

NURS 171B

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

**FIRST YEAR EXAMINATION FOR BACHELOR OF SCIENCE
IN HEALTH RECORDS**

NURS 171B: COMMUNITY HEALTH 1

STREAMS: BSC (NURS) Y1S2

TIME: 2 HOURS

DAY/DATE: FRIDAY 26/03/2021

2.30 P.M – 4.30 P.M.

INSTRUCTIONS:

1. Do not write anything on the question paper.
2. Mobile phones and any other reference materials are NOT allowed in the examination room.
3. The paper has three sections. Answer ALL questions in Sections I and II and ONE question in section III.
4. All your answers for Section I (MCQs) should be on one page.
5. Number ALL your answers and indicate the order of appearance in the space provided in the cover page of the examination answer booklet.
6. Write your answers legibly and use your time wisely

SECTION ONE (Answer ALL QUESTIONS) - 11 MARKS

1. Isolation of a man with corona virus belongs to what level of prevention?
 - A. Primary
 - B. Secondary
 - C. Intermediate
 - D. Tertiary
2. This approach to health promotion is based on the assumption that humans are rational decision-makers, this approach relies heavily upon the provision of information about risks and benefits of certain behaviours.
 - A. Behaviour change approach
 - B. Community development approach
 - C. Biomedical approach
 - D. None of these

NURS 171B

3. Primary health care is a total approach to community development. Which of the following is an indicator of success in the use of the primary health care approach?
 - A. Health services are provided free of charge to individuals and families
 - B. Local officials are empowered as the major decision makers in matters of health
 - C. Health workers are able to provide care based on identified health needs of the people
 - D. Health programs are sustained according to the level of development of the community

4. Which of the following is an advantage of a home visit?
 - A. It allows the nurse to provide nursing care to a greater number of people
 - B. It provides an opportunity to do first hand appraisal of the home situation
 - C. It allows sharing of experience among people with similar health problems
 - D. It develops the family's initiative in providing for health needs of its members

6. Which of the following processes characterizes the level of disease prevention known as tertiary prevention?
 - A. Prevention of disease before its biological onset
 - B. Prevention of disease progression and additional disease complications after overt clinical disease occurs
 - C. Prevention of clinical illness through the early and asymptomatic detection and remediation of certain disease conditions
 - D. Prevention of illness through appropriate individual and group behavior modification designed to minimize infection risk

7. Which of the following charters defined health promotion as 'the process of enabling people to increase control over, and to improve, their health'.
 - A. Charter of the United Nations (1945)
 - B. Tokyo Charter (1946)
 - C. Ottawa Charter (1986)
 - D. none of these

NURS 171B

8. Each SDG is supported by a set of Targets specific objectives that are associated with that Goal. How many Targets are there in total?
- A.99
 - B.1,016
 - C.169
 - D.51
9. A 22 year old student wants to start an exercise program, but he says he does not have the time or money to attend a fitness club. You recognize the behavior-specific cognitions and affect variable of
- A. Perceived self-efficacy
 - B. Perceived barriers to action
 - C. Interpersonal influences
 - D. Situational influences
10. Which of these is a stage in the Stages of Change Model?
- A. Study
 - B. Contemplation
 - C. Deliberation
 - D. Meditation
11. Which of the following statement is correct?
- A. Health promotion can refer to any event, process or activity that facilitates the protection or improvement of the health status of individuals, groups, communities or populations.
 - B. The objective of health promotion is to prolong life and to improve quality of life.
 - C. Health promotion practice is often shaped by how health is conceptualized.
 - D. All of these

NURS 171B

SECTION TWO (ANSWER ALL QUESTIONS) – 39 MARKS

1. Define the following terms: (4 marks)
 - a) Family Centered Care
 - b) Health Education
 - c) Community Based Health Care
 - d) Community health activities
2. List five roles of community health workers in the community. (5 marks)
3. Explain five roles of Health Information Managers in Primary Health Care. (5 marks)
4. In Kenya health facilities are grouped into several levels. List these levels. (6 marks)
5. Discuss six benefits of the family-centered care approach. (6 marks)
6. Enumerate five roles of the family in health and illness. (5 marks)
7. Elucidate four aims of health communication. (8 marks)

SECTION THREE (Answer ONLY ONE QUESTION) – 20 MARKS

1. Discuss the following approaches to health promotion (20 marks)
 - a) Behaviour change
 - b) Empowerment
 - c) Social Change
 - d) Educational
 2. Using the Socio-ecological model, discuss how you will reduce obesity among school children in your community. (20 marks)
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