1. **What is an essential step before starting the Panchakarma procedure?
a) Administering medications
b) Introducing oneself and ensuring a calm environment
c) Conducting a fitness assessment
d) Completing a full body massage
Answer: b) Introducing oneself and ensuring a calm environment**
2. **Which action is required when preparing medicaments for Panchakarma?
a) Choosing herbs based on availability
b) Checking the expiry dates of all formulations
c) Mixing herbs randomly
d) Using only pre-packaged formulations
Answer: b) Checking the expiry dates of all formulations**
3. **To prepare the Panchakarma unit, the assistant should:
a) Discard all equipment after each session
b) Set up equipment as per the therapist’s instructions
c) Use personal tools for the setup
d) Leave the setup for others to manage
Answer: b) Set up equipment as per the therapist’s instructions**
4. **Maintaining client privacy during Panchakarma involves:
a) Allowing bystanders to observe
b) Ensuring proper draping and minimizing exposure
c) Discussing the client’s treatment openly
d) Ignoring client privacy if in a hurry
Answer: b) Ensuring proper draping and minimizing exposure**
5. **During the procedure, what should the assistant do if the client’s needs change?
a) Wait until the end of the session
b) Make adjustments based on the therapist’s instructions
c) Ignore and continue with the standard process
d) Only notify the client at the end of the session
Answer: b) Make adjustments based on the therapist’s instructions**
6. **The Panchakarma assistant should report health and safety issues to:
a) Any available staff member
b) The appropriate authority in the organization
c) The client’s family
d) The receptionist
Answer: b) The appropriate authority in the organization**
7. **When communicating with clients, it is essential to:
a) Use medical jargon extensively
b) Exhibit a gender-neutral and respectful approach
c) Avoid asking the client any questions
d) Only communicate through written notes
Answer: b) Exhibit a gender-neutral and respectful approach**
8. **Professional conduct includes:
a) Ignoring clients’ queries
b) Responding to queries within one's scope of competence
c) Discussing client cases with non-medical staff
d) Wearing casual attire
Answer: b) Responding to queries within one's scope of competence**
9. **Respecting client privacy involves:
a) Only respecting it for VIP clients
b) Documenting and sharing client information widely
c) Ensuring that private details are kept confidential
d) Talking about the client’s treatment in public areas
Answer: c) Ensuring that private details are kept confidential**
10. **After a Panchakarma session, the assistant should:
a) Discard all client belongings
b) Return the client’s personal articles as per policy
c) Keep the client’s belongings for future sessions
d) Avoid documenting the session
Answer: b) Return the client’s personal articles as per policy**
11. **To prepare the Panchakarma unit for the next session, the assistant must:
a) Leave all equipment in place
b) Clean and disinfect all materials as per organizational policies
c) Use the same setup for all clients
d) Ignore expired items
Answer: b) Clean and disinfect all materials as per organizational policies**
12. **Maintaining records post-procedure involves:
a) Only keeping a mental note of the session
b) Documenting and filing reports as per organizational policy
c) Sharing records with other clients
d) Avoiding any record-keeping
Answer: b) Documenting and filing reports as per organizational policy**
13. **When handling linens post-procedure, the assistant should:
a) Discard all used linens
b) Check for stains and segregate as per policy
c) Reuse linens without cleaning
d) Mix all linens for washing
Answer: b) Check for stains and segregate as per policy**
14. **What should be done if equipment malfunctions post-procedure?
a) Leave it for the next session
b) Report the issue to the appropriate authority
c) Attempt to repair it without knowledge
d) Disregard the malfunction
Answer: b) Report the issue to the appropriate authority**
15. **After each session, the Panchakarma Assistant should ensure that:
a) All equipment is stored without inspection
b) Consumables are replenished as needed
c) The unit is left for the next staff to prepare
d) Client records are shared with unauthorized personnel
Answer: b) Consumables are replenished as needed**