

First Professional BUMS (2017/2018 Batch) Repeat Examination –

March-April 2021 (ONLINE)

English

Part I- Structured Questions

Answer all the questions.

Read and write the answers using maximum 5 words.

01. A heart attack occurs when the flow of blood to the heart is blocked. The blockage is most often a buildup of fat, cholesterol and other substances, which form a plaque in the arteries that feed the heart. Sometimes, a plaque can rupture and form a clot that blocks blood flow. The interrupted blood flow can damage or destroy part of the heart muscle.

01. How does a plaque in the arteries form? (3 marks)

02. A heart attack, also called a myocardial infarction, can be fatal, but treatment has improved dramatically over the years. Common heart attack symptoms are pressure, tightness, pain, or a squeezing or aching sensation in your chest or arms that may spread to your neck, jaw or back, nausea, indigestion, heartburn or abdominal pain, shortness of breath, cold sweat, fatigue, lightheadedness or sudden dizziness.

02. Mention three signs of heart attack. (3 marks)

03. Not all people who have heart attacks have the same symptoms or have the same severity of symptoms. Some people have mild pain; others have more severe pain. Some people have no symptoms. For others, the first sign may be sudden cardiac arrest. However, the more signs and symptoms you have, the greater the chance you're having a heart attack.

03. Do all the people show same symptoms? (1 marks)

04. Some heart attacks strike suddenly, but many people have warning signs and symptoms hours, days or weeks in advance. The earliest warning might be recurrent chest pain or pressure (angina) that's triggered by activity and relieved by rest. Angina is caused by a temporary decrease in blood flow to the heart.

04. What will be the initial sign of a heart attack? (2 marks)

05. Act immediately. Some people wait too long because they don't recognize the important signs and symptoms. You need to call for emergency medical help. If you suspect you're having a heart attack, don't hesitate. You should immediately call 911 or your local emergency number. If you don't have access to emergency medical services, have someone drive you to the nearest hospital. You may drive yourself only if there are no other options. Because your condition can worsen, driving yourself puts you and others at risk. You can take nitroglycerin, if prescribed to you by a doctor.

05. What should be done if you cannot reach emergency medical services?

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(2 marks)

06. You can also take aspirin, if recommended. Taking aspirin during a heart attack could reduce heart damage by helping to keep your blood from clotting. Aspirin can interact with other medications, however, so don't take an aspirin unless your doctor or emergency medical personnel recommend it. Don't delay calling 911 to take an aspirin. Call for emergency help first.

06. How does taking an aspirin help during a heart attack?(2 marks)

07. If you see someone who's unconscious and you believe is having a heart attack, first, call for emergency medical help. Then, check if the person is breathing and has a pulse. If the person isn't breathing or you don't find a pulse, only then should you begin CPR. You may push hard and fast on the person's chest in a fairly rapid rhythm - about 100 to 120 compressions a minute. If you haven't been trained in CPR, doctors recommend performing only chest compressions. If you have been trained in CPR, you can go on to opening the airway and rescue breathing.

07. What should be done if you haven't been trained in CPR?

(2 marks)

Read and choose whether the statements given below are True or False.

08. It's never too late to take steps to prevent a heart attack - even if you've already had one. Here are ways to prevent a heart attack. Taking medications can reduce your risk of a subsequent heart attack and help your damaged heart function better. Continue to take what your doctor prescribes, and ask your doctor how often you need to be monitored. You should maintain a healthy weight with a heart-healthy diet, avoid smoking, do exercise regularly, manage stress and control conditions that can lead to a heart attack, such as high blood pressure, high cholesterol and diabetes.

08. The two main ways of preventing heart attack are taking medication and maintaining healthy life style.

a. True

b. False

(2 marks)

09. During a heart attack, a plaque can rupture and spill cholesterol and other substances into the bloodstream. A blood clot forms at the site of the rupture. If the clot is large, it can block blood flow through the coronary artery, starving the heart of oxygen and nutrients (ischemia). You might have a complete or partial blockage of the coronary artery. A complete blockage means you've had an ST elevation myocardial infarction (STEMI). A partial blockage means you've had a non-ST elevation myocardial infarction (NSTEMI).

A large clot may block the flow of blood, but do not cause the obstruction of oxygen and nutrients supply to heart.

- a. True
- b. False

(2 marks)

10. Obesity is the biggest problems our country is facing now. People are falling prey to obesity faster than expected. However, this can still be controlled. Obese people usually indulge in a lot of junk food. The junk food contains sugar, salt fats and more which contribute to obesity. Healthy food can help you get rid of all this as it does not contain harmful things.

Obesity can be controlled if people get rid of junk food consumption.

- a. True
- b. False

(2 marks)

11. Poor nutrition is caused by putting the wrong types of food in your body that do not have the nutrients that we need most. These foods include ones that are low in fiber and vitamins or are high in fat, sugar, and salt. While many of the packaged foods we purchase at the grocery store meet our taste bud requirements, the way these are packaged and stored may strip the food of the nutrients our body requires and eliminate your chance of healthy weight loss.

The way packaging and storing of food is done at food stores do not cause to affect the nutrients that contain in those food.

- a. True
- b. False

(2 marks)

Choose the topic sentence of the following paragraphs (Q12 and Q 13).

12.(A) Growing a garden can be fun, good exercise, and will provide fresh fruits and vegetables for the gardener. (B) It is interesting to watch the seeds pop their heads above the soil for the first time. (C) It is sometimes hard to believe that a little seed can become a large vine or plant in just a few weeks. (D) Planting the seeds and pulling weeds are good exercise for anyone. (E) Then, after watching the plant grow and produce, the gardener ends up with delicious tomatoes, beans, or other yummy produce from the garden.

- a. (A)
- b. (B)
- c. (C)
- d. (D)
- e. (E)

(4 marks)

13.(A) Sometimes it is hard to fall asleep. (B) Maybe you are not sleepy, or maybe you are thinking about what happened during the day. (C) You can also lie awake if a big event, like a test or a party, is happening the next day. (D) There are several things you can do to try and fall asleep. (E) You can try counting sheep, or just counting, which will keep your mind busy with a repetitious activity. (F) Sometimes listening to soft music or gentle sounds, like rain, helps and even telling yourself a story, which may distract your mind enough that you will be asleep in no time

- a. (A)
- b. (B)
- c. (C)
- d. (D)
- e. (E)

(4 marks)

Choose the best answer.

14. What is the reading strategy you will use to find out the answers to Q 14 and Q 15 while reading the given texts?

Having effective listening skills means being able to display interest in the topic discussed and understand the information provided. In fact, listening is just as important as speaking. Being a good listener helps solve problems, resolve conflicts, and improve relationships. In the workplace, effective listening contributes to fewer errors, less wasted time, and improved accuracy. Effective listening helps build friendships and careers.

What are the benefits of being a good listener?

- a. Skimming
- b. Scanning

(2 marks)

15. Create a mental model of the information, whether it is a picture or an arrangement of abstract concepts. Listen to keywords and phrases and do not rehearse what you are going to say after the speaker is done talking. Think about what the other person is saying rather than what you are going to respond with. It is difficult to think of what you are going to say while also listening to the speaker. Be attentive and relaxed – don't get distracted by your own thoughts and feelings.

What is the main idea of the paragraph?

- a. Skimming
- b. Scanning

(2 marks)

16. Mention the meaning of the word or phrase highlighted in the sentences using maximum 3 words. You may write synonyms.

1. The purpose of **curative** care is to cure a disease or promote recovery from an illness, injury or impairment.

2. This illness is **fatal** in almost all cases.

3. Police warned the public to be **vigilant** and report anything suspicious.

4. A **stabbing** pain shot through her shoulder.

5. She had no idea her husband had coronavirus because he was **asymptomatic**.

(10 marks)

17. Write the correct verb that agrees with the subject.

- 1. 90% of the students (agree/agrees) with the current change.
- 2. None of us (learns/learn) medicine.
- 3. Neither the doctor nor the nurse (is/are) responsible for it.
- 4. All the vaccines (was/were) approved. (2 marks)

18. Mention the order of the steps of the processes mentioned in Q18, Q 19 and Q20 using the letters (E.g. A D C B ...) of the processes.

Process 01

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- A. Finally, get your final version proofread.
- B. First of all, make sure you understand your assignment.
- C. Later, read what you have written.
- D. After those five steps, rearrange words, sentences or paragraphs and change words that are not used correctly or are unclear.
- E. After that, put the information you researched into your own words.
- F. Secondly, decide on a topic to write about. Next, do your research.

19. Process 02

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- A. Later, testing which is followed by ordering, reviewing, and acting on test results is done.
- B. Next, the physical examination has to be done.
- C. Initial step is to take an appropriate history of symptoms and collecting relevant data.
- D. After that, there should be a generation of a provisional and differential diagnosis.
- E. Last step is to reach a final diagnosis.

20. Process 03

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- A. Then, if a drug is cleared from preclinical trials, it moves on to clinical testing which involves human trials.
- B. First, each drug begins with discovery and development in a lab.
- C. FDA Post-Market Safety Monitoring will be the last stage.
- D. It has to go through Food and Drug Administration (FDA) Review after clinical testing.
- E. Once a drug discovery has been made it must go through preclinical research with supporting reports tied to its review process.