

**GOVERNMENT OF KERALA
PARAMEDICAL COUNCIL
DIPLOMA IN HEALTH INSPECTOR COURSE
Final Year Examination Regular and Reappearance - January 2026
PAPER V – NON - COMMUNICABLE DISEASES, BIOMEDICAL WASTE
MANAGEMENT, GERIATRIC HEALTH, PALLIATIVE CARE**

Time: 3 hrs.

Marks: 100

I. Choose the correct answer:

(1x10=10 Marks)

1. Which among the following contributes to the major leading causes of death from NCD globally
a) chronic respiratory disease b) diabetes c) cardiovascular diseases d) cancer
2. DASH diet is related to which non communicable disease among the following
a) diabetes b) coronary heart disease c) blindness d) hypertension
3. General health care waste may be dealt with by
a) domestic waste management system b) urban waste management system
c) both d) none of the above
4.process is usually selected to treat waste that cannot be recycled, reused or disposed off land sites.
a) incineration b) wet thermal treatment c) screw feed technology d) inertization
5. First biomedical waste management and handling rules came into force in
a) 1993 b) 1995 c) 1996 d) 1998
6. Barrier to access palliative care includes
a) focus on cure and extending life b) opiophobia c) both a & b d) none of the above
7. The state which stands out with best palliative care model in India
a) Kerala b) Goa c) Tamil nadu d)Karnataka
8. Guiding value and principle of palliative care is.....
a) right – based approach b) equity c) democratic nature d) secularity
- 9.Children contributeof palliative care population
a) 30% b) 20% c) 10% d) 5%
10. Advanced old age is
a) 65-75 years b) 75-85 years c) 85-95 years d) >95 years

II. Fill in the blanks:

(1x5=5 Marks)

1. Level of prevention which aims early diagnosis & prompt treatment is
2. is defined as episodes of focal, reversible neurological deficit of sudden onset & of less than 24 hours duration
3.is the major opioid analgesic essential for palliative patients.
4. Is most frequent and serious symptom experienced by patients requiring palliative care.
5. Organization which began palliative care movement in Kerala is

III. Name the following:

(1x5=5 Marks)

1. The waste treatment method similar to autoclaving.
2. The efficiency of microwave disinfection should be checked routinely through
3. Apex international organization providing guidelines for palliative care
4. First referral centers which provide inpatient palliative care
5. Care of aged is termed as

IV. State whether True or False:

(1x5=5 Marks)

1. Syndrome X is commonly seen in obese patients with type 1 diabetes.
2. Sarcoma arise from the mesodermal cells constituting various connective tissue.
3. Chronic liver disease is a condition requiring palliative care.
4. Addressing suffering of palliative patients involves taking care of issues beyond physical symptoms.
5. Palliative care improve standard of living

V. Match the following:**(1x5=5 Marks)**

- | | | |
|-------------|---|--|
| 1. Yellow | - | autoclave safe plastic bags and containers |
| 2. Red | - | ampoules |
| 3. White | - | catheters |
| 4. Blue | - | scalpels |
| 5. Vaccines | - | linen |
| | - | black |

VI. Expand the following**(1x5=5 Marks)**

1. IMAGE
2. UNCED
3. NNPC
4. CBO
5. OASIS

VII. Answer in two to three sentences:**(2x5=10 Marks)**

1. a) Define obesity
b) Mention its types
2. Risk factors of stroke
3. Define biomedical waste
4. Define palliative care
5. Help age India

VIII. Write short note on any five:**(5x5=25 Marks)**

1. Explain in detail different levels of prevention of NCD & interventions to be taken on each level
2. Explain in detail causes of blindness & changing concept of eye health care
3. Health hazards of health care waste
4. Involvement of different sectors in palliative care
5. Life style for healthy aging
6. Sources of biomedical waste

IX. Write Essays on any two:**(15x2=30 Marks)**

1. Explain in detail
 - (a) Causes of cancer (5 marks)
 - (b) Cancer control (10 marks)
2. Explain in detail different types of accidents, their prevention and management. (15 marks)
3. Explain in detail
 - (a) Health problems of old age (5 marks)
 - (b) Levels of prevention in old age (10 marks)
