



KENYA MEDICAL TRAINING COLLEGE
FACULTY OF NURSING
DEPARTMENT OF NURSING

END OF YEAR 1 SEMESTER 2 EXAMINATION
FOR
DIPLOMA IN COMMUNITY HEALTH NURSING

PAPER: COMMUNITY HEALTH II/HIS/HCDS & NUTRITION

DATE: 27th February, 2020

TIME: 3 HOURS (8:30AM – 11:30AM)

INSTRUCTIONS

1. This paper consists of:
 - Section 1 (Multiple Choice Questions)
 - Section 2 (Short Answer Questions)
 - Section 3 (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

COMMUNITY HEALTH II/HIS/HCDS
MULTIPLE CHOICE QUESTIONS (MCQs)

10MARKS

Q1. The sustainable development goal (SDG) responsible for health is?

- a) SDG No. 1
- b) SDG No. 3
- c) SDG No. 7
- d) SDG No. 8

Q2. Socio-economic factors that have bearing on health include:

- a) Education, live birth, blood test
- b) Blood test, housing, beliefs
- c) Housing, education, food
- d) Fertility, beliefs, live birth

Q3. The principles of primary health care are:-

- a) Availability, accessibility, universal
- b) Accessibility, availability, participation, accepted
- c) Accessibility, availability, affordable
- d) Sustainability, universal, affordable

Q4. The primary health care that were added to the ones identified at Alma Ata conference in Kenya are:

- a) Health education
- b) Nutrition
- c) Mental health
- d) Maternal and child health

Q5. Activities of primary prevention of disease includes?

- a) Screening, mass treatment and campaigns
- b) Follow up, screening
- c) Case finding, immunization
- d) Medical checkup, adequate nutrition

Q6. The pre-visiting activities for home visiting are:

- a) Observing the home environment
- b) Explaining the reasons for visit
- c) Explaining the client.
- d) Gathering information.

NUTRITION

10MARKS

MULTIPLE CHOICE QUESTIONS(MCQs)

Q1. Which one of the following is a function of carbohydrates:

- a) Protein sparing with adequate supply protein is not used for energy.
- b) Synthesis of enzymes, plasma proteins, immunoglobulin and some hormones.
- c) Participation in all the chemical reactions that occur in the body.
- d) It is a catalyst in the metabolism of amino acids.

Q2. Fat soluble vitamins include:

- a) Vitamin E, K, C and D
- b) Vitamin A, D, E and K
- c) Vitamin A, C, D and K
- d) Vitamin A, D, E and K

Q3. In starvation, the first nutrient to be depleted in the body is:

- a) Fats
- b) Proteins
- c) Carbohydrates
- d) Vitamins

Q4. The main function of vitamin E is:

- a) Immune regulation
- b) Anti-oxidant activity
- c) Hepatic microsomal carboxylation.
- d) Maintenance of structure and function of epithelia.

Q5. Which of the following is destroyed by heating and freezing:

- a) Vitamin B₂
- b) Pantothenic acid
- c) Nicotinic acid
- d) Vitamin B₁

Q6. Which one of the following is a function of calcium:

- a) Hardening of bone and teeth
- b) Maintenance of electrolyte balance in the body.
- c) Transmission of nerve impulse.
- d) Helps in muscle contraction.

Q7. Deficiency of iodine results to:

- a) Anemia
- b) Goiter
- c) Wernicke encephalopathy
- d) Korsakoff syndromes

Regular iodine deficiency
from the diet
Iodine deficiency
HE for health status for
every year

Q8. The characteristics of marasmus include:

- a) Oedema in the legs, feet and lower arms and hands.
- b) The face looks swollen and round (moon face)
- c) Severe wasting because the body breaks down muscles.
- d) The child has less hair than usual, at pulls out easily and may be pale.

Q9. Wasting is:

- a) Having a low weight for length (WFLZ) of less than -2Z scores.
- b) Having a weight for age (WFAZ) Z - score of less than 2Z scores
- c) Having a length height for age (hFaz) Z-score of less than -2 Z scores.
- d) Having a low weight for length/height (WFLZ) of less than -3Z scores

Q10. First step in budgeting is:

- a) Calculate the total cost of the items.
- b) Establish the period of time that money will be required to feed the family.
- c) Establish the amount of money available.
- d) Select the ones that will be friendly to your budget and will also be rich in nutrients

SHORT ANSWER QUESTIONS(MCQs)

20MARKS

- Q1. State five (5) principles of meal planning. ^{Access, Modularity, Availability, Handout, Storage, Safety} (5marks)
- Q2. List four (4) methods of nutritional assessment. (2marks)
- X Q3. State four (4) pillars of food security. ^{Availability, Accessibility, Stability, Utilization} (4marks)
- Q4. State four (4) reasons for therapeutic diet. (4marks)
- X Q5. With an aid of a diagram, illustrate the nutrition infection cycle. (5marks)

LONG ANSWER QUESTIONS (LAQs)

20MARKS

Q1. Master V aged 9 months is admitted in pediatric ward with severe acute malnutrition (SAM).

- a) State five (5) advantages of breast feeding to the baby. (5marks)
- ✓ b) State the admission criteria for the inpatient management of Master V. (5marks)
- X c) Describe the management for master V. (10marks)

-feed orally
Admin. of fluids
Monitor weight gain



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**END OF YEAR 1 SEMESTER 2 EXAMINATION
FOR
DIPLOMA IN COMMUNITY HEALTH NURSING
PAPER: IMMUNIZATION & HEALTH PROMOTION**

DATE: 28th February, 2020

TIME: 3 HOURS (8:30AM – 11:30AM)

INSTRUCTIONS

1. This paper consists of:
 - Section 1 (Multiple Choice Questions)
 - Section 2 (Short Answer Questions)
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EXAMINATION NUMBER

IMMUNIZATION

10 MARKS

MULTIPLE CHOICE QUESTIONS(MCQs)

Q1. The type of immunity a baby is born with;

- a) Natural active immunity
- b) Artificial active immunity
- c) Natural passive immunity
- d) Artificial passive immunity

Q2. Some of the characteristics of inactivated vaccine are;

- a) Stimulate immunity after administration of severe doses, freeze sensitive
- b) Light sensitive, stimulate immunity from single dose administration.
- c) Several antigens can be combined, vaccines manufacture from liver microbes
- d) Discarded at the end of immunization session, booster doses are required.

Q3. In Kenya, human papilloma vaccine, is administered to;

- a) Girls and boys below 10 years.
- b) Girls between 9-12 years.
- c) Girls and boys age 9-14 years.
- d) Girls 10 years old.

Q4. Bivalent oral polio vaccine protects the child against polio virus type;

- a) 1,3
- b) 1,2
- c) 2,3
- d) 2 only

Q5. During immunization session, the opened vaccines vials should be stored at ;

- a) On a tray with the frozen ice packs.
- b) On the condition ice pack
- c) Inside the vaccine carrier
- d) In the foam inside the vaccine carrier

Q6. Some of the cold chain equipment found at the health facility include;

- a) Freezer, cold room, refrigerators, cold boxes, refrigerated trucks.
- b) Cold boxes, refrigerators, vaccine carriers, freezer rooms, fridge tag
- c) Refrigerators, cold boxes, vaccines carriers, icepacks, fridge tag
- d) Vaccine carrier, cold room, temperature monitoring chart.

Q7. During immunization the syringe used to administer inactivated polio vaccine is;

- a) AD syringe 2 cc
- b) 2 cc syringe
- c) AD syringe 0.05 ml.
- d) AD syringe 0.5 mls

Q8. When the dropout rate of penta-1 is greater than 10%.

- a) Access and utilization is good.
- b) Poor access, good utilization
- c) Poor access, poor utilization
- d) Good access, poor utilization.

Q9. The EPI monthly report from the health facility should be submitted to sub-county health office by;

- a) First of every month
- b) 5th of every month
- c) 15th of every month
- d) 20 of every month

Q10. Indicate whether the following statements are true or false

- i). To achieve high immunization coverage, the communities involved is important.....
- ii) During outreach service, community leaders are used to mobilize immunization resources.....

SHORT ANSWER QUESTIONS (SAQs)

20 MARKS

Q1. State four (4) characteristics of an ideal vaccine. (4marks)

Q2. State five (5) recording tools for expanded program for immunization (5marks)

Q3. State five (5) integrated services of immunization offered at MCH clinic. (5marks)

Q4. Outline three (3) operational components of reaching every district (RED), approach. (3marks)

Q5. State three (3) activities of the EPI manager during support supervision. (3marks)

Immunization Tally sheet

Vaccine vial

Temp. Monitoring chart

Immu permanent register

Immunoi
Permane
- Immunoi
Vif A
- Vaccine
- Temperat
chart

LONG ANSWER QUESTIONS (LAQs)

20 MARKS

Q1. Elimination of Neonatal tetanus infection is of the government strategy to reduce neonatal morbidity and mortality rate.

- a) Outline the characteristics of Tetanus causative organism. (3marks)
- b) State the clinical case definition of neonatal tetanus. (3marks)
- c) Describe the recommended type of disease surveillance response. (12marks)
- d) Explain the role of the nurse in prevention of neonatal tetanus at health facility. (2marks)

*11/1/20
10/1/20
10/1/20*

HEALTH PROMOTIONS

MULTIPLE CHOICE QUESTIONS.

10MARKS

Q1. Strategies of health promotion include:

- a) Enabling, advocacy
- b) Advocacy, holistic
- c) Empowerment, advocacy
- d) Advocacy, equity

Q2. Non-projected health education materials are:

- a) Objects that cannot be seen
- b) Shown or displayed for learners to see
- c) Heard or spoken
- d) Projected overhead for learners to see.

Q3. Statement that best describe value of a group education.

- a) Provide an opportunity for systematic health education
- b) Used to show how to do something.
- c) Permits sharing of experiences and skills.
- d) Popular in many areas

Q4. Role playing in health education is:

- a) A group education small in size.
- b) Knowing the interest and needs of groups.
- c) Anything heard such as spoken words
- d) Acting out of real-life situations

Q5. Principles of health promotion include:

- a) Interest, participation, holistic
- b) Equitable, inter-sectoral, multi-strategy
- c) Comprehension, credibility, interest.
- d) Holistic, interest, sustainability.

Q6. Health promotions is a process that:

- a) Improves the health of people.
- b) Increases control over determinants of health.
- c) Controls people's socio-health
- d) Is concerned with other people's health.

Q7. Non-projected teaching aids include:

- a) Posters, makers, film
- b) Pictures, cartoons, handouts
- c) Skides, cartoons, handouts
- d) Handouts, flipcharts, pictures

Q8. Role of behavior change and communication (BCC) include:

- a) Definition of people's problems and needs.
- b) Promote services for prevention and care.
- c) Professional development
- d) Understanding every individual's needs.

Q9. The following elements influence behavior according to theory of planned behavior

- a) Altitude, self efficiency
- b) Cues to actions, subjective norms
- c) Perceived ability altitude
- d) Subjective norms, perceived benefits

Q10. The following include non-verbal communication

- a) Facial expressions, email
- b) Email, text message
- c) Torch personal appearance
- d) Hand shake, text message.

SHORT ANSWER QUESTIONS (SAQs)

40 MARKS

- Q1. State four (4) behavior change models. (4 marks)
- Q2. Explain three (3) key elements of health promotion: *Prevention, Empowerment, Participation* (6 marks)
- Q3. Explain four (4) priority action areas identifies at Ottawa Charter, Canada, November, 1986. *promote social responsibility, Increase physical activity, secure infant* (8 marks)
- Q4. State two (2) approaches to health education. (2 marks)

LONG ANSWER QUESTIONS (LAQs)

20 MARKS

- Q1. Health promotion enables people to increase control over and improve their health.
- a) List eight (8) factors that influence behavior change. (4 marks)
 - b) Give four (4) determinants of health. (2 marks)
 - c) Describe problem facing health promotion in developing countries. (10 marks)