

CHUKA UNIVERSITY

SCHOOL OF NURSING AND PUBLIC HEALTH

DEPARTMENT OF NURSING

HRIM 227 UNIT TITLE: HEALTH EDUCATION AND PROMOTION

INSTRUCTIONS

SECTION A : Answer All Questions

SECTION B : Choose any Two Questions

TIME: 2 HOURS

SECTION A (30 MARKS)

1. WHO defines health as; a complete state of physical, mental and social wellbeing and not merely absence of disease or infirmity.
Explain the following terminologies. (3 marks)
 - a) Physical health
 - b) Mental health
 - c) Social health
2. Define the terms health promotion and education (3marks)
3. Outline why voluntary actions are so important in health education programs (3 marks)
4. Highlight the major barriers of effective communication during a community education process (3 marks)
5. State briefly the aims of health education and promotion. (3 marks)
6. State three principles applied in health education process (3marks)
7. State at least three roles of Health educator. (3 marks)
8. Define the term perceived susceptibility (3marks)
9. List the different types of prevention and explain each. (3marks)
10. List in order three step in designing a health education lesson plan. (3 marks)

SECTION B 40MKS.

11. In any successful Health education programme there is high participation by the community.

Discuss this giving the benefits of community participation. (10 marks)

b Define communication and write short notes on the following terminologies.

a) Common communication approaches

b) Methods of communication

c) Advantages and limitations (10 marks)

12. Describe shortly five types of Health promotion Models. (10 marks)

b Explain the theory of reasoned action (10marks)

13. a) As a health Records officer in charge of Health Education, explain the various theories and models you can use to influencing desired meaningful and sustained change in the health of individuals (10 marks)

b) Discuss the behavior change process (10 marks).