



Certificate in Home Based Health Care (CHBHC)

IGNOU

ASSIGNMENT
Jan 2015



School of Health Sciences
Indira Gandhi National Open University
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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 (Block – 1, 2, 3 and 4)

Programme Code: CHBHC
Course Code: CNS - HC - 001
Maximum Marks: 100
Passing Marks: 50

Last date of Submission: April 30, 2015

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.

Answer all the questions with examples wherever required.

While writing answers, you must take help from Practical Manual.

Part A

Long Answer Questions:-

1.
 - a) Explain in your own words the significance of patient knowing how to prevent from catching infection from others.
 - b) Discuss common methods of spread of infection
 - c) List general signs and symptoms which occurs due to infection
 - d) Define the following terms:-
 - a) Sepsis b) Cross Infection c) Disinfection d) Barrier care e) Shock
 - e) Discuss your role as a home care provider to prevent and control spread of infection while taking care of patient at home /community. Support your answers with suitable examples.

(2+2+2+5+4=15)

2.
 - a) Draw and label the diagram of heart . Explain the structure and functions of cardio-vascular system.
 - b) List the conditions /problems observed by you while taking care of a patient with heart problem. Compare the signs and symptoms given in the block.
 - c) Discuss care of the patient with heart problems which you as a home care provider will give.

(2+2+2+4+5=15)

3.
 - a) Explain the meaning of well balanced diet, discuss the nutrients with their sources and functions which are included as part of well balanced diet.
 - b) Discuss the deficiency diseases caused by various nutrients and write 2-2 signs/symptoms of each.
 - c) Discuss your role in educating the general population about steps of healthy living.

(5+6+4=15)

4.
 - a) Explain the meaning of rehabilitation care.
 - b) Discuss various types of rehabilitation care with the help of examples in different situations dealt by you as part of health team.
 - c) List the rehabilitation facilities available in your area.

- d) Explain the role of home care giver and their family members in rehabilitation of patient.

(2+5+3+2+3=15)

Part B

Short Answer Questions

5. a) Explain the term ageing and discuss various factors which affect ageing process.
b) Discuss the principle of care of elderly at home.
c) Describe the points you would keep in mind while caring for elderly person.
(2+2+3+3=10)
6. a) Draw the diagram of pressure point
b) Explain the ways/methods of giving back care of pressure points.
(5+5=10)
7. a) Explain the meaning of Palliative Care.
b) Discuss signs of approaching death which you would observe in your patient.
c) Discuss the needs of dying person and how would you meet these needs, Support your answer with the help of examples. (1+3+4+2=10)
d) State the rights of dying person.

Part C

8. Place a (✓) against the most appropriate answer given under each statement ($\frac{1}{2} \times 5 = 2\frac{1}{2}$)
- 1) In all of the following conditions plenty of fluids is given to patient **except**:
i) Kidney failure
ii) Indigestion /Diarrhea
iii) Constipation
iv) Fever
- 2) All of the following measures are required to be carried out in case of foreign object into the eye **except** that person should:
i) not rub his/her eyes.
ii) see upward if object is in upper eye lid.
iii) see down wards if object is in upper eye lid.
iv) sit in adequate light.
- 3) The most common and widely used route of administration of drugs is:
i) Injection.
ii) Sublingual
iii) Inhalation
iv) Oral
- 4) Low- fat diet is required to manage all of the following conditions **except**:
i) Pancreatitis
ii) Cholecystitis

- iii) Protein, Energy, Malnutrition
- iv) Obesity

- 5) All of the following are causes of Diabetes mellitus **except**:
- i) Obesity
 - ii) Infection
 - iii) Hereditary
 - iv) Stress

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

Column A	Column B
a) Most expressive part of the body	i) Bones
b) Structural frame work of body	ii) Prophylactic
c) Medicine given to prevent occurrence of certain disease	iii) Parkinson's disease.
d) Degenerative brain syndrome with decline in memory	iv) Phantom
e) Sensations of presence of limb which has been amputated	v) Face
	vi) Skin
	vii) Alzheimer Disease
	viii) Muscle

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

- a) Introducing oneself is the most important part of initiating
- b) An illness that develops suddenly over a very short period of time refers toillness.
- c) Bringing back the persons to his/her normal health or to the best possible outcome in health refers to
- d) Care provided to relieve pain and anxiety in terminally ill is known as
- e) A life threatening conditions that develops when the body's blood pressure drops down 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) Immediate care given to the victim of an accident / illness before arrival of doctor is known as First aid (T/F)
- b) Lack of sleep for short period during night time is known as insommia. (T/F)
- c) Thalaseemia is an inherited blood disorder (T/F)
- d) Extreme pain in joints is main features of osteoporosis (T/F)
- e) Hoarseness of voice is the common sign of cancer of larynx (T/F)