https://t.me/+CbbW8n6Up6U5OGE8

نوع الجلد الذي يحمي الجسم من الجو الخارجي

Skin forms a protective barrier between our insides and the external environment. What type of tissue is skin?

a. connective tissue

b. epithelial tissue

c. nervous tissue

d. muscle tissue

تطور الجنين في الأسبوع ال 19 والاجابة سماع دقات القلب بالسماعة stethoscope

https://t.me/+CbbW8n6Up6U5OGE8

Which of the following happens at week 19 of foetal development?

a. The heartbeat can be heard with a stethoscope.

b. The lungs and alveoli develop.

c. The foetus develops male or female physical characteristics.

d. The liver and pancreas begin to produce hormones and enzymes.

Hydrated – ترطيب الجسم بشرب السوائل
يحسن _____ والاجابة الحالة الجسدية

Staying hydrated can improve your _____ health.

a. physical

b. mental

c. social

d. emotional

https://t.me/+CbbW8n6Up6U5OGE8

Emotional health الصحة العاطفية
والاجابة الثق العالية بالنفس

https://t.me/+CbbW8n6Up6U5OGE8

A person with good emotional health will have _____.

a. low energy levels

b. low self-esteem

c. high self-doubt

d. high self-esteem

ما الغرض من وضع الضمادة (رباط الضاغط)

والاجابات بالترتيب

wound [جرح - infected ملوث او يحدث عدوي او التهاب

pressure ضغط على الجرح

gauze- الشاش

What is the purpose of applying a bandage to a cut?

a. It can stop the wound from becoming infected.

b. It can be tightly tied to apply pressure.

c. It holds the gauze in place.

d. All of the options are correct.

https://t.me/+CbbW8n6Up6U5OGE8

متي تضعي casualty المصاب
في الوضع الجانبي
والاجابة غير واعي ويتنفس طبيعي وليس لدية إصابات خطيرة

https://t.me/+CbbW8n6Up6U5OGE8

When should you put a casualty in the recovery position?

a. If they are breathing normally, unresponsive and have no major injuries.

b. If they are not breathing, unresponsive and have no major injuries.

c. If they are breathing normally, responsive and have no major injuries.

d. If they are not breathing normally, responsive and have no major injuries.

أوجه الصحة dimension أي من
للعلاقات relationship-
إجتماعي social

https://t.me/+CbbW8n6Up6U5OGE8

Which dimension of health refers to the ability to build and keep relationships?

a. physical health

b. mental health

c. social health

d. emotional health

الاصبع المقطوعamputated finger
إعادة توصيله (بالعملية الجراحية طبعا) re-attached
والاجابة نضعه في

https://t.me/+CbbW8n6Up6U5OGE8

How should you store an amputated finger so that it can be re-attached successfully?

a. Put the amputated part directly on ice and seal it, place it inside a freezer

b. Put the amputated part in a sealed bag, place it in a bag of ice and cold water

c. Wrap the amputated part in a dressing and store it at room temperature

d. Put the amputated part in a sealed bag, place the bag in a bag of warm water

ماهي المناعة التي يولد بها الانسان
innate immunity

https://t.me/+CbbW8n6Up6U5OGE8

What is innate immunity?

a. borrowed immunity that lasts for a short time

b. natural immunity that we are born with

c. immunity that develops over time

d. immunity gained after being exposed to diseases

Discrimination أعامل الشخص بطريقة خطا

https://t.me/+CbbW8n6Up6U5OGE8

What is discrimination in mental health?

a. Treating someone in a negative way because they have a mental health disorder

b. Treating someone with respect because they have a mental health disorder

c. A method of communication between people with mental health disorders

d. A way to cure people with severe mental health disorders

الامراض مثل السرطان و عمليات القلب
cardiac surgery
في التوعية الصحية تأخذ المرحلة الثالثة

https://t.me/+CbbW8n6Up6U5OGE8

Chemotherapy cancer treatment and cardiac surgery are examples of _____.

a. primary care

b. secondary care

c. tertiary care

d. surgical care

النزيف من الجرح يكون لونه احمر فاتح والنزف بإندفاع
artery الشريان
spurts النزف باندفاع



A patient has an injury where the blood is bright red and spurts out of the wound as shown above. Which blood vessel is bleeding?

a. artery

b. vein

c. capillary

d. wound

https://t.me/+CbbW8n6Up6U5OGE8

والاجابة كلهم لا يمر الطعام فيهم

liver الكبد

gallbladder المرارة

pancreas البنكرياس

Food does not travel through which organ of the digestive system?

a. the liver

b. the gallbladder

c. the pancreas

d. all of the options are correct

https://t.me/+CbbW8n6Up6U5OGE8

في أي عضو موجود غدة
غدة مسئولة عن تنظيم حرارة الجسم hypothalamus
والاجابة في المخ

In which organ is the hypothalamus found?

a. brain

b. lungs

c. heart

d. liver

https://t.me/+CbbW8n6Up6U5OGE8

من من الممكن إعطاء اسعافات أولية مؤهل بشهادة certified

https://t.me/+CbbW8n6Up6U5OGE8

Which of the following people are considered as certified first aiders?

a. a nurse

b. a paramedic

c. a person who has completed an accredited first aid course

d. all of the options are correct

أي جهاز من أجهزة الجسم تحتوي على القلب والاوعية الدموية الجاز الدوري او الدورة الدموية circulatory system

,

Which body system contains the heart, blood vessels and blood?

a. musculoskeletal system

b. circulatory system

c. respiratory system

d. digestive system

https://t.me/+CbbW8n6Up6U5OGE8

ماذا يحدث للجسم عندما يكون الجو حار

الإجابة

الغدة العرقية sweat gland

What happens to the body when it is too hot?

a. sweat glands produce sweat

b. hairs stand on end

c. blood flow to the skin is reduced

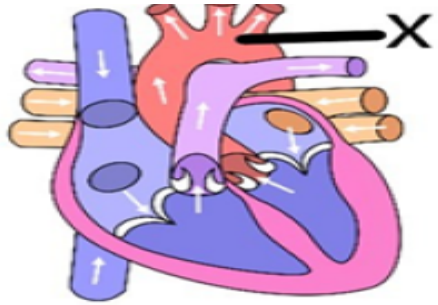
d. all of the options are correct

https://t.me/+CbbW8n6Up6U5OGE8

الشريان الاورطي Aorta

السؤال

الدم الملئ بالاكسجين يضخ للجسم



Oxygen-rich blood is pumped out of the heart and around the body through the blood vessel marked X. What is the name of this blood vessel?

a. vena cava

b. aorta

c. pulmonary artery

d. pulmonary vein

https://t.me/+CbbW8n6Up6U5OGE8

أي من الذين يعملوا في مجال الصحة يكون في مكان الحدث الطارئ
من يعملون في المجال الصحي healthcare professional
والاجابة المسعف

https://t.me/+CbbW8n6Up6U5OGE8

Which healthcare professional provides emergency medical care at the scene of an emergency?

a. pharmacist

b. paramedic

c. physiotherapist

d. psychologist

Medical jewellery الاساور الطبية
والاجابة تعطي معلومات عن الحالة الطبية

https://t.me/+CbbW8n6Up6U5OGE8

Why might someone wear medical information jewellery?

Learning Outcomes Covered

- HSC.3.1.01.003

a. to tell others if they have an existing medical condition

b. to tell others which COVID-19 vaccine they have taken

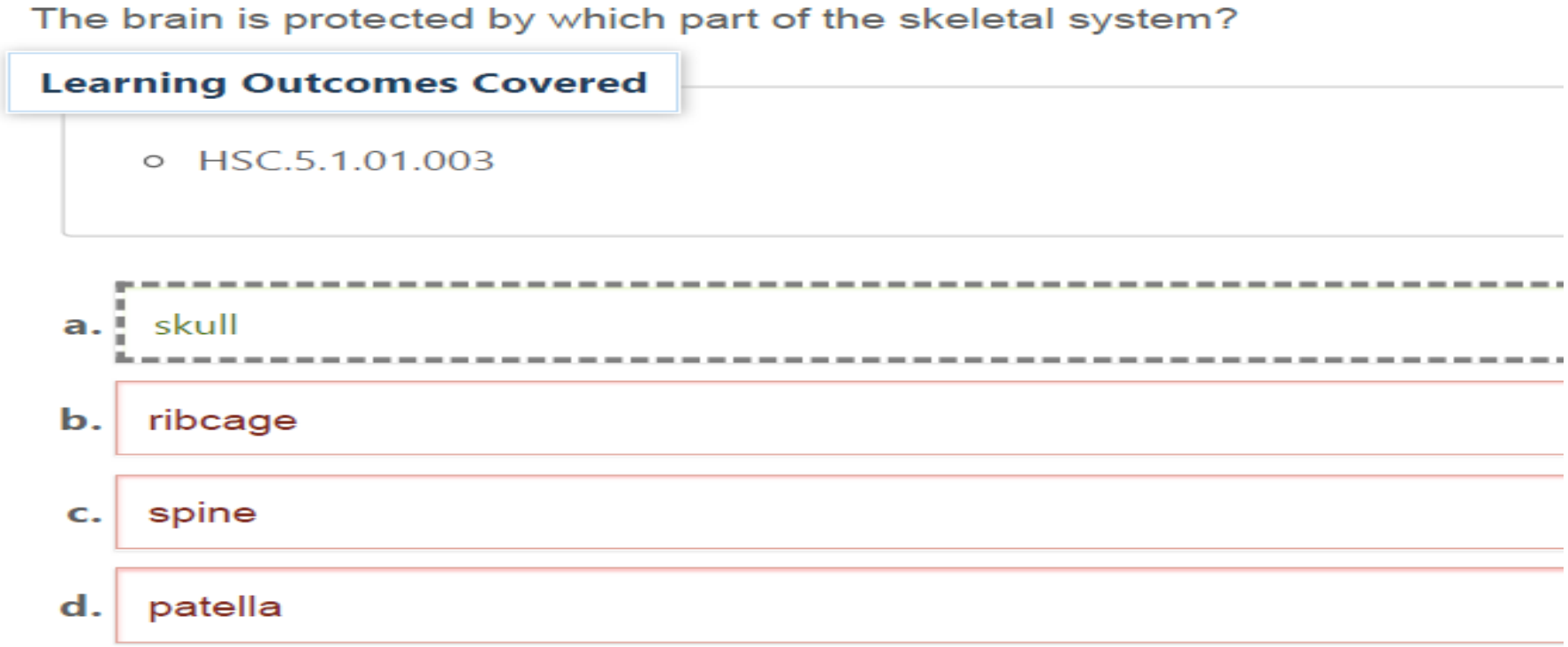
c. to show they are a certified first aider

d. all of the options are correct

المخ محمي باي جزء من الهاز العظمي
الإجابة الجمجمة

skull

https://t.me/+CbbW8n6Up6U5OGE8



من الذين يحضروا الوصفة الطبية
الإجابة الصيدلي

https://t.me/+CbbW8n6Up6U5OGE8

Which healthcare professional prepares and dispenses prescriptions of medicines?

Learning Outcomes Covered

- HSC.3.2.01.002

a. psychologist

b. nurse

c. pharmacist

d. dietitian

الإصابة ثقب في الخلايا (مسمار – زجاج أي شيء يدخل في اليد او الارجل



A patient stood on a nail. It went through the skin causing an open soft tissue injury. What injury is this?

Learning Outcomes Covered

- HSC.3.1.01.006

a. abrasion

b. laceration

c. puncture

https://t.me/+CbbW8n6Up6U5OGE8

ماهو التنظيم الحراري بالجسم
والاجابة عملية لتنظيم حرارة الجسم

https://t.me/+CbbW8n6Up6U5OGE8

What is thermoregulation?

Learning Outcomes Covered

- HSC.5.1.01.001

a. The process of regulating body temperature.

b. The process of regulating hydration.

c. The process of regulating stress.

d. The process of regulating blood pressure.

https://t.me/+CbbW8n6Up6U5OGE8

Why should healthcare professionals wear PPE when treating a patient?

Learning Outcomes Covered

- HSC.3.1.01.004

a. to prevent contact with the patient's blood or body fluids

b. to keep the area around the patient clean

c. to make sure the patient cannot recognise who is treating them

d. all of the options are correct

PPE- Personal protective equeipment

الأدوات الوقاية الشخصية

والاجابة

لمنع أي سوايل من الجسم من المريض تصل للمسعف

https://t.me/+CbbW8n6Up6U5OGE8

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العلاج الاسترخائي التاملي والتنفس بعمق طرق .. الإجابة التنظيم العاطفي (ازلة التوتر)

https://t.me/+CbbW8n6Up6U5OGE8

Meditation, journaling and breathing exercises are all ways to practice _____.

Learning Outcomes Covered

- HSC.1.1.01.006

a. physical activity

b. emotional regulation

c. connecting with others

d. stigma and discrimination

https://t.me/+CbbW8n6Up6U5OGE8

ماهي العوامل التي تسبب المشاكل في الصحة العقلية

الإجابات

biological وراثي

psyclogical نفسي

social اجتماعي

Which of the following factors is a cause of mental health disorders?

Learning Outcomes Covered

- HSC.1.1.01.005

a. biological factors

b. psychological factors

c. social factors

d. all of the options are correct

النزيف من الوريد

https://t.me/+CbbW8n6Up6U5OGE8

Bleeding from a vein _____.

Learning Outcomes Covered

- HSC.3.1.01.005

a. can cause a person to die within minutes

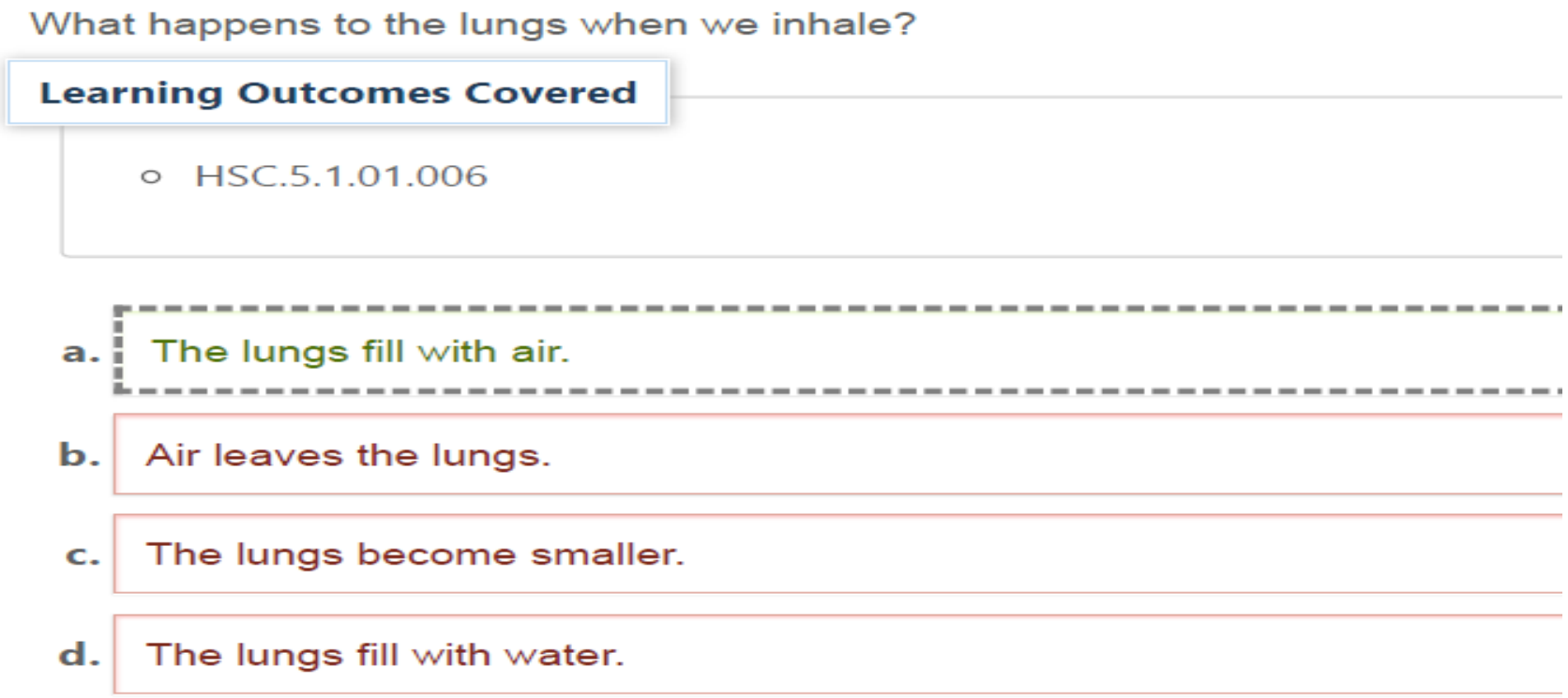
b. will usually clot and stop bleeding by itself

c. is dark red and oozes from the wound

d. is the least serious type of bleeding

ماذا يحدث للرئتين عند الشهيق

https://t.me/+CbbW8n6Up6U5OGE8



ماذا يطلق على الطفل لم يولد بعد (مازال في بطن امه)
الإجابة الجنين

What is the name given to a developing baby that has not been born yet?

Learning Outcomes Covered

- HSC.1.1.01.007

a. Foetus

b. Infant

c. Puberty

d. Adolescent

https://t.me/+CbbW8n6Up6U5OGE8

عمر 8 سنوات في أي مرحلة

https://t.me/+CbbW8n6Up6U5OGE8

Salem is 8 years old, which stage of the life cycle is he at?

Learning Outcomes Covered

- HSC.1.1.01.007

a. childhood

b. adolescence

c. adulthood

d. older adulthood

أي خلايا تحمي الجسم ضد العدوي والامراض – جسم غريب او بكتريا

https://t.me/+CbbW8n6Up6U5OGE8

Which cells help to protect the body against infectious diseases, foreign bodies and bacteria?

Learning Outcomes Covered

- HSC.5.1.01.009

a. white blood cells

b. red blood cells

c. immunity cells

d. yellow cells

ماهو الاسم لردة فعل الجسم بدون تفكير(مثل عند لمس شيء ساخن)

https://t.me/+CbbW8n6Up6U5OGE8

What is the name given to a quick action that the body does without telling the brain?

Learning Outcomes Covered

- HSC.5.1.01.007

a. reflection

b. reaction

c. responsive

d. remote

استهلاك القهوة ربما يؤذي الجسم

https://t.me/+CbbW8n6Up6U5OGE8

Consuming _____ may be harmful to physical health.

Learning Outcomes Covered

- HSC.1.1.01.003

a. coffee

b. fruit

c. vegetables

d. water

الهيكل العظمي والقلب نوع من ------

الإجابة

العضلات

Skeletal, cardiac and smooth are all types of _____ tissue.

Learning Outcomes Covered

- HSC.5.1.01.002

a. muscle

b. nervous

c. epithelial

d. connective

https://t.me/+CbbW8n6Up6U5OGE8

ما الهدف من وضع المصاب على جانبه
recovery position
الإجابة
فتح مجري الهوا
open airway

https://t.me/+CbbW8n6Up6U5OGE8

What is the purpose of putting a casualty in the recovery position?

Learning Outcomes Covered

- HSC.3.1.01.003

a. It keeps the airway open until emergency medical help arrives

b. It keeps the blood circulating around the body until the casualty can walk again

c. It is the best position to prevent bones from breaking

d. It stops major blood loss from happening

بعد وضع الضمادة على يد المريض يوجد زرقان في الأطراف

الإجابة

انه ضيق على اليد

https://t.me/+CbbW8n6Up6U5OGE8



After applying a bandage to a patient's arm, their fingertips look like this. What does this suggest?

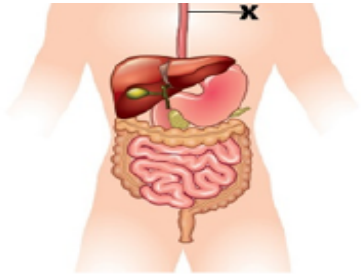
Learning Outcomes Covered

- HSC.3.1.01.007

a. The bandage is too tight.

b. The bandage has expired.

Digestive system الجهاز الهضمي
Oesophagus البلعوم



What is the name given to the part of the digestive system labelled X?

Learning Outcomes Covered

- HSC.5.1.01.008

a. Oesophagus

b. Saliva

c. Trachea

https://t.me/+CbbW8n6Up6U5OGE8

في الأطفال في تطور النمو
motor skills – جري والحركة
fine motor – كتابة ورسم

https://t.me/+CbbW8n6Up6U5OGE8

Motor skills develop a lot during early childhood. Which of the following is a fine motor skill?

Learning Outcomes Covered

- HSC.1.1.01.007

a. Writing

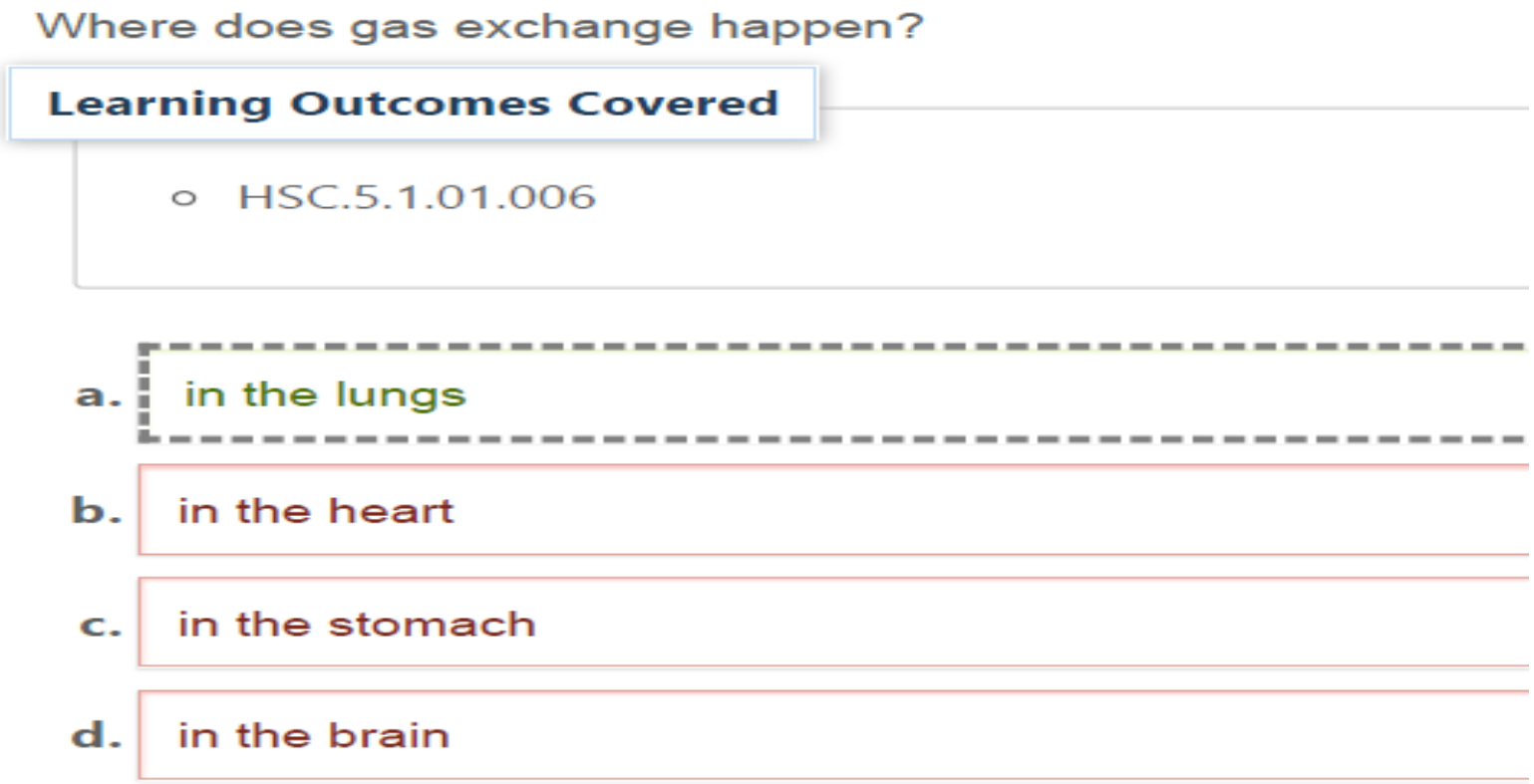
b. Running

c. Throwing

d. Jumping

أين يحدث تبادل الغازات
الإجابة في الرئتين

https://t.me/+CbbW8n6Up6U5OGE8



أي من هؤلاء يكونوا يعطي العناية الأولية والاجابة الطبيب العام

https://t.me/+CbbW8n6Up6U5OGE8

Which of the following people are a primary care provider?

Learning Outcomes Covered

- HSC.3.2.01.001

a. family medicine doctor

b. oncologist

c. cardiologist

d. neurosurgeon