

	INDIAN SCHOOL AL WADI AL KABIR	
CLASS: X	DEPARTMENT: SCIENCE 2026 – 27 SUBJECT: HEALTH CARE (SUBJECT CODE - 413)	DATE: 31/07/2026
WORKSHEET NO: 3 With answers	UNIT 2 - INTRODUCTION TO CARE PLAN AND CARE OF PATIENTS	NOTE: A4 FILE FORMAT
NAME OF THE STUDENT:	CLASS & SEC: X -A to X -I	ROLL NO:

OBJECTIVE TYPE QUESTIONS (MULTIPLE CHOICE):

Q1. What is the purpose of a Care Plan?

- a) To standardize high-quality, evidence-based care
- b) To document the patient's medical history
- c) To prioritize the doctor's orders
- d) To bill the patient for healthcare services

Q2. What is the role of a Patient Care Assistant in the Care Plan?

- a) Administering medications independently
- b) Monitoring vital signs and reporting changes
- c) Diagnosing medical conditions
- d) Providing emotional support only

Q3. Which of the following is considered vital sign?

- a) Blood sugar level
- b) BMI (body mass index)
- c) Cholesterol level
- d) Body temperature

Q4. Blood pressure is the force of the blood pushing against the:

- a) Artery walls
- b) Vein walls
- c) Capillary wall
- d) Both artery and vein wall

Q5. Which position involves the patient lying flat on the abdomen with head turned to one side? The head rests on a pillow. One or both arms rest comfortably either beyond the head or at the sides of the head

- a) Fowler's position
- b) Lateral position
- c) Prone position
- d) Supine position

Q6. Articles needed for the complete change of linen are:

- a) Cot, Mattress and pillow, Chair or stool, Bedside table or locker, Mackintosh Blanket
- b) Mattress cover, Two Sheets (Bottom and top sheets), Draw sheet, Pillowcase
- c) Cot, Mattress and pillow, Draw-sheet, mattress cover, Mackintosh Blanket
- d) Mattress cover, one top Sheet, Draw sheet, Pillowcase, Mackintosh Blanket

Q7. The usual articles in the patient's unit are:

- a) Cot, Mattress and pillow, Chair or stool, Bedside table or locker, Mackintosh Blanket
- b) Mattress cover, Two Sheets (Bottom and top sheets), Draw-sheet, Pillowcase
- c) Cot, Mattress and pillow, Draw-sheet, mattress cover, Mackintosh Blanket
- d) Mattress cover, one top Sheet, Draw-sheet, Pillowcase, Mackintosh Blanket

Q8. Which position is the patient placed while taking rectal temperature?

- a) Fowler's position
- b) Lateral position
- c) Prone position
- d) Sims' position

Q9. While taking Oral temperature -

- a) Place the tip of the thermometer below the tongue posteriorly
- b) Place the tip of the thermometer below the tongue anteriorly
- c) Place the tip of the thermometer above the tongue posteriorly
- d) Place the tip of the thermometer above the tongue anteriorly

Q10. Full diet is served to patients -

- a) Who cannot take food which requires chewing or food that is difficult to digest.
- b) Who are unable to take or tolerate solid food
- c) Who do not require any modification
- d) Who are unable to swallow solid food or if the patient is fed by tube feeding

Short Answer Questions (2 Marks)

Q1. What do you mean by a Care Plan?

Q2. Draw a flow chart showing the planning and implementation of care plan

Q3. Why is optimal nutritional status essential?

- Q4. Write any two signs of poor nutrition.
- Q5. Why are the vital signs useful? Where can vital signs be measured?
- Q6. Define respiration rate.
- Q7. Why is the procedure of making beds adopted in hospitals?
- Q8. What is an Aneroid Monitor?

Descriptive Questions (4 Marks)

- Q1. What are the objectives of the Care Plan?
- Q2. Describe the five steps in administration Care Plan
- Q3. Mention the characteristics of a Well-Nourished Person.
- Q4. Write any four General Instructions for GDA for appropriate planning for feeding patients.
- Q5. Write down the procedure of taking axillary temperature.
- Q6. Give a brief description of the prone position; also give its uses and contraindications.

ANSWERS

	OBJECTIVE TYPE QUESTIONS (MCQ)
1	a) To standardize high-quality, evidence-based care
2	b) Monitoring vital signs and reporting changes
3	d) Body temperature
4	a) Artery walls
5	c) Prone position
6	b) Mattress cover, Two Sheets (Bottom and top sheets), Draw sheet, Pillow Case
7	a) Cot, Mattress and pillow, Chair or stool, Bedside table or locker, Mackintosh Blanket
8	d) Sims' position
9	a) Place the tip of the thermometer below the tongue posteriorly.
10.	c) Those who do not require any modification

	Short Answer Questions (2 Marks)
1	A Care Plan outlines the care needs to be provided to an individual. It is a set of actions that the GDA will have to implement to support patient care.
2	<pre> graph TD Assessment[Assessment] --> ProblemIdentification[Problem Identification] ProblemIdentification --> PlanningInterventions[Planning Interventions] PlanningInterventions --> Implementation[Implementation] Implementation --> EvaluationOutcome[Evaluation/ outcome] EvaluationOutcome --> Assessment </pre> PLANNING & IMPLEMENTATION OF CURE PLAN
3	An optimal nutritional status is essential for normal growth, development and functions of the organs, or normal reproduction, growth and maintenance, for optimal activity and working efficiency, for resistance to infection and for repair of injury.
4	Signs of Poor Nutrition • Hair: Thin, coarse, lacking lustre, breaks easily. • Skin: Excessive bruising, bleeding, pressure sores, poor wound healing, lack of growth. • Skeletal: Motor weakness, poor posture, painful joints, bowed legs, increased bone fractures. • Mental: Confusion, motor weakness. (any two)
5	Vital signs are useful in detecting or monitoring medical problems. Vital signs can be measured in a medical setting, at home, at the site of a medical emergency, or elsewhere.
6	The respiration rate is the number of breaths a person takes per minute.
7	Bed making is the procedure adopted for making beds using scientific principles of nursing so as to provide maximum comfort of the patient.

8	An aneroid monitor (sphygmomanometer) is a device used to measure blood pressure levels, utilizing a mechanical gauge to indicate the pressure of blood against the walls of the arteries.
	Descriptive Questions (4 Marks)
1	The various objectives of a care plan include the following: • To provide each patient with an individualised plan of care so that the patient can be cured at the earliest. • To determine priorities for action. • To provide for effective communication among the nursing staff and professionals from other disciplines. • To encourage patient participation in planning, patient care, and taking decisions about patient healthcare. • To provide for continuity of care, planning for further actions, and goal setting. • To assist in documentation of the patient's response and recovery.
2	Five Steps of Planning and Implementing a Care Plan Step 1: Assessment • Systematic collection of patient's history and health information. • Covers physical, psychological, socio-cultural, spiritual, and lifestyle factors. • Done on admission; care plan developed within 8 hours. • Helps in identifying patient needs and setting measurable goals. Step 2: Problem Identification • Clinical judgment of patient's actual or potential health issues. • Includes physical problems (e.g., pain, poor nutrition) as well as emotional or social issues (e.g., anxiety, family conflict). Step 3: Planning Interventions • Goals are set (short-term and long-term). Example:

	1. Moving from bed to chair. 2. Maintaining nutrition with small, frequent meals. 3. Pain management with medication. • Nurses and GDA coordinate with doctors to finalize interventions. Step 4: Implementation • Care plan is put into action. • Ensures continuity of care during hospitalization and discharge planning. • Documented in patient records; progress is monitored regularly. Step 5: Evaluation / Outcomes • Patient's condition and care effectiveness are continuously evaluated. • Care plans are modified if required to meet changing patient needs.
3	Characteristics of a Well-Nourished Person 1. Normal weight and height for age, body build, and developmental stage. 2. Adequate appetite. 3. Active and alert. 4. Healthy skin. 5. Well-developed muscles 6. Normal schedule of tooth eruption and healthy teeth and gums. 7. Normal urinary and bowel elimination patterns. 8. Normal sleep patterns.
4	1. The diet of every patient in the hospital should be planned according to his needs, disease condition, metabolic changes, food habits and socio-economic status. 2. Prepare/help the patient for taking the meal. 3. Wash or ask the person to wash hands and face. Give time for mouth care. Make sure that the clothes are clean. Ask if the patient would like to use the bathroom, commode, urinal or bedpan before eating the food. 4. All food, regardless of who prepares it or serves it, should be presented to the patient in an appealing and hygienic manner. (any four)

5	Taking an Axillary Temperature - Gain access to the axillary area (remove gown from one side). - Make sure the axillary area is dry; if necessary, pat dry. - Place the thermometer or probe into the center of the axilla. Fold the patient's arm straight down and place the arm across the patient's chest. - Leave the thermometer in place, usually 5 minutes or until the signal is heard. - Remove and read the calibration accurately
6.	Prone Position The patient lies flat on the abdomen with head turned to one side. The head rests on a pillow. One or both arms rest comfortably either beyond the head or at the sides of the head. Uses - Assess the hip joint. - Assess the posterior part of the body. - Position the patient with injuries, burns, and surgeries of the back. - Relieve pressure from pressure sore prone areas by providing a change of position. Contraindications - Patients with respiratory or spinal problems. - Patients after abdominal surgery.

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