HealthSciences

Grade 12

Revision

Term 2, 2021/2022

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Unit 5

If something is non-modifiable, then _____.	
(A)	you can change it
(B)	you have no control over it
(C)	it can increase the risk of disease
(D)	it can prevent illness or disease

What is immunisation?	
(A)	A tool used to test for a disease or illness
(B)	A way to keep track of physical and mental health
(C)	An injection that increases people's resistance to a disease
(D)	An examination to test if people are resistant to a disease

Noor received a positive result after a screening test for cervical cancer. What does this mean?	
(A)	Noor has been diagnosed with cervical cancer
(B)	Noor is at a low risk of developing cervical cancer
C	Noor may have cervical cancer and should do more tests to confirm
(D)	Noor is immune or resistant to cervical cancer

A patient has an infectious disease that is highly contagious. Which of the following is most effective in preventing the infection from spreading to more people?

(A)	Quarantining the patient until they are fully recovered
(B)	Make the patient wear gloves when walking around the hospital
(C)	Screen the patient for any other diseases or illnesses
(D)	Increase the number of nutrients and healthy fats consumed

A pap smear test is used to screen for _____.	
(A)	prostate cancer
(B)	bowel cancer
(C)	breast cancer
(D)	cervical cancer

Which test is used to screen for breast cancer?	
(A)	Pap smear teat
(B)	Blood test
C	Mammogram
(D)	Lipid test

Describe one difference between a screening test and a diagnostic test.

Screening tests	Diagnostic tests
To check for early signs of a disease	To confirm the presence (or absence) of a disease
For large numbers of people	For one person who has signs or symptoms of a disease, or has had a positive screening result
One simple test, such as a blood test	More in-depth testing which may include lots of different tests
Low cost, to be able to afford testing for large numbers of people	Higher costs, because of the need for more accurate testing

What is antibiotic resistance?	
(A)	When a patient refuses to take prescribed antibiotics
B	When the overuse of antibiotics reduces their effectiveness
(C)	When germs are transmitted to a person
(D)	When antibiotics are effective in killing bacteria

Which of the following is a modifiable risk factor of disease?	
(A)	Gender
(B)	Ethnicity
(C)	Age
(D)	Smoking

Which of the following is a non-modifiable risk factor of disease?	
(A)	Being overweight
(B)	A sedentary lifestyle
C	Family history
(D)	Hypertension

What is screening?	
(A)	Where germs are found, such as home surfaces
(B)	A way to check for diseases before any symptoms appear
(C)	When people are made resistant to diseases using vaccines
(D)	A type of healthcare infection that can be prevented

A lipid test is used to screen for _____.	
(A)	high cholesterol
(B)	bowel cancer
(C)	high blood pressure
(D)	obesity

Describe one way to prevent hospital infections.

Infection control program

This means having a plan in place in every healthcare setting that explains how to identify and prevent infections.

Screening

Patients should have screening checks for infections when they enter hospitals.

Hand washing

Remember you learned about the importance of hand washing in grade 11. It is extremely important in a healthcare setting.

Having good hygiene and regular cleaning of facilities

All staff and patients should practise good hygiene. Hands should be washed frequently. All areas of the healthcare facility and medical equipment should be cleaned properly.

Quarantine

It may be necessary to quarantine the person who has the infection and in some cases anyone who has come into contact with this person. This is to reduce the chance of the infection spreading to more people

Procedures for the decontamination of people and the environment

A specialised cleaning plan is needed for areas where a contaminated patient has been, precautions are also required for the healthcare professionals who come into contact with this patient.

Personal protective equipment (PPE)

Personal protective equipment (PPE) can help protect the healthcare professional from catching an infection from the patient.

PPE for a healthcare setting can include:

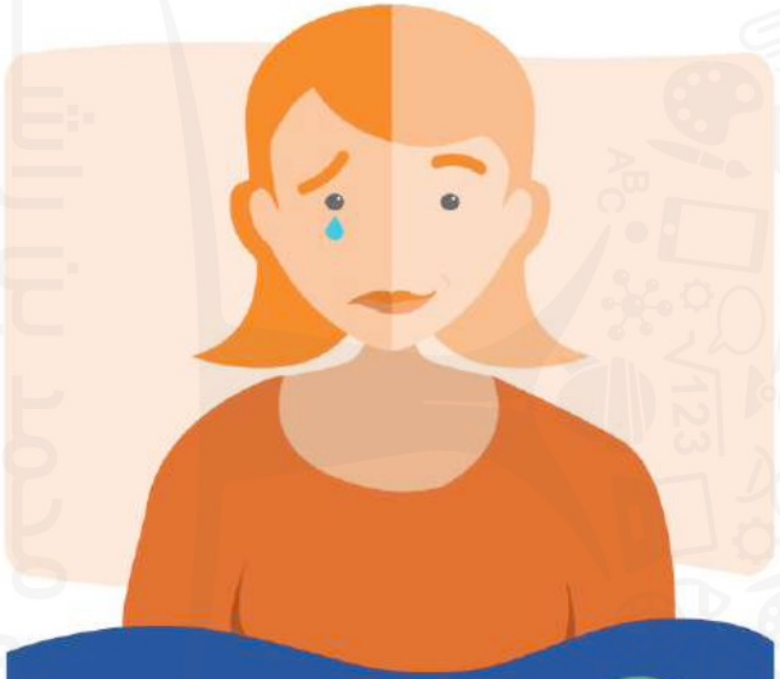
~ gloves
~ masks
~ gowns
~ overalls
~ eye protection

PREVENT INFECTIONS SAVE LIVES IN HEALTH CARE

HANDLE ANTIBIOTICS WITH CARE

WHAT'S THE PROBLEM?

- **1 IN 10 PATIENTS** get an infection while receiving care
- **UP TO 32% OF SURGICAL PATIENTS** get a post-op infection, up to 51% antibiotic resistant
- **UP TO 90% OF HEALTH CARE WORKERS** do not clean their hands in some facilities
- **INFECTIONS CAUSE UP TO 56% OF DEATHS** among hospital-born babies
- **UP TO 20% OF AFRICAN WOMEN** get a wound infection after a caesarean section
- **50-70% OF INJECTIONS** given in some developing countries are unsafe
- **INFECTIONS** can lead to disability, **ANTIBIOTIC RESISTANCE**, increased hospital time and death



HEALTH CARE WITHOUT AVOIDABLE INFECTIONS

INFECTION PREVENTION AND CONTROL CONTRIBUTES TO ACHIEVING SUSTAINABLE DEVELOPMENT GOALS and could save millions of lives

3 GOOD HEALTH AND WELL-BEING

6 CLEAN WATER AND SANITATION

World Health Organization

WHAT'S THE SOLUTION?

- **HAVE ACTIVE INFECTION PREVENTION AND CONTROL PROGRAMMES** and target antibiotic resistance
- **USE CLEAN PRACTICES** and asepsis for interventions
- **PRACTICE HAND HYGIENE** to prevent infections and reduce the spread of antibiotic resistance
- **HAVE ENOUGH STAFF,** a clean and hygienic environment and don't overcrowd health care facilities
- **MONITOR INFECTIONS** and make action plans to reduce their frequency
- **NEVER RE-USE** needles and syringes
- Only dispense antibiotics when **TRULY NEEDED** to **REDUCE THE RISK OF RESISTANCE**

Name two behaviours that are good for your physical health.
•• Having a healthy diet •• Drinking enough water •• Getting enough sleep •• Having good personal hygiene •• Being physically active •• Getting regular medical check-ups

_____is the study of the way that physical features and characteristics are passed from one generation to the next, for example, from parents to a child

A) Biology
B) Chemistry
C) Physics
D) Genetics

Unit 6

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Which of the following is an anthropometric method of assessing nutritional status?	
(A)	Testing blood or urine samples
(B)	Recording a three-day food diary
C	Measuring waist circumference
(D)	Recording the food eaten in different cultures

What information is needed to calculate a person's BMI?	
(A)	Weight and age
(B)	Gender and height
(C)	Height and body fat percentage
(D)	Weight and height

Which of the following is a dietary method of assessing nutritional status?	
(A)	Measuring body fat
(B)	Testing blood samples
(C)	Recording height
(D)	Recording food intake

Sultan weighs 67kg and has 15kg of body fat. Using the following formula, calculate Sultan's body fat percentage. body fat ÷ total body weight x 100
22%

What is bioelectrical impedance analysis used for?	
(A)	To measure a person's height
(B)	To measure a person's weight
C	To measure a person's body fat
(D)	To measure a person's waist circumference

Match the methods of assessing nutritional status to the correct category.

1. Anthropometric methods	Measuring height
2. Biochemical methods	Urine test
3. Dietary assessment	Food frequency questionnaire

a. Urine test
b. Food frequency questionnaire
c. Measuring height

Name two physical clues that suggest a person may have a nutrient deficiency.
•• Bleeding gums •• Hair falling out •• Thin or indented nails •• Rickets

What is an advantage of using food frequency questionnaires to assess nutritional status?	
(A)	It relies on honest responses from the individual
(B)	Eating patterns of food are not always consistent
C	The information is quick and easy to collect
(D)	It gives an overview of eating patterns for one day

Using the formula below, calculate the BMI of a Sara, who is 150cm tall and weighs 59kg.

$$\text{BMI} = \text{weight (kg)} \div \text{height}^2 \text{ (m}^2\text{)}$$

26.22

What does E stand for in the 'ABCDE' methods of assessing nutritional status?	
(A)	Energy intake
(B)	Education factors
(C)	Early development
(D)	Environmental factors

Name one anthropometric method to assess nutritional status.
•• Waist circumference •• Height •• Weight •• BMI •• Body fat percentage

The height for 15-year-old males on the 50th percentile is 168cm. What does this mean?	
(A)	3% of males are 168cm or taller
(B)	All males aged 15-years-old are shorter than 168cm
(C)	The average height for 15-year-old males is 168cm
(D)	3% of males are 168cm or shorter

Which of the following BMI readings fall into the overweight category?	
(A)	17.5
(B)	21.5
(C)	26.5
D	31.5

Calculate the body fat percentage of a boy who has 20kg of fat and has a total body weight of 75kg.
27%

In terms of undernutrition, what is the meaning of stunting?	
(A)	When someone is a low weight for their height
(B)	When someone is a low height for their age
(C)	When someone is a low weight for their age
(D)	When someone is a low height for their weight

How can socioeconomic status impact a person's nutritional status?
If someone has limited income, they may not be able to afford healthier foods.

Which of the following is a clinical method of assessing nutritional status?	
(A)	Taking blood or urine samples
(B)	Checking the physical appearance of nails
(C)	Recording a three-day food diary
(D)	Calculating body fat percentage

Describe one advantage and one disadvantage of using a food frequency questionnaire to assess a person's nutritional status.

Advantage:

- It can be used on large groups of people
- It is quick and easy to complete

Disadvantage:

- Specific foods are listed, therefore some foods may be missing
- Eating patterns of food may not be consistent
- It requires a good level of memory, especially for longer time frames

Unit 7

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What is the first bowel movement of a foetus called?	
(A)	Colostrum
(B)	Meconium
(C)	Gestational
(D)	Amniotic fluid

What supplement may be recommended to women who have developed anaemia during pregnancy?	
(A)	Folic acid
(B)	Calcium
C	Iron
(D)	Magnesium

When should a pregnant woman get immediate medical attention?	
(A)	If she can feel the feotus moving
(B)	If she has swelling in her legs
(C)	If she has lost a lot of fluid
(D)	If she has fatigue

Describe two physical changes for a foetus within the second trimester of pregnancy.
•• The foetus begins to make urine •• They develop meconium/ first bowel movement •• The gender becomes apparent •• The musculoskeletal system is developing •• The skin is translucent/ almost see through •• They can suck their thumb •• They begin to gain body fat

What is the purpose of taking folic acid supplements during pregnancy?	
(A)	To help carry oxygen around the body
(B)	To help prevent healthy bone development
(C)	To help prevent the foetus developing neural tube defects
(D)	To help with healthy weight gain during pregnancy

Describe the benefit of physical exercise during pregnancy. Give two examples.
•• Improved self-esteem and mood •• Helps a woman to gain only a healthy amount of weight during •pregnancy •• Help to improve energy levels •• Helps to reduce anxiety and stress •• Helps to maintain cardiovascular and muscular fitness

Match the changes that occur for a foetus to the correct trimester.

1. Trimester 1	C
2. Trimester 2	A
3. Trimester 3	B

a. The foetus begins to make urine
b. The foetus begins to put pressure on the mother's organs
c. The foetus is connected to the placenta by the umbilical cord

Which of the following exercises are recommended during pregnancy?	
(A)	Horse-riding
(B)	Swimming
(C)	Kickboxing
(D)	All of the above

How many weeks does pregnancy usually last?	
(A)	10-12 weeks
(B)	20-22 weeks
(C)	30-32 weeks
D	40-42 weeks

Which of the following changes happen during the first trimester of pregnancy?	
(A)	The foetus can make urine
(B)	The umbilical cord forms
(C)	The gender is apparent
(D)	The bones are fully formed

How do women's calorie needs change during their second trimester of pregnancy?	
(A)	Calorie needs should stay the same as before pregnancy
(B)	Calorie intake should increase by around 360 calories
(C)	Calories should come mainly from fish high in mercury
(D)	Calorie intake should decrease by around 360 calories

Name two foods that should be avoided during pregnancy.
•• Caffeine •• Fish high in mercury •• High fat, salt and sugary foods •• Saturated and trans fats •• Processed meats •• Undercooked meats

Why are ultrasound scans used during pregnancy?	
(A)	To check the foetus is growing at a healthy rate
(B)	To monitor the mother's blood pressure
(C)	To check for gestational diabetes or low iron levels
(D)	To reduce swelling in the legs

All the best.