
	<b>INDIAN SCHOOL AL WADI AL KABIR</b>	
<b>CLASS: IX</b>	<b>DEPARTMENT: SCIENCE 2025-26</b> <b>SKILL SUBJECT: HEALTHCARE</b>	<b>DATE:</b> <b>09/11/2025</b>
<b>WORKSHEET NO: 4</b> <b>WITH ANSWERS</b>	<b>UNIT 2: ROLE OF A PATIENT CARE ASSISTANT (sessions 4,5,6)</b>	<b>NOTE:</b> <b>A4 FILE FORMAT</b>
<b>NAME OF THE STUDENT:</b>	<b>CLASS &amp; SEC:</b> <b>IX -A, B, C, D, E, F, G, H, I</b>	<b>ROLL NO</b>

### MULTIPLE CHOICE QUESTIONS

- What color-coded bin is used for disposing of infectious waste like blood-soaked cotton and bandages?
  - Blue bin
  - Yellow bin
  - Red bin
  - Green bin
- Which of the following is NOT a category of biomedical waste?
  - Infectious waste
  - Sharps waste
  - Electronic waste
  - Chemical waste
- Used syringes and needles should be disposed of in:
  - Yellow bin

- b) Red bin
  - c) White/Blue puncture-proof container
  - d) Green bin
4. What is the primary purpose of segregating biomedical waste?
- a) To save storage space
  - b) To prevent infection and ensure proper disposal
  - c) To reduce hospital costs
  - d) To make cleaning easier
5. Which biomedical waste requires incineration as a treatment method?
- a) Recyclable plastics
  - b) General waste like paper
  - c) Anatomical waste and pathological waste
  - d) Food waste
6. The yellow bin is used for disposal of:
- a) Non-infectious general waste
  - b) Contaminated plastic items and disposable items
  - c) Sharps like needles
  - d) Glass bottles
7. What is the PRIMARY responsibility of a patient care assistant?
- a) Diagnosing diseases
  - b) Prescribing medication
  - c) Providing basic care and comfort to patients

- d) Performing surgeries
8. Which of the following is an important quality of a good patient care assistant?
- a) Impatience
  - b) Empathy and compassion
  - c) Indifference
  - d) Aggression
9. A patient care assistant should maintain patient confidentiality because:
- a) It is a legal and ethical requirement
  - b) It makes work easier
  - c) Patients don't care about it
  - d) It is optional
10. When assisting a patient with mobility, a care assistant should:
- a) Rush the patient to save time
  - b) Leave the patient to manage alone
  - c) Provide support and move at the patient's pace
  - d) Force the patient to walk quickly
11. Good communication skills in a patient care assistant include:
- a) Speaking only when necessary
  - b) Active listening and clear speaking
  - c) Ignoring patient concerns
  - d) Using complex medical terms
12. Hand hygiene should be performed by a patient care assistant:
- a) Only once a day

- b) Before and after patient contact
- c) Only when hands are visibly dirty
- d) Only before meals

13. The ideal room temperature for a patient's room should be maintained at:

- a) 10-15°C
- b) 20-25°C
- c) 30-35°C
- d) 35-40°C

14. Which of the following is an important aspect of maintaining a safe patient environment?

- a) Keeping floors wet
- b) Proper lighting and ventilation
- c) Leaving equipment scattered
- d) Blocking emergency exits

15. Noise levels in a patient's room should be:

- a) As high as possible
- b) Kept to a minimum for rest and recovery
- c) Maintained at moderate levels
- d) Not a concern

16. Why is proper ventilation important in a patient's environment?

- a) To make the room look better
- b) To ensure fresh air circulation and prevent infections
- c) To save electricity
- d) It is not important

17. Which of the following contributes to a therapeutic patient environment?

- a) Clutter and disorganization
- b) Dim lighting at all times
- c) Cleanliness, comfort, and privacy
- d) Loud noises

18. Bed linen for patients should be changed:

- a) Once a month
- b) Only when visibly soiled
- c) Regularly as per hospital protocol
- d) Never

19. Which of these is a psychological aspect of the patient environment?

- a) Room temperature
- b) Emotional support and mental peace
- c) Bed height
- d) Wall color only

20. Personal items and call bells should be placed:

- a) Out of the patient's reach
- b) In the storage room
- c) Within easy reach of the patient
- d) In the nurse's station

### **SUBJECTIVE TYPE QUESTIONS**

Q21. Explain the color-coded biomedical waste management system. Describe what type of waste goes into each colored bin and why segregation is important.

Q.22. List five characteristics of a safe patient environment?

Q.23. Explain any 5 medical ethics that a patient care assistant has to follow.

Q.24. Explain the importance of maintaining a therapeutic environment for patients. How do psychological and social aspects of the environment affect patient recovery?

Q. 25. Describe any five qualities of a patient care assistant.

## **ANSWER KEY**

### **Multiple Choice Questions**

1. c) Red bin
2. c) Electronic waste
3. c) White/Blue puncture-proof container
4. b) To prevent infection and ensure proper disposal
5. c) Anatomical waste and pathological waste
6. b) Contaminated plastic items and disposable items
7. c) Providing basic care and comfort to patients
8. b) Empathy and compassion
9. a) It is a legal and ethical requirement
10. c) Provide support and move at the patient's pace
11. b) Active listening and clear speaking
12. b) Before and after patient contact
13. b) 20-25°C
14. b) Proper lighting and ventilation
15. b) Kept to a minimum for rest and recovery
16. b) To ensure fresh air circulation and prevent infections
17. c) Cleanliness, comfort, and privacy
18. c) Regularly as per hospital protocol
19. b) Emotional support and mental peace
20. c) Within easy reach of the patient

### **SUBJECTIVE TYPE**

Q.21. Color-coded Biomedical Waste Management System

**BLACK BAG:** Black bags are used for disposing of paper waste, uninfected plastic waste, gloves, wrappers, masks, empty ointment tubes, and caps.

**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.

**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).

RED BAGS: Red bags are used for collecting and disposing of the following: • Syringes, IV sets  
• Blood bags • Urine bags

**Importance of Segregation:** Proper segregation prevents the mixing of infectious and non-infectious waste, reduces the risk of infection to healthcare workers and waste handlers, ensures appropriate treatment methods are used, reduces overall waste treatment costs, and protects the environment from contamination.

Q.22.

1. The environment should be conducive to rest.
2. The environment should be well-lit to ensure safety.
3. The environment should be free from noise and extraneous activity.
4. The environment should be well ventilated.
5. The environment should be predictable.

Q.23

1. Informed Consent: Assist the patient in understanding informed consent for procedure or treatment in the native language.
2. Confidentiality: The PCA should consider the details about his patients as purely personal between him and the patient. Except for professional reasons, the details should not be discussed with others or in public.
3. Communication: Clear communication between the PCA and the patient is very important for successful treatment. Any doubt that the patient has should be dealt with care and cleared at once in simple language which he/she understands.
4. Control: It is the ability to purposefully direct or change.
5. Cultural Concerns: To be sensitive to the cultural practices of the patient/patient in any given circumstance

Q.24.

### **Importance of Therapeutic Environment**

A therapeutic environment promotes healing by addressing patient needs holistically:

**Physical Healing:** Clean, well-ventilated, properly lit spaces reduce infection risk and provide comfort for physical recovery.

### **Psychological Impact:**

- **Privacy:** Curtains and private spaces help patients feel dignified and secure
- **Emotional Support:** Compassionate staff, family visits, and pleasant surroundings reduce anxiety and depression
- **Mental Peace:** Quiet environment, freedom from stress, and respectful treatment improve mental well-being

### **Social Aspects:**

- **Human Interaction:** Friendly staff and patient interaction prevent isolation

- **Cultural Sensitivity:** Respecting religious and cultural practices makes patients feel valued
- **Family Involvement:** Allowing family presence provides emotional strength

**Effect on Recovery:** Studies show patients recover faster in therapeutic environments because reduced stress improves immune function, positive emotions enhance pain tolerance, mental peace promotes better sleep which aids healing, and feeling cared for increases treatment compliance.

A therapeutic environment recognizes that healing involves body, mind, and emotions working together.

**Q.25. Honesty:** Must have the following qualities. • Truthfulness and integrity; • Trustworthiness; • Must be willing to admit mistakes so that they can be corrected.

**Dependability** • Must accept the responsibility given; • Must be prompt in reporting to work and maintain a good attendance record; • Must perform assigned tasks accurately and on time.

**Willingness to Learn** • Must be willing to learn and adapt to new developments or inventions; • Must learn new techniques or procedures; • At times, additional education may be required to remain competent.

**Patience** • Must be tolerant and understanding; • Must learn to control temper; • Must learn to deal with frustration and overcome obstacles.

**Acceptance of Criticism** • Must be willing to accept criticism from patients, employers, and coworkers and learn from it; • Constructive criticism allows you to improve your work.

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