

CHUKA



UNIVERSITY

**UNIVERSITY EXAMINATIONS**

**THIRD YEAR EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR  
OF PUBLIC HEALTH (UPGRADING)**

**PUHU 348: NON-COMMUNICABLE DISEASES MEDICAL**

**STREAMS: PUHU Y3T1**

**TIME: 2 HOURS**

**DAY/DATE: WEDNESDAY 16/4/2025**

**11.30 A.M. – 1.30 P.M.**

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**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, II and 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 I: MULTIPLE CHOICE QUESTIONS**

**(20 MARKS)**

1. A person is regarded as being hypertensive when they have a blood pressure of above:  
[a]. 120/80 mmHg  
[b]. 130/90 mmHg.  
[c]. 140/90 mmHg  
[d]. 150/100 mmHg
2. An individual with a BMI of 30 -34.9 is classified as: Community participation is key in the success of primary health care approach of health management because;  
[a]. Obese  
[b]. Obese I  
[c]. Obese II  
[d]. Obese III
3. Which of the following diseases is commonly associated with obesity:  
[a]. Musculoskeletal disorders  
[b]. Uterine cancer  
[c]. Lung cancer  
[d]. Cardiovascular accidents

4. Hallucination: hearing, seeing or feeling things that are not there:
  - [a]. Schizophrenia
  - [b]. Stress
  - [c]. Maniac depressive psychosis
  - [d]. Mental disfunction
5. The signs and symptoms of delusion includes;
  - [a]. Fixed false beliefs
  - [b]. Hearing voices
  - [c]. Seeing invisible objects
  - [d]. Self-neglect
6. Indicate whether the following statements are TRUE or FALSE. [4 marks]
  - [a]. Epilepsy is a chronic non communicable disorder of the brain that affects people of all ages.
  - [b]. Tobacco use is the most important risk factor for all forms of cancer
  - [c]. Diabetes increases the risk of heart disease and stroke.
  - [d]. Renal failure causes Permanent brain and heart disease
7. The following are true about non-communicable diseases;
  - [a]. Most of the occur in tropical region
  - [b]. All can be prevented by vaccination
  - [c]. Health education is key in their prevention
  - [d]. They mostly affect children and pregnant
8. Which of the following disease is not attributed to tobacco smoking;
  - [a]. Stroke
  - [b]. Hypertension
  - [c]. Injuries
  - [d]. Cancer
9. Fill in the empty spaces for the shared risk factors by use of a tick [4 marks]

Figure 1. shard risk factors

	Tobacco use	Unhealthy diet	Physical inactivity	Harmful use of alcohol
Cardiovascular				
Diabetes				
Cancer				
Chronic Respiratory				

10. The following are cardiovascular diseases except;
  - [a] coronary heart disease
  - [b]. Stroke
  - [c]. Peripheral arterial disease
  - [d]. Asthma
11. Alcoholism is associated with;
  - [a]. Chronic liver damage
  - [b]. chronic lung disease
  - [c]. HIV/AIDS
  - [d]. weight gain

12. The people with increased risk of injuries due to accidents are the;
- [a]. Young
  - [b]. Elderly
  - [c]. Men
  - [d]. Women
13. Majority of cancer deaths are due to the following cancers except;
- [a]. Breast cancer
  - [b]. Lung cancer
  - [c]. Colorectal cancer
  - [d]. Skin cancer
14. Asthma is classified as;
- [a]. Cardiovascular disease
  - [b]. Chronic respiratory disease
  - [c]. Psychological disease
  - [d]. Metabolic disease

**SECTION 2: SHORT ANSWER QUESTIONS**

**(30 MARKS)**

- 1) Define the following terms as applied in non-communicable diseases. [5 marks]
- a. Risk factors
  - b. Major risk factors
  - c. Modifiable risk factors
  - d. Chronic disease
  - e. Metabolic disorder
- 2) State six [6] modifiable risk factors for non-communicable diseases [6 marks]
- 3) Explain five [5] reasons why cardiovascular diseases are regarded as diseases for the rich, [5 marks]
- 4) State six [6] characteristics of non-communicable diseases [5 marks]
- 5) Outline six [6] clinical features of Explain the Bottom-up approach referral system in health management [6 marks]
- 6) Outline five [5] differences between primary health care and community-based health care. [5 marks]

**SECTION 3: LONG ANSWER QUESTION**

**(20 MARKS)**

1. Over the recent past, diabetes mellitus Type 2 has been on the increase. In view of this;
- a) State the signs and symptoms of Type 2 diabetes mellitus [5 marks]
  - b) Describe the pathogenesis of Type 2 diabetes mellitus [8 marks]
  - c) Outline the prevention and control measures for the above disease [7 marks]
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