



Indian School Al Wadi Al Kabir

Post-Midterm Examination (2025-2026)

Class: IX

Subject: **Health Care (413)**

Max. marks: 50

Date: 23/11/2025

Set - I

Time: 2 Hours

ANSWER KEY

SECTION A: OBJECTIVE TYPE QUESTIONS		
Q. No.1	Answer	Marks
Answer any 4 out of the given 6 questions on Employability Skills (1 x 4 = 4 marks)		
i.	b) Bargaining	1
ii.	c) Neat and clean appearance	1
iii.	a) Set goals in life	1
iv.	d) Passionate	1
v.	b) ignore them and move on in life.	1
vi.	a) Smart	1

SECTION A: OBJECTIVE TYPE QUESTIONS		
Q. No.2	Answer	Marks
Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)		
i.	b) showing empathy and compassion	1
ii.	c) performing surgery	1
iii.	a) proper lighting and ventilation	1
iv.	c) sufficient fluid intake as per the doctor's advice	1
v.	b) maintaining confidentiality	1
vi.	b) waste generated during diagnosis, treatment, or immunization	1

SECTION A: OBJECTIVE TYPE QUESTIONS		
Q. No.3	Answer	Marks

Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)		
i.	c) Red bag	1
ii.	b) To prevent the spread of infections and protect the environment	1
iii.	c) at least twice daily	1
iv.	d) Eating without washing one's hands	1
v.	d) all of the above	1
vi.	b) Dirt and germs accumulate under nails and can cause infections	1

SECTION A: OBJECTIVE TYPE QUESTIONS		
Q. No.4	Answer	Marks
Answer any 5 out of the given 6 questions on (1 x 5 = 5 marks)		
i.	d) specialist clinic	1
ii.	c) Physical changes require additional care	1
iii.	d) all of the above	1
iv.	c) long-term care	1
v.	a) 15 min	1
vi.	b) preventive measures	1

SECTION A: OBJECTIVE TYPE QUESTIONS		
Q. No.5	Answer	Marks
Answer any 5 out of the given 6 questions (1 x 5 = 5 marks)		
i	b) foods from all food groups in appropriate proportions	1
ii.	b) to provide medical care and improve public health	1
iii.	b) the government	1
iv.	a) ambulatory	1
v.	b) treating a life-threatening and urgent medical condition	1
vi.	b) dispensing medications and counselling patients	1

SUBJECTIVE TYPE QUESTION ANSWERS

Q6.	<p>CARE</p> <ul style="list-style-type: none"> • Keep your hair free of dandruff • Rub oil/cream to take care of your skin • Brush your teeth daily • Change your toothbrush as soon as it de shapes. • Cut your nails every week <p>WASH</p>	2
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	<ul style="list-style-type: none"> • Wash your hands frequently • Take a bath every day • Wash your clothes regularly • Wash your hair at least every other day • Wash your feet often <p>AVOID</p> <ul style="list-style-type: none"> • Blow your nose/cough into a handkerchief to avoid spreading germs • Keep your feet dry and change your socks every day 	
Q7.	Factors affecting self-confidence Self-belief, hard work, positive attitude, commitment	2
Q8.	Self-motivation, time management	2
Q9.	Any introductory statement can be awarded marks	2
Q10.	He is my father- statement Did you eat - question	2
Q.11	Room hygiene, Sound, Bed comfort, Personal hygiene	2
Q.12	Assist professional healthcare staff with performing physical examinations and procedures Maintain Patient Safety Patient's environment, including but not limited to the patient's room, examination room, or treatment area (any other valid point also)	2
Q.13	Naturopathy: Naturopathy is an art and science of healthy living and a drugless system of healing based on well-founded philosophy. It has its own concept of health and disease, and also the principle of treatment. Naturopathy is a very old science. We can find a number of references in our Vedas and other ancient texts. The morbid matter theory, concept of vital force, and other concepts upon which Naturopathy is based are already available in old texts. Siddha: The Siddha system is one of the oldest systems of medicine in India. The term Siddha means achievements, and Siddhas were saintly persons who achieved results in medicine. Eighteen Siddhas were said to have contributed towards the development of this medical system. Siddha literature is in Tamil and it is practiced largely in the Tamil-speaking part of India and abroad.	2
Q.14	Grooming and Dressing <ul style="list-style-type: none"> • Patients may cut themselves while shaving with an ordinary razor, and therefore switch to twin-blade or electric razors. Caregivers may need to take this activity after some time. • Combing hair is another activity the caregiver may need to take over. • Nail cutting and filing require fine coordination and will need to be taken over. • Even if the patients are unable to use face creams and groom themselves, they like to look neat and presentable, and the caregiver needs to take over these tasks as the patient's inability makes them too difficult to be done independently • Clean and comfortable to the dusting home care is beneficial for the patient. • Sequential laying out of clothes provides care to the patient. • Long clothes are avoided so that patients do not trip. 	2
Q.15	"A health system consists of all organizations, people and actions whose primary intent is to promote, restore or maintain health. This includes efforts to influence determinants of health as well as more direct health-improving activities. A	2

	health system is therefore more than the pyramid of publicly owned facilities that deliver personal health services	
Q.16	<p>“Any waste which is generated during the diagnosis, treatment, or immunization of human beings or animals or in research activities pertaining thereto or in the production or testing of biological” is considered biomedical waste.</p> <p>Some of these wastes will be burned (incinerated), microwaved, autoclaved, buried, or as specified by policy or legislation</p>	2
Answer any 3 out of 5 questions in 50-80 words (4 x 3=12)		
Q.17.	<p>As soon as a waste product is generated, it must be disposed of properly according to the classification of that waste.</p> <p>Disposing of and segregating the waste at its source will limit the potential exposure to individuals involved in waste management. Colour Coding and Type of Containers for Disposal of Bio-Medical Waste</p> <p>BLACK BAG: Black bags are used for disposing of paper waste, uninfected plastic waste, gloves, wrappers, masks, empty ointment tubes, and caps.</p> <p>YELLOW BAGS: Yellow bags are used for disposing of the following items: • Items contaminated with blood. • Cotton containing body fluids. • Dressings, soiled plaster cast. • Discarded medicines. • Cytotoxic drugs. • Electrocardiogram (ECG) Electrodes.</p> <p>BLUE BAGS: Blue bags are used for disposing of the following items: • All unbroken glasses and vials. • Infected plastic waste • Catheters • Gloves • Empty uninfected bottles (Betadine, Micro-shield bottles).</p> <p>RED BAGS: Red bags are used for collecting and disposing of the following: • Syringes, IV sets • Blood bags • Uro bag</p>	4
Q.18	Any components and functions are awarded (IP, op, miscellaneous, CSSD, etc.)	4
Q.19	<p>Hygiene is a set of practices performed for the preservation of health. While in modern medical sciences, there is a set of standards of hygiene recommended for different situations.</p> <p>Hair routine</p> <p>Nails, feet, and hands routine</p> <p>Menstrual hygiene</p> <p>Teeth</p> <p>Skin care (valid points for each)</p>	4
Q.20.	<p>Healthy Diet: Ensure eating well well-balanced diet including all macro and micronutrients. The food should be cooked well, fresh, and served hygienically. Food from each of the five major food groups should be eaten daily (milk, meat, fish and poultry, vegetables, fruits, bread, cereals, rice, and pasta). Avoid the use of tobacco, drugs, and alcohol. Use of tobacco, alcohol, and drugs seriously affects good health.</p> <p>• Rest: Adequate rest is important for maintaining good health. Provides energy and the ability to deal with stress. The amount of rest or sleep required varies.</p>	4

	<ul style="list-style-type: none"> • Regular Exercise: It promotes good health and a feeling of well-being. It is equally important to maintain good posture. Prevents fatigue and puts less stress on muscles • Good Posture: Stand straight with muscles pulled in, shoulders relaxed, and weight balanced equally on both feet • All the above maintain circulation and improve muscle tone, help mental attitude, contribute to more restful sleep. <p>To maintain good health: Make good health your goal Eat a balanced diet</p>	
Q21.	<p>DO's</p> <ul style="list-style-type: none"> • Communicate to the best of your ability with the patient. • Follow laws and regulations that govern the Health Information Patient Privacy Act (HIPAA) or as per local policy of the hospital appropriately and seek clarification, when needed, from the preceptor regarding any professional, legal, or ethical issues. • Master the routine and site-specific procedures of each rotation quickly so you can focus on competencies and skills specific to the rotation. • Complete the various tasks assigned by the preceptor during each rotation • Complete every assignment given to ensure you pass the program successfully and receive a passing grade. • Request to be rotated in a facility. • Report to the assigned externship/internship site ON TIME! • Make up hours in case of illness and emergency at the site originally assigned. • Follow healthcare facility protocols and procedures to make up any missed hours. <p>DO N'TS</p> <ul style="list-style-type: none"> • DON'T act without the authority of the preceptor, in regards to advising patients, health professionals, or other professional activities. • DON'T accept or receive pay, either directly or indirectly, from the patient. • DON'T request to be placed with someone you are related to. 	4
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