pain measurement	1
iii.	Which of the following is considered as a vital sign? (a) Blood sugar level (b) Body temperature (c) Cholesterol level (d) Body mass index	1
iv.	Which position involves the patient lying flat on the back with the head and shoulders slightly elevated? (a) Sim's position (b) Supine position (c) Prone position (d) Fowler's position	1
v.	What is the importance of clear fluid diet? (a) Provides all essential nutrients (b) Helps in promoting healthy digestion (c) Helps in maintaining fluid balance and providing electrolytes (d) Provides energy for physical activity	1
vi.	What steps of the care plan involves setting SMART goals? (a) Assessment (b) Implementation (c) Diagnosis (d) Outcomes and planning	1
Q.5	Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)	
i.	What is the role of General Duty Assistant in the care plan? (a) Providing emotional support only (b) Diagnosing medical conditions (c) Monitoring vital signs and reporting changes (d) Administering medications independently	1
ii.	What kind of diet a patient needs when the person is suffering from peptic ulcer? (a) Bland diet (b) liquid diet (c) low salt diet (d) soft Diet	1
iii.	During bed making procedure a bowl of _____ lotion is needed to carbolize the furniture. (a) Detergent (b) Emulsifying solution (c) Antiseptic (d) Colloidal solution	1
iv.	Tachycardia is the term used for – (a) Increased respiration (b) Decreased respiration (c) Increased Blood pressure (d) Increased pulse rate	1

v.	This is force of blood pushing against the artery walls. We need sphygmomanometer to measure (a) Respiration (b) Circulation (c) Blood Pressure (d) Pulse rate	1
vi.	The patient served full diet is the one who- (a) cannot take food which requires chewing or food that is difficult to digest. (b) are unable to take or tolerate solid food (c) do not require any modification (d) are unable to swallow solid food or if the patient is fed by tube feeding	1
<p style="text-align: center;">SECTION B: SUBJECTIVE TYPE QUESTIONS Answer any 3 out of the given 5 questions on Employability Skills (2 x 3 = 6 marks) Answer each question in 20 – 30 words.</p>		
Q. 6	Explain the following pictorial description. 	2
Q. 7	What is a cultural barrier?	2
Q. 8	What are the benefits of effective time management skills?	2
Q. 9	Suggest a method to overcome procrastination.	2
Q.10	What is the role of mindfulness in self-management?	2
	Answer any 4 out of the given 6 questions in 20 – 30 words each (2 x 4 = 8 marks)	
Q.11	Name any four professionals in a hospital.	2
Q.12	List four qualities of a General Duty Assistant.	2
Q.13	Write a brief note on soft diet.	2
Q.14	What are the objectives of formulating a Care Plan?	2
Q.15	What characteristics are seen in a healthy person?	2
Q.16	What is the purpose of bed making?	2
	Answer any 3 out of the given 5 questions in 50– 80 words each (4 x 3 = 12 marks)	
Q.17	Describe the allied services present in hospitals.	4
Q.18	Based on the objectives, how can hospitals be classified? Mention any four types of hospitals.	4
Q.19	Describe the responsibility of GDA in bed making.	4
Q.20	Describe the different types of diets served in the hospitals.	4
Q.21	Explain the five steps involved in the planning and implementing of a Care Plan.	4