EXAMEN MOSTRA M13

TEST:

1. Which organ is mainly responsible for filtering waste products from the blood?
   a. Liver
   b. Kidney
   c. Lung
   d. Pancreas

2. What is the normal range for an adult's resting heart rate?
   a. 20–40 bpm
   b. 40–60 bpm
   c. 60–100 bpm
   d. 100–120 bpm

3. What is the main function of red blood cells?
   a. Defend the body against infection
   b. Carry oxygen
   c. Produce hormones
   d. Control body temperature

4. What is the term for low blood pressure?
   a. Hypertension
   b. Hypotension
   c. Hypothermia
   d. Hypoglycemia

5. What does CPR stand for?
   a. Cardiac Pulse Recovery
   b. Cardiopulmonary Resuscitation
   c. Cardiac Pressure Reaction
   d. Cardiovascular Respiration

6. The Heimlich maneuver is used to treat…
   a. Chest pain
   b. Drowning
   c. Choking
   d. Heart attack

7. What is the average body temperature of a healthy adult?
   a. 35.0°C
   b. 36.5–37°C
   c. 38.5°C

d. 34.0°C

8. What is the main purpose of an ECG (Electrocardiogram)?
   a. To measure blood oxygen
   b. To monitor heart activity
   c. To test lung function
   d. To measure blood sugar

9. What is the correct position to place an unconscious but breathing patient?
   a. Supine position
   b. Prone position
   c. Recovery
   d. Fowler's position

10. Which part of the body contains the alveoli?
    a. Brain
    b. Heart
    c. Lungs
    d. Stomach

READING:

Undesrstanding diabetis:

Diabetes is a chronic medical condition that affects how the body turns food into energy. Most of the food we eat is broken down into sugar (glucose) and released into the bloodstream. When blood sugar levels rise, the pancreas is supposed to release insulin, a hormone that helps sugar enter the cells of the body to be used as energy. In people with diabetes, the body either doesn't make enough insulin or can't use the insulin it produces effectively. This causes blood sugar levels to rise to dangerous levels.

There are two main types of diabetes: Type 1 and Type 2. Type 1 diabetes is an autoimmune disease where the body's immune system attacks the insulin-producing cells in the pancreas. People with Type 1 diabetes need to take insulin every day to stay alive. Type 2 diabetes is more common and usually develops in adults. It can be managed with lifestyle changes such as diet and exercise, but in some cases, medication or insulin may be required.

If left untreated, both types of diabetes can lead to serious complications like heart disease, kidney damage, and nerve problems. Symptoms of diabetes include frequent urination, excessive thirst, extreme hunger, fatigue, and blurred vision. Early diagnosis and proper management are crucial to prevent long-term damage.

Questions:

What is the main cause of diabetes?
a. Lack of exercise.
b. The body's inability to properly use insulin.
c. Poor diet.
d. Stress.

Which organ is responsible for producing insulin?
a. Liver.
b. Stomach.
c. Pancreas.
d. Kidney.

What is the main difference between Type 1 and Type 2 diabetes?
a. Type 1 diabetes is hereditary, and Type 2 is not.
b. Type 1 is a chronic disease; Type 2 is temporary.
c. Type 1 is autoimmune; Type 2 is related to lifestyle.
d. Type 1 can be prevented; Type 2 cannot.

Which of the following is a symptom of diabetes?
a. Dehydration.
b. Frequent urination.
c. Abnormal blood pressure.
d. Swelling of the hands and feet.

Which type of diabetes usually develops in adults?
a. Type 1 diabetes.
b. Type 2 diabetes.
c. Type 3 diabetes.
d. Both types equally.

How can Type 2 diabetes often be managed?
a. Only with insulin injections.
b. Through lifestyle changes such as diet and exercise.
c. By taking pain medication.
d. With surgery.

What can happen if diabetes is left untreated?
a. Heart disease, kidney damage, and nerve problems.
b. Weight loss.
c. Skin infections.
d. Muscle weakness.

What is one of the symptoms of untreated diabetes?
a. Sudden weight gain.
b. Blurred vision.
c. Severe headache.
d. High blood pressure.

How does the body normally regulate blood sugar levels?
a. By increasing blood circulation.
b. By producing insulin from the pancreas.
c. By absorbing sugar through the stomach lining.
d. By reducing oxygen levels.

What is the role of insulin in the body?
a. To help the liver produce glucose.
b. To help sugar enter cells to be used as energy.
c. To break down fats in the bloodstream.
d. To increase the production of red blood cells.

READING:

https://youtu.be/9rqfMhPyF6g

The rescue team was called out because…
a. … the hiker was lost in a forest.
b. … the hiker had slipped and injured their shoulder.
c. … a cyclist crashed his bike on the road.
d. … a driver had a heart attack in their car.

The incident took place in…
a. … a mountain cave.
b. … a busy city street.
c. … a remote hiking trail.
d. … an underground mine.

The casualty's injury was described as…
a. … a simple sprain.
b. … a broken arm.
c. … a dislocated shoulder.
d. … a fractured leg.

The difficulty in reaching the casualty was due to…
a. … heavy traffic.
b. … bad weather conditions.
c. … slippery slope and rough terrain.
d. … lack of equipment.

The casualty was eventually transported by…
a. … ground ambulance.
b. … private car.
c. … helicopter air ambulance.
d. … boat.

Before transport, the casualty was…
a. … given strong painkillers and sedated.
b. … left untreated for hours.
c. … returned home.
d. … moved without stabilizing the injury.

The lead rescue team emphasised the importance of…
a. … quick selfies at the scene.

b. … calling the emergency number immediately.
c. … taking a nap while waiting.
d. … filming the process for social media.

The casualty's condition might have worsened if…
a. … the injury had not been stabilized.
b. … they had eaten before being rescued.
c. … they had been taken by private car.
d. … the terrain had been flat.

After the event, the casualty said they were…
a. … disappointed with the cell-signal.
b. … grateful to the rescue team.
c. … happy to continue hiking next day.
d. … going to sue the team.

The rescue service described the day as…
a. … very quiet and routine.
b. … extremely busy and challenging.
c. … cancelled due to weather.
d. … postponed until the next morning.

WRITING

Write a dialogue (around 100 words) between a patient and yourself on the phone.
The patient is a 60-year-old man who has diabetes. He feels weak, is sweating a lot and is trembling. He says he hasn't eaten anything since the morning and is afraid he might faint. Write a dialogue in which you try to reassure him, comfort him, and give him advice while help is on the way.