

Question paper for the Core Course will be set from its curriculum. However, following questions are for the guidance of students appearing in examination.

Model Questions for Core Course

Part I (Organization & Functioning of Health System) – 5%

1. What do you understand by the term 'Allied Health science'? What roles the Allied Health Professionals play in the provision of health services?
2. What is the health structure Pakistan? What hospitals are available at different tiers of health system?
3. What facilities are available at the first (Primary) level?
4. Classify hospitals. What are the main functions of a hospital?
5. Describe functions of Tehsil Headquarter (THQ) Hospital.
6. Describe functions of District Headquarter (DHQ) Hospital.
7. Describe functions of Rural Health Center (RHC).
8. Describe functions of Basic Health Unit (BHU).
9. Name the main International Health Agencies involved in Health Sector.
10. Describe roles and functions of World Health Organization (WHO) and Unicef.
11. What is significance of District Health Information System (DHIS)? Name five tools / registers used in this system.
12. Short Note: Interdisciplinary Health Care Team

Part II (Primary Health Care) – 15%

General:

1. Define 'Health' as per World Health Organization (WHO) specifications.
2. Short Notes: Disease, Infirmary
3. Name the components of Primary Health Care (PHC)?

Immunization:

1. Define immunity. What are its types? How it works against different diseases?
2. What do you know about Expanded Program on Immunization (EPI)? Give schedule of vaccination for children in tabulated form.
3. Name the diseases included in Expanded Program on Immunization (EPI).
4. Short Notes: Antigen; Antibody; National Immunization days (NIDs); Viral diseases included in EPI; Bacterial diseases included in EPI; vaccination schedule for pregnant women

Mother & Child Health:

1. Enlist the components of Maternal & Child Health Services.
2. What do you know about childhood diseases? What is the strategy for management of childhood diseases?
3. What are the objectives of Family Planning? Describe various methods for Family Planning.
4. What are the signs of dehydration? Write the method of preparation of ORS (NIMKOL) at home.
5. Short Notes: Antenatal Care; Danger signs during labour; Oral Rehydration Salt (ORS)

Nutrition:

1. What are main nutrients in human diet? Describe function of each in detail.
2. Define balanced diet and describe its components.
3. What are the common minerals required in our food? What are the sources & functions of Calcium in our body?
4. Enlist the functions of proteins in body. Write down the effects of protein deficiency in the human body.
5. Describe the benefits of Breast Feeding.
6. What are the common nutritional deficiencies in Pakistan?
7. What are functions, sources of Iron and what are the effects of its deficiency?
8. Define Anemia and describe its causes.
9. What are vitamins? Classify different vitamins.
10. Name different fat-soluble vitamins and give the sources of vitamin A.
11. What is the effect of vitamin A deficiency on the human body?
12. What are different manifestations of vitamins D deficiency? How will you prevent it?
13. Enlist fat soluble vitamins. Give functions and sources of vitamin D.
14. Describe the sources and functions of vitamin B complex?
15. Describe the sources and functions of vitamin C?
16. Short Notes: Beri Beri; Iodine deficiency effects; importance of fibrous food.

Common Diseases:

1. Describe different levels of prevention of disease.
2. Write down the classification of common diseases.
3. What factors are involved in the transmission of communicable diseases? Describe the control measures for communicable diseases.
4. Classify diseases. Name most prevalent Non-communicable Diseases.
5. What are the modes of transmission of Infectious Diseases?
6. Describe the roles of Bacteria, Virus, Fungus and Parasites in disease production.
7. Write are the precautionary measures for prevention of Hepatitis B and C.
8. Discuss symptoms and management of Dengue Fever. Describe mosquito control during an epidemic of Dengue Fever/ Malaria.

SAMPLE

9. What are Sexually Transmitted Diseases (STDs)? What are the preventive measures for these diseases?
10. Describe Risk Factors and complications of Hypertension.
11. Describe Risk Factors of coronary heart diseases and its prevention.
12. What is scabies, how it is transmitted? What is its treatment & prevention?
13. Short note: Risk factors for non communicable diseases

Environment:

1. Define environmental health and discuss important concerns about environmental health.
2. Write the significance of adequate drinking water and basic sanitations.
3. Briefly discuss the effect of air pollution on human health.
4. Briefly discuss the effect of water pollution on human health. Write down the name of water borne disease and their control.

Medical Terminologies / Definitions:

- a. Different Body Positions and Planes *e.g.*: lateral, medial, ventrall *etc*
- b. Common Terms *e.g.*: Acute Disease, Chronic Disease, Angina, Anemia, Allergy, Coma, CVA, Hemetemeses, Hemoptysis, AIDS, Infarct, Ischmeia, Insomnia, Morbidity, Mortality, Neonate, Infant, Edema, Parasites, Prognosis, Resuscitation, Sepsis, Sign, Symptom, Syndrome, Ulcer *etc*

Part III (Human Body) – 40%

1. Write is normal body temperature. How you can record temperature from different sites of the body. Is there any difference in such recordings?
2. What is normal Blood pressure? How is it taken? What is the normal blood pressure of an adult? How it is recorded? Mention precautions you will take when taking blood pressure.
3. How pulse is taken from different parts of the body? Name each pulse.
4. What is respiratory rate? How it is measured?

Digestive System:

1. Draw and label the diagram of the digestive system.
2. Write down names of different parts of Gastro intestinal Tract (GIT). Write down role of each part in the process of digestion.
3. What do you know about digestion? Discuss stages of digestion. Discuss digestion in different parts of the gastrointestinal tract.
4. Name the juices which are added to food in the stomach for digestion.
5. Discuss the process of digestion and absorption in small intestine.
6. Short Notes:
 - Gall bladder
 - Vermiform appendix
 - Rectum
 - Large Intestine

Circulatory System:

1. Describe the circulatory (cardiovascular system) system and its functions.
2. Briefly describe anatomy and function of the heart. What do you know about the circulation of the blood through the heart?
3. Name the major vessels and chambers of human heart. Draw and label diagram with major vessels going in and coming out of heart (Cardiac Circulation).
4. Write down types of blood vessels and their functions.
5. Write down composition of blood and functions of its different constituents.
6. Name different Blood Groups of Human body and explain Rh. Factor
7. Write notes on
 - Platelets
 - White Blood Cells
 - Plasma
 - Red blood Cells

Excretory System:

1. Name different parts of excretory (urinary) system. Draw diagram and label the urinary tract.
2. What are the functions of the kidney? Draw and label the diagram of different parts of Nephron.
3. Short Notes: Urethra, Urinary Bladder

Respiratory System:

1. What are the different parts of the human respiratory system? Draw a labeled diagram.
2. Write down functions of each part of respiratory system.
3. Short Notes: Larynx, Trachea, Bronchi, Bronchioles, Inspiration, Expiration

Musculo-skeletal System:

1. Name the regions of the vertebral column and number of vertebrae in each region.
2. Describe the function of vertebral column.
3. Name long bones of upper & lower limbs.
4. What are the different types of Joints? Also name hinge joints of upper & lower limbs.
5. What are functions of skin?

Nervous System:

1. Name different parts of Nervous System.
2. Write names of twelve cranial nerves and their functions.
3. Write down different parts and functions of autonomic nervous system.
4. What are functions of spinal cord?
5. Short Notes: Medulla, Cerebellum, Meninges

Reproductive System:

Short Notes: Prostate, Ovaries, Testes

Glands:

1. Name different exocrine glands with their functions.
2. Name different endocrine gland and write down their function.
3. Describe structure & function of liver. Draw & label the diagram of liver.
4. Short Notes:
 - Thyroid gland
 - Pituitary gland and its functions
 - Adrenal glands and their functions
 - Pancreas
 - Growth hormone

Part IV (Quality/ Ethics) – 5%

1. What are the principles of ethics applicable on a care provider?
2. What do you understand by the term 'Patient Safety'? How can we minimize errors and ensure quality of care? How can avoidance of patients neglect be ensured?
3. What are the salient features of a hospital waste management system?
4. What are the patient's rights?
5. What are the different hazards while working in a hospital & how to protect one against these?

Part V (Sterilization) – 15%

1. What are the common modes of infection?
2. How infection is spread in hospitals what measures are taken to prevent this spread?
3. What do you understand by the terms *sterilization* and *disinfection*? Names different methods of sterilization.
4. Define the terms antiseptics and disinfection. Give five examples of disinfectants along with their uses.
5. Describe different methods of sterilization by Moist Heat.
6. What is the mechanism of sterilization in autoclave? What are its advantages and disadvantages? What precautions should be taken for its proper use?
7. Enumerate different sharp instruments used in hospital. Describe different methods of safe disposal of sharp instruments used in a hospital.
8. Short Notes:
 - Sterilization by heat
 - Bacteria
 - Virus
 - Fungus

Part VI (Communication Skills) – 15%

Health Education:

1. What do you understand by health education? Enlist the aims and objectives of health education.
2. Describe the principles of health education.

Communication:

1. What is communication? Describe basic communication skills.
2. What are the basic principles of communication?
3. Enumerate various barriers of communication. How to overcome these barriers?
4. Identify the factors influencing the communication process. What are the basic elements of effective communication?
5. Describe various ways to improve communication.
6. Describe characteristics of a good communicator.
7. Write down the elements of verbal communication.
8. Explain non verbal communication.
9. What do you know about interpersonal communication skill?
10. Write a short note on patient counseling?

Part VII (First Aid) – 15%

General:

1. What precautions are to be taken during transportation of an injured person?
2. What are vital signs? Draw a sample of vital sign chart.
3. Write down the situations in which blood pressure is decreased.

Wounds, Injuries and Fractures:

1. Describe different types of wounds. What is the management of wounds?
2. What are the different types of fractures? What signs will you find in a case of fracture?
3. Describe the general rules for the management of fracture?
4. Give signs & symptoms of long bone fracture in lower limb.
5. What is the first aid management of fracture at the site of accident?
6. What are different *types* of burns? How will you manage a case of acid burn?
7. What are different *degrees* of burn? How will you manage different degrees of burn?
8. Write down signs & symptoms of head/spinal injury. How you will provide first aid to such patient?
9. What is first aid of Fracture of Skull?
10. What do you know about dressing/bandage? Enumerate different types of dressing. Write down rules for using bandages. What is the importance of checking the circulation after bandage?

Shock and Resuscitation:

1. Define shock. What are different types of shock? What is the management / First Aid of a patient with Shock?
2. Define hemorrhage. What are its different types?
3. What are the signs and symptoms in a case of hemorrhage? What is the management of hemorrhage?
4. Discuss internal and external hemorrhage. Describe the steps taken for management of shock due to excessive bleeding.
5. What are the steps taken for management of person injured in a roadside accident?
6. Write down signs & symptoms of heat stroke.
7. What do you mean by CPR? Write in detail its three steps. What is the difference in CPR process when performing on a Adult, Child and Neonate.
8. Describe the First Aid treatment of a) snake bite; b) dog bite
9. Short Notes: Anaphylactic Shock, Cardiac Arrest