

**CERTIFICATE IN HOME HEALTH  
ASSISTANCE (CHHA)**

**Term-End Examination**

**June, 2026**

**BHT-016 : BASIC HOME HEALTH ASSISTANCE**

*Time : 3 Hours*

*Maximum Marks : 70*

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**Note :** *Attempt questions as per the instructions  
given in each Part. Follow word limits as  
given : 10 mark within **1000** words,  
6 marks within **600** words.*

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**Part—A**

1. Explain the skills for Home Health Assistance : 2×5=10
  - (a) Creating a safe and effective environment.
  - (b) Health promotion and maintenance.

- (c) Training.
- (d) Verbal communication, listening.
- (e) Medical Teamwork.

*Or*

- 2. (a) Explain the meaning of Balanced Diet.
- (b) Discuss steps of Healthy Eating/Living.
- (c) Draw the food pyramid with description. 2+4+4

### **Part—B**

Note : Attempt any *ten* questions from the following (in **600** words each) : 6 each

- 3. General rules of Bandaging.
- 4. Causes of home hazards.
- 5. Routes in the administration of medications.
- 6. First aid in choking of an adult victim responsive.
- 7. Myths related to diet in diabetes and solutions to myths with examples.

**[ 3 ]**

8. Steps of chest compression during CPR.
9. General care of a Bed-Ridden client.
10. Do's and Don'ts during earthquake.
11. Advantages of Bio Medical Waste (BMW) Management.
12. Factor influencing ageing.
13. General signs and symptoms of Infections.
14. Challenges in communicating with elderly.

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