



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

**FINAL QUALIFYING EXAMINATION
FOR
DIPLOMA 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 ... D/NUR/FEB-22/FQE/1506

COMMUNITY HEALTH
SECTION 1: MULTIPLE CHOICE QUESTIONS (40 MARKS)

1. In school health programme, healthful living include:
 - a) Immunization and deworming of children to remain healthy
 - b) Provision of clean water and food for children in school
 - c) Screening the school children for communicable diseases
 - d) Provision of safe washrooms and good ventilation in classes.
2. Pull system in logistics management refers to:
 - a) The amount of time between placing the order and receiving the commodities.
 - b) The amount of stock below which the minimum stock level should not fall.
 - c) Distribution of commodities from higher level following requests from the lower level.
 - d) Distribution of commodities following rationalization from higher levels in supply chain.
3. Existential crisis in human development arises from;
 - a) Process of maturation.
 - b) Various life events.
 - c) Planned life events.
 - d) Unplanned life events.
4. Which of the following statement describes nursing management principles according to theory of Henry Fayol.
 - a) Authority is the right of a nurse manager to give orders and others act on them
 - b) Scalar chain is the existence of clear harmony among workers within an organization
 - c) Equity exist in the workplace when one nurse report to the superior.
 - d) Division of labor ensures that one nurse report to one line manager.
5. Cutaneous leishmaniasis is characterized by the following signs:
 - a) Indolent ulcer and enlarged lymph nodes
 - b) Fever and mucopurulent skin rashes
 - c) Blurred vision and tropical ulcer
 - d) Enlarged lymph nodes and weight gain
6. Definitive host in communicable disease triad refer to:
 - a) Inanimate matter in which the agent normally live and multiply
 - b) Temporal refuge for agent
 - c) People infected by organism causing the disease
 - d) The organism causing the disease
7. Ways of changing culture include;
 - a) Invention, discovery, beliefs.
 - b) Invention, diffusion, values.
 - c) Invention, discovery, diffusion.
 - d) Invention, diffusion, folkfores.
8. Written information or document about a patient /client in a professional relationship sourced by a health worker is referred to as:
 - a) Outpatient records
 - b) Diagnostic records
 - c) Medical records
 - d) Case records
9. Blanching in food preservation is defined as:
 - a) Lowering the food temperature but maintaining it above the freezing point
 - b) Heating the vegetables and fruits between 70-100 degrees centigrade prior to freezing
 - c) Heating foods like wine or beer to destroy wild yeast

- d) Partial removal of water by evaporation and adding sugar like in sweetened milk.
10. Occupational health hazards can be prevented by:
- Separating workers from dangerous machinery or poison during shifts.
 - Health promotion to workers by use of protective gears and neutralizing drugs
 - Special medical checkup in case of over exposure and referral for treatment
 - Early retirement of workers to avoid over exposure
11. Community health action is defined as the process of;
- Gathering information on the health problems affecting the community
 - Analyzing the community health problems in order to plan for interventions
 - Identifying the health facilities available within the community
 - Providing health services to the community based on their identified problems
12. Mortality rates from two communities can be best compared after calculating:
- The age adjusted rates
 - The crude death rates
 - Gender specific rates
 - The prevalent rates
13. In social ecological model intervention in health promotion at intrapersonal level include;
- Rules and policies that recommend positive behaviour
 - Social network and norms at community level
 - Influence of behaviour by personal traits, Knowledge and attitude
 - Peer influence and laws that support healthy behavior
14. Indicate whether the following statement are True or False
- HAART ensures that HIV infected person cannot get re-infection after the treatment is completed.
 - HAART is only utilized to improve the health of the infected person in addition to other interventions for management of HIV.
15. According to Health belief model the Initial step in behaviour change entails;
- Acceptance that the risk for potential behaviour exist and can affect health.
 - Excluding self from bad company and living solitary life
 - Stick to ones behaviour despite pressure to change
 - Develop action plan to enhance behaviour change
16. Deficiency of vitamin B 6 is associated to which disease;
- Scurvy
 - Rickets
 - Pallegra
 - Beriberi
17. The Health activities that are implemented in Tier 1 under Kenya Essential Package of Health (KEPH) include:
- Curative services by traditional medicine and surgical procedures available at community level.
 - Promotive services by adoption of healthful living and home based care
 - Community based rehabilitation and treatment of long term diseases
 - Preventive services by use of Vaccines and prophylaxis drugs
18. The elements of disease surveillance and response include:
- Immunization and screening of contacts of the sick.
 - Screening and early treatment of the diseased in the community
 - Referring the sick people to the hospital for specialized treatment
 - Isolation of all the sick people and immunizing all people.

19. TT2 in a girl child (15 years and above) is administered as schedule of:
- One month after TT1
 - Six weeks after TT1
 - Six months after TT1
 - One year after TT1
20. A defense mechanism, where dangerous memories are forced to unconscious mind but sometimes they still surface back into the consciousness, to influence behavior is referred to:
- Isolation
 - Denial
 - Repression
 - Conversion
21. Which of the following is the right sequence in the KEPI logistic management cycle?
- Estimate the vaccine requirements, order vaccines, receive vaccines, store vaccines, issue and use.
 - Estimate vaccine requirements, Issue and use, order vaccines, receive vaccines, store vaccines.
 - Receive vaccines, issue and use, estimate vaccine requirements, order vaccines, receive vaccines.
 - Receive vaccines, order vaccines, issue and use estimate vaccine requirements store vaccines.
22. Which of the following statements best describe entrepreneurship?
- Entrepreneurship is an organization operated by an objective of making a profit
 - Entrepreneurship is the business ideas and opportunities in the society
 - Entrepreneurship is a process where an individual identify opportunities and act on them
 - Entrepreneurship is the business development and exploration of ways of making profit
23. Match the following terms in column A with correct diseases in column B
- | COLUMN A | COLUMN B |
|-------------|-----------------------------------|
| a) Epidemic | (i) Measles and Poliomyelitis |
| b) Pandemic | (ii) Malaria, and Ebola |
| | (iii) Covid 19 and HIV/AIDS |
| | (iv) Yellow fever and Hepatitis A |
| | (v) Hepatitis B and Diphtheria |
24. The implication that aging follows a biological timetable regulated by changes in genetic capacity to replicate survive and die refers to :
- Programmed theory.
 - Damage theory.
 - Error theory.
 - Gene theory
25. The following symptom manifest at the tertiary(late)stage of syphilis:
- Numbness
 - Lymphadenopathy
 - Rigors
 - Papilloma rashes

26. Which of the following demonstrates a counselling skill?
- Assessment of the ability of the client to accept the information provided.
 - Provision of information using plain, easily understood language to the client level.
 - Congratulating or complimenting clients on the actions taken irrespective of the risks.
 - Assurance that the client has the freedom to choose what the counselor feel is good
27. Kubler Ross postulated the following serological stages of death:
- Anxiety, anger, bargaining, depression, acceptance
 - Denial, anger, bargaining, depression, acceptance
 - Denial, anger, bargaining, anxiety, acceptance
 - Anxiety, acceptance, bargaining, denial, depression.
28. A woman using the Billings method for birth control relies on which key feature to tell her whether she can safely have sex?
- The number of days since the last period finished.
 - The number of days since the last period started.
 - A change in cervical mucus consistency.
 - Lower abdominal pain in the middle of her cycle.
29. The following concepts explains Universal accessibility of health care :
- Free health services , good roads, health personnel
 - Health facilities, health workers, waiving of patients and clients.
 - Provision of Equipment, presents of theatre, qualified personnel.
 - Availability, Acceptability, affordability and reliability.
30. The following demonstrates inter-sectoral linkages.
- Two-way referral system from either level.
 - Multidisciplinary team approach in health services
 - Endorsement done by a midwife to another midwife
 - Communication to various tiers of health service delivery system.
31. Children start vitamin A supplementation at
- At 6 months
 - Immediately after birth
 - At one year
 - At 2 months
32. A 65 years old lady who was divorced and has been living alone for ten years walks to a health clinic complaining that life has no meaning, she is confused and agitated. At what stage of development is the lady according to Erik Erikson
- Initiative verses guilt
 - Industry verses inferiority
 - Identity verses role confusion.
 - Ego Integrity verses Despair
33. Political commitment plays an important role in the success of PHC issues because It is the level concerned with;
- Implementation of issues
 - Policy issues affecting health
 - Planning of health project
 - Organization of health workers

34. The Nurse In-charge of a ward would be said to be applying the principle of Equity in the ward environment if she/he:
- Provides financial incentives to every staff periodically, based on merit.
 - Provides professional development opportunities to every staff based on the service needs.
 - Recommends every staff for sponsorship to go for further studies.
 - Allocates duties to every staff according to qualifications and special talents.
35. Indicators of effective and successful Child Health and Family Planning (MCH/FP) services include:
- Increase in the number of children registered under supplementary feeding, decrease in wastage of vaccines.
 - Increase in the number of children treated in MCH/FP clinic, increase in the number of immunized children.
 - Decrease in the number of missed opportunities for immunization, decrease in wastage of vaccines
 - Decrease in the number of children treated in MCH/FP clinic, decrease in the number of missed opportunities for immunization.
36. Gender mainstreaming refers to
- Ensuring that more women are involved in local community projects
 - Where both men & women are involved to harness their skills and experiences into projects.
 - Involving only women in policy development and practice
 - Where men take lead in project planning, implementation, monitoring & evaluation
37. In social dynamics, the shape of a community of solutions varies with:-
- The economic strength of the community and technical human resource
 - The political stability of an area and size of population
 - The size of the population the gender disparities that exist.
 - The nature of the problem facing the community and economic strength
38. Principles of effective supervision in project implementation include :
- Do not be an autocrat, listen keenly to your subordinates and guide performance
 - No need to listen to your subordinates, give clear instructions to be carried out.
 - Never make hurried decisions, enter into arguments with the subordinates.
 - Always make impromptu visits and evaluate work performance
39. The function of Kenya Red Cross in response to social calamities include:
- Neutrality and Impartiality responses services
 - Humanity and voluntary response services
 - Blood collection and disaster relief services
 - Unity, and coordination response services
40. The process of joint problem identification and analysis leading to modification and redirection of community and stakeholders' actions towards preferred future for all is:
- Health promotion
 - Community diagnosis
 - Health education
 - Community dialogue

SECTION 2: SHORT ANSWER QUESTIONS**(40 MARKS)****KMTC/QP-8/FPS**

41. Explain three (3) principles of Primary health care in community strategy concept. (6 marks)
42. Explain three (3) social services available for management of various persons with special needs in the community. (6 marks)
43. State the five (5) stages in the process of bacilli of calmette Guerin (BCG) reaction following administration. (5 marks)
44. Explain the three (3) components in the epidemiological triad (6 marks)
45. State four (4) Health sector flagship projects for attainment of vision 2030 (4 marks)
46. Explain three (3) reasons for carrying out programmed annual staff appraisal (6 marks)
47. State four (4) general principles in management of sexually transmitted infection (4 marks)
48. Draw a diagram to show the transmission cycle of Schistosoma Haematobium. (5 marks)

SECTION 3: LONG ANSWER QUESTION**(20 MARKS)**

49. You are deployed as a community health nurse in charge of a Sub County where health seeking behavior of majority of lifecycle cohorts in the community is very low and communicable diseases prevalence is on the increase.

- a) State four (4) factors that influence health seeking behavior of the community (4 marks)
- b) State four (4) principles of prevention and control of communicable diseases. (4 marks)
- c) Describe specific services to be rendered to each of the six lifecycle cohorts in this community according to Kenya essential package of Health (KEPH) to improve their health status. (12 marks)