



Certificate in Home Based Health Care (CHBHC)

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**ASSIGNMENT
2026**



School of Health Sciences
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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 under Nodal Regional Centre who will conduct Theory contact sessions through online mode.

**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/October 30, 2026**

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) Explain in your own words about importance for patient to prevent him from catching infection from others
 - b) Discuss common methods of spread of infection and list general signs and symptoms due to infection
 - c) Highlight the meaning of the following terms: -
a) Sepsis b) Cross Infection c) Disinfection
 - d) Discuss your role as a home care giver to prevent and control spread of infection while taking care of patient at home /Community. Support your answers with suitable examples. **(2+4+3+6=15)**

- 2)
 - a) Explain the Structure and Functions of Cardio-vascular system Draw diagram and label it.
 - b) While taking care of a patient with heart problems .List the conditions /problems observed by you. Compare the signs and symptoms given the block.
 - c) Discuss care of the patient with heart problems. **(5+5+5=15)**

- 3)
 - a) Explain in your own words about well-balanced diet including nutrients with their sources and functions.
 - b) Identify the deficiency diseases present in your patients and compare with that of given in your block.
 - c) Discuss your role in educating the general population about steps of healthy living. **(5+4+6=15)**

- 4)
 - a) Explain the meaning of Rehabilitation Care.
 - b) Discuss various types of Rehabilitation and with the help of examples in different situations dealt by you as part of health team member. List the Rehabilitation facilities available in your area.
 - c) Explain your role in Rehabilitation for patient and their family members. **(2+8+5=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+1+3+4=10)
- 6) a) Discuss the care of back and pressure points in details. Support your answers with suitable examples while care to your patients in need of back care. Draw the diagram wherever required. (10)
- 7) a) Explain the meaning of Palliative Care.
b) Explain signs of approaching death which you would observe in your patient.
c) State the rights of dying person.
d) Discuss the needs of dying person and how would you meet these needs, Support your answer with the help of examples. (1+3+2+4=10)

Part C

- 8) **Place a (P) 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 are 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:-**
i) Prevent person from rubbing his/her eyes.
ii) Ask the person to see upward if object is in upper eye lid .
iii) Ask the person to see down wards if object is in upper eye lid .
iv) Make the person 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:** ($\frac{1}{2} \times 5 = 2\frac{1}{2}$)

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:**($\frac{1}{2} \times 5 = 2\frac{1}{2}$)**

- Introducing oneself is the most important part of initiating
- An illness that develops suddenly over a very short period of time refers toillness.
- Bringing back the persons to his/her normal health or to the best possible outcome in health refers to
- Care provided to relieve pain and anxiety in terminally ill is known as
- A life threatening conditions that develops when the body's blood pressure drops down is known as

11) Place a (P) mark against 'T' if you consider the statement as true and 'F' if you consider the statement as false**($\frac{1}{2} \times 5 = 2\frac{1}{2}$)**

- Immediate care given to the victim of an accident / illness before arrival of doctor is known as First aid **(T/F)**
- Lack of sleep for short period during night time is known as insommia. **(T/F)**
- Thalaseemia is an inherited blood disorder **(T/F)**
- Extreme pain in joints is main features of osteoporosis **(T/F)**
- Hoarseness of voice is the common sign of cancer of larynx **(T/F)**