

MODEL QUESTION PAPER: H & H

H:7 - DRESSING OF WOUNDS

SUBJECTIVE QUESTIONS

Qn-1: What are the types of bandages?

Ans:

- a) Triangular Bandage
- b) Roller Bandage
- c) Four tailed Bandage
- d) Many tailed Bandage
- e) Crepe Bandage

Qn-2: What is the dimension of triangular bandage?

Ans: Triangular bandage is made by cutting diagonally a piece of linen not less than 30"x30" into the pieces.

Qn-3: What are the uses of triangular bandages?

Ans:

- 1. To retain dressings
- 2. To keep the splint in position to immobilize fracture
- 3. To give support to an injured part (arm sling)
- 4. To reduce or prevent swelling in sprain.

Qn-4: What type of knot is used to secure the ends of triangular bandages?

Ans: Reef Knot

Qn-5: What is to be done before the dressings applied to the wound?

Ans:

- a) Wound cleaning and washing
- b) Remove the dead tissue
- c) Application of Antiseptics

Qn-6: What are the uses of roller bandages?

Ans: Roller bandages are used for applying bandages on various parts of the body, example;

- a) For finger - 1" wide roller bandage
- b) For head & arms - 2 ½" wide roller bandages
- c) For trunk - 6" wide roller bandages
- d) For legs - 3 ½" wide roller bandage.

Qn-7: What are the method of application of roller bandage?

Ans:

- a) The simple spiral
- b) The reverse spiral
- c) The figure of sight
- d) Cope line bandage
- e) The spica

Qn-8: Write the classification of wounds?

Ans: Incised wound, contused wounds, Lacerated wounds, punctured wounds.

Qn-9: What is the material used in immobilization for fractures?

Ans: Plaster of paris

Qn-10: Why is dressing done?

Ans:

- a) To stop bleeding
- b) To prevent infection
- c) To promote wound healing

OBJECTIVE QUESTIONS

Qn-1: What is the dimension for triangular bandages?

Ans: Not less than 30" x 30".

Qn-2: What type of knot is used to secure triangular bandage?

Ans; Reef knot

Qn-3: What is the dimension of roller bandage for finger injury?

Ans: 1" wide

Qn-4: What is the dimension of bandage for head and arm?

Ans: 2 ½" wide

Qn-5: What injection is mandatory while treating wounds?

Ans: Inj. Tetanus Toxoid (TT)

Qn-6: What is the dimension of bandages for legs?

Ans: 3 ½" wide

Qn-7: Which bandage is used to immobilize fracture?

Ans: Triangular bandage.

Qn-8: What is the consequence of tight bandages?

Ans: Gangrene

Qn-9: What are the injuries caused by extreme cold conditions?

Ans: Frost bite, Trench foot.

Qn-10: What are the dressings used in the warfront by the soldiers?

Ans: First field dressing, Shell dressing

Model Question Paper: H & H

H:1 - STRUCTURE AND FUNCTIONING OF THE HUMAN BODY

SUBJECTIVE QUESTIONS

Qn-1: What are the major constituents of human body?

Ans: The constituents of human body are

- a. Skeleton
- b. Muscles (voluntary and involuntary muscles)
- c. Circulatory System (Arteries, veins and capillaries)
- d. Respiratory system (Trachea, Bronchi and Lungs)
- e. Digestive system (Stomach and intestine)

- f. Excretory system (Kidney, ureter and bladder)
- g. Reproductive system (Male - Testes, Female - Ovary)
- h. Nervous system (Brain, Spinal cord and Neurons)

Qn-2: What is the function of Skeleton?

Ans:

- a. Give shape and firmness to the body
- b. Afford attachment to the muscles
- c. Produce red blood cells from marrow
- d. Protect important organs like brain, stomach

Qn-3: What are the main parts of skeleton?

Ans:

- a. Skull bones
- b. Trunk bones
- c. Pelvic bones
- d. Upper limb and
- e. Lower limb

Qn-4: Write some endocrine hormones?

Ans:

- a. Insulin
- b. Thyroid hormone
- c. Adrenaline
- d. Testosterone
- e. Oestrogen

Qn-5: What are the functions of muscles?

Ans: Locomotion, Give shape to the body, protects the internal structure, Maintaining the position of the body.

Qn-6: Name the Chambers of heart?

Ans: Right Auricle (Atrium)

Left Auricle (Atrium)

Right Ventricle

Left Ventricle

Qn-7: What are the skin appendages?

Ans:

- a. Nail
- b. Hair
- c. Sweat glands, sebaceous gland

Qn-8: What are the parts of eye?

Ans: Cornea, Lens, Sclera, Choroid, Retina, Iris, Pupil

Qn-9: Write the types of teeth?

Ans:

- a. Incisor
- b. Canine
- c. Premolar
- d. Molar

Qn-10: What are blood vessels? Define it?

Ans: Blood vessels are a. Artery b. Vein c. Capillary

Definition: Elastic tubular structure carrying blood through the tissues and organs.

OBJECTIVE QUESTIONS

Qn-1: How many bones in the body?

Ans: 206 bones

Qn-2: What is the normal pulse rate?

Ans: 60 - 80/min

Qn-3: What are the layers of skin?

Ans: Epidermis and dermis

Qn-4: Which is the longest bone of human body?

Ans: Femur

Qn-5: What is normal Blood Pressure?

Ans: 120/80mm of Hg

Qn-6: What is the duration of Gestation (Pregnancy)?

Ans: 280 days

Qn-7: Which is the functional unit of kidney?

Ans: Nephron

Qn-8: Which is the functional unit of brain?

Ans: Neuron

Qn-9: How much volume of Blood is in our body?

Ans: 5 litres

Qn-10: What is the normal respiratory rate of humanbeing ?

Ans: 14-16/min

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H:2 - HYGIENE AND SANITATION

SUBJECTIVE QUESTIONS

Qn-1 : Define Hygiene ?

Ans: Hygiene is the science which deals with principles of promoting health, both personal and public, particularly by promoting cleanliness.

Qn-2: What is meant by sanitation?

Ans: It is the art of keeping ourself and surroundings neat and clean.

Qn-3: How will you maintain good personal hygiene?

Ans:

- a. Cleanliness of hair
- b. Cleanliness of body and skin
- c. Cleanliness of Clothes
- d. Cleanliness of nails
- e. Cleanliness of teeth

Qn-4: What are solid wastes? What are the methods for disposal of wastes?

Ans: The term solid wastes including the following:

1. Garbage (Waste matter from preparation, cooking and consumption of food).
2. Rubbish (paper, Plastics, wood, Metal, Throw away containers)
3. Demolition products (bricks, Masonry, Pipes).
4. Dead animals, manures etc.

Methods for disposal of wastes

1. Dumping
2. Controlled tipping (or) sanitary land fill
3. Incineration
4. Composting
5. Manure pits
6. Burial

Qn-5: What are the methods for disposal of faeces in temporary and permanent camps?

Ans: *I. Permanent types of latrines*

1. Bore hole latrine
2. Dug well (or) pit latrine
3. Water-Seal types:
 - a. P.R.A.I Type
 - b. R.C.A. Type
 - c. Subabh Shauchalaya
 - d. Aqua privy.

II. Temporary latrines

1. Shallow trench latrine
2. Deep trench latrine
3. Pit latrine

4. Bore hole latrine

Qn-6: How will you dug shallow trench latrine?

Ans: It can be dug with ordinary tools.

- The trench is 1 feet wide
- 3 - 5 feet deep
- Length varies from 3 - 3.5 meters depending on number of users
- The earth is piled up at the side
- Faeces should be covered with earth each time after the use
- Used for one week.

Qn-7: What is sanitation barrier?

Ans: Sanitation barrier breaks the disease cycle at vulnerable points.

It can be achieved by sanitary latrine

Qn-8: What is potable water? What are the methods for purification of water?

Ans: Potable water is:

1. Free from pathogenic organisms
2. Free from chemical substances
3. Free from colour and odour
4. Usable for domestic purposes.

Methods for Purification:

1. Boiling
2. Chemical disinfection
3. Filtration
4. Sedimentation

Qn-9: Write the different types of urinals?

Ans: a) Trough urinals: A long narrow urinal designed for use by several men at the same time.

b) Funnel urinals: A funnel shaped urinal designed for use by single person at a time.

Qn-10: What are the aspects of public hygiene?

Ans: Wastes should be properly disposed by using public waste bins.

- Proper usage of urinals and latrines for disposal of human excreta.
- Maintain the surroundings clean and healthy.
- Water stagnation should be prevented
- Maintain proper drainage system and they should be properly closed.

OBJECTIVE QUESTIONS:

Qn-1: What is the boiling point of water?

Ans: 100°C

Qn-2: What is the purest source of water?

Ans: Rain water

Qn-3: Which is the chemical used for disinfection of water on large scale?

Ans: Chlorine

Qn-4: What are the filters used for purification of water on large scale?

Ans: Rapid sand filters and slow sand filters

Qn-5: What is the best method for solid waste disposal if adequate land is available?

Ans: Sanitary land fill.

Qn-6: What is the method of disposal of organic waste?

Ans: Composting

Qn-7: What is the cause of dental caries?

Ans: Poor oral hygiene

Qn-8: Name a disease caused by water pollution?

Ans: Cholera, Typhoid, dysentery, diarrhoea.

Qn-9: What is the common disease caused due to alcohol consumption?

Ans: Liver cirrhosis

Qn-10: What is the common cause of lung cancer?

Ans: Smoking

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H-3: PREVENTABLE DISEASE

SUBJECTIVE QUESTIONS:

Qn-1: What is communicable disease? Enlist the preventive measures of communicable disease?

Ans: Communicable disease is a disease that spreads from person to person through inhalation, ingestion and contact

Preventive Measures: Safe drinking water, properly cooked food, proper sanitation maintaining good health, vector control through mosquito - nets and insecticide spray.

Qn-2: What is non communicable disease, give examples?

Ans: Non communicable disease is a disease that does not spread from person to person. They occur due to the person's own life-style.

Examples: Cancer, Diabetes, Heart Attack, Ulcer

Qn-3: What is disinfection? What are the agents used for disinfection? Write about common disinfection procedures?

Ans: Disinfection means the destruction or removal of all pathogenic organisms (or) organism giving rise to infection.

Agents

Physical: Sunlight, Drying, Filtration, Heating and Radiation.

Chemical: Alcohols, Aldehydes, Dyes, Phenols, Metallic Salts, Gases.

Procedures: Flaming, Incineration, Pasteurisation, Steamer, Autoclaving, etc

Qn-4: What is Zoonoses? Write some causative agents? Give more examples of Zoonoses?

Zoonoses are the infectious disease transmitted from animals to human beings.

Causative Agents: Bacterial, Viral, Protozoal, Worm, Fungal Infections.

Example: Plague, Rabies.

Qn-5: What are the preventive measures for malaria?

Ans:

1. DDT Spray every three months
2. Spraying kerosene oil in stagnant, drainage water
3. Use of mosquito-nets
4. Wearing fully covered dress, screening of doors, and windows.

Qn-6: What is Tetanus? Write the preventive measures?

Ans: Tetanus is characterized by muscular contractions involving the whole of muscular system. It usually follows after an injury.

Preventive Measures:

1. Immunisation with tetanus toxoid
2. Antibiotics
3. All the wounds must be thoroughly cleaned soon after injury - removal of foreign bodies, soil dust, necrotic tissues.

Qn-7: What is AIDS? Write the preventive measures?

Ans: AIDS is the Acquired Immuno Deficiency Syndrome caused by Human Immuno Deficiency Virus (HIV)

Preventive Measures

1. Avoid sexual contact with many partners (SAFE SEX)
2. Avoid blood borne HIV transmission by screening of blood
3. Avoid sharing of needles
4. Proper educations and awareness among the people.

Qn-8: What is Polio? Write the preventive measures?

Ans: Poliomyelitis is a viral infection caused by poliovirus.

Preventive measures

1. Immunisation by Oral polio vaccine (OPV)

Qn-9: What is Rabies? What is source of Infection?

Ans: Rabies is known as hydrophobia (Fear of water due to spasm of face and neck muscles), is a viral infection of the central nervous system. It primarily

infests the dogs, cats etc and is transmitted to human beings.

The source of infection is the saliva of the infected animals.

Qn-10: What is tuberculosis and write its causative agents and its prevention?

Ans: It is caused by *Mycobacterium tuberculosis*. It occurs due to the inhalation of droplets during coughing, sneezing of infected person.

Prevention:

Vaccination by BCG vaccine, Avoid overcrowded places.

:: 4 ::

OBJECTIVE QUESTIONS

Qn-1: Write some communicable disease?

Ans: Tuberculosis, Rabies, Malaria, AIDS etc.

Qn-2: Write some non-communicable disease?

Ans: Diabetes, Hypertension, Heart Attack.

Qn-3: Which is the communicable disease that is completely eradicated?

Ans: Small pox

Qn-4: What is HIV?

Ans: Human Immunodeficiency Virus

Qn-5: What is AIDS?

Ans: Acquired Immunodeficiency Syndrome

Qn-6: Write mosquito bone disease?

Ans: Malaria, Dengue, Filaria and chikungunya.

Qn-7: Write water borne disease?

Ans: Cholera, Typhoid, Jaundice, worm infestations.

Qn-8: What is OPV?

Ans: Oral Polio Vaccine

Qn-9: What is STD?

Ans: Sexually Transmitted Disease

Qn-10: Give examples of STD?

Ans: AIDS, Syphilis, Gonorrhoea.

Model Question Paper: H & H

H-4: PHYSICAL & MENTAL HEALTH

SUBJECTIVE QUESTIONS

Qn-1: What is physical health?

Ans: It is a state in which every cell and every organ function at optimum capacity and in perfect harmony with the rest of the body

Qn-2: What is mental health?

Ans: It is a state of balance between the individual and the surrounding world, a state of harmony between oneself and others.

Qn-3: What are the diseases caused by stress?

Ans: Hypertension, Peptic ulcer, Bronchial Asthma etc.

Qn-4: Name of some Psychiatric disorders?

Ans: Depression, Mania, Bipolar disorders, Schizophrenia

Qn-5: What are the characters of mentally healthy person?

Ans:

1. He is free from internal conflict
2. He is well adjusted
3. Accepts criticism and is not easily upset
4. Strong self-esteem
5. Has good motivation
6. Has good self-control balances rationality and emotionality
7. Can cope with stress or anxiety.

Qn-6: What are the social problems in poor mental health?

Ans: Suicide, Homicide, Crimes, Accidents, Juvenile delinquency, Alcoholism, Drug abuse, Smoking etc.

Qn-7: What is the status of good physical health?

Ans:

1. Absence of disease
2. Physically well active, well built
3. Good nutrition
4. Good personal hygiene
5. Good sleep

Qn-8: How will you improve mental health?

Ans:

1. Maintain peace within your-self and with others
2. There should be leisure
3. Take good sleep
4. Involve in good entertaining activities like games etc.
5. Practice yoga
6. Avoid smoking, alcohol and other bad habits.

Qn-9: How will you improve good physical health?

Ans:

1. Take good nutrition
2. Maintain personal hygiene
3. Maintain acrobatic exercise daily
4. Take pure and boiled water
5. Maintain good sanitation

Qn-10: Say a proverb which is related to physical and mental health?

Ans: A sound mind resides in a sound body

OBJECTIVES QUESTIONS

Qn-1: What improves the mental health?

Ans: Peace, leisure, entertainment, yoga

Qn-2: What is mania?

Ans: An obsession over a particular object

Qn-3: What is phobia?

Ans: A fear for something

Qn-4: Name some drugs which are abused?

Ans: Morphine, Cocaine, Alcohol, Ketamine etc

Qn-5: Name some nutritional deficiency disorders?

Ans: Marasmus, Kwashiorkar, Xerophthalmia, Endemic Goitre etc

Qn-6: What cause night blindness?

Ans: Vitamin-A deficiency.

Qn-7: What are the sources of Vitamin -A?

Ans: Carrot, Fish liver oil, Green leaves etc.

Qn-8: What does the Iron deficiency cause?

Ans: Anemia

Qn-9: What are the sources of Iron?

Ans: Green leaves, Nuts, Liver, Meat, Fish

Qn-10: Say a proverb related to disease prevention and treatment?

Ans: Prevention is better than cure.

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H-5: FIRST AID IN COMMON MEDICAL EMERGENCIES

SUBJECTIVE QUESTIONS

Qn-1: What is meant by first aid and write some principle of first aid?

Ans: First-aid is the immediate help given to the injured person before the arrival of doctor

Principles

1. Do first things quickly and without fuss or panic
2. Give artificial respiration, if breathing has stopped

3. Stop any bleeding, cover the wound with clean dressing
4. Treat for shock

Qn-2: What is the first aid for fractures?

Ans:

1. Support the injured part with splint
2. Make the injured part immobile
3. Take him to the hospital as such

Qn-3: Write the first aid for burns?

Ans:

1. Pour clean water over the burnt area
2. Do not remove burnt clothing
3. Do not break blister
4. Cover the affected area with a clean cloth
5. Treat for shock
6. Shift to the hospital

Qn-4: What is the first aid for snake bite?

Ans:

1. Relax and calm the patients
2. Apply a tourniquet above the site of bite, to prevent the poison from entering the blood circulation.
3. Immobilise the bitten part.
4. Wash the site with soap and water
5. Suction may be applied to remove the venom
6. Shift to the hospital

Qn-5: What is the first aid for insect bite?

Ans:

1. Reassure the patient

2. Remove the sting
3. Wash the wound with potassium permanganate
4. Shift to the hospital

Qn-6: What is the first aid for heat stroke?

Ans:

1. Remove the causality to the coolest place
2. Sponge the face and body with cold water
3. Give him enough water to drink
4. Allow him to take rest
5. Send for a doctor

Qn-7: What is the first aid for drowning?

Ans:

1. Wet clothes should be loosened
2. Mouth, throat and nostrils should be cleaned of mucus and any foreign body.
3. Patient should be made to lie down over his belly, face down, head turned to one side, arms stretched beyond the head, tongue pulled out
4. Artificial respiration should be given till the patient starts breathing.
5. Shift to the hospital

Qn-8: What is first aid for hanging?

Ans:

1. Cut the ligator (Noose) and bring the patient safely down
2. Clear the air passage
3. Start artificial respiration
4. make the patient warm and comfortable
5. Shift to the hospital

Qn-9: What is the first aid for electric shock?

Ans:

1. Switch off or break the current
2. Give artificial respiration
3. Treat for shock and burns
4. Shift to nearest hospital

Qn-10: Define Artificial respiration?

Ans: The process of supply oxygen to the lungs of a casualty and expelling carbondioxide from it by artificial method is called artificial respiration. It should be continued until natural breathing is restored.

OBJECTIVES QUESTIONS

Qn-1: What is the motto of first aid?

Ans: Look, Think and act.

Qn-2: What is ABC?

Ans: Airway, Breathing and Circulation

Qn-3: What should be done if there is no breathing?

Ans: Artificial respiration

Qn-4: What should be done for cardiac arrest?

Ans: External cardiac massage

Qn-5: How do you manage the wound?

Ans:

1. Wounds are thoroughly cleaned and washed
2. Dead tissue removed
3. Wound sutured if required
4. Dressed with anticeptics,
5. Tenanus toxide given i.m

Qn-6: Who gives first aid at forward defended locality?

Ans: Battle field nursing assistant

Qn-7: Write some first aid materials?

Ans: First field dressing, adhesive tapes, scissors, blade, spirit

Qn-8: What is first aid?

Ans: It is the immediate help given to injured person before the arrival of doctor

Qn-9: What is a burn?

Ans: A burn is an injury caused by dry heat

Qn-10: What is hemorrhage?

Ans: Bleeding from any part of body

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H-8: YOGA INTRODUCTION AND EXERCISE

Qn-1: What is yoga?

Ans: It is a Hindu system of meditation and asceticism designed to effect reunion with the universal spirit.

Qn-2: What are the benefits of yoga?

Ans:

1. It relieves mental stress
2. It helps in curing various disease like asthma, heart disease, arthritis, etc
3. Head - to - toe blood circulation is improved
4. It gives self confidence to a person so that he/ she becomes courageous in the society
5. It brings peace both physically and mentally.

Qn-3: In what way yoga differs from physical exercises?

Ans: Physical exercises mainly improves muscle bulk whereas yoga concentrates increasing mental health and self - confidence.

Qn-4: Whether yoga has therapeutic use? Justify

Ans: Yes, Yoga has many therapeutic uses. Some of them are

1. It helps in asthma and Hypertension and some other respiratory problems.
2. It also relieves pain in joints especially in arthritis by increasing blood supply.

Qn-5: What are food conditions that we have to follow during yoga?

Ans: Preferably, vegetarian food is best during yogas than the non vegetarian food.

Qn-6: Can pregnant women do all the yogas?

Ans: Simple process with sitting / standing posture can be done, but heavy exercises should not be done.

Qn-7: Name some asanas you know?

Ans: Sirasana, Padmasana, Vajrasana, Sarnangasana, Pathahasthasava

Qn-8: How yoga improves mental health?

Ans: If a person do yoga in peaceful situation in the early morning, all the tensions and stresses are burnt out so that mentally he improves.

Qn-9: If you are doing both physical exercises and yoga, which should come first and why?

Ans: First is physical exercises in which muscles harden whereas muscles relaxes in yoga.

Qn-10: Explain Surya Namaskaram?

Ans: Circle comprised of 12 steps (right side) and 12 steps (left side) we must do 12 circles per day, considering sun as the God. It is very useful both physically and mentally.

OBJECTIVE QUESTIONS

Qn-1: Who invented Yoga?

Ans: Patanjali Munivar

Qn-2: Name any 2 asanas?

Ans: Sauasana, Makrasana, Vajrasana, Padmasana, Etc

Qn-3: What is the posture in padmasana?

Ans: Sitting with the buttocks and right leg above left thigh and vice-versa

Qn-4: What is the name of relaxation exercise?

Ans: Savasana, Makrasan

Qn-5: What are the best foods for doing yoga?

Ans: Fruits and Vegetables

Qn-6: Is it correct to take bath immediately after yoga?

Ans: No, must wait for sometime and then only go to take bath, because heat will be generated while doing yoga.

Qn-7: What is the time limit to eat food for doing yoga?

Ans: Nearly 4 hours before yoga and 15 minutes after yoga.

Qn-8: Can a hernia patient do abdominal exercises?

Ans: No, it will increase the abdominal pressure and so hernia will come easily.

Qn-9: Is yoga religious?

Ans: No, Yoga should not be related with any religion.

Qn-9: Who is yoga?

Ans: the person who practices the disciplines leading to the union with supreme spirit. Model question paper: H & H

H-9: EVACUATION OF CASUALTIES

SUBJECTIVE QUESTIONS

Qn-1: What is the aim and principle of carriage of casualties?

Ans: Aim of carriage of casualty is to evacuate the casualty from danger and to give expert first-aid to casualty as early as possible.

Principle: The following points must be kept in mind

1. A causality must be supported
2. A casualty takes his / her own comfortable position, which should not be disturbed.
3. During carriage, watch is kept on the condition of the casualty and continuous aid is given like fixing dressing, bandage positioning and monitoring pulse, blood pressure, temperature and respiration.

Qn-2: How do you evacuate cases of abdominal injuries?

Ans: Abdominal injury patients are evacuated in stretcher with back support and knee folded so that abdomen remain relaxed. Apply shell dressing to stop bleeding.

Qn-3: How do you evacuate cases of chest injuries?

Ans: Chest injury patients are evacuated in stretched in lying supine position. Bleeding around the chest should be sealed with sterile dressing. If there is breathlessness, then give oxygen inhalation.

Qn-4: What is Triage?

Ans: Triage is sorting out of casualties according to severity of injury. There are three types of priorities.

Priority-I: Those requiring immediate resuscitation and urgent surgery.

Priority-II: Those requiring early surgical attention and possible resuscitation

Priority-III: All other wounded and sick.

Qn-5: How do you load various types of casualties in Ambulance Car?

Ans:

- At a time, four stretchers can be loaded in an ambulance car while loading the stretchers in the ambulance, head of the casualty will be in front.
- On reaching the ambulance, the squad stops without any instructions.
- All stretcher bearers face inside the ambulance and lift the stretches till it is in.
- No.1 and 2 bearers fit the front runner of stretchers in stretcher frame.
- The car orderly or attendant fixes the flaps of the stretcher.
- Priority I cases to be loaded last so that they can be shifted first when they reach the hospital.

Qn-6: Describe various types of improvised stretcher?

Ans:

1. Preparing stretcher with a blanket and two bamboo poles
2. Preparing stretcher with gunnysack and bamboo poles.
3. Preparing stretcher with belt and poles
4. Preparing stretcher with two poles and ground sheet
5. Preparing stretcher with two poles and turban or long rope.

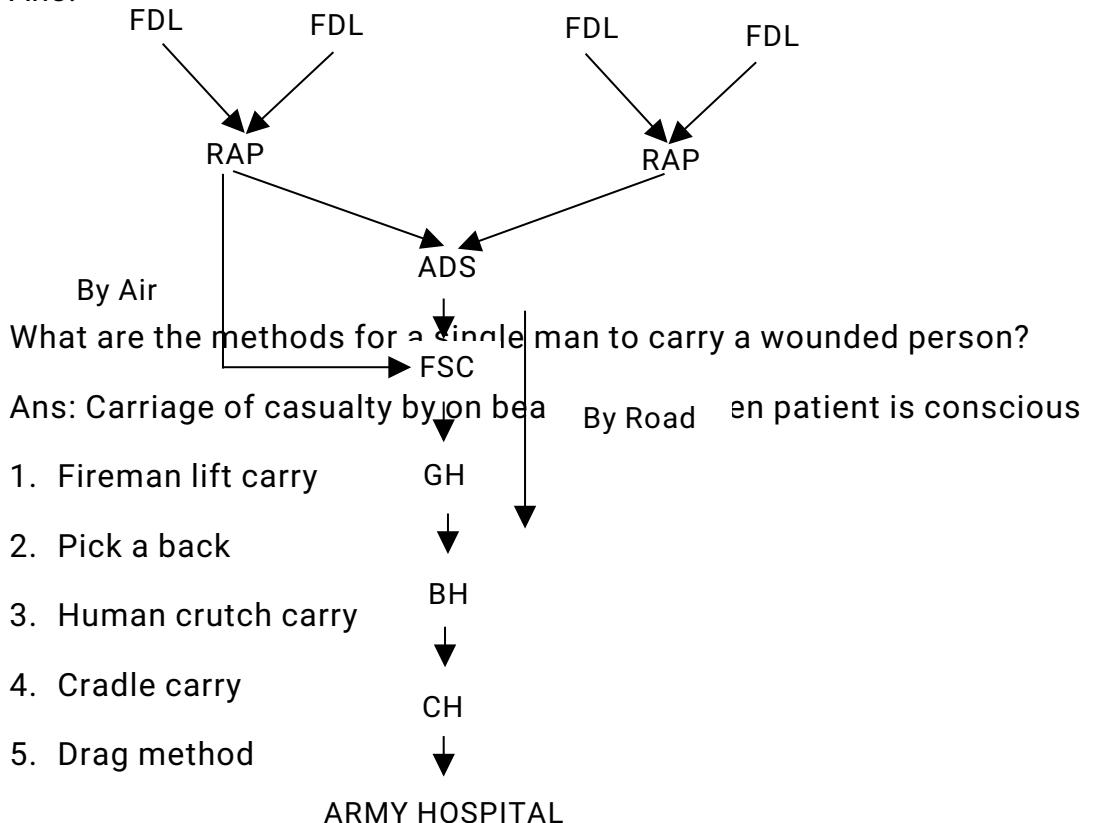
Qn-7: Describe various types of conventional stretcher?

Ans:

1. Stretcher ambulance mark - II

2. Stretcher folding Airbone
3. Orthopedic stretcher
4. Scoup stretcher
5. Para Guard stretcher
6. Qn-8: Write down the chain of evacuation?

Ans:



- Qn-10: What are the factors which influence the carriage of casualty?

Ans:

1. Nature of Injury.
2. Condition of the patient
3. Number of helpers available
4. Modes of transporation
5. Types of injury
6. Distance
7. Nature of the route to be covered - whether it is plain or Hilly area.

OBJECTIVE QUESTIONS

Qn-1: What is FDL?

Ans: Forward Defended Locality

Qn-2: What is BFNA?

Ans: Battle Field Nursing Assistant

Qn-3: What is ADS?

Ans: Advance Dressing Station

Qn-4: How many stretchers can be loaded in an Ambulance Car?

Ans: Four

Qn-5: What are the methods for two men to carry the wounded person?

Ans: Two handed, three handed, four handed seat method.

Qn-6: What is mean by carriage?

Ans: Carriage is a method by which an injured person is carried for treatment.

Qn-7: What are the methods for one man to carry the wounded person?

Ans: Cradle, Human Crutch, Fireman, Pick a back

Qn-8: What is RAP?

Ans: Regimental Aid Post.

Qn-9: What is FSC?

Ans: Forward Surgical Centre.

Qn-10: Where is the Army hospital (R&R) located?

Ans: Delhi Cantt.

Model Question paper: H & H

H-6: FRACTURES, TYPES AND TREATMENT

SUBJECTIVE QUESTIONS

Qn-1: What is fracture and its types?

Ans: Fracture is break in the continuity of bones

Types: Simple and Compound

Qn-2: How will you identify simple fracture?

Ans:

1. Severe pain in the part
2. Swelling of the part
3. Deformity at the site of fracture with intact skin.

Qn-3: How will you identify compound fracture?

Ans: Compound Fracture is a opened wound fracture

Sign and Symptoms:

1. Pain
2. Swelling
3. Loss of power to move the part
4. Bleeding at the fracture area
5. Deformity at the site of fracture with breached skin

Qn-4 What are the complications of fracture?

Ans:

1. Bleeding
2. Shock
3. Infection
4. Malunion
5. Non Union

Qn-5 What are first aid for fracture?

Ans:

1. Support the injured part with splint
2. Make the injured part immobile
3. Take him to the hospital.

4. Relief of pain by giving analgesics.

Qn-6: What are causes of Fracture?

Ans:

1. Both direct and indirect force can cause bone to fracture.
2. A bone may break at the point where the heavy blow is received.

Qn-7: What are Traction?

Ans: If a fracture limb is bent or angled so it cannot be immobilized, apply gentle traction to pull it straight. This overcomes the muscle pull and reduces pain and bleeding at the fracture site.

Qn-8: What is splint and its types?

Ans: Any device used to immobilize fracture or dislocation is called a splint. It can be made by using

1. Improvised splint, use pillow, folded newspaper
2. Victims body
3. Commercial splints.
4. Crammer wire.

Qn-9: What is open fracture?

Ans: In open fracture overlying skin is broken, the bone is therefore exposed enough the tissues to contamination by bacteria from the skin surface.

Qn-10: What is closed fracture?

Ans: When the skin around the broken bone is intact in the injury, it is known as closed fracture. There will be bruising and swelling around the fracture site.

OBJECTIVE QUESTIONS

Qn-1: What is fracture?

Ans: Break in the continuity of bone

Qn-2: What is the other name for simple fracture?

Ans: Closed fracture

Qn-3: What is the other name for compound fracture?

Ans: Open fracture

Qn-4: In which type bleeding will not occur?

Ans: Simple fracture

Qn-5: What is the fatal complication of major fracture?

Ans: Massive blood loss & Hypovolemic shock.

Qn-6: What is used to immobilize the fracture?

Ans: Splint

Qn-7: What is the ideal splint for lower limb?

Ans: Thomas splint

Qn-8: How physiotherapy used in the treatment of fracture?

Ans: To retain the normal function of the bone

Qn-9: Give example for the direct violence?

Ans: Man falling from a building, balancing the hand on ground sustains fracture on hand.

Qn-10: Give an example for the indirect violence?

Ans: Man falling from building balancing with feet on the ground sustains fracture in the spine.

