



**KENYA MEDICAL TRAINING COLLEGE
FACULTY OF NURSING
DEPARTMENT OF NURSING**

**FINAL QUALIFYING EXAMINATION
FOR
CERTIFICATE IN COMMUNITY HEALTH NURSING**

PAPER: COMMUNITY HEALTH

DATE: 19th JANUARY, 2022

TIME: 3 HOURS (9:00AM – 12:00 NOON)

INSTRUCTIONS

1. This paper consists of:
 - Section 1 (40 Multiple Choice Questions)
 - Section 2 (8 Short Answer Questions)
 - Section 3 (1 Long Answer Question)
2. Attempt **ALL** Questions
3. Write the **EXAMINATION NUMBER** given 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 the examination register provided

EXAMINATION NUMBER ... C/NUR/FEB-22

SCANNED BY DAN 0719591504

COMMUNITY HEALTH

SECTION 1: MULTIPLE CHOICE QUESTIONS

(40 MARKS)

1. Developmental tasks of a launching centre family include: -
 - a) Child socialization
 - b) Cultivating leisure time activities
 - c) Releasing children as young adults
 - d) Open parent-child communication
2. A process by which a community is made alert of its problems and the available resources, such as, manpower, money, materials, ideas and time is community;
 - a) Sensitization
 - b) Awareness
 - c) Mobilization
 - d) Participation
3. The ability of a person to make and maintain acceptable interactions with other people in a community is:-
 - a) Physical health
 - b) Mental health
 - c) Social health
 - d) Emotional health
4. Preventive health services offered at a MCH/FP clinic include;
 - a) Exercises, good nutritional practises, personal hygiene,
 - b) Growth monitoring and screening, breast examination
 - c) Diagnosis and treatment of minor ailments and referral
 - d) Immunization, health education, antenatal and postnatal care
5. Functions of the division of family health included in the county department of health are :-
 - a) Referral and ambulance, health facilities, mental health
 - b) Occupational health, waste management, vector control
 - c) Nutritional services, expanded program of immunization, adolescent health
 - d) Infrastructure and maintenance, procurement, health facility management
6. The following Act of the Kenyan laws prescribes food safety;
 - a) Nurses act CAP 257
 - b) Public health Act CAP 242
 - c) Clinical officers act CAP 241
 - d) Medical practitioners act CAP 253
7. The role of a community health nurse that involves advising other health care providers on the needs of the community is;
 - a) Planner
 - b) Manager
 - c) Advocator
 - d) Educator
8. The following vaccines are administered to infants at ten (10) weeks;
 - a) Measles, BCG, rotavirus vaccine
 - b) Vitamin A, oral polio 2(OPV 2), pneumococcal
 - c) Oral Polio (OPV 2), pneumococcal, pentavalent 2
 - d) Inactivated polio vaccine (IPV), measles, hepatitis B

9. The following is used to measure success in health education process;
- Changes in behavior and attitudes.
 - The ability to incorporate advance technology
 - The willingness of all stakeholders to support the program.
 - The attentiveness of the audience during health education.
10. A concept of Primary Health Care (PHC) that ensures rural health services are provided by methods that are within the social cultural norms of a community is:-
- Accessibility
 - Affordability
 - Availability
 - Acceptability
11. The following are additional elements of primary health care (PHC) added by the Kenyan government;
- Education, nutrition, local disease control, malaria control
 - Mental health, dental health, community based rehabilitation, malaria control
 - Family planning, expanded programme of immunization, essential drug supply, local disease control
 - Community based rehabilitation, safe water supply, nutrition and adequate food supply, mental health
12. Resources targeted during Community mobilization include the following;
- Money, land, materials, manpower
 - Money, materials, time, manpower.
 - Community participation, time, manpower.
 - Community participation, money and land.
13. Level one health care delivery in Kenya is provided by.
- The family and community members.
 - The enrolment community health workers
 - Trained public health nurses
 - Traditional birth attendants.
14. The drug of choice in the treatment of schistosomiasis is;
- Praziquantel 40mg/kg body weight as a single dose
 - Metronidazole tabs 400mg tds x5/7
 - Amphotericin B 3mg/kg body weight for 10days
 - Amoxicillin caps 500mg tds x5/7
15. Incubation period is;
- The time of infection and death
 - Appearance of clinical symptoms and death
 - Time of infection and appearance of antibodies
 - The time of infection and appearance of clinical symptoms
16. The correct stages in the progression of measles are:-
- Prodromal phase, eruptive phase, post-measles phase
 - Pre-measles phase, prodromal phase, post-measles phase
 - Pre-measles phase, eruptive phase, post-measles phase
 - Eruptive phase, pre-measles phase, post-measles phase

17. Environmental factors whose effects are commonly expressed as stress, depression, hysteria are;
 - a) Chemical hazards
 - b) Physical hazards
 - c) Psychological hazards
 - d) Biological hazards
18. You are a Nurse working with local NGO and you have been assigned to conduct community dialogue in village X. What will be your first action?
 - a) Meet with the local leaders in the village
 - b) Develop and action plan
 - c) Do a transect walk in the village
 - d) Prioritize community needs
19. The following preventive/promotive services are appropriate to Late Childhood (6- 12 yrs) cohort.
 - a) Antenatal care, breastfeeding
 - b) Vaccination, growth monitoring
 - c) Supplementary feeding, de-worming
 - d) Nutritional care, insecticide treated net use
20. The fundamental learning process aimed at changing behaviour and attitude with respect to health practices thus involves family individual and community is :-
 - a) Health analysis
 - b) Health education
 - c) Health promotion
 - d) Family counseling
21. Voluntary action in health education is;
 - a) The process of creating favorable conditions for learning in the community X
 - b) An interactive process aimed at changing behavior specific messages and different communication approaches
 - c) The taking up behavioral measures by a person to achieve an intended health effect with full understanding and acceptance of purposes
 - d) The process of sharing ideas, information, knowledge, and experience among people for behavior change
22. Health promotion implies;
 - a) Offering curative services to the community
 - b) Detecting diseases in good time
 - c) Enabling people to increase control over their health
 - d) Averting diseases in specific populations
23. The correct sequence of activities during community diagnosis is;
 - a) Planning of the survey, exploration, pretesting survey tools, report writing, dissemination and community action
 - b) Exploration, planning of the survey, pretesting survey tools, report writing, dissemination and community actions
 - c) Pretesting survey tools, planning of the survey, exploration, report writing, dissemination and community action
 - d) Exploration, pretesting survey tools, planning of the survey, report writing, dissemination and community action.

24. Which of the following participatory methods would best be used to get information from the opinion leaders in the community?
- Focus group discussion
 - Transect walk
 - Seasonal calendars
 - Key informant interviews
25. A rural health unit under the Ministry of health that is charged with the responsibility of providing services to a particular catchment area is;
- Clinic
 - Dispensary
 - Health centre
 - Sub-county hospital
26. The principle of ethical reasoning that allows a home based care client to assume the right to make own decisions about their health is :-
- Veracity
 - Fidelity
 - Autonomy
 - Paternalism
27. The mode of action for combined oral contraceptive is;
- Ovulation inhibition, thickening of mucus
 - Slippery mucus, delayed ovulation
 - Slowed motility, enhanced ovulation
 - Increased motility in uterine tubes, thickening of endometrium
28. The following family planning method involves recording body temperature with observing cervical mucus;
- Fertility awareness method
 - Symptom-thermal method
 - Lactation amenorrhea method
 - Basal Body Temperature method
29. A nurse is teaching a client with genital herpes. Education for this client should include an explanation of
- Why the disease is transmittable only when visible lesions are present
 - The need for the use of petroleum products.
 - Option of disregarding safer-sex practices now that he's already infected.
 - The importance of informing his partners of the disease.
30. An appropriate nursing intervention to provide emotional support to a patient with an STD is to;
- Use concerned listening when the patient expresses negative feelings.
 - Reassure the patient that the disease is curable with appropriate treatment.
 - Offer many alternatives that the patient can use to change sexual relationships.
 - Help the patient who is an innocent sexual partner forgive the infecting partner.

31. The ability of a disease causing agent to penetrate, multiply and produce some detectable change (establish itself) in the host is;
 - a) Infectivity
 - b) Stability
 - c) Virulence
 - d) Pathogenicity
32. A therapeutic intervention applied on mentally ill persons that involves exposing the patient to dreaded or fearful stimuli while preventing avoidant behavior is;
 - a) Flooding
 - b) Desensitization
 - c) Modeling
 - d) Reattribution
33. The abnormal sexual behavior in which a man fantasizes having sex with a woman whom he has been observing undress is
 - a) Exhibitionism
 - b) Voyeurism
 - c) Frotteurism
 - d) Transvestitism
34. A mental health nurse who asks a psychiatric patient for their three names, name of the hospital they are in and the month of the year will be assessing for;
 - a) Perception
 - b) Attention
 - c) Abstraction
 - d) Orientation
35. A statistical measure in which the numerator is not related to the denominator is: -
 - a) Rate
 - b) Ratio
 - c) Proportion
 - d) Percentage
36. The persistent occurrence of a disease at a low to moderate level in a community is known as: -
 - a) Pandemic level
 - b) Sporadic level
 - c) Endemic level
 - d) Epidemic level
37. A step in community health nursing programs that involves testing whether the expected outcome has been achieved is?
 - a) Planning
 - b) Evaluation
 - c) Assessment
 - d) Implementation
38. Which of the following approaches is likely to be most effective for a school nurse to use in working with families in a respectful and nondiscriminatory manner?
 - a) Being professional and sensitive to factors related to socioeconomic, ethnic, and cultural backgrounds
 - b) Attempting to discover pertinent characteristics of families' backgrounds before meeting with them

- c) Acknowledging obvious differences in background right away and using humor to put families at ease
 - d) Remaining friendly and curious while asking specific questions about families' backgrounds and living situations
39. Screening in school health services involves;
- a) Treatment of the sick school children
 - b) Taking note of any unusual signs or symptoms
 - c) Referral of sick pupils for further treatment
 - d) Health examination to determine the pupil's health status
40. For this question, indicate whether the given statements are TRUE or FALSE
- (i) Adequate community involvement is the reason why most projects in the community fails to continue when the donor funding is withdrawn
 - (ii) Sufficient political commitment has demonstrated movement toward attainment of health for all in developing countries

SECTION 2: SHORT ANSWER QUESTIONS (40 MARKS)

- 41. Outline five (5) components of the high priority package according to the Kenya Essential Package of Health (KEPH) (5 marks)
- 42. Outline four (4) characteristics of a healthy community (4 marks)
- 43. State four (4) ways through which home accidents can be prevented in the family (4 marks)
- 44. Explain three (3) portals of entry of disease causing agents into the human body (6 marks)
- 45. Outline five (5) factors that influence nutrition status of a community (5 marks)
- 46. Outline five (5) features of avoidant personality disorder (5 marks)
- 47. Explain three (3) roles of a community health nurse in the prevention of Covid-19 disease (5 marks)
- 48. State five (5) factors than can hinder effective community participation (5 marks)

SECTION 3: LONG ANSWER QUESTION (20 MARKS)

49. You have been deployed as a Nurse in a health centre within your sub-County with a principal role of planning and conducting weekly home visits to clients within your catchment area.
- a) Outline four (4) specific objectives of home visiting that will applicable in ensuring successful weekly home visits (4 marks)
 - b) Describe how you will apply the relevant principles of family health nursing as a guide to the weekly home visits (10 marks)
 - c) Explain three (3) ethics you will adhere to during the visits (6 marks)