



**KENYA MEDICAL TRAINING COLLEGE
FACULTY OF CLINICAL SCIENCES
DEPARTMENT OF CLINICAL MEDICINE**

**END OF SEMESTER EXAMINATION
FOR
MARCH 2021 CLASS – YEAR 1 SEMESTER I**

PAPER: COMMUNITY HEALTH I

DATE: 3rd August, 2021

TIME: 2 HOURS (10:30AM – 12:30 PM)

INSTRUCTIONS

1. This paper consists of:
 - Section 1 (20 Multiple Choice Questions)
 - Section 2 (4 Short Answer Questions)
 - Section 3 (2 Long Answer Question)
2. Attempt **ALL** Questions
3. Write your **ADMISSION NUMBER** on all the answer sheets provided and on the question paper.
4. Ensure that all examination answer scripts are handed in at the end of the examination
5. Ensure you sign in the 'sign IN and OUT' examination register provided

EXAMINATION NUMBER

Section 1 (20 Multiple Choice Questions) (20 Marks)

1. Health is best described as a resource that allows a person to have
 - a) A social and spiritual life.
 - b) A productive social and economic life.
 - c) Economic well-being.
 - d) Physical capacity.
2. Social determinants of health:
 - a) Are constant between similar populations
 - b) Refer specifically to the characteristics of health
 - c) May vary between similar populations
 - d) Refer specifically to methods that can be used to measure health
3. One of the following is not Informal health education method
 - a) Seminar
 - b) Lecture
 - c) Brainstorming
 - d) Health talk
4. To encourage community participation, which of the following should a community health extension worker do?
 - a) Invite people from civic organizations
 - b) Refer to the doctor for prescriptions
 - c) Encourage sponsorship to programs.
 - d) Listen when people relate their problems
5. A public health clinical officer who does Blood Pressure screening and related health education is conducting activities in the level of
 - a) Primary prevention
 - b) Secondary prevention
 - c) Tertiary prevention
 - d) Focused prevention
6. Disease prevention activities protect people from disease and the effects of disease. An example of primary disease prevention is:
 - a) Teaching people with diabetes how to prevent complications.
 - b) Administering vaccines to children before kindergarten.
 - c) Checking the skin of farm workers for signs of skin cancer.
 - d) Identifying and testing individuals exposed to someone with tuberculosis.
7. The health status is greatly affected and determined by which of the following:
 - a) Behavioral factors
 - b) Socio-economic factors
 - c) Political factors
 - d) Psychological factors
8. The habitual presence of a disease or infectious agent within a given geographical area is
 - a) Epidemic
 - b) Pandemic
 - c) Sporadic
 - d) Endemic

9. Health education;
- Helps people attain their health through the nurses role efforts
 - Should not be flexible
 - Is a fast and mushroom like process
 - Is a slow and continuous process
- 10 a) Meeting basic goal of health promotion is;
- Health
 - No illness
 - Wellness
 - Absence of diseases
- 11 10. Understanding of health determinants is essential for:
- Primary health care interventions and assessment.
 - Effective programs to enable people to maintain good health
 - Organization of health services in regions or cities
 - Acute care service provision.
- 12 11. In which city in a developing country was the first international conference on health promotion held?
- Bangkok ,Thailand
 - Mexico city, Mexico
 - Nairobi ,Kenya
 - Jakarta ,Indonesia
- 13 12. Collective efforts by a group to increase their control over health determinants is known as
- Community control
 - Community action
 - Health activism
 - Public policy
- 14 13. Which of the following models of health is the primary health care approach based on?
- Behavioral
 - Economic
 - Social
 - Education
- 15 14. For primary health care to improve health, people must first have
- Access to medical services
 - Their basic needs met
 - A health promotion program
 - Electronic medical records
- 16 15. People remain in poverty not merely as a result of their economic conditions but because of values and practices developed from poverty.
- Physical
 - Social
 - Culture
 - Biology and genetic endowment
- 17 16. Which of the following does not currently present a significant health challenge in low-income countries?
- HIV/AIDS
 - Malaria

- c) Cardiovascular diseases
 - d) Diarrheal diseases
18. Infectious diseases transmitted directly from one person to another is termed
- a) A susceptible host
 - b) A communicable disease
 - c) A portal of entry to a host
 - d) A portal of exit from the reservoir
19. The health care activities that are representing primary prevention include;
- a) Getting immunized and practicing safe sex
 - b) Quitting smoking
 - c) Avoiding alcohol and using drugs
 - d) Starting an exercise and height reduction program
20. The Ottawa Charter described health in terms of:
- (a) The presence of disease
 - (b) The presence of health
 - (c) The object for living
 - (d) Physical capabilities

Section 2 (4 Short Answer Questions) (40 Marks)

1. Discuss five types of health promotion materials. (10marks)
2. What can be done to make the quality primary health care accessible and affordable to everyone, everywhere? (10marks)
3. Discuss the indicators of health in a community. (10marks)
4. Discuss the advantages of the social model of health over the biomedical model of health. (10marks)

Section 3 (2 Long Answer Question) (40 Marks)

1. Explain the Ottawa Charter as an effective health promotion framework, citing examples. **(20marks)**
2. Health is a state of complete physical, mental and emotional well-being and not merely the absence of a disease or infirmity. Giving examples discuss the essential components of good health. **(20marks)**