

# Certificate in Home Based Health Care

Assignment – TMA –I

(Block – 1, 2, 3 and 4)

Programme Code: CHBHC

Course Code: CNS - HC - 001

Maximum Marks: 100

Passing Marks: 50

Last date of Submission: October 31<sup>th</sup>, 2023

**Note: - This assignment has three parts i.e. Part A, B and C**

Part A consists of Four long answer questions, each carries 15 marks.

Part B consists of Three short answer questions, each carries 10 marks.

Part C consists of Four objective type questions, carries 10 marks in total.

**Answer all the questions with examples wherever required**

**You must take help from Practical Manual wherever required**

## Part A

### Long Answer Questions:-

- Q.1 a) Describe the qualities of home care provider. Support your answer with suitable examples.  
b) Explain general measures to prevent infection.  
c) List the measures you would take in case of chemical burns.  
d) Discuss the factors which influence aging (6+3+3+3=15)
- Q.2 a) List causes and signs and symptoms of brain tumor.  
c) Describe your role as a home care provider in supportive care of patient who is unconscious. (2+5+8=15)
- Q.3 a) Explain various routes of giving medicines and list the points to be kept in mind while giving medicines. (3+4+3+3+2=15)  
b) List the functions of skin, As home based care provider identify and explain different conditions which require skin care.
- Q.4 a) Describe the needs of dying person. Discuss your role as a home care provider in meeting the needs of the dying person and the relatives.  
b) How would you prepare yourself to give the news of death to family members. (8+7=15)

## Part B

### Short Answer Questions

- Q.5 a) Explain the key elements of communication process and discuss the principles to be kept in mind for effective communication by home care provider
- b) List down the measures to promote food safety and explain balanced diet and discuss the steps of healthy living. **(2+3+2+3=10)**
- Q.6 a) Describe the comfort devices and their uses to promote health of the patient.  
b) Discuss the care of patient with bronchial asthma.  
c) List the first aid you would give in the following conditions.  
i) Snake bite  
ii) Nose bleeding **(4+3+3=10)**
- Q.7 a) Explain the basic nutrients present in food, their sources and functions.  
b) Name the diseases caused due to deficiency of various nutrients.  
c) Identify deficiency diseases if any present in your patient and compare the same given in the block. **(5+3+2=10)**

## Part C

- 8) Place a (✓) against the most appropriate answer given under each statement **( $\frac{1}{2} \times 5 = 2\frac{1}{2}$ )****
- a) Care of the patient with heart diseases include all of the followings except;  
i) Fowlers positions  
ii) Report changes in patients conditions.  
iii) Avoid food high in salt.  
iv) Take self medications.
- b) Narrowing of breathing passage in asthmatic patient occurs due to all of the followings except;  
i) Allergy  
ii) Emotional changes or stress  
iii) Malnutrition  
iv) Family history
- c) One of the most important point while caring for cancer larynx patients is;  
i) Encourage the patient to select the alternative ways to communicate.  
ii) Give large volume of fluids at a time  
iii) Encourage deep breathing exercises.  
iv) Encourage patient to have food with family members.

- d) All of the followings are signs & symptoms of chronic renal/kidney failure except:-
- i) Collection of fluid in the body
  - ii) Swelling in legs & face
  - iii) Non-healing of wound
  - iv) Itching all over the body
- e) The meaning of the term insomnia refers to :-
- i) lack of sleep during night time.
  - ii) excess of sleep during night time.
  - iii) lack of sleep during day time.
  - iv) excess of sleep during day time.

**9 Match the items given in Column A with those given in Column B: (½ x 5 = 2½)**

<b>Column A</b>	<b>Column B</b>
a) Dog bite	i) Geriatrics
b) Group of similar tissues	ii) Stomach
c) Largest gland in the body	iii) Rabies.
d) Pumping organ which circulate blood	iv) Organ
e) Care of elderly/aged	v) Liver
	vi) Heart
	vii) System

**10) Fill in the blanks: (½ x 5 = 2½)**

- a) Any break or crack in continuity of a bone is called .....
- b) Burns which involves only the layer of the skin are ..... burns.
- c) There are two types of teeth- temporary and .....
- d) Gall bladder stores .....which helps in dissolving fats.
- e) When kidney cannot functions normally and urine formation is affected it is known as.....

**11) Place a (✓) mark against 'T' if you consider the statement as true and 'F' if you consider the statement as false (½ x 5 = 2½)**

- a) In case of electric shock switch on the current **(T/F)**
- b) Brain, spinal cord and special sense organs constitute endocrine system. **(T/F)**
- c) Skeletal system consists of 206 bones **(T/F)**
- d) Heart lies in the chest cavity between the two lungs **(T/F)**
- e) In case of renal failure salt free diet should be given **(T/F)**