

CERTIFICATE IN COMMUNITY HEALTH
(Maternal And Child Health Care)
(450)

Time : 3 Hours]

[Maximum Marks : 70

Note : All questions are compulsory and carry marks as indicated against each question.

1. Choose the correct answer and write it in your answer-book : 1×5=5

- (a) Physiological changes during adolescence in girls are
- (i) changes in breast size and shape
 - (ii) first menstrual period
 - (iii) growth of pubic and axillary hair
 - (iv) All of the above
- (b) Uterus fundus during pregnancy at 24th week is
- (i) at the level of umbilicus
 - (ii) 4 cm below umbilicus
 - (iii) 2.5 cm above
 - (iv) None of the above
- (c) A woman who is pregnant is at higher health risk, when
- (i) she is under 15 years of age
 - (ii) multigravida
 - (iii) anaemia (Hb below 9 gm)
 - (iv) All of the above
- (d) National Leprosy Eradication Programme was launched in
- (i) 1975
 - (ii) 1983
 - (iii) 1953
 - (iv) 1995

- (e) Poliovirus is transmitted through
- (i) faeco-oral route
 - (ii) blood transmission
 - (iii) bite of mosquito
 - (iv) None of the above

2. Match the following. Write the correct answer in your answer-book : 1×5=5

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| (a) Syphilis | (i) Lactoferrin |
| (b) Treatment of malaria | (ii) Blindness |
| (c) Prevents growth of harmful bacteria in breast milk | (iii) Sexually transmitted disease |
| (d) Cervix full dilatation to delivery of baby | (iv) Chloroquin |
| (e) Vitamin A deficiency | (v) Second stage of labour |

3. Fill in the blanks. Write the suitable answer in the answer-book : 1×5=5

- (a) Mother with Rh -ve blood group should be — to hospital for —.
- (b) First dose of DPT vaccine should be given at — weeks.
- (c) Kangaroo care means skin to — contact of mother and baby.
- (d) MTP Act came into force from —.
- (e) Tubectomy is a — method of family planning.

4. Indicate in your answer-book whether the following statements are True (T) or False (F) : 1×5=5

- (a) Basal body temperature is higher in post-ovulatory period.
- (b) Abdominal palpation is done to assess foetal condition.
- (c) Third stage of labour is around 15 to 20 minutes.
- (d) Breast-feeding cannot be continued when mother is having malaria or tuberculosis.
- (e) Iodine deficiency in endemic areas can cause goitre.

5. Answer the following questions in minimum 50 words each : 3×10=30

- (a) Explain how frequently antenatal visits should be done for regular checkup.
- (b) Explain the difference between true and false labour pain.
- (c) Describe immediate care of newborn after birth.
- (d) Describe advantage of breast-feeding.
- (e) Explain the activities of Revised National Tuberculosis Control Programme.
- (f) Describe importance of Family Welfare Programme.
- (g) Explain the role of health-worker in counselling eligible couples.
- (h) Describe components of RCH programme in relation to reproductive health.
- (i) Describe criteria for trained health worker.
- (j) Explain the duties of health worker before starting her/his work in the community.

6. Answer the following questions in minimum 150 words each : 5×4=20

- (a) Describe the advices you will give to women during pregnancy.
- (b) Explain how you will prepare a woman for delivery.
- (c) Describe the importance of colostrum and important points to remember while guiding mother breast-feeding.
- (d) Explain preventive and curative duties of health worker.

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