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|  | <b>INDIAN SCHOOL AL WADI AL KABIR</b>                                    |  |
| <b>CLASS: IX</b>  | <b>DEPARTMENT: SCIENCE 2024 – 25</b><br><b>SKILL SUBJECT: HEALTHCARE</b> | <b>DATE:</b>  |
| <b>WORKSHEET NO: 2</b><br><b>with answers</b>                                     | <b>UNIT 1: HEALTHCARE DELIVERY SYSTEMS-SESSION 4, 5 &amp; 6</b>          | <b>NOTE:</b><br><b>A4 FILE FORMAT</b>   |
| <b>NAME OF THE STUDENT:</b>   | <b>CLASS &amp; SEC: IX -</b>   | <b>ROLL NO:</b>   |
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### **MULTIPLE CHOICE QUESTIONS**

- Which among the following is not considered as a hospice care place?
  - Patient home
  - Hospital
  - Massage center
  - Nursing home
- Major depression, bi-polar disorder, and schizophrenia are -
  - Symptoms of drugs and alcohol addiction
  - Psychiatric disorders
  - Physical, mental, or cognitive disorder
  - Problems due to degenerative diseases

3. The mental disabilities of patient can be treated by providing them \_\_\_\_\_.

- a) Intensive therapy
- b) Psychosocial rehabilitation
- c) Physical exercises
- d) Long-term institutionalization

4. The abbreviation LTC stands for \_\_\_\_\_.

- a) Long Term Communication
- b) Long Term Companion
- c) Long Time Care
- d) Long Term Compassion

5. Occupational rehabilitation care is provided for-----

- a) Introducing specialized health care plans
- b) Recover and improve the daily living and work skills
- c) Residential service
- d) Curative care

6. Formal long-term home care is care and support provided by

- a) Family members
- b) Physician
- c) Unpaid volunteers
- d) All the above

7. The focus of hospice care is on palliation of the patient's \_\_\_\_\_ and \_\_\_\_\_.  
a. Cure and Long life  
b. Rest and Food  
c. Pain and symptoms  
d. Pain and Long life
8. Hospice care is used when you can no longer be helped by curative treatment, and you are expected to live  
a. About a year  
b. About twelve months or more  
c. About six months or more  
d. Few months or less
9. Bereavement is the time of -----  
a. Joy and merry making  
b. Time after hospital  
c. Happiness after recovery/ from an illness  
d. Mourning after a loss
10. Which among the following is not the support facilities extended by hospital care.  
a. Pain control  
b. Family conference  
c. Bereavement care  
d. therapy

### **DESCRIPTIVE TYPE QUESTIONS**

- i. Differentiate between a long-term care facility and hospice care
- ii. What is hospice?
- iii. Why is Psychosocial rehabilitation implemented? How does it work?
- iv. Define long-term care facility. What is the need for such facilities?
- v. Describe the various types of rehabilitation centers.

vi. Write short notes on the following two hospice services.

(a) Pain and Symptom Control

(b) Bereavement care

| ANSWER KEY – MULTIPLE CHOICE QUESTIONS |   |
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| 1                                      | c) massage center                                       |
| 2                                      | a) Psychiatric disorders                                |
| 3                                      | b) Psychosocial rehabilitation                          |
| 4                                      | d) Long Term Care                                       |
| 5                                      | b) Recover and improve the daily living and work skills |
| 6                                      | b) physician  |
| 7                                      | c) Pain and symptoms                                    |
| 8.                                     | d) Few months or less                                   |
| 9                                      | d) Mourning after a loss                                |
| 10                                     | d) Therapy  |

## **SOLUTIONS FOR DESCRIPTIVE TYPE QUESTIONS**

### **Q.i. Hospital Care**

- **Purpose:**

To provide [acute care](#) for serious illnesses, complex medical conditions, and injuries, often with a focus on stabilization and recovery.

- **Services:**

Includes emergency treatment, surgery, specialist consultations, diagnostic procedures, and intensive care.

- **Stay Duration:**

Typically short-term, with average stays often being days to weeks.

- **Environment:**

Highly medical, with patients often sharing rooms and having limited freedom of movement.

- **Goal:**

To treat and stabilize patients for a quicker return home or to another appropriate level of care.

### **Long-Term Care Facilities**

- **Purpose:**

To provide ongoing support for daily activities (personal care) and chronic medical management for individuals who need assistance for an extended period.

- **Services:**

Includes help with bathing, dressing, eating, medication management, housekeeping, social activities, and therapies.

- **Stay Duration:**

Long-term, potentially lasting for months or years, depending on the individual's needs.

- **Environment:**

Designed to be a more comfortable, home-like setting with increased opportunities for social interaction and personal autonomy.

- **Goal:**

To improve a person's quality of life and ability to function in daily life over the long term.

Q.ii. Hospice care is a type and philosophy of care that focuses on the relieving and preventing the suffering of a terminally ill or seriously ill patient's pain and symptoms, and attending to their emotional needs. The focus of hospice care is on palliation of the patient's pain and symptoms. These symptoms may be physical, emotional, or psychosocial in nature. Hospice care focuses on bringing comfort, self-

respect, and peace to people in the final time of life. Patients' symptoms and pain are controlled, goals of care are discussed and emotional needs are supported. Hospice care focuses on quality rather than length of life. It provides humane and compassionate care for people in the last phases of incurable disease so that they may live as fully and comfortably as possible. Hospice care treats the person rather than the disease, working to manage symptoms so that a person's last days may be spent with dignity and quality, surrounded by their loved ones. It is family-centered as it includes both the patient and the family in making decisions. Hospice care is used when you can no longer be helped by curative treatment, and you are expected to live few months or less if the illness runs its usual course. Hospice care gives you supportive or palliative care, which is treatment to help relieve disease-related symptoms, but not cure the disease. Its main purpose is to improve your quality of life

Q.iii. Psychosocial rehabilitation was implemented as an alternative to long-term institutionalization. It works to help those suffering from psychiatric disorders stabilize themselves through therapy and medication. Patients also learn skills to cope with their disorder while living in society.

Q.iv. A long-term care facility provides rehabilitative, restorative, and/or ongoing skilled nursing care to patients or residents who require assistance with activities of daily living. Long-term care facilities include nursing homes, rehabilitation facilities, inpatient behavioral health facilities, and long-term chronic care hospitals.

Need for Long Term Care Life expectancy is going up in most countries, implying that more and more people are living longer and entering an age when they may need care in their daily activities. In today's world 70 percent of all older people now live in low or middle-income countries. Countries and healthcare systems need to find innovative and sustainable ways to cope with changing scenario. This change is also being accompanied by changing social patterns, including nuclear families, different residential patterns and increased female labour participation in work force. These factors often contribute to an increased need for care. In many countries, the largest percentages of older persons needing LTC services still rely on informal home care, or services provided by unpaid caregivers who are usually non-professional family members, friends or other volunteers.

Q.v. 1. **Physical Rehabilitation:** It focusses on the use of physical therapy for rehabilitation. Physical therapy or physiotherapy helps in promoting mobility, function, and quality of life. It focusses more on using physical exercises to help patients regain movement (motor) skills. Such therapy also helps to rehabilitate patients who have accident-related injuries or who have lost a limb, they also help rehabilitate those who have spinal, muscular or bone problems.

2. **Occupational rehabilitation** : The focuss of occupational rehabilitation is to recover & improve the daily living and work skills. For example, an occupational therapist may work with a patient who has had a severe spinal cord injury to help him regain the use of her arms or legs for his daily work.

3. **Addiction Rehabilitation**: Assists a person to defeat alcohol and drug addiction, eating disorders, gambling etc., so that he/she can get back on the right path and live a successful, happy and productive life

4. **Psychosocial rehabilitation** (involving both psychological and social aspects) Involves restoration of community functioning and well being of an individual diagnosed with mental or emotional disorder.

Psychosocial rehabilitation focus on the rehabilitation of the mind. Psychosocial rehabilitation, deals with psychiatric disorders such as major depression, bi-polar disorder, and schizophrenia. It helps persons with psychiatric disorders to stabilize themselves through therapy and medication.

**Q.vi. Pain Control** :The goal of pain control is to help patient to be comfortable while allowing then to stay in control and enjoy life. This means that patient is free of pain as much as possible and alert enough to enjoy the people around him/ her and make important decisions

**Bereavement Care**: Bereavement is the time of mourning after a loss. The hospice care team works with surviving loved ones to help them through the grieving process. A trained volunteer or professional counselor provides support to survivors through visits, phone calls, and/or other contact, as well as through support groups. The hospice team can refer family members and care giving friends to other medical or professional care, if needed

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