

MEDWAX PUBLISHERS

# TEST YOUR COMMUNITY HEALTH



COMPILED BY:  
SULEIMAN NDORO JNR(DR AUDI)

# **TEST YOUR COMMUNITY HEALTH**

**BY  
MEDWAX PUBLISHERS**

**FIRST EDITION**

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# **PREFACE**

**TEST YOUR COMMUNITY HEALTH** is primarily meant for undergraduate students in medical school.

The main objective of this book is to help students review their knowledge of Community Health acquired through standard textbooks. Community Health is one of the essential subjects in the clinical areas and a sound knowledge of it is important for anyone in medical school. This book comprises of questions compiled from various universities and colleges and is designed to help students in their revisions and provide them with a feedback on their progress and an opportunity to improve.

This book has 5 test papers and each test paper consists of three sections: Section A has 30 True/False Questions and Section B consists of essay questions worth 50 Marks.

Students of Community Health will find this book useful. A quick perusal of the questions will provide evidence that the book intends to stimulate reasoning. Suggestions and criticism about the book are welcomed.

**SULEIMAN NDORO JNR (DR AUDI)**  
**CEO, MEDWAX PUBLISHERS**

## **DEDICATION**

We dedicate this book to all students of Community Health.

## **ACKNOWLEDGEMENT**

It is deep pleasure to acknowledge with deep appreciation to all those who extended their co-operation and resources during the preparation of this book.

Final acknowledgment goes to the whole team of Medwax Corporation Africa Ltd.

# TEST PAPER 1

## INSTRUCTIONS

This paper consists of SECTION A and SECTION B.

Section A consists of 30 True/False Questions

Section B consists of essay questions.

# SECTION A

**1. Housing needs to take in to account the following:**

- A. Space per person
- B. Materials suited for the climate and culture
- C. Air conditioning
- D. Security
- E. Education level

**2. The following strategies can be used to reduce alcohol abuse**

- A. Identify and publicly condemn problem drinkers
- B. Make water and soft drinks easily available
- C. Increase the price of illicit and reduce price of beer
- D. Enforce drink-driving cane
- E. Only offer alcohol to persons who can afford

**3. A patient with the following diseases should be put in isolation:**

- A. Plague
- B. Cholera
- C. Yellow fever
- D. HIV/AIDs
- E. Extremely resistant Tuberculosis

**4. Some of the steps followed in carrying out community diagnosis include:**

- A. Questionnaire pretesting
- B. Making inference from data
- C. Collecting data
- D. Community Health action
- E. Mass screaming for diseases

**5. The following. vaccines should not be frozen:**

- A. BCG
- B. OPV(Oral Polio Vaccine)
- C, Measles
- D. diphtheria. pertussis tetanus (DPT)
- E. Tetanus toxoid

**6. Models of health and illness include:**

- A. Adaptive model
- B. Occupational model
- C. Spiritual model
- D. Clinical model
- E. Role Performance model

**7. The following group of micronutrients are of great public health importance in Kenya:**

- A. Iron, Zinc, Magnesium
- B. Phosphorus, Calcium, Iodine
- C. Iodine, Vitamin A, Iron
- D. Vitamin D, follate, Thiamine
- E. All of the above

**8. Vulnerable groups for nutritional anaemia include:**

- A. Children
- B. Adolescents
- C. Pregnant and lactating women
- D. Premature infants
- E. None of the above

**9. The following probability sampling techniques:**

- A. Convenience sampling
- B. Simple Random sampling
- C. Stratified Random sampling
- D. Equity sampling
- E. Cluster sampling

**10. Concerning Population Growth curves:**

- A. In Stage III, birth rates and death rates are low
- B. In Stage II, fertility rates are still high
- C. Stage III represents Incipient Decline stage
- D. Transitional growth is in stage IV
- E. In Stage I and III, there is equilibrium

**11. Host-specific disease risk factors include the following:**

- A. Pollution
- B. Physiological state
- C. Human behavior
- D. Economic development
- E. The degree of the Virulence

**12. Matching is undertaken in a Case-control study so that:**

- A. Variables known to influence the distribution of the disease under study are controlled for in both Case and Comparison groups
- B. The influence of the variables matched for may be studied
- C. The result cannot be attributed to the influence of the matched variables
- D. To reduce the cost of the study
- E. The hypothesis can be tested

**13. Determinants of family size include:**

- A. Age at first marriage
- B. Voluntary infecundity
- C. Coital frequency
- D. Pro-natalist Policies
- E. Anti-natalist Policies

**14. The following are used in measuring the risk of acquiring disease:**

- A. Prevalence rate
- B. Incidence rate
- C. Absolute risk
- D. Relative risk
- E. Attributable risk

**15. The following are considered in Sample Size determination:**

- A. Subjects' availability
- B. Costs involved
- C. Study time
- D. Quality of the expected data
- E. The event of study

**16. The following are true of Yellow Fever:**

- A. Is an arbovirus infection
- B. Is transmitted by anopheles mosquitoes

- C. May be unapparent infection in certain monkeys
- D. May occur due to ecological changes
- E. Effective vaccine is available

**17. The following are true of Cholera:**

- A. An animal reservoir does exist
- B. Vibrios invade the intestinal mucosa
- C. Rehydration is the mainstay of management
- D. Antibiotics are not useful in acute cases
- E. Vaccination has a crucial role to play in its control

**18. Regarding Measles:**

- A. Man is the sole reservoir
- B. An effective vaccine is available
- C. Is one of the most contagious diseases
- D. Can precipitate malnutrition
- E. An effective drug is available for chemotherapy

**19. Comprehensive Disaster Preparedness Strategy:**

- A. Includes hazard assessment
- B. Can only be possible at international level
- C. Involves public rehearsals
- D. Includes information management
- E. Only effective for natural disasters

**20. Stages of drug/substance use include:**

- A. Experimental use
- B. Regular use
- C. Personality disorders
- D. Occasional blackouts
- E. Lack of insight

**21. Warning signs of substance use or abuse include:**

- A. Red eyes
- B. Forgetfulness
- C. Excessive laughing
- D. Engorged veins



E. Sweating/thirsting

**22. In inspection of fish, which signs will indicate spoilage:**

- A. Dull and sunken eyes
- B. Offensive smell
- C. Scales are difficult to remove
- D. Eyes are bright and full
- E. Gills are bright red in colour

**23. In the immunization of the HIV positive child:**

- A. Routinely give all appropriate vaccine according to MHC KEPI programme schedule
- B. Only suspected cases should not be immunized
- C. BCG should not be given in symptomatic cases
- D. All live attenuated vaccines are contraindicated cases
- E. Yellow fever vaccine is absolutely contraindicated regardless of status

**24. Which of the following family planning methods is suitable for clients on ARVs?**

- A. Condoms
- B. Combined oral contraceptives
- C. Norplants
- D. Vasectomy/Bilateral tubal ligation
- E. Depo provera

**25. Aims of disaster management include:**

- A. Reducing the potential loss of human life from disaster
- B. Carry out major harambee when a disaster occurs
- C. To mitigate future disasters .
- D. Prompt assistance to the affected population
- E. Ensure even those unaffected also benefit from the resources mobilized for the victims

**26. Determinants of population dynamic include**

- A. Fecundity
- B. Total fertility rate
- C. Expectancy of life at birth

- D. Migration
- E. Mortality

**27. In communicable diseases:**

- A. Reservoir is always a living thing
- B. Escape level of the agent provides the most effective level to target preventive interventions
- C. Extrinsic incubation period is the time interval between invasion and onset of clinical symptoms
- D. Virulence of the agent does not determine the outcome of agent-host interaction
- E. Indirect disease transmission can be through an intermediate host

**28. Contributing factors to drug abuse or use include:**

- A. Parental influence
- B. Family violence
- C. Cultic/cultural influence
- D. Depression
- E. Poverty and affluence

**29. Strategies for Prevention and Management of drug and substance abuse may include:**

- A. Prohibitionist Policies
- B. Legalization Policies
- C. Community Services
- D. Rehabilitation Centres
- E. Media Campaigns

**30. The following are demographic measurements:**

- A. Political stability
- B. Migration,
- C. Mortality rates
- D. Fertility rates.
- E. Political affiliation

# SECTION B

1.
  - a) Define Primary Health Care (PHC) in terms of the Alma Ata Declaration.
  - b) Describe 2 elements of PHC.
  - c) What is the Bamako Initiative?
  
2.
  - a) Define Health as defined by the WHO.
  - b) In reference to Community Health, give the description of a Community.
  - c) Why, in your opinion, have the Community Health Workers (CHWs) not been a successful concept?
  
3.
  - a) What is KEPI?
  - b) Describe the principle behind the development of KEPI.
  
4.
  - a) Name 4 diseases contracted through eating unclean/contaminated food.
  - b) Describe 3 ways of getting rid of vermin, vectors and rodents.
  
5.
  - a) Describe 5 ways by which we can dispose of our solid wastes.
  - b) Describe 4 ways of disposing of Health Care waste materials/products.

# TEST PAPER 2

## INSTRUCTIONS

This paper consists of SECTION A and SECTION B.

Section A consists of 30 True/False Questions

Section B consists of essay questions.

# SECTION A

**1. The prevention of non-communicable diseases entails:**

- A. Prevention of the development of risk factors
- B. Definition of risk factors
- C. Application of intervention to favourably alter risk factors before symptoms or signs develop.
- D. Changes in the environment and personal health behaviors
- E. Periodic medical examinations

**2. Direct land treatment of raw sewage involves the followed mechanism:**

- A. Biological process
- B. Nitrification of the waste
- C. Mechanical filtration
- D. Detoxification
- E. Oxidation

**3. What are the protective measures employed to prevent contamination of water in shallow well?**

- A. Installation of a water pump
- B. Boiling the drinking water
- C. Chlorination
- D. Fencing (protective wall)
- E. Aluminum sulphate addition

**4. The following can be said to be part of the human environment:-**

- A. Air
- B. Stars
- C. Vegetation and biomass
- D. Water
- E. Soil

**5. Some other parts of our environment can be described as culturosocial. Examples in this category include:-**

- A. Family and kinship
- B. Our political parties
- C. Moranism
- D. The climate

E. River Nzoia

**6. Some human activities impact and influence the status of our environment. Some of these are:-**

- A. Industrialization
- B. Sleeping
- C. Charcoal burning
- D. Construction of water dams
- E. Buying cows at the market

**7. The following are not occupational diseases:-**

- A. Malaria
- B. Bussinosis
- C. Silicosis
- D. Pneumonia
- E. Lead poisoning

**8. Four of the original seven elements of PHC were:-**

- A. Prevention of accidents
- B. MCH/FP
- C. Supply of essential drugs
- D. Water and sanitation
- E. Health education

**9. The following can be described as human lifestyles related to health:-**

- A. Busy, hectic and fast
- B. Being a farmer
- C. Eating ugali and stew
- D. Being addicted to drugs and alcohol
- E. Lazy, inactive, no physical activity

**10. Obesity is a distinct health risk factor for the following diseases:-**

- A. Hypertension
- B. Malaria
- C. Diabetes Melitus
- D. Osteo/Rheumatoid Arthritis
- E. Cardiovascular disease

**11. Early debut of sex activeness in women is a risk factor for:-**

- A. Pneumonia
- B. HIV/AIDS
- C. Cancer of the cervix
- D. Headaches
- E. Death from septic abortion

**12. Homosexuality exposes a man to:-**

- A. HIV/AIDS
- B. Stress from rejection by family
- C. Cancer of the cervix
- D. Hypertension
- E. Cholera

**13. Some cultural practices harmful to human health include:-**

- A. Kurora itara – the girl's parents visiting the boys home to see if it is suitable for her to get married into
- B. FGM
- C. Wife inheritance
- D. Moranism
- E. Always burying the dead at their ancestral home places

**14. Some ways of doing health education include:-**

- A. Song and dance (talk media)
- B. Preaching on urban streets
- C. Putting up posters or billboards
- D. Writing letters to sick people
- E. Holding processions or walks

**15. In schistosomiasis the following measures will be useful in the control and protection of the human host:**

- A. Chemoprophylaxis
- B. Isolation
- C. Engineering controls
- D. Biological
- E. Molluscicides

**16. Exposure to the following pollutants causes diseases in human beings:-**

- A. Industrial paints
- B. Organophosphates
- C. Smell of rotting from dead carcasses
- D. Noise from discotheques
- E. Butterflies in the field

**17. The following are classes of or categories of psychology:-**

- A. Experimental psychology
- B. Clinical psychology
- C. Psychometrics
- D. Malariology
- E. Developmental psychology

**18. Three of the following are models of human behavior:-**

- A. Eutopian
- B. Demonic
- C. Conditioning
- D. Reinforced
- E. Freudian Model – psychoanalytical

**19. In the Freudian theory of human behaviour, the free will of the person – the CEO of yourself – dwells in the:-**

- A. Mind
- B. Ego
- C. Super ego
- D. Identity
- E. The heart

**20. Growth takes place when:-**

- A. Organisms increase from 10kg to 30kg
- B. Organisation goes from 10 to 120 employees
- C. A man has 20 shirts up from 5
- D. Moi University moves from 1200 to 6000 students
- E. Moi University moves from 6 to 30 degree programs



**21. The rationale of the adaptation of focused antenatal care policy include:**

- A. Need for individualized birth plan
- B. Rise in maternal morbidity and mortality
- C. Need to shift to high pregnancy risk approach
- D. Reduced perinatal mortality
- E. Increased partner/companion participation

**22. The following are possible effects of tobacco to the body:**

- A. Cataract
- B. Deafness
- C. Lung cancer
- D. Thrombosis
- E. Hair loss

**23. Primary prevention of a disease may involve: -**

- A. Antibiotic therapy to a patient with pneumonia
- B. Long term therapy to patient with leprosy
- C. Health education to persuade people with early signs of tuberculosis to come for examination.
- D. Observing personal and food hygiene.
- E. Washing hands before meals

**24. The following are determinants of the age structure of the population for a country:**

- A. Prevalence of contraceptive use
- B. The sex ratio at birth
- C. The pattern of internal migration
- D. The crude birth rate
- E. The crude death rate

**25. The term 'fertility' may signify:**

- A. The crude birth rate
- B. The reproductive potential of both males and females
- C. The probability that a woman will conceive
- D. The actual production of live births
- E. The production potential of females only

**26. Concerning Population Growth curves:**

- A. In Stage III, birth rates and death rates are low
- B. In Stage II, fertility rates are still high
- C. Stage III represents Incipient decline stage
- D. Transitional growth is in stage IV
- E. In Stage I and III, there is equilibrium

**27. Census as a source of demographic data:**

- A. Is the most reliable
- B. May be done by de facto method
- C. Is usually regional-based
- D. May be affected by digit preference
- E. Is usually a bi-annual event

**28. In descriptive studies:**

- A. Cause-effect relationship is determined
- B. Statistical tests cannot be applied
- C. Are usually very expensive
- D. There is always a comparison group
- E. Are the most suitable for acute diseases

**29. In computing the median from a frequency table, it is assumed that:**

- A. The observations in the median class are equally distributed
- B. The data is continuous
- C. The median lies in the median class
- D. The mean is close to the median
- E. All of the above

**30. The methods that are effective for control of mosquitoes include:**

- A. Chemprophylaxis to expectant mothers
- B. Use of insecticides treated nets
- C. Use of fish predator species
- D. Clearance of bushes
- E. Use of residual insecticides

## SECTION B

1. a) List the Immunizations given as part of the Kenya Primary Immunizations and the ages or points at which they are given. (5 marks)  
b) Which EPI diseases are on the National EPI disease surveillance? (5 marks)
2. a) What is simple random sampling? (5 marks)  
b) Describe both a Variable and the Odds ratio. (5 marks)
3. You are to undertake a community diagnosis in Msambweni community. Discuss the process in community diagnosis. (20 marks)
4. a) Give the definition of the Environment as used in Community Health. (2 marks)  
b) Name 4 factors which influence or impact on the environment (2 marks)  
c) Define Environmental Pollution (2 marks)  
d) List 4 diseases which result from a polluted/negatively impacted Environment (4 marks)
5. a) List brief versions of the SDGs (16 marks)  
b) Relate the UN-MDGs with the Kenya vision 2030 vis-à-vis the health related ones (4 marks)

# TEST PAPER 3

## INSTRUCTIONS

This paper consists of SECTION A and SECTION B.

Section A consists of 30 True/False Questions

Section B consists of essay questions.

# SECTION A

**1. The following are water washed diseases:**

- A. Scabies
- B. Trachoma
- C. Meningitis
- D. Amoebiasis
- E. Cholera

**2. Which of the following is transmitted through fecal-oral route:**

- A. Ascariasis
- B. Hookworm
- C. Schistosomiasis
- D. Ebola virus
- E. Hepatitis

**3. Aflatoxin poisoning:**

- A. Can present with jaundice
- B. The present with diarrhoea and vomiting
- C. The cause is unknown
- D. Is a viral infection
- E. Can be prevented by proper grain storage

**4. Vertical transmission of diseases can occur in:**

- A. Malaria
- B. HIV/AIDS
- C. Rubella
- D. Scabies
- E. Syphilis

**5. Breastfeeding or breast milk:**

- A. Provides all nutrients for the first 6 months of life
- B. Protects against gastrointestinal infections
- C. Should be encouraged only for low-income families
- D. Should not be started until 24 hours after delivery
- E. Is best stopped after the baby is one year old

**6. In choosing a nutritional intervention to address a nutritional**

**problem, the criteria would include:**

- A. Relevance
- B. Cost effect
- C. Feasibility
- D. Long-term prospect
- E. Integrability

**7. The term 'fertility' may signify:**

- A. The crude birth rate
- B. The reproductive potential of both males and females
- C. The probability that a woman will conceive
- D. The actual production of live births
- E. The production potential of females only

**8. In cold chain system:**

- A. Potency of vaccine are maintained even after expiry date
- B. Freezing destroys all vaccine
- C. Ice packs are placed in the lower compartment of the fridge
- D. At health facility the vaccines are stored 2-8 degrees
- E. Polio, measles and BCG are damaged by heat

**9. If all Kenyan couples decided to limit their fertility to a 2-child family, the population would:**

- A. Continue to grow for at least 60-70 years then stop
- B. Stop growing immediately
- C. Stop declining immediately
- D. Continue to grow indefinitely
- E. None of the above

**10. The following are determinants of the age structure of the population for a country:**

- A. Prevalence of contraceptive use
- B. The sex ratio at birth
- C. The pattern of internal migration
- D. The crude birth rate
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- E. Is usually a bi-annual event

**12. In descriptive studies:**

- A. Cause-effect relationship is determined
- B. Statistical tests cannot be applied
- C. Are usually very expensive
- D. There is always a comparison group
- E. Are the most suitable for acute diseases

**13. Sampling in studies:**

- A. Reduces costs
- B. Leads to erroneous results
- C. May not pick very rare events
- D. Is a must where it is possible to cover the entire population
- E. May be random but not non-random

**14. Biases in studies:**

- A. Include confounding
- B. Include selection biases
- C. Affect factor-outcome relationship
- D. Has no effect on factor-outcome relationship
- E. Can be minimized through matching procedures

**15. Methods of Surveillance Data Collection include:**

- A. Enumeration of events
- B. Physical examination
- C. Household surveys
- D. Admission/discharge interviews
- E. Population Census

**16. Comprehensive disaster preparedness strategy:**

- A. Includes hazard assessment

- B. Can only be possible at international level
- C. Involves public rehearsals
- D. Includes information management
- E. Only effective for natural disasters

**17. Stages of drug/substance use include:**

- A. Experimental use
- B. Regular use
- C. Personality disorders
- D. Occasional blackouts
- E. Lack of insight.

**18. Warning signs of substance use or abuse include:**

- A. Red eyes
- B. Forgetfulness
- C. Excessive laughing
- D. Engorged veins
- E. Sweating/thirsting

**19. Strategies for prevention and management of drug and substance abuse may include:**

- A. Prohibitionist policies
- B. Legalization policies
- C. Community services
- D. Rehabilitation centres
- E. Media campaigns

**20. Exposure to the following pollutants causes diseases in human beings:-**

- A. Industrial paints
- B. Organophosphates
- C. Smell of rotting from dead carcasses
- D. Noise from discotheques
- E. Butterflies in the field

**21. The following are classes of or categories of psychology:-**

- A. Experimental psychology



- B. Clinical psychology
- C. Psychometrics
- D. Malariology
- E. Developmental psychology

**22. Measures of central tendency include:**

- A. Standard deviation
- B. Range
- C. Mode
- D. Mean
- E. All the above

**23. The purpose of doing literature review:**

- A. Identify the knowledge gap in that area of study
- B. To get academic award
- C. To duplicate other researchers
- D. To acquire more knowledge on the subject
- E. To reduce the cost of research

**24. The following are sampling procedures:**

- A. Snowball
- B. Simple random
- C. Systematic
- D. Automatic
- E. Convenience

**25. The measurements of dispersion include:**

- A. Standard deviation
- B. Mode
- C. Median
- D. Variance
- E. Range

**26. The methods of analyzing data include:**

- A. Tables
- B. Graphs
- C. Manually

- D. Computer packages
- E. Pie chart

**27. Cohort studies as a study design in Epidemiology:**

- A. Pick wide variety of causative factors
- B. Can assess multiple outcomes
- C. Are the best for studying rare diseases
- D. Shows importance of the time factor
- E. Takes relatively less time

**28. The data that has a sensible difference between the values but the zero is arbitrary is:**

- A. Dichotomous
- B. Interval
- C. Categorical
- D. Ordinal
- E. All of the above

**29. If we accept a null hypothesis, we are likely to make:**

- A. Type I error
- B. Type II error
- C. Both Type I and II errors
- D. Sampling error
- E. None of the above

**30. Morbidity is:-**

- A. Illness
- B. Disease
- C. Being sick
- D. State of being unwell or in poor health
- E. None of the above

## SECTION B

1. What steps would you take in the event that an outbreak of a disease occurs in your community? List the steps chronologically (10 marks)

2. Mention and describe 5 important roles of a Clinical Officer In-charge of a level 3 facility in terms of community health provision.

(10 marks)

3. a) How do we decide that a child of 4 years is in good/normal nutrition status?

b) Explain why our food must contain carbohydrates.

c) Describe the components of Kwashiokor.

d) How does nutritional anaemia occur?

e) Explain why Kwashiokor below age 2 years can lead to considerable learning disability later.

4. Discuss the factors that can lead to youth indulging in drug and substance abuse.

5. a) Name 4 diseases contracted through eating unclean/contaminated food.

b) Describe 3 ways of getting rid of vermin, vectors and rodents.

# TEST PAPER 4

## INSTRUCTIONS

This paper consists of SECTION A and SECTION B.

Section A consists of 30 True/False Questions

Section B consists of essay questions.

# SECTION A

## 1. The advantages of depo provera injection include

- A. Highly effective
- B. Early and readily available
- C. Does not require pelvic examination
- D. Can be provided by non-medical staff
- E. Can be given continuously for six years

## 2. Communal methods of human excreta disposal include

- A. Cat method
- B. Bucket latrine
- C. Water closet method
- D. Trench latrine
- E. Pit latrines

## 3. Homosexuality exposes a man to:-

- A. HIV/AIDS
- B. Stress from rejection by family
- C. Cancer of the cervix
- D. Hypertension
- E. Cholera

## 4. Some ways of doing Health Education include:-

- A. Song and dance (talk media)
- B. Preaching on urban streets
- C. Putting up Posters, Billboards or painting Murals
- D. Writing letters to sick people
- E. Holding Processions or Walks

## 5. The following constitute part of Disaster Preparedness:-

- A. Formation of rapid deployment teams and training them in fast, effective and focused response to human disasters
- B. Building many dispensaries and health posts in the villages
- C. Holding frequent rehearsals to keep the RDTs up-to date
- D. Stocking up always on foods, clothes, medicines, surgical equipment, shelter and water
- E. Building many roads and bridges

**6. The following form part of Disaster Prevention:-**

- A. Make sure all citizens have radios
- B. Enact and enforce earthquake, shock, tremor-resistant building By-Laws
- C. Establish as many as possible, functioning early warning systems for storms, volcanic eruptions, remote sensing and seismological stations
- D. Improve tremendously the accuracy of our meteorological services
- E. Ensure that all people are well fed before any famine comes

**7. When a disease is always found in a place with the same prevalence and incidence, that state is called:-**

- A. Epidemic
- B. Endemic
- C. Pandemic
- D. Holoendemic
- E. Pandemic

**8. Some health problems associated with aging are:-**

- A. STIs
- B. Arthritis
- C. Failing vision and hearing
- D. Dementia
- E. Pneumonia

**9. Some of the services to be considered when setting up a family health system are:-**

- A. Saunas and Health clubs
- B. ANC, MCH and FP
- C. Child welfare clinic
- D. A gymnasium
- E. Adolescent health services

**10. The following constitute part of Disaster Preparedness:-**

- A. Formation of rapid deployment teams and training them in fast, effective and focused response to human disasters
- B. Building many dispensaries and health posts in the villages
- C. Holding frequent rehearsals to keep the RDTs up-to date
- D. Stocking up always on foods, clothes, medicines, surgical equipment,

shelter and water

E. Building many roads and bridges

**11. The following form part of Disaster Prevention:-**

A. Make sure all citizens have radios

B. Enact and enforce earthquake, shock, tremor-resistant building by-Laws

C. Establish as many as possible, functioning early warning systems for storms, volcanic eruptions, remote sensing and seismological stations

D. Improve tremendously the accuracy of our meteorological services

E. Ensure that all people are well fed before any famine comes

**12. Epidemiology can be described as:-**

A. Counting diseases

B. The study of diseases and their characteristics and effects

C. Keeping an eye on disease behavior

D. The study of epidemiology

E. A Science

**13. A community's fertility rate is:-**

A. The number of fertile women per 1000

B. The number of children born each year

C. The number of births per year per 1000 women aged between 15 and 44 in a given population

D. The rate at which fertility grows

E. All the above

**14. The following sampling methods require a sample frame at one stage or other.**

A. Simple random sampling

B. Cluster sampling

C. Stratified random sampling

D. Systematic sampling

E. All of the above

**15. Disadvantages of pit latrine are:**

A. Nuisance of smell

B. They have tend to collapse

- C. Mosquitoes tend to brew
- D. Nuisance of flies
- E. It require a lot of water without water it will have a nuisance smell

**16. The following biological and environmental factors negatively affect the health and nutritional status of a child:**

- A. Prolonged breastfeeding (beyond 1 year) in addition to adequate supplements
- B. Young age of the mother (below 15 years)
- C. Measles infection
- D. Sudden weaning
- E. Multiple siblings closely spaced

**17. Breastfeeding or breast milk:**

- A. Provides all nutrients for the first 6 months of life
- B. Protects against gastrointestinal infections
- C. Should be encouraged only for low-income families
- D. Should not be started until 24 hours after delivery
- E. Is best stopped after the baby is one year old

**18. Vulnerable groups for nutritional anaemia include:**

- A. Children
- B. Adolescents
- C. Pregnant and lactating women
- D. Premature infants
- E. None of the above

**19. Vitamin A deficiency is associated with:**

- A. Measles and deaths
- B. Blindness
- C. Lower respiratory tract infections
- D. Hydrocephalus
- E. All of the above

**20. Clinical features of nutritional anaemia include:**

- A. Tiredness and apathy
- B. Shortness of breath on exertion



- C. Lack of concentration
- D. All of the above
- E. None of the above

**21. The following may result from Vitamin A deficiency:**

- A. Increased risk of measles
- B. Lower respiratory tract infections
- C. Blindness
- D. Increased child mortality
- E. Impaired immune system

**22. Factors that hinder collection of solid wastes in developing countries include:**

- A. Inadequate technical resources
- B. Adequate planning and implementation
- C. Inadequate disposal site
- D. Under utilization of available resources
- E. Rapid population growth

**23. Concerning refuse:-**

- A. Proper management has negative impact on health.
- B. Is not a major problem in the world.
- C. Can cause traumatic injuries
- D. Poor management can facilitate multiplication of rodents.
- E. Refuse should be handled by highly trained and skilled personnel.

**24. The following are true about BCG Vaccine: -**

- A. It is given intramuscularly
- B. It is a live attenuated vaccine
- C. Is heat sensitive
- D. Given at birth
- E. Protects against TB infection in children as well as adulthood.

**25. About tetanus:-**

- A. It is preventable
- B. Prognosis is good
- C. It is transmitted through the faecal oral route

- D. Neonates are not at risk of infection
- E. Tetanus vaccine is contraindicated In pregnancy

**26. Concerning KEPI:-**

- A. Yellow fever vaccine is given to all babies at the age of nine months.
- B. Pneumococcal vaccine is not among the vaccines offered by KEPI.
- C. KEPI program is integrated with the MCH/FP programs.
- D. The cold chain is not essential in KEPI.
- E. It is not concerned with the issue of cross infection during vaccination.

**27. The following help in the control of Tuberculosis:-**

- A. Routine immunization to young adults is encouraged
- B. Early diagnosis and treatment
- C. Isolation of multiple drugs resistant TB patients.
- D. Direct observation of treatment
- E. Provision of free anti TB drugs.

**28. A disease risk factor is:-**

- A. A condition or characteristic which makes an individual more likely to suffer the disease than others
- B. A factor making you take too much risk
- C. A factor which makes you diseased
- D. A characteristic whose presence in an individual is very likely to cause that disease in him/her
- E. None of these

**29. Screening for a disease: -**

- A. Is a method of secondary prevention.
- B. It deals with need rather than demand for health services
- C. It prevents the onset of the disease
- D. Is most effective for diseases which are treatable.
- E. Is not of importance in community health

**30. Which of the following diseases does not give long immunity after an attack?**

- A. Typhoid
- B. Mumps

- C. Tetanus
- D. Diphtheria
- E. Malaria

## **SECTION B**

1. Outline the different methods of human excreta disposal
2. Mention and describe 4 important roles of a Clinical Officer In-charge of a level 3 facility in terms of Community Health provision.
3. Describe the Cold-Chain and how to maintain it.
4. Discuss the main determinants of the family size in developing countries.
5. Discuss how you would investigate an outbreak of ‘mysterious’ disease that has been reported to you by a Community leader.

# TEST PAPER 5

## INSTRUCTIONS

This paper consists of SECTION A  
and SECTION B.

Section A consists of 30 True/  
False Questions

Section B consists of essay  
questions.

# SECTION A

## 1. Age specific mortality rate:

- A. Is a ratio observed to expected deaths
- B. Can be used to compare mortality between different age group .
- C. Is an age adjusted mortality rate
- D. Measures the number of deaths in a year
- E. Infant mortality rate is an example

## 2. Prevalence rate of a disease:

- A. Suitable measures of acute illness
- B. A suitable measure of chronic illness
- C. The number of new cases per unit time
- D. A good measure of mortality
- E. The number of cases at any given time

## 3. Incidences of a disease differs from prevalence in that:

- A. It determines who has the disease
- B. Determines when the disease developed
- C. Measures disease risk in population
- D. Measures the number of cases that are present
- E. Can reveal carriers state

## 4. These are some of the human developmental milestones:-

- A. Reaching 10kgs of weight
- B. Achieving head control
- C. Walking unsupported
- D. Bowel and sphincter control
- E. Reaching age 6 years

## 5. A disease risk factor is:-

- A. A condition or characteristic which makes an individual more likely to suffer the disease than others
- B. A factor making you take too much risk
- C. A factor which makes you diseased
- D. A characteristic whose presence in an individual is very likely to cause that disease in him/her

E. None of these

**6. Elements of primary health care:**

- A. Mental health
- B. Dental health
- C. Surgery
- D. Immunization
- E. Provision of clean water

**7. Essential drugs include:-**

- A. Antibiotics e.g. erythromycin
- B. Anticancer drugs e.g. methotrixate
- C. Dewormers.eg albendazole
- D. Zinc sulphate
- E. Allopurinol

**8. The steps involved in medical waste disposal:**

- A. Sorting, storage, transportation, treatment and disposal
- B. Storage, segregate, treatment, sorting, dispbsal transport
- C. Transportation, treatment, sorting, disposal transport
- D. Treatment, storage, transportation, segregate and disposal
- E. Disposal,treatment, storage, transportation, segregate

**9. The following sampling methods require a sample frame at one stage or other.**

- A. Simple Random Sampling
- B. Cluster Sampling
- C. Stratified Random Sampling
- D. Systematic Sampling
- E. All of the above

**11. The following are measures of mortality: -**

- A. Incidence density
- B. Attack rate
- C. Crude death rate
- D. Five year survival rate
- E. Infant mortality rate

**12. Methods of surveillance data collection include: -**

- A. Enumeration of events
- B. Physical examination
- C. Household surveys
- D. Population census
- E. Census

**13. For a communicable disease: -**

- A. Reservoir is always a living thing
- B. Escape level of the agent provides the most effective level to target preventive interventions.
- C. Virulence of the agent does not influence the outcome of the agent-host interaction.
- D. Indirect transmission can be through on intermediate host.
- E. A vector is not a must in all diseases.

**14. About population growth curves: -**

- A. In stage III, birth rates and death rates are low.
- B. In stage II, fertility rate is still high.
- C. Stage II is also called Incipient Decline Stage.
- D. In stage I and III, there is equilibrium.
- E. There are no stages .

**15. Hand washing: -**

- A. Plain soap/water removes transient microbes
- B. Alcohol hand rub is not useful
- C. Is ineffective in the control of hospital acquired infections
- D. Does not affect spread of communicable diseases.
- E. Is not useful in preventing hepatitis A

**16. Which of the following are contra indicationi intra-uterine(contraceptive device, (IUCD)?**

- A. Weak vaginal wall muscles
- B. Pelvic infection
- C. Peptic ulcer disease.
- D. Prolapsed intervertebral disc
- E. Hypertension

**17. Adult Hydatid disease: -**

- A. The definitive host is the human being
- B. Is more common in the coastal regions of Kenya than in the Rift Valley region
- C. Mode of transmission is faecal oral
- D. Herbivores are also affected
- E. Metronidazole is the drug of choice

**18. Waste management options include:**

- A. Waste minimization
- B. Material recycling
- C. Waste processing
- D. Waste transformation
- E. Sanitary land filling

**19. Advantages of incineration include:**

- A. Volume reduction by 90%
- B. safe elimination of pathogens
- C. Requires trained workers
- D. Ashes are hazardous
- E. Intensive investment

**20. About plague:-**

- A. Rodents are non contributory
- B. Transmission can be airborne
- C. Fleas play a significant role in the transmission
- D. Used in bioterrorism
- E. The causative organism is a virus

**21. Components of KEPI include: -**

- A. Disease surveillance
- B. Cold chain
- C. Training
- D. Monitoring and evaluation
- E. Health education

**22. Special groups in the society include:-**



- A. Under 5's
- B. Soldiers
- C. Old age
- D. Adolescents
- E. Ante-natal and post-natal women

**23. Components of occupational health services:**

- A. Mental health
- B. Rehabilitation programme
- C. Vocational rehabilitation
- D. Physical health
- E. Stress management

**24. The following are examples of vaccines given at the MCH Clinic**

- A. Typhoid vaccine
- B. BCG
- C. Measles
- D. Oral polio vaccine
- E. Measles/mumps/rubella vaccine

**25. Home based care (HBC) is:**

- A. The care given to persons infected with malaria
- B. Provided to those affected by HIV and AIDS in community
- C. Provided to extended family members in hospital
- D. Extended form health facility to the patients home
- E. Given through family and community participation

**26. Methods used in water treatment plants:**

- A. Boiling
- B. Chlorination
- C. Drilling
- D. Iodizing
- E. Filtration

**27. The following are characteristics of a communicable disease:**

- A. There is always a vector
- B. There is always a susceptible host

- C. There is a portal of entry
- D. It may lead to epidemic
- E. There is an infectious agent

**28. In an epidemic the following steps are taken:**

- A. Confirm the diagnosis
- B. Identify the cases
- C. Identify the causative factors
- D. Inform the minister of health
- E. Identify prone people (exposed)

**29. Principles of primary health care include:**

- A. Sustainability
- B. Maternal child health
- C. Equity
- D. Local disease control
- E. Affordability

**30. About hand washing:**

- A. Is Simple and effective method of breaking chain of transmission
- B. Hand washing after eating is very effective in infection prevention
- C. Hand washing with plain water removes both resident and transient microbes
- D. Alcohol hand rub is helpful when there is lack of water
- E. It is recommended before meals

## SECTION B

1. Define the following terms:
  - a) Demographics
  - b) Mortality
  - c) Morbidity
  - d) Mortality mortality rate
2. Outline the principles of occupational health and safety
3. Discuss the steps involved in medical waste disposal

4. Discuss the steps involved in water treatment
  
5. Outline the components of the Hippocratic oath

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