Certificate in Home Based Health Care (CHBHC)

ASSIGNMENT

January, 2025

School of Health Sciences

Indira Gandhi National Open University

Maidan Garhi, New Delhi-110 068

Please take note of the following points before writing your assignments:-

- Use only foolscap size paper for writing your responses. **Only handwritten assignments** will be accepted. Typed or printed copies of assignments will not be accepted.

- Tie all the pages after numbering them carefully.
- Write the question number with each answer.
- **All the questions are compulsory.**
- Every assignment will be evaluated out of a full mark of 100. Weightage is indicated in parenthesis against each question.

Course Code _____ Enrollment No. _____

Course Title _____ Name _____

Assignment Code_____ Address _____

PSC

Please submit the assignments to the Programme In-charge of the Programme Study Centre allotted to you.

Certificate in Home Based Health Care
Assignment – TMA –I
(Block – 1, 2, 3 and 4)

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:-

1)   a)   Discuss the roles and responsibilities of home care provider. Support your answer with suitable examples.

     b)   List the common conditions for providing home care.

     c)   Explain the skills required for effective communication to be adopted by home care provider.

         (8+2+5=15)

2)   During your experience, you might have come across patient suffering from problems related to digestive system.

     a)   Describe the various conditions affecting digestive system among your patients.

     b)   Compare the causes, sign and symptoms present in your patient with that of given in your block.

     c)   Explain the care which was provided to your patient.

         (2½+5+7½=15)

3)   a)   Identify the conditions in which your patient requires skin care. Give brief details of affected persons. Evaluate the care given by you with the skin care mentioned in block.

     b)   Define pressure points and pressure sores. List its causes, sign and symptoms. Explain the measures you as home care provider would take to prevent pressure sores**.**

         (7½+7½=15)

4)   a)   Explain the importance of exercises in health and sickness.

     b)   Enumerate the types of exercises. Discuss the points to be kept in mind while helping the patient during exercises. Draw and name the exercises for which you helped your patient.

     c)   Discuss your role as a home care provider to involve family members in taking care of sick individual. Explain the activities in which you were able to involve the family members while providing care to the patient.

         (4+4+2+5=15)

Part B

Short Answer Questions

5)   **While caring for high fever patient you must have looked for symptoms of fever present:**

      a)   List down the symptoms present in your patient with that symptoms given in block.

      b)   Explain the measures you adopted to reduce fever, also compare the measures which are given in block.

                                                         (5+5=10)

6)   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)

7)   a)   Define counselling and discuss its importance.

      b)   Explain how would you counsel the family members of dying person. Support your answer with examples.

                                                        (3+3+4=10)

Part C

8)   **Place a (✓) against the most appropriate answer given under each statement**   **(½ x 5 = 2½)**

1)   Care of the patient with heart diseases include all of the followings <u>except</u>;
      i)   Providing fowlers positions
      ii)   Reporting changes in patients conditions.
      iii)   Providing food which are low in salt.
      iv)   Allowing patient for self medications.

2)   Narrowing of breathing passage in asthmatic patient occurs due to all of the followings <u>except;</u>
      i)   Allergy
      ii)   Emotional changes or stress
      iii)   Malnutrition
      iv)   Family history

3)   One of the most important point while caring for patient with cancer larynx is to;
      i)   select the alternative ways to communicate.
      ii)   give large volume of fluids at a time
      iii)   encourage deep breathing exercises.
      iv)   have food with family members.

4)   All of the followings are signs & symptoms of chronic renal/kidney failure <u>except</u>:-
      i)   Collection of fluid in the body
      ii)   Swelling in legs & face
      iii)   Non-healing of wound
      iv)   Itching all over the body

5) 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)**

	Column A		**Column B**
a)	Body is made up of smallest units	i)	Nervous System
b)	Group of similar tissues	ii)	Stomach
c)	Largest gland in the body	iii)	Cell
d)	Pumping organ which circulate blood	iv)	Organ
	throughout the body	v)	Liver
e)	Brain, spinal cord, special sense organs	vi)	Heart
		vii)	System
		viii)	Tissue

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)   In case of electric shock switch ………. the lights.
    d)   In case of renal failure …………free diet should be given
    e)   Sudden shooting pain in chest which does not stop with rest is symptom of ………………..

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)   Sugar in blood below normal levels has quick and severe effect on the brain. **(T/F)**
    b)   Fainting is a long term loss of consciousness.   **(T/F)**
    c)   Skeletal system consists of 206 bones.   **(T/F)**
    d)   Dog bite can cause a disease called rabbies which affect respiratory system. **(T/F)**
    e)   Sudden uncontrolled muscle contraction due to abnormal brains activity is known as fits.   **(T/F)**