

Grade 12 Advanced Health Sciences 2023-2024

Term 3 End of Term Exam Practice Questions

	Question																		
1	Answer the following questions regarding pharmacy. 1. What is pharmacy? 2. What was pharmacy part of in the past? 3. What are herbs? Explain what they were used for in the past? 4. How did the separation of pharmacy happen in the past? 																		
2	Pharmacy is the clinical science that combines which three sciences?																		
3	<table border="1"> <thead> <tr> <th>Statements</th> <th>True</th> <th>False</th> </tr> </thead> <tbody> <tr> <td>Pharmacy is the science of collecting, preparing and dispensing drugs.</td> <td></td> <td></td> </tr> <tr> <td>Pharmacy is a very modern and new science. It didn't exist since a very long time ago.</td> <td></td> <td></td> </tr> <tr> <td>Ancient (old) Greeks were the first ones to treat a person using a drug.</td> <td></td> <td></td> </tr> <tr> <td>During the Islamic Golden Age, the separation between pharmacy and medicine happened.</td> <td></td> <td></td> </tr> <tr> <td>Pharmacists are healthcare professionals specialised in preparing, using, storing and providing medicines.</td> <td></td> <td></td> </tr> </tbody> </table>	Statements	True	False	Pharmacy is the science of collecting, preparing and dispensing drugs.			Pharmacy is a very modern and new science. It didn't exist since a very long time ago.			Ancient (old) Greeks were the first ones to treat a person using a drug.			During the Islamic Golden Age, the separation between pharmacy and medicine happened.			Pharmacists are healthcare professionals specialised in preparing, using, storing and providing medicines.		
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Pharmacists are healthcare professionals specialised in preparing, using, storing and providing medicines.																			
4	What are the four types of pharmacy you have studied in this unit?																		

5	Read the following descriptions of types of pharmacy and decide which type of pharmacy it describes. <table border="1"> <tr> <td data-bbox="289 283 992 373">These pharmacists develop new drugs.</td> <td data-bbox="992 283 1203 373"></td> </tr> <tr> <td data-bbox="289 373 992 464">These pharmacists work in a pharmacy where you would go to buy medicines.</td> <td data-bbox="992 373 1203 464"></td> </tr> <tr> <td data-bbox="289 464 992 554">These pharmacists work in hospitals with doctors and nurses.</td> <td data-bbox="992 464 1203 554"></td> </tr> <tr> <td data-bbox="289 554 992 644">These pharmacists are responsible for preparing and sending medication to people who are at home.</td> <td data-bbox="992 554 1203 644"></td> </tr> </table>	These pharmacists develop new drugs.		These pharmacists work in a pharmacy where you would go to buy medicines.		These pharmacists work in hospitals with doctors and nurses.		These pharmacists are responsible for preparing and sending medication to people who are at home.	
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These pharmacists work in hospitals with doctors and nurses.									
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6	In the space below, explain what pharmacology is. What is the prefix in the word pharmacology? What does it mean? What is the suffix in the word pharmacology? What does it mean? 								

7	There are four stages of pharmacokinetics. In the spaces below, write the name of each stage and explain what it means. <table border="1" data-bbox="289 285 1279 743"> <thead> <tr> <th data-bbox="289 285 677 346">Stage of pharmacokinetics</th> <th data-bbox="677 285 1279 346">Definition</th> </tr> </thead> <tbody> <tr> <td data-bbox="289 346 677 445"></td> <td data-bbox="677 346 1279 445"></td> </tr> <tr> <td data-bbox="289 445 677 543"></td> <td data-bbox="677 445 1279 543"></td> </tr> <tr> <td data-bbox="289 543 677 642"></td> <td data-bbox="677 543 1279 642"></td> </tr> <tr> <td data-bbox="289 642 677 743"></td> <td data-bbox="677 642 1279 743"></td> </tr> </tbody> </table>	Stage of pharmacokinetics	Definition													
Stage of pharmacokinetics	Definition															
8	Explain the meaning of pharmacodynamics. What factors affect the pharmacodynamics of a drug? 															
9	Look at the statements in the table below. Decide whether they are describing pharmacokinetics or pharmacodynamics. <table border="1" data-bbox="289 1251 1271 1764"> <thead> <tr> <th data-bbox="289 1251 719 1312">Statement</th> <th data-bbox="719 1251 995 1312">Pharmacokinetics</th> <th data-bbox="995 1251 1271 1312">Pharmacodynamics</th> </tr> </thead> <tbody> <tr> <td data-bbox="289 1312 719 1409">Metabolism is what the body does to a drug.</td> <td data-bbox="719 1312 995 1409"></td> <td data-bbox="995 1312 1271 1409"></td> </tr> <tr> <td data-bbox="289 1409 719 1505">This is the study of what happens to drugs once they enter the body.</td> <td data-bbox="719 1409 995 1505"></td> <td data-bbox="995 1409 1271 1505"></td> </tr> <tr> <td data-bbox="289 1505 719 1633">Certain receptors are activated depending on the drug.</td> <td data-bbox="719 1505 995 1633"></td> <td data-bbox="995 1505 1271 1633"></td> </tr> <tr> <td data-bbox="289 1633 719 1764">This is the study of the effect that drugs have on the body.</td> <td data-bbox="719 1633 995 1764"></td> <td data-bbox="995 1633 1271 1764"></td> </tr> </tbody> </table>	Statement	Pharmacokinetics	Pharmacodynamics	Metabolism is what the body does to a drug.			This is the study of what happens to drugs once they enter the body.			Certain receptors are activated depending on the drug.			This is the study of the effect that drugs have on the body.		
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Look at the sentences in the table below. Which one does the sentence describe best, a drug, a medicine or an excipient?

Sentence	Drug	medicine	excipient
Can be directly used as a treatment.			
Helps formulate, protect and support a medicine.			
Can directly treat a pain or cure an infection.			
Chemical substances that are taken from plants, animals, microorganisms or minerals.			
Most medicines contain them in order to be safer for us to use.			
Are considered ingredients and are not used directly as a treatment.			
Are the result of a drug or drugs being mixed.			

Decide on the appropriate route of administration for each of the following forms of medication.

Form of medication	Route of administration
 OINTMENTS, CREAMS, GELS	
 INJECTIONS	
 TABLETS, PILLS	
 SPRAY	
 CAPSULES	
 INFUSION	

12	Choose three routes of drug administration. Write one advantage and one disadvantage of each. Route 1 Advantage Disadvantage Route 2 Advantage Disadvantage Route 3 Advantage Disadvantage
13	What is an antibiotic?

14

Which infections below can be treated using antibiotics? Tick yes or no for your answer.

Infection	Yes	No
Tuberculosis		
COVID-19		
Chickenpox		
Tonsillitis		
Cholera		
The flu		

15

Answer the following questions about antibiotic resistance.

What is antibiotic resistance?

.....

.....

.....

What causes antibiotic resistance?

.....

.....

.....

How can the risk of antibiotic resistance be reduced?

.....

.....

.....

Do you believe antibiotic resistance is a problem in the world today?

.....

.....

.....

What does it mean to "complete the course" of antibiotics?

.....

.....

.....

16

Read the following sentences about abbreviations in healthcare and decide if the sentence is true or false.

Sentence	True	False
Abbreviations are not used in healthcare nor by healthcare professionals.		
Abbreviations are only used by doctors when writing prescriptions.		
Healthcare professionals use abbreviations when writing and communicating.		
Not interpreting abbreviations correctly can be dangerous for patients.		
Interpreting abbreviations correctly is very important as it guarantees patients' safety.		

17

Read the abbreviations below and write the meaning of each of them.

Abbreviation	Meaning
kg	
ml	
PO	
IV	
Dr.	
Tx	
Dx	

Imagine you are a pharmacist or a nurse, you are going to read now the medical records of a patient who was admitted to hospital yesterday. After you finish reading the medical record, answer the questions on the next page.

♂ 72 y.o. admitted to A&E due to SOB, F/C/S, cough

h/o: COPD
DM type 2
HTN

BP 132/77
T 39.5
O2 82%
HR 132
RR 31

NKDA
Chest XR, FBC, MCS, ABG
Pn / Sputum sample
Dx: pneumonia
Tx: antibiotic therapy, antipyretic
O2 aim SaO2 88-90%

- Rx:
1. Augmentin 1.2g, IV, qid, pneumonia
 2. Clindamycin 300mg, PO, tid, ac, 7 days, pneumonia
 3. Paracetamol 1g, IV, tid, fever

1. What is the diagnosis of the patient?

.....

2. What type of X-Ray did the patient have?

.....

3. What are the names of the three medicines that the patient has been prescribed?

.....

.....

4. What is the indicated route of administration of Augmentin 1.2g and Clindamycin 300mg?

.....

.....

5. How many times is Paracetamol 1g prescribed?

.....

6. How many times is Augmentin 1.2g prescribed?

.....

7. When should the patient take Clindamycin 300mg? Before, with or after food?

.....

19

Convert the following units. You can use the space below for your calculations.

15g to mg	3kg to g
7L to ml	8L to ml
2 hours to min	4 min to sec

20

Calculate the correct number of tablets in the following scenarios. Remember, the 'No. of tablets' section is for one dose only.

Scenario 1

There is 5mg of prednisolone in one tablet. The doctor wants the patient to take 40mg once daily at 7am. How many tablets should the patient take at 7am?

Desired dose	Equation	Stock strength	Equals	No. of tablets
	÷		*	

Scenario 2

The doctor has prescribed 400mg of Ibuprofen three times a day for a patient. The tablets come in 200mg tablets. How many tablets need to be dispensed per day?

Desired dose	Equation	Stock strength	Equals	No. of tablets
	÷		*	

Scenario 3

There is 250mg of penicillin in one tablet. The doctor wants the patient to take 500mg twice daily. How many tablets should the patient take in the morning?

Desired dose	Equation	Stock strength	Equals	No. of tablets
	÷		*	

Look at the scenarios below. Use the calculation tables to calculate the amount of solution needed.

Scenario 1

A child has a temperature of 39.0°C. The doctor has ordered a 500mg paracetamol suspension, four times a day. Paracetamol suspension comes in 250mg/5ml. How much paracetamol suspension needs to be dispensed per day?

Desired dosage	Equation	Stock strength	Equation	Stock volume (ml)	Equals	Amount of solution required (ml)
	÷		X		=	

Total per day = _____

Scenario 2

The doctor has ordered a 250mg paracetamol suspension, two times a day. Paracetamol suspension comes in 250mg/5ml. How much paracetamol suspension needs to be dispensed per day?

Desired dosage	Equation	Stock strength	Equation	Stock volume (ml)	Equals	Amount of solution required (ml)
	÷		X		=	

Total per day = _____

Calculate the correct IV rates in the following scenarios.

The 'total IV volume' section should be entered in ml. You may need to do unit conversion.

Scenario 1

The doctor has prescribed 300ml of normal saline solution over six hours. What is the rate in ml per hour?

Total IV volume (ml)	Equation	Time (Hours)	Equals	ml administered
	÷		*	

Scenario 2

A patient needs to be given two litres of saline over 16 hours. What is the rate in ml per hour?

Total IV volume (ml)	Equation	Time (Hours)	Equals	ml administered
	÷		*	

Scenario 3

A patient needs to be given 50ml of saline over 90 minutes. What is the rate in ml per hour?

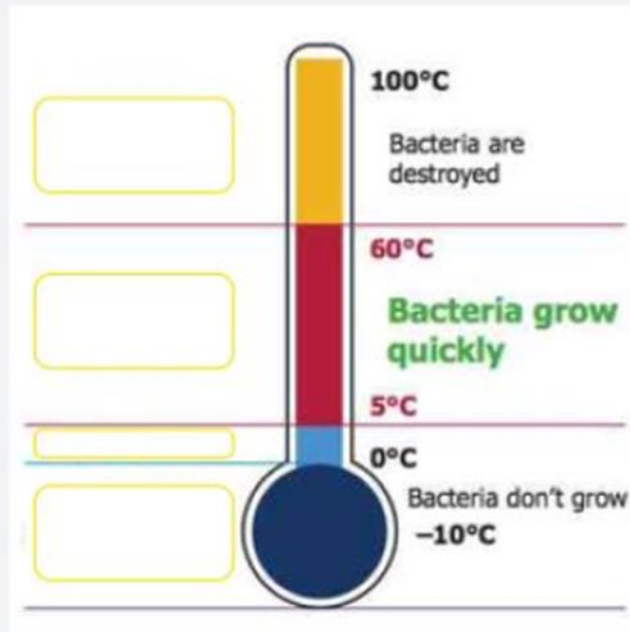
Total IV volume (ml)	Equation	Time (Hours)	Equals	ml administered
	÷		*	

23	Match 'the six rights of drug administration' on the left to the correct description on the right. <table> <tr> <td>Right drug</td><td>The caregiver should double-check the patient's name and DOB on the label.</td></tr> <tr> <td>Right patient</td><td>The medication should only be given by the route it was prescribed.</td></tr> <tr> <td>Right dosage</td><td>Administer the exact amount directed by the doctor.</td></tr> <tr> <td>Right route of administration</td><td>Thirty minutes before or after is acceptable.</td></tr> <tr> <td>Right time</td><td>When you give medication, you should make a record.</td></tr> <tr> <td>Right documentation</td><td>Errors can happen if the two drugs have a similar name.</td></tr> </table>	Right drug	The caregiver should double-check the patient's name and DOB on the label.	Right patient	The medication should only be given by the route it was prescribed.	Right dosage	Administer the exact amount directed by the doctor.	Right route of administration	Thirty minutes before or after is acceptable.	Right time	When you give medication, you should make a record.	Right documentation	Errors can happen if the two drugs have a similar name.
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24	List the 5 C's of effective communication.												
25	What are "the six rights of drug administration"? 												
26	What are foodborne illnesses? 												
27	Explain the following types of cross-contamination: Equipment-to-food People-to-food What other types of cross-contamination are there?												

28	In your own words, explain what contamination is. 										
29	List the points that contamination by bacteria can happen. 										
30	Match each of the five keys to safer food with their correct description. <table border="1"><tr><td>Keep clean.</td><td>Store food in containers to avoid contact between raw and cooked foods.</td></tr><tr><td>Separate raw and cooked food.</td><td>Use clean water to cook and clean with.</td></tr><tr><td>Cook thoroughly.</td><td>Allow food to defrost in the fridge.</td></tr><tr><td>Keep food at safe temperatures.</td><td>Wash your hands before handling food and during preparation.</td></tr><tr><td>Use safe water and raw materials.</td><td>For meat and poultry, make sure the juices are clear and not pink.</td></tr></table>	Keep clean.	Store food in containers to avoid contact between raw and cooked foods.	Separate raw and cooked food.	Use clean water to cook and clean with.	Cook thoroughly.	Allow food to defrost in the fridge.	Keep food at safe temperatures.	Wash your hands before handling food and during preparation.	Use safe water and raw materials.	For meat and poultry, make sure the juices are clear and not pink.
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31	What are the five keys to safer food? 										

32

Label each of the temperature zones correctly.



33

In the space below, write what the temperature danger zone for food is.



Temperature danger zone:

Why is it called the danger zone?

34

Explain the difference between an allergy and an intolerance.

35

Complete the table below to compare food allergies and intolerances.

	Allergies	Intolerances
Which system of the body is involved?		
How dangerous is a reaction?		
Does eating a small amount cause a reaction?		
List some common foods that cause reactions.		

36

Define therapeutic diet.

37

What can you remember about BMI? Complete the table below by writing the name of the BMI classification next to each of the scores.

BMI Score	BMI classification
<18.5	
18.5-24.9	
25-29.9	
>30	

Can you remember how BMI is calculated? What measurements are needed and how is it worked out? Circle your answers.

Circle the measurements that are needed.

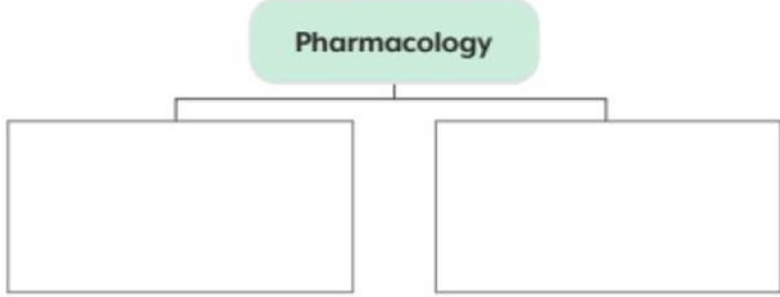
weight	age	height	shoe size
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Circle the formula that is used.

$\frac{\text{age}}{\text{height}^2}$	$\frac{\text{shoe size}}{\text{weight}}$	$\frac{\text{weight}}{\text{height}^2}$	$\frac{\text{age}}{\text{weight}^2}$
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38	Write the formula below that is used to work out energy balance. Energy balance = ... - Name the three things that energy output includes. 1. 2. 3.
39	Calculate the energy balance for the following people. Fatima Energy input: 2167 kcal BMR: 1285kcal Physical activity: 420kcal TEF: 103kcal Does Fatima have positive or negative energy balance? What changes will Fatima see over time if she continues to have this energy balance? Sara Energy input: 1845kcal BMR: 1250kcal Physical activity: 687kcal TEF: 94kcal Does Sara have positive or negative energy balance? What changes will Sara see over time if she continues to have this energy balance?

Extra Practice Questions

	Question								
1	In the diagram below, write the name of the two principals of pharmacology and explain what each of them mean  <pre>graph TD; A[Pharmacology] --- B[]; A --- C[]</pre>								
2	Match the keyword to the correct description. <table><tbody><tr><td>Chemical</td><td>A condition where part of the body becomes red, swollen and painful.</td></tr><tr><td>Prescription</td><td>Relating to chemistry; any substance consisting of matter.</td></tr><tr><td>Inflammation</td><td>A change in the body that indicates a disease is present.</td></tr><tr><td>Symptoms</td><td>A written message from a doctor that officially tells someone to use medicine.</td></tr></tbody></table>	Chemical	A condition where part of the body becomes red, swollen and painful.	Prescription	Relating to chemistry; any substance consisting of matter.	Inflammation	A change in the body that indicates a disease is present.	Symptoms	A written message from a doctor that officially tells someone to use medicine.
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3	Look at the images and descriptions below. Identify if the route being described is sublingual or buccal. Write your answer in the boxes below the description.  The drug is placed between your gums and cheek.  The drug is placed under the tongue.									
4	Read the following scenarios and decide if you think the person requires a prescribed antibiotic or not. <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 40%;">Scenario</th><th style="width: 30%;">Is an antibiotic needed?</th><th style="width: 30%;">Why?</th></tr> </thead> <tbody> <tr> <td>Mahmoud has a virus which has given him a chest infection.</td><td></td><td></td></tr> <tr> <td>Sheikha has a bacterial infection in her eye that spreads easily.</td><td></td><td></td></tr> </tbody> </table>	Scenario	Is an antibiotic needed?	Why?	Mahmoud has a virus which has given him a chest infection.			Sheikha has a bacterial infection in her eye that spreads easily.		
Scenario	Is an antibiotic needed?	Why?								
Mahmoud has a virus which has given him a chest infection.										
Sheikha has a bacterial infection in her eye that spreads easily.										
5	Research common side effects that you may feel after taking medication. 									
6	Explain how effective communication can improve safety in pharmacy. 									
7	Safe administration and storage of medication are very important. What might happen if medications are not administered or stored (kept) correctly? 									
8										

9	In the space below, list the five disease-causing microorganisms that can be found in food. 1. 2. 3. 4. 5. From the list above, which microorganism is the most common cause of disease? 							
10	Write the name of the four types of bacteria that lead to foodborne illness. <table border="1" data-bbox="529 760 989 1016"><tr><td> </td></tr><tr><td> </td></tr><tr><td> </td></tr><tr><td> </td></tr></table>							
11	Can you remember what food items are used with each colour of chopping board? Label each of the colours below with the correct food items. Prevent cross-contamination Use the correct coded chopping board and knives <table border="1" data-bbox="326 1213 904 1885"><tr><td> </td></tr><tr><td> </td></tr><tr><td> </td></tr><tr><td> </td></tr><tr><td> </td></tr><tr><td> </td></tr></table>							

12	Read the following scenarios and decide which type of cross-contamination is being described. Huda made dinner for the family. When she finished, she rinsed the utensils (knife and fork) in cold water and left them to dry. The next day Huda's mother used the same utensils to prepare breakfast. During the day, the whole family became unwell. Mohammed works in a fast-food restaurant. He emptied the bins in the restaurant and did not wash his hands. Then he prepared some burgers. Customers reported feeling sick a few days after this happened. Hind used a brown chopping board to prepare some sushi for her friends. Hind and her friends thought the sushi was delicious, but they could not understand why everyone was sick the next day. Saeed went shopping and packed raw chicken meat with vegetables. When he got home he was very tired and decided to keep them in the same bag. The next day Saeed prepared a salad with the vegetables. Within hours he was very unwell.
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13	Can you remember the steps for proper handwashing? Number the steps below from one to four. <table> <tr> <td></td><td>Dry hands with a clean dry towel.</td></tr> <tr> <td></td><td>Wet hands under running water.</td></tr> <tr> <td></td><td>Rub hands together for at least twenty seconds with soap.</td></tr> <tr> <td></td><td>Rinse the soap from hands under running water.</td></tr> </table>		Dry hands with a clean dry towel.		Wet hands under running water.		Rub hands together for at least twenty seconds with soap.		Rinse the soap from hands under running water.
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14

Complete the table below by writing the names of three high-risk foods and explain why they are high risk.

Name of food	Why it is high risk
.....	
.....	
.....	

15

List diseases that require a therapeutic diet to help with disease management and the system of the body affected.

	<table border="1"><thead><tr><th>Disease</th><th>System of the body affected</th></tr></thead><tbody><tr><td></td><td></td></tr><tr><td></td><td></td></tr><tr><td></td><td></td></tr><tr><td></td><td></td></tr><tr><td></td><td></td></tr><tr><td></td><td></td></tr></tbody></table>	Disease	System of the body affected												
Disease	System of the body affected														
16	List as many food allergies and intolerances as you can think of.														
17	List foods that contain lactose.														
18	List foods that contain gluten.														
19	Match the type of texture modification with the correct description. <table border="1"><tbody><tr><td>Soft</td><td>Foods are blended until smooth and lump free.</td></tr><tr><td>Minced and moist</td><td>Food is can easily form into a ball, there may be soft lumps.</td></tr><tr><td>Puree</td><td>Food is naturally soft or boiled until soft.</td></tr></tbody></table>	Soft	Foods are blended until smooth and lump free.	Minced and moist	Food is can easily form into a ball, there may be soft lumps.	Puree	Food is naturally soft or boiled until soft.								
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20	Read the information about the following patients and decide which type of texture modification is appropriate for each. 1. Zainab has dementia and sometimes she forgets to fully chew her food. She tries to swallow large chunks of food which causes her to choke. Zainab has all of her teeth but sometimes she forgets to chew the harder chunks of food. Texture modification required: 2. Ibrahim recently had a stroke. He cannot fully open his mouth or move it in a chewing motion. Ibrahim's brain does not always register when there is food in his mouth in order to open his oesophagus to allow food to pass to his stomach. Texture modification required: 3. Mariam has multiple sclerosis. She has had a few choking incidents recently. Most of the time her mouth works fine, but sometimes she struggles with chewing food. Sometimes she does not experience dysphagia but it is very unpredictable. Texture modification required: 4. Zayed has cancer of the mouth. He is undergoing treatment which has had many side effects. They include pain in the mouth, lack of saliva being produced and severe stiffness of the muscles in his mouth. Texture modification required:												
21	Which of the following types of therapeutic diets do you think is the most useful for someone who is overweight? Tick the correct answer. <table border="1" data-bbox="407 995 826 1253"> <thead> <tr> <th>Type of therapeutic diet</th> <th>Tick</th> </tr> </thead> <tbody> <tr> <td>Additional feeding</td> <td>☐</td> </tr> <tr> <td>Nutrient modification</td> <td>☐</td> </tr> <tr> <td>Texture modification</td> <td>☐</td> </tr> <tr> <td>Tube feeding</td> <td>☐</td> </tr> <tr> <td>Food allergy/intolerance modification</td> <td>☐</td> </tr> </tbody> </table>	Type of therapeutic diet	Tick	Additional feeding	☐	Nutrient modification	☐	Texture modification	☐	Tube feeding	☐	Food allergy/intolerance modification	☐
Type of therapeutic diet	Tick												
Additional feeding	☐												
Nutrient modification	☐												
Texture modification	☐												
Tube feeding	☐												
Food allergy/intolerance modification	☐												

Have a look at Mansoor's food diary below. Mansoor has a BMI of 29 and he needs to lose weight. In the right column, write the dietary changes you would advise Mansoor to make.

Mansoor's food diary	Changes you suggest
Breakfast Pancakes (four pieces) Chocolate spread Turkish coffee	Breakfast
Lunch Chicken shawarma (two) Small fries Chips	Lunch
Dinner Fried chicken burger Large fries Large cola Doughnut	Dinner
Snacks Luqaimat (four pieces) Karak tea (three cups)	Snacks