



KMTTC/QP-07/TIS

KENYA MEDICAL TRAINING COLLEGE

KRCHN Supplementary promotional Nursing Examination

Class: March 2019 year 1 sem 2

Paper: COMMUNITY HEALTH NURSING & NUTRITION

Date: MONDAY : 1/2/2021

Time Allowed: 3 Hours 2-5PM

INSTRUCTIONS TO CANDIDATES

- 1. ENTER YOUR EXAMINATION NUMBER AND QUESTION NUMBER on each sheet of paper used.**
- 2. ALL questions are compulsory.**
- 3. Each module should be done separately but questions following each other**
- 4. Omission of and or wrong numbering of a question or part of the question will result in 10% deduction of the marks scored from the relevant part.**
- 5. Mobile phones are NOT allowed in the examination hall.**
- 6. Sign in and out from the examination room**

MULTIPLE CHOICE QUESTIONS (MCQs)

(10MARKS)

1. According to the Kenya Health Policy 2014-2030, the key changes from 6-4 tiers of care were necessitated by the need to:
 - a. Align to the Ministry of Health directive
 - b. Respect the Presidential directive
 - c. Align to County system
 - d. Align to Country's health delivery system

2. The sustainable Development Goal (SDG) number three (3) targets to:
 - a. End hunger, achieve food security and improved nutrition and promote sustainable agriculture
 - b. End poverty in all its forms every where
 - c. Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all
 - d. Ensure healthy lives and promote well-being for all at all ages

3. Kenya Essential Package of Health Service (KEPHS) can be defined as the package of:
 - a. Services that the government is providing or is aspiring to provide to its citizen in an equitable manner
 - b. Essential drugs and supplies that the government provides to rural health facilities
 - c. Supplies that are required by all health facilities in a country
 - d. Services that the community provides to its members to ensure a healthy community

4. An objective of health care delivery system is to:
 - a. Promote health education and health services
 - b. Promote quality of life and life expectancy
 - c. Support a coordinated cohesive health care services
 - d. Improve health status of the population and clinical outcomes of care

5. The Universal Health Coverage (UHC) in Kenya aspires that by the year 2022 all people will be able to use the essential services through:
 - a. A package of preventive and curative health interventions for a particular population group
 - b. A single unified benefit package without the risk of financial catastrophe
 - c. Kenya Medical Supplies Authority (KEMSA) in the distribution of drugs
 - d. National Hospital Insurance Fund (NHIF) that enable clients walk in and out of health facilities without paying from their pockets

6. **The services given by staff away from the static facility on a specified day are referred to as:**
- Outreach services
 - Mobile services
 - Preventive services
 - Promotive services

7. **Essential equipment required for a home visit include:**
- Immunization kit, antenatal kit, slide projector
 - Community bag, family folder, health education materials
 - Antenatal kit, family folder, anaesthetic kit
 - Health education materials, immunization kit, slide projector

8. **It is important to consider school health programme as a priority need of the community because school:**
- Provides a conducive environment for learning, teachers easily disseminate health messages to the students
 - Facilities like libraries, laboratories can enhance health messages, schools can publish journals of health messages
 - Children carry home health messages, they disseminate health messages to their teacher
 - Children are easy to reach, they disseminate health messages to the larger population

9. **The global health policy that addresses health for all is:**

- Paris declaration
- Convention for the rights of children
- Alma Ata declaration
- Vision 2030

10. **The aim of the Vision 2030 Social pillar in Kenya addresses:**

- Improving prosperity of Kenyans through an economic development
- Intersectoral collaboration
- Building of a cohesive society under social equity
- A democratic political system

SHORT ANSWER QUESTIONS (SAQs)

(30 MARKS)

- 1) State five (5) key objectives of the Kenya Health Policy 2014-2030. (5mks)
- 2) Outline five (5) reasons for terminating home visiting. (5mks)
- 3) State five (5) objectives of school health programme. (5mks)

- 4) Outline five (5) activities carried out by a nurse in a child welfare clinic. (5mks)
- 5) State the four (4) tiers of the Kenya Health Care delivery system. (4 mks)
- 6) State six (6) functions of the County health management team (CHMT) (6mks)

LONG ANSWER QUESTIONS (LAQs)

(20MARKS)

- 1) Mrs. Nila aged 35 years old is expectant and sick together with her 14 year old daughter and 4 year old son. Nila is concerned that she will have to make several trips to the health centre in order to have all of them treated. The community worker in her village tells her that it is possible for them to be treated on the same day.
 - a. Define integrated health services (2mks)
 - b. Describe the key principles of integration of health services. (12mks)
 - c. Explain three (3) advantages of integrated health services to the client. (6mks)

NUTRITION

MULTIPLE CHOICE QUESTIONS (MCQs)

(10MARKS)

1. Light sensitive pigment in retina is created by:

- a. Vitamin A
- b. Vitamin B
- c. Vitamin C
- d. Vitamin D

2. Failure to thrive is diagnosed when:

- a. The weight is below 60% of the normal weight
- b. The weight is 80-60% of the normal weight
- c. The weight is above 80% of the normal weight
- d. The weight is above 90% of the normal weight

PEN

3. When managing protein energy malnutrition

- a. Blood transfusion must be done ✓
- b. Zinc administration is prohibited ✓
- c. Vitamin supplementation must be done ✓
- d. Oral treatments are contraindicated ✓

4. When weaning;

- a. Breast milk must be given prior to new food
- b. Baby may be forced food to enhance fast adaptation ✓
- c. Variety of food may be introduced at ago ✓
- d. Culture and beliefs of the family must be considered ✓

over low
5. **Malnutrition implies;**

- a. Excessive nutrients than required
- b. Lack of nutrients in the body
- c. Less or excess amount of nutrients intake
- d. Less nutrients in the body

6. **Insufficient calcium in the body may result;**

- a. Beriberi X
- b. Soft tissue calcification
- c. Bone demineralisation
- d. Blindness

7. **First class proteins include**

- a. beans and milk
- b. meat and milk
- c. beans and cowpeas
- d. beans and meat

8. **Micronutrients include;**

- a. Carbohydrates and vitamins
- b. Vitamins and minerals
- c. Protein and carbohydrates
- d. Proteins and minerals

9. **A reversible eye condition resulting from vitamin A deficiency is;**

- a. Keratomalacia
- b. Xerophthalmia
- c. short sightedness
- d. trachoma

10. **Marasmic kwashiorkor is suspected when;**

- a. There is severe muscle wasting without oedema.
- b. When there is severe oedema only. k
- c. In presence of oedema and severe underweight for age.
- d. In presence of oedema and normal weight for age

SHORT ANSWER QUESTIONS (SAQs)

- 1. State **five**(5) roles of a nurse in nutrition.
- 2. Outline **three**(3) principles in meal preparation.
- 3. State **two** (2) importance of vitamins in the body.

They IMPROVE immunity system
They protect against infection

5
4 He/She assesses the status of malnutrition admitted
He/She manages the malnourished pt
1. He/She educates people about the 3 classes / categories of food
2. He/She prepares the therapeutic diets
3. He/She administers SUPPLEMENTATION of the VITA supplement
He/She screens for signs of malnutrition
Adequacy moderation (5mks)
Balance (3mks)
(2mks)

LONG ANSWER QUESTIONS (LAQs)

(20 MARKS)

4/5
Oedema
Weight loss

1. A two year old baby R is brought in the outpatient with the complaint of swelling of the lower and upper extremities and facial oedema. The weight is 60% below the expected weight of his age.

- I. State two (2) sites that would assist you in assessing the extent of dehydration. (2mks)
- II. Describe the health education that you would give to the guardian during discharge. (10mks)
- III. Explain four (4) causes of protein energy malnutrition in Africa. (8mks)

Poverty
Faddism
Culture

behavior PEM

educate the patient on the three categories of food that is protein, carbohydrate, vitamins and minerals. educate on the sources of the the categories of food

The amount required in each class.

educate on Sanitation that is use of clean water and clean food since dirty food brings about worms and diarrhoea they interfere with the protein levels in the body.

educate the guardian on the signs or malnutrition and how to prevent malnutrition, risks

educate the guardian on meal planning, how factors to consider when planning a meal

educate her/him on how to assess malnutrition and is assessed

educate her/him on meal budgeting, how someone budgets for a meal

The skin it has low turgor
The lips are dry

interference
interference
interference

assess