

DIPLOMA IN HEALTH CARE SKILLS

Paper	Name of Paper	Subject Type	Total Marks	Min Marks
I	Communication Skills	Theory	100	40
II	Nursing Skills	Theory	100	40
III	Patient Care Skills	Theory	100	40
IV	First Aid Skills	Theory	100	40
V	Health & Hygiene	Theory	100	40
VI	Food Science	Theory	100	40
VII	Project & Internship	Practical	200	100



SECTION-A

COMMUNICATION SKILLS

1. How can you improve your communication skills?
2. What are the 7 C's of communication?
3. What are the most important communication skills?
4. Describe about the principles of communication skills?

NURSING SKILLS

1. What are the 6 C's in nursing?
2. What are nursing skills?
3. What are time management tricks that one can follow in nursing?
4. How communication can improve your skills?

SECTION-B

PATIENT CARE SKILLS

1. What are patient care skills?
2. What are the most important things in patient care?
3. Why are skills important in health & social care?
4. What are the abilities needed in a person for care of a patient?

FIRST AID SKILLS

1. Define CPR?
2. Give brief about first aid certificate?
3. What are the basic skills do you need for first aid?
4. What are the main things you have in first aid box?

SECTION-C

HEALTH & HYGIENE

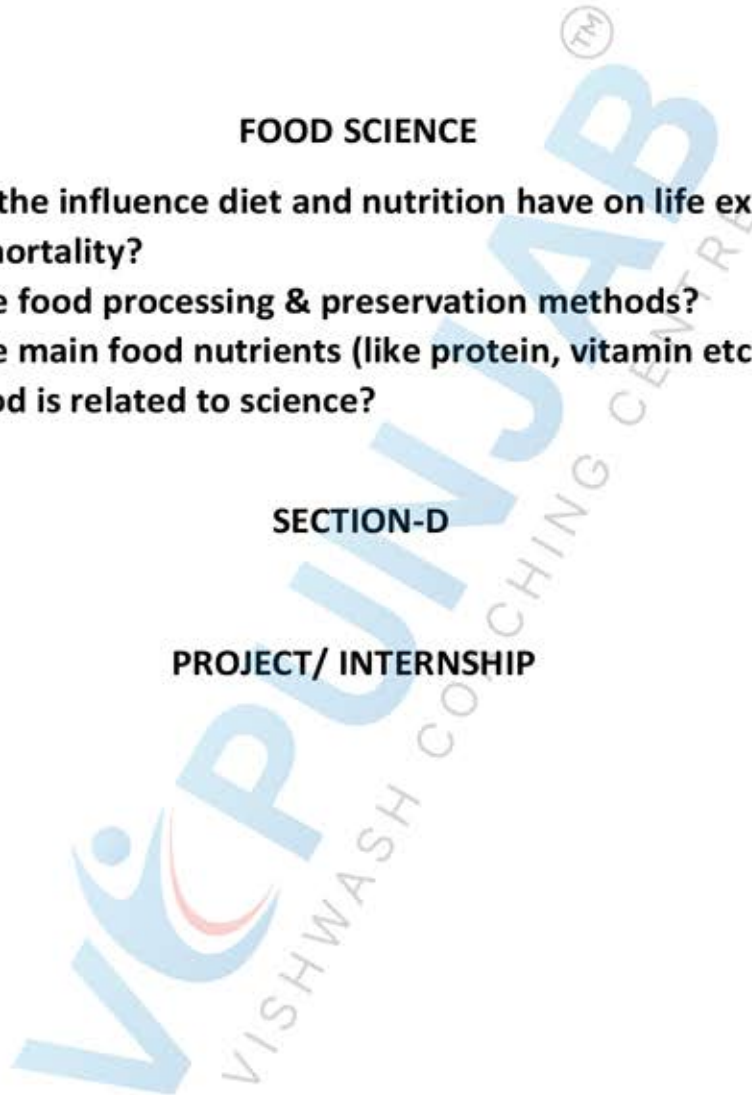
1. List causes for of heart diseases?
2. How will you take care of your body parts?
3. Which type of food do we eat?
4. Explain Balanced diet?

FOOD SCIENCE

1. Discuss the influence diet and nutrition have on life expectancy and infant mortality?
2. Describe food processing & preservation methods?
3. Describe main food nutrients (like protein, vitamin etc.)?
4. How food is related to science?

SECTION-D

PROJECT/ INTERNSHIP



ASSIGNMENTS

TOTAL MARKS: -100

Q.1 MCQ's

(M.M-20)

1. In which year National Health Policy was implemented

- a) 2001
- b) 2002
- c) 2007
- d) 2013

2. NRHM seeks to strengthen

- a) Private health care system
- b) Public & private health care system
- c) Public health care system
- d) None of these

3. Reproductive & child health was launched in which year

- a) 1992-93
- b) 1997-98
- c) 2005-06
- d) 2012-13

4. Externality refers to

- a) Third party effect
- b) Inclusive growth
- c) Social Exclusion
- d) None of these

5. The number of deaths per one thousand people per year means

- a) Birth rate
- b) IMR

c) Death rate

d) None of these

6. Millennium development goals target of MMR in India is

a) 103

b) 134

c) 168

d) 198

7. In which year consider 'Year of great Divide'

a) 1981

b) 1921

c) 1861

d) 1961

8. The sum of neonatal deaths and fatal deaths (stillbirths) per 1000 births

a) MMR

b) Perinatal mortality rate

c) IMR

d) None of these

9. Dimensions of public health

a) Health promotion

b) Disease prevention

c) Rehabilitation

d) All of above

10. 'The state of being free from an illness or injury' means

a) Happiness

b) Fitness

c) Disease

d) Health

Q.2 FILL IN THE BLANKS

(M.M-20)

1. ICDS stands for.....
2. NFHS stands for.....
3. Millennium development goals target of MMR in India is.....
4. The state of being diseased or unhealthy within a population means.....
5. RSBY stands for.....
6. Example of life style diseases is.....
7. Example of communicable diseases is.....
8. Example of tertiary health care.....
9. NRHM stands for.....
10. Health is a subject.

Q.3 SHORT ANSWER TYPE QUESTIONS

(M.M-32)

1. How can communication be developed?
2. What are strong communication skills?
3. What are the types of communication skills?
4. What are the barriers of communication?
5. What medical record system is used by a nurse?
6. What is the most important thing in patient care?
7. What kind of care does an elderly client need?
8. What are the things that you should have in your first aid kit?

Q.4 LONG ANSWER TYPE QUESTIONS

(M.M-28)

1. Describe the principles of communication skills?

2. How do you explain medications, treatments or healthcare situations without using a lot of medical or healthcare jargon?

3. Explain about CPR?

4. Define the terms

*** Disease**

*** Health identified by WHO**

*** Vaccines**

*** Parasite**

*** Microorganisms**

*** Balanced diet**

