

J.R.P



KMTC/QP-08/TIS

**KENYA MEDICAL TRAINING COLLEGE BOMET CAMPUS  
DEPARTMENT OF NURSING**

**CLASS: KECHN MARCH 2021**

**DATE: 11/02/2022**

**SUBJECT:**

**TIME: 2.00PM – 3.30PM**

**GLOBAL HEALTH POLICIES / INITIATIVES AND INTERGRATED HEALTH SERVICES**

**INSTRUCTION TO THE CANDIDATES**

1. Read the questions CAREFULLY and answer only WHAT is asked for
2. Enter your examination NUMBER
3. All questions are compulsory
4. For part I-MCQs write the CORRECT response in the space provided on the MCQS answer sheet.
5. Each MCQ is 1MK
6. For part II, SHORT ANSWERED QUESTIONS, answer each section separately
7. Part III-Essay/Long Answer Questions-Each Questions MUST be on a separate sheet of paper
8. Omission of or wrong numbering of examination paper, questions will result in 10% deduction of marks scored from the relevant part
9. Any candidate found cheating/ holding un-official information relevant to the exams will result in total nullification of the exams in question
10. Each candidate will be held responsible for organizing and forwarding all answer sheets to the invigilators BEFORE leaving the examination room
11. NO MOBILES PHONES ARE ALLOWED IN THE EXAMINATION ROOM



**PART I: MULTIPLE CHOICE QUESTIONS 15 MARKS**

- 1) The following are types of integration of health care except
  - a) Integration of health care, curative, preventive and promotive services ✓
  - b) Integration of acute and chronic care ✓
  - ~~c) Integration of inpatient services~~
  - d) Integration of government and non-government health care provide ✓
- 2) The following are members of mobile clinic team except.
  - a) Nurse
  - b) Lab technician
  - c) Clinical officer
  - d) Biomedical engineer ✓
- 3) Which one of the following is not a health problem of school children?
  - a) Skin diseases ✓
  - b) Worm infestation ✓
  - c) Fully immunized child
  - d) Malnutrition ✓
- 4) Integrated health services:
  - ~~a) Deals with routine provision of services in the health centers and dispensaries~~
  - b) Tries to manage health care services according to client's needs ✓
  - c) Is provided by private and faith based organizations only ✓
  - d) Leads to economic burden of around 12% people throughout the world ✓
- 5) Some of the requirements for a good rural house assessed during home visits are:
  - a) Adequate water supply, made of hard floor walls, has a pit latrine
  - b) Should be built on dry ground, and can house humans and animals
  - ~~c) Adequate light, and ventilation~~
  - d) Adequate means of refuse disposal, and must have separate bedroom for each family member
- 6) A component of a school health program is:
  - ~~a) Regular medical checkup of school going children~~
  - b) To develop positive attitudes towards health ✓
  - c) Provision of supermarket approach for service ✓
  - d) Identification of schools to be visited ✓
- 7) The world health assembly which endorsed the world wide social objective of 'health for all by the year 2000' was held in:
  - a) Ghana
  - b) Japan
  - c) Germany
  - d) Russia ✓
- 8) The main reason for slow progress of primary health care for all from 1978-2006 is:
  - a) Sufficient political will
  - b) High status of women
  - c) Unbalanced distribution of resources
  - d) High socio-economic development
- 9) Primary healthcare was launched at Alma-Ata during the WHO health assembly of ministers conference in:
  - a) 1987
  - b) 1978 ✓
  - c) 1878
  - d) 1887
- 10) The nations of the world committed themselves and their resources to the achievement of health for all by the year:
  - ~~a) 1978~~
  - b) 1987 ✓
  - c) 2000 ✓
  - d) 1994



- 11) The suitable development goal (SDG) that will ensure healthy lives and promote well-being for all at all age is goal number:  
 a) 1 *poverty* b) 2 *hunger* c) 3 *health* d) 4 *equality*
- 12) Sustainable development goals more officially adopted at:  
 a) Alma Ata declaration  
 b) Bamake initiative  
 c) Summit in New York  
 d) Abuja declaration
- 13) The main focus of the ALMA-ATA declaration was on:  
 a) Eradication of poverty  
 b) Eradication of non-communicable diseases  
 c) Reduction of maternal mortality rate  
 d) Essential healthcare services
- 14) The role of community health extension worker is to:  
 a) Cover nurse shortage in health families  
 b) Treatment of complicated cares  
 c) Supervise community health volunteers  
 d) Provide supportive supervision in dispensaries
- 15) The aims of daily observation of school children include:  
 a) Prevention of communicable diseases  
 b) Prevention of accidents  
 c) Provide nutritional supplements  
 d) Detect children suffering from disease

**SHORT ANSWER QUESTION (15 MARKS)**

- 1) State the first two (2) Sustainable development Goals (SDGS) — *poverty, hunger, Health equality* (2marks)  
 2) State three (3) objective of rural health unit (RHU). — *affordability, accessibility, efficiency* (3marks)  
 3) State three (3) component of school health programme. — *school environment, provision of clinical services, health education* (6marks)  
 4) State four (4) needs of a school child. — *proper nutrition, stable home, clothing, free from fatigue* (4marks)

**LONG ANSWERED QUESTIONS (20 MARKS)**

- 1) You have been posted to a Rural Health Facility Training that provides integrated health services.  
 i) Define integrated health service. — *provision of services under one roof* (1mark)  
 ii) List six members of staff in a rural health training facility. — *Early diagnosis and referral, better referral system, save time, improves immunization coverage, Encourages teamwork* (3marks)  
 iii) State five advantages of integrated health service to the client. — *Encourages teamwork* (3marks)  
 iv) State three challenges associated with integrated health services — *inadequate skilled personnel, inadequate resources* (3marks)  
 v) Describe the services offered under 'supermarket approach' — *FP, post natal, PMCT, ANC, immunization* (8marks)



Kaven



KMTTC/QP-08/TIS

KENYA MEDICAL TRAINING COLLEGE BOMET CAMPUS

DEPARTMENT OF NURSING

CLASS: *KECHN SEPTEMBER 2020*

DATE: 24/09/2021

SUBJECT: *COMMUNITY HEALTH*  
~~MEDICAL SURGICAL NURSING~~ *(Health Promotion, EPI, Intergoated Health)*

TIME: 2.00PM – 5.00PM.

INSTRUCTION TO THE CANDIDATES

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### MULTIPLE CHOICE QUESTIONS

- 1) The following are types of integration of health care except.
  - a) Integration of health care, curative, preventive and promotive services ✓
  - b) Integration of acute and chronic care ✓
  - ~~c) Integration of inpatient services~~
  - d) Integration of government and non-government health care providers. ✓
- 2) The following are disadvantages of integration of health care services except.
  - a) Inadequate physical facilities ✓
  - b) Staff spend more time with one client/patient ✓
  - ~~c) It saves time~~ ✓
  - d) High chances of cross infection between the sick and especially children. ✓
- 3) The following are members of mobile clinic team except.
  - a) Nurse ✓
  - b) Lab technician ✓
  - c) Clinical officer ✓
  - ~~d) Biomedical engineer~~ ✓
- 4) Which one of the following is not a health problem of school children?
  - a) Skin diseases ✓
  - b) Worm infestation ✓
  - ~~c) Fully immunized child~~ ✓
  - d) Malnutrition ✓
- 5) The following are roles of community health nurse in school health except
  - a) Assessment of children ✓
  - b) Growth monitoring ✓
  - ~~c) Not maintaining accurate record of the health of school children~~ ✓
  - d) Immunization services ✓
- 6) The aims of daily observation of school children include:
  - a) Prevention of communicable diseases ✓
  - b) Prevention of accidents ✓
  - c) Provide nutritional supplements ✓
  - ~~d) Detect children suffering from disease~~ ✓
- 7) The failure of the individual or their family members to understand the reason for the nurse conducting a home visit may lead to the problem of:
  - a) Consuming a lot of time ✓
  - b) Non acceptance ✓
  - c) Local language ✓
  - d) Role confusion ✓
- 8) Integrated health services:
  - ~~a) Deals with routine provision of services in the health centers and dispensaries~~ ✓
  - b) Tries to manage health care services according to client's needs ✓
  - c) Is provided by private and faith based organizations only ✓
  - d) Leads to economic burden of around 12% people throughout the world ✓
- 9) Some of the requirements for a good rural house assessed during home visits are:
  - a) Adequate water supply, made of hard floor walls, has a pit latrine ✓
  - b) Should be built on dry ground, and can house humans and animals ✓
  - ~~c) Adequate light, and ventilation~~ ✓
  - d) Adequate means of refuse disposal, and must have separate bedroom for each family member ✓
- 10) At what stage of home visiting process does overall documentation takes place?
  - a) Post-visit stage ✓
  - b) Pre-visit stage ✓
  - ~~c) Termination stage~~ ✓
  - d) Implementation stage ✓
- 11) About home based care
  - ~~a) There is no risk of infection like in the case of hospital care~~ ✓
  - b) The nurse has full control on what happens at the home of the patient ✓
  - c) The patient has limited choice of food they take ✓
  - d) The home environment often has more distractions than a hospital ✓



- 24) Disease is;
- Imbalanced unsustainable relationship with the environment
  - Progression toward a higher level of functioning
  - Failure of a person's adaptive mechanisms to counteract stimuli and stresses adequately
  - State of complete physical, mental and social well-being
- 25) Which of the following is a barrier to health promotion;
- Motivation
  - Professional competition
  - Reliability
  - Advocacy
- 26) The major tool used in health promotion is;
- Health education
  - Health plan
  - Lesson plan
  - Care plan
- 27) The correct temperatures for storing EPI vaccines in a health centre is?
- $0^{\circ}\text{C}$  to  $8^{\circ}\text{C}$
  - $0^{\circ}\text{C}$  to  $-8^{\circ}\text{C}$
  - $+2^{\circ}\text{C}$  to  $+8^{\circ}\text{C}$
  - $-2^{\circ}\text{C}$  to  $-8^{\circ}\text{C}$
- 28) The site for administering Bacilli Calmette Guerin vaccine is
- Left deltoid muscles.
  - Oral
  - The outer dorsal aspect of the left forearm.
  - Right thigh.
- 29) The potency of vaccines in a vaccine carrier is maintained by
- Thermometer
  - Cold box
  - Ice packs
  - Vaccine vial monitor.
- 30) Vaccines are disposed by
- Incineration
  - Burying
  - Disposing in pit latrine.
  - Breaking the vaccine vials.
- 31) Cold chain equipment used to transport large volumes of vaccines is known as:
- Refrigerator.
  - Vaccine carrier.
  - Vehicle.
  - Cold box.
- 32) For HIV exposed children, Measles Rubella vaccine is administered at what age?
- 9 months.
  - 6 months.
  - 4 months
  - 18 months.
- 33) The second dose of pentavalent is administered at :
- 14 weeks.
  - 10 weeks.
  - 6 weeks
  - 6 months.
- 34) bivalent oral polio vaccine (bOPV) contains which polio strains
- Type 1 and type 3.
  - Type 1 and type 2.
  - Type 2 and type 3.
  - Type 3 only.
- 35) Herd immunity is defined as immunity which:-
- occurs when a group of people are immunized.
  - vaccination used by veterinary people.
  - Immunity from a live vaccine.
  - Immunity from animals.
- 36) The correct dose of measles vaccine for a one year old child is
- 0.05mls
  - 0.5mls
  - 1ml
  - 0.1ml
- 37) what is the minimum interval between OPV1 and OPV2.
- Two weeks.
  - Three weeks.
  - Four weeks.
  - Six weeks



- 38) A two months old child is brought for immunization for the first time. He has not received any vaccination. Which vaccines should the health worker give?
- a) pentavalent, measles, OPV.
  - b) BCG, opv1, Rotavirus 1, PCV10<sub>1</sub>, pentavalent 1..
  - c) BCG, measles, pentavalent.
  - d) BCG, OPV, TT.
- 39) Cervical cancer vaccine is administered at what age?
- a) 9 months
  - b) 10 months
  - c) 10 years
  - d) 9 years.
- 40) Anti-tetanus serum is an example of:
- a) Natural active immunity.
  - b) Natural passive immunity.
  - c) Artificially induced active immunity
  - d) Artificially induced passive immunity.

Drop Out Rate  $\rightarrow \left( \frac{\text{Pent 1} - \text{Pent 3}}{\text{Pent 1}} \right) \times 100\%$  } Drop Out Rate.

**SHORT ANSWER QUESTIONS**

**SECTION A**

- 1) Facility A has a total number of 300 children who received pentavalent I vaccine, 270 children received pentavalent II vaccines and 240 children received pentavalent III vaccines. Calculate the drop out rate of pentavalent vaccine in Facility A. Show the formular. (4 marks).

**SECTION B**

- 2) State three (3) objective of rural health unit (RHU). (3marks)
- 3) State five (5) advantages of integration of services to clients. (5marks)
- 4) State four (4) services offered at static health facility. (4marks)

**SECTION C**

- 5) State five (5) stages of behavior change. (5 marks)
- 6) Define tertiary prevention.  $\rightarrow$  Reducing further disability or preventing recurrence of illness, health education, palliative care. (2 marks)
- 7) List five (5) roles of a health promoter. (5 marks)
- 8) State six (6) steps in organizing community dialogue. (6 marks)
- 9) State three (3) component of school health programme. (6marks)

**LONG ANSWER QUESTION**

- 1) Discuss how to defrost the refrigerator. (20 MARKS)

(20 MARKS)  
(20 marks).

Components of school health programmes.

- 1. Provision of clinical services  $\rightarrow$  This include screenings, immunization, administration of drugs referring those with major complications.
- 2. School environment  $\rightarrow$  Cleaning compounds.
- 3. Health education  $\rightarrow$  Teach on hygiene factors to improve health.

$$\frac{300 - 240}{300} \times 100 = \frac{60}{300} \times 100 = 20\%$$

**Static health.**

- $\rightarrow$  Immunization
- $\rightarrow$  FP
- $\rightarrow$  Delivery care.
- $\rightarrow$  Non comm. disease tx

**Advantages of integration**

- $\rightarrow$  Saves time & money
- $\rightarrow$  Improves imm. coverage
- $\rightarrow$  Better referral system
- $\rightarrow$  Encourages team work.
- $\rightarrow$  Promotes better health outcome.

**Stages of behaviour change.**

- 1. Problem identification
- 2. Problem analysis
- 3. Identification of best options
- 4. Prioritize options.
- 5. Evaluate & provide feedback
- 6. Acting together.

OPV  
BCG  
DTP  
MM  
Hib  
Pentavalent  
Rotavirus  
Meningococcal  
Tetanus  
Hepatitis B  
Hepatitis A  
Yellow fever  
Measles  
Rubella  
Polio  
Malaria  
Schistosomiasis  
Hookworm  
Ascariasis  
Trichuriasis  
Strongyloidiasis  
Cryptosporidiosis  
Giardiasis  
Toxoplasmosis  
Coccidiosis  
Cryptosporidium  
Isospora  
Microsporidium  
Cyclospora  
Sarcocystis  
Cryptosporidium  
Isospora  
Microsporidium  
Cyclospora  
Sarcocystis



Part 1- multiple choice questions

1. The following are key characteristics of a good healthcare delivery system, except
- A. Comprehensiveness ✓
  - B. Accessibility ✓
  - C. Technology ✓
  - D. Coverage
2. Which of the following tiers is correctly matched
- A. Tier 1 – dispensaries and clinics ✗
  - B. Tier 2 – community and health centres ✗
  - C. Tier 3 – county referral hospitals ✓
  - D. Tier 4 – health centres and nursing home ✗
3. Which of the following activities falls under community level of health services
- A. Personal and domestic hygiene
  - B. Policy, planning and healthcare financing ✗
  - C. Curative services ✓
  - D. Rehabilitative services ✓
4. Which of the following is a role of the county health management team
- A. Provide supervision to counties ✗
  - B. Develop health policies, legislation and guidelines ✓
  - C. Provide linkage to the executive committee of county and the national government
  - D. International partner coordination and planning ✗
5. Which of the following is a function of the facility health management team
- A. Preparation of hospital work plan
  - B. Resource mobilization and allocation
  - C. Procurement
  - D. Manage partnership
6. The following are the most important stakeholder in healthcare delivery system, except
- A. Government
  - B. Patient ✓
  - C. Insurance
  - D. Health professionals
7. Which of the following is a reason for conducting home visiting
- A. To help solve family disputes ✗
  - B. To give health education to individuals, family and community ✓
  - C. To provide food to needy families ✗
  - D. To treat health conditions affecting the community
8. Which of the following is disadvantage of home visiting



except

- A. It is possible to discover new health problems <sup>adu</sup>
- B. Family members are more relaxed in their own surrounding <sup>x</sup>
- C. Consume a lot of time and energy <sup>✓</sup>
- D. Gives opportunity to directly observe patients family atmosphere <sup>adu</sup>

9. The following are major objectives of school health program except

- A. Health promotion
- B. Class work participation
- C. Safety of school environment
- D. Treatment of minor ailments

10. Which of the following is a role of a nurse in school health program

- A. To inform parents of current changes in school system if need be <sup>x</sup>
- B. To represent the views of the school to the sub-county education office <sup>x</sup>
- C. To provide disciplinary action to those who break the law <sup>x</sup>
- D. To provide screening and referral of health conditions

11. The following are members of the mobile clinic, except

- A. Patient
- B. Physician
- C. Nurse practitioner
- D. Driver

12. Which of the following is a service offered during mobile clinic

- A. Immunization <sup>x</sup>
- B. Receiving critical ill patient referrals from the community
- C. Delivery <sup>x</sup>
- D. Cesarean section and other minor surgeries <sup>x</sup>

13. Which of the following is a way of preventing home accidents

- A. Make your home well-lit
- B. Make sure the floor is wet <sup>x</sup>
- C. Play in any grounds provided you have protective gears <sup>x</sup>
- D. Allow the elderly to take care of themselves without support <sup>x</sup>

14. One of the following is an internal factor affecting family health

- A. Terrain <sup>x</sup>
- B. climate <sup>x</sup>
- C. family size
- D. water supply

15. a blended family .....

- A. Formed when one parent brings up children alone either because of separation or divorce



Defending

- B Type of family consists of husband and a wife with or without children  $\times$
- C Its also called a joint family  $\times$
- D. It's a family formed when a husband and wife bring into their marriage unrelated children from their previous marriages

16. The main source of health promotion when its values and teachings positively influence lifestyles and healthy behavior . This statement best describes

- A. educational sub system
- B. communication and transport subsystem  $\times$
- C. religious sub system
- D. sociocultural sub system  $\times$

17. Choose the correct order of the process of home visiting

- A. Entry, termination pre visit activities  $\times$
- B. Pre visit activities, entry, working phase  $\times$
- C. pre visit activities, entry, termination  $\times$
- D. Entry, pre visit activities , termination activities  $\checkmark$

18. One of the following is a disadvantage of home visiting

- A. Gives a more accurate assessment of the family structure and behavior in their natural environment  $\text{Adv}$
- B. provides an opportunity to observe the physical environment of the home and identify barriers  $\text{Adv}$
- C. The patient's family may not accept the nurse due to various factors such as cultural or religious differences  $\text{disadv}$
- D By meeting the family on its home ground the nurse will be enhancing the family's sense of control and active participation  $\text{Adv}$

19. Eating a well-balanced diet is a form of

- A Primary prevention
- B. Secondary prevention
- C. Tertiary prevention
- D. Health protection

20. external factors influencing health of a family includes \

- A. terrain ,relationship, structure
- B. terrain, relationship, family size



- C. terrain, air, structure
- D. terrain, climate, water supply

21. all except one is not a characteristic of a healthy community

- A. adequate supply of wholesome water ✓
- B. sound communication infrastructure ✓
- C. gainful occupational activities ✓
- D. adverse weather conditions ✗

22. **community health:**

A. is the source and study of the changing behavior in the community through organized community participation ✗

B. is the source of a family where the rehabilitation services are the key to community health ✗

C. is the science and art of promoting health and preventing diseases through organized community participation

D. is the science and art of preventing and treatment of mild illness in the community for economic purpose ✗

23. **The socio-cultural sub system deals with**

A. its made up of the government and its development policies *gover*

B. it's the government's ability to provide health and other services

C. it's the main tool of changing behavior and improving individual and community

D. its made up of all the customs and beliefs and it exerts a powerful influence on lifestyles

24. **The following are problems that affect the health of a community, except**

A. overcrowding

B. peace ✓

C. poverty ✓

D. unsanitary environment ✓

25. **Which of the following is the function of national government**

A. Licensing and control of undertaking that sell food to the public



- Defeating
- B. Refuse removal and solid waste disposal
  - C. Leadership of health policy development
  - D. Offering ambulance services

26. Which of the following is true about Alma-Ata declaration

- A. Called for an international monitoring system to ensure that donors and recipient hold each other accountable
- B. Identified primary healthcare as the key to attainment of the goal of health for all
- C. Took place in Paris
- D. Laid out a practical, action-oriented road map to improve the quality of AID

27. Which of the following is a way of improving quality of healthcare

- A. Promoting health seeking behaviours, individuals to take own responsibility
- B. Ensuring services are available to special groups including refugees and prisoners
- C. Offering free maternity services
- D. Training workers ✓

28. The following are basic principles of CRC (Convention on the Rights of a Child), except

- A. A child should be protected from all kinds of discrimination and punishment ✓
- B. A child has the right to survival and development ✓
- C. A child should protect her/himself from abuse and neglect ✓
- D. A child has right to education, housing, mental and physical wellbeing

29. Which of the following is a way of improving physical access to health services

- A. Having enough medical stocks in county hospital ✓
- B. Upgrading dispensaries to function primary healthcare facility ✓
- C. Employing more workers at the county hospital ✓
- D. Creating awareness to the community ✓

30. The following are key characteristics of a good healthcare delivery system, except

- A. Comprehensiveness ✓
- B. Accessibility ✓
- C. Technology ✓
- D. Coverage ✓

31. The capacity of individuals, groups and communities to make independent decisions is.

- a) Self-Determinism
- b) Self-Competency
- c) Cultural-Competency
- d) Cultural-Determinism

32. Population- focused nursing practice requires which of the following processes?



- A. Community organizing
- B. Nursing, process
- C. Community diagnosis
- D. Epidemiologic process

33. An indicator of success in community organizing is when people are able to:

- a) Participate in community activities for the solution of a community problem
- b) Implement activities for the solution of the community problem
- c) Plan activities for the solution of the community problem
- d) Identify the health problem as a common concern

34. Isolation of a child with measles belongs to what level of prevention?

- a) Primary
- b) Secondary
- c) Intermediate
- d) Tertiary

35. The major goal of devolution of health care system is to:

- a) Strengthen local government units
- b) Allow greater autonomy to local government units
- c) Empower the people and promote their self-reliance
- d) Make basic services more accessible to the people

36. The priority activity during community mobilization for a project is:

- a) Identifying resources
- b) Finding out about what the community knows about the project
- c) Allowing the community members to volunteer in the project
- d) Conducting mobilization sessions

37. What is true of primary health facilities

- A. they are usually government run
- B. their services are provided on an outpatient basis
- C. they are training facilities for health professionals
- D. a community hospital is an example of this

38. level 1 health care delivery in kenya is provided by:

- A. Traditional birth attendants
- B. Trained public health nurses
- C. Family and community members



D. Enrolled community health nurses

39. functions of the division of family health included in the county department of health are:

- A. Nutritional services, expanded programme of immunization, adolescent health
- B. Referral and ambulance, health facilities, mental health
- C. Infrastructure and maintenance, procurement, health facility management
- D. Occupational health, waste management, vector control

40. preventive health services offered at MCH/FP

- A. Exercises, good nutrition practices, personal hygiene
- B. Diagnosis and treatment of minor ailments and referral
- C. Immunization, health education, antenatal and postnatal care
- D. Growth monitoring and screening, breast examination

**Part II-Short Answer Questions (40)**

- 1. Outline Four (4) factors that influenced the growth of community health *4Marks*
- 2. State five (5) functions of a family = *Reproduction, socialization, companionship* *5 Marks*
- 3. state five (5) characteristics of a healthy community = *good communication, cooperation among community members* *5 Marks*
- 4. Explain the three main levels of prevention in health = *Primary, Secondary, Tertiary* *5Marks*
- 5. State at least 5 aims of family health *5Marks*
- 6. Explain three (3) reasons why community health is important *6Marks*
- 7. State four 4 activities of community health *4Marks*
- 8. Explain three (3) aims of community health in your community *6Marks*

**Part III-Long Answer Questions (40 Marks)**

- 1.a) Describe the main roles of a community health Nurse in a newly established health facility *(10 Marks)*
- b) Describe at least five (5) community health subsystems *(10 marks)*