

Community Health Exam 1

SECTION A: MULTIPLE CHOICE QUESTIONS

1. Which of the following refers to a disease?

- A. The presence of an illness or sickness in a person
- B. A state where a person has feelings of pain or discomfort without identifiable reason
- C. A disorder in a person as a result of lifestyle/behavior
- D. A condition where the body or parts of the body of a person have feelings of pain and discomfort from a pathological reason.

2. The public health nurse is the supervisor of rural health midwives. Which of the following is a supervisory function of the public health nurse?

- A. Referring patients to the midwife
- B. Providing technical guidance to the midwife
- C. Providing nursing care to cases referred by the midwife
- D. Formulating and implementing training programs for midwives

3. The concept of community health refers to interventions that focus on all the categories below except:

- A. Primary health care
- B. Tertiary health care
- C. Surveillance of health care
- D. Secondary health care

4. In community health nursing, an intersectoral approach refers to

- A. Starting work with the smallest community
- B. Different sectors working together
- C. Transfer of authority for planning, decision making and management from a higher to a lower level
- D. A fair distribution of health resources for all groups

5. The term prevalence refers to

- A. The total number of cases of a disease existing in the population at a given point in time (per unit population)
- B. The number of cases of a disease newly reported and occurs per year per thousand (or millions)
- C. The occurrence of a disease affecting many people over a wide area
- D. The number of cases occurring over a long period

6. Desertification refers to.....

- A. The act of contaminating or defiling the soil
- B. The conversion of fertile land into desert
- C. The trapping of heat radiation from the earth's surface increasing the overall temperature of the world
- D. D None of the above

7. Which statistic can give the most accurate reflection of the health status of a community?
- A. 1-4 year old age –specific mortality rate
 - B. Infant mortality rate
 - C. Crude death rate
 - D. High morbidity index
8. Health means all except:
- A. Health is available and accessible to all from the grassroots level
 - B. Everybody participates in their health care
 - C. The health care practices are universally acceptable, affordable and accessible
 - D. The people must find health care only from health care practitioners
9. Which of the following refers to home visiting?
- A. A process of providing nursing care to patients at their door steps
 - B. Identification and quantification of information in the community
 - C. Provision of intergrated health services to the community living away from the health centre
 - D. A process of providing services for several days to hard to reach areas
10. In community health nursing, an intersectoral approach refers to
- A. Starting work with the smallest community
 - B. Different sectors working together
 - C. Transfer of authority for planning, decision making and management from a higher to a lower level
 - D. A fair distribution of health resources for all population groups
11. The term endemic in disease control refers to
- A. When an infection is maintained over time in a population without the intervention from external assistance
 - B. An infectious disease that has spread through human populations across a large region
 - C. An infectious disease that occurs when new cases of the disease in a given human population and a given period substantially exceed what is expected based on recent experience
 - D. A condition or disease that is persistent or otherwise long lasting in its effects
12. Which one of the following is not a principle of primary health care?
- A. Manpower development
 - B. Risk management
 - C. Appropriate technology
 - D. Community participation
13. The aim of school health program is to:
- A. start to help the children become health professional in future
 - B. ensure that children observe healthful practices for optimum growth and development
 - C. C .sensitize parents through their children to practice health behavior to avoid community illness such as diarrhea
 - D. Have children present drama in school events to educate their parents on hygienic practices.
14. Rural health services refers to
- A. A large and isolated area of a country often with dispersed population
 - B. An intergrated health service to community far away from the health center

- C. A community based service delivered in a intergrated way with the full participation an d contribution of the community
- D. A referral system service

15. Risk is the potential that a chosen action or activity including the choice of an inaction, will lead to a loss or an undesirable outcome.

True or False

16. The functional role of an environmental health nurse as a consultant is to

- A. Coordinate health and rehabilitation services
- B. Develop and manage a comprehensive health promotion program that supports organizational objectives
- C. Serve as an advisor for developing, implementing and evaluating environmental health
- D. Identifying occupational and environmental health problems

17. Health belief model is used to

- A. View the individual as well as the family as a centre of energy in constant interaction with the environment
- B. Embodies the principles of community participation and multisectoral approach with emphasis on prevention.
- C. Account for behaviors that improve well-being and develop human potential
- D. Explain wellness and illness behaviors

18. The first three levels of health care in the Kenya essential package for health are:

- A. Tertiary hospital level, primary level, community level
- B. Community level, Dispensaries, Maternities
- C. Primary level, Secondary level, Tertiary level
- D. Dispensaries. Health centers, maternity homes

19. To turn the ecological balance against the agent any of the following methods can be used to break the transmission cycle except

- A. Attacking the source
- B. Interrupting the route of transmission
- C. Attacking the disease
- D. Protecting the susceptible host

20. Healthful school living is one of the components of a school health programme. It entails provision of the following except

- A. A safe physical setting without hazards
- B. Having buildings that can be easily cleaned and which can insulate from heat, rain and noise
- C. A curriculum devoted to health instructions at each level of learning
- D. A conducive emotional climate

SECTION B: SHORT ANSWER QUESTIONS

1. Outline at least 6 elements of primary health care (6 marks)
2. Briefly explain 3 levels of prevention of disease (6 marks)
3. Explain 4 sources of water pollution resulting from human activities (8 marks)

4. Explain 3 health promotion approaches in community health nursing (6 marks)
5. State the resources/components required for school health services (8 marks)
6. Explain 3 main strategies used in the implementation of health promotion (6 marks)

SECTION C: LONG ANSWER QUESTIONS

1. Describe the principles of managing communicable diseases (20 marks)
2. Describe factors that influence health standards of a community (20 marks)