



**FINAL QUALIFYING EXAMINATION
DIPLOMA IN COMMUNITY HEALTH NURSING
COMMUNITY HEALTH PAPER THREE**

Date: Thursday, 21st June, 2018 Time: 3 Hours (9.00am-12noon)

INSTRUCTIONS TO CANDIDATES

1. ENTER YOUR EXAMINATION NUMBER on the space provided on the examination answer booklet and **inside every page of the answer booklet**
2. READ THE QUESTIONS carefully and answer only WHAT IS ASKED.
3. Enter QUESTION NUMBERS on the space provided in the examination answer booklet.
4. Omission of/ and or wrong numbering of a question or part of the question will result in (10% deduction of marks scored from relevant part.
5. Confirm you have written the EXAM and QUESTION NUMBERS correctly before handing in your booklet.
6. Observe all the examination rules and regulations as stipulated in college rules and regulation.
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Note:

- a) **Mobile phones and "Smart Watches" NOT allowed in exam room.**
- b) **All candidates must "sign in" while handing in their scripts**

PART 1: MULTIPLE CHOICE QUESTIONS- (20MARKS)

1. **One of the following is a characteristic of a good team:**
 - a) Every member has all the required skills , knowledge, or role that contributes to the work of the team
 - b) The members regards themselves as a group of competing team.
 - c) The team member cannot cope with the various personalities and relationships in the team
 - d) The members regard themselves as one and not as a group of individuals.
2. **Controlling is a managerial function which involves :**
 - a) Integration and coordination of activities
 - b) Reducing cost and directing and directing efforts towards desired results ✓
 - c) Measuring and correcting the performance of employee
 - d) Contributing to purposeful organization of work
3. **The following vaccines are stored at 15degrees and 25 degrees at the National level:**
 - a) Yellow fever, Tetanus toxoid, Pentavalent
 - b) BCG, Pentavalent, Tetanus toxoid
 - c) Measles, Polio, Pneumococcal
 - d) Polio, Yellow fever, Measles
- ✓4. **One of the " Reaching every district" (RED) is :**
 - a) Community participation
 - b) Community involvement
 - c) Opening up new service delivery points ✓
 - d) Re-orientation of health staff
- ✓5. **BCG vaccine requirement for a health centre inclusive of wastage whose target population is 1500 children per year is:**
 - a) 750 doses
 - b) 1500 doses
 - c) 2000 doses
 - d) 2250 doses
6. **The first step in the procurement cycle is:**
 - a) Generating a requisition
 - b) Awarding purchase order to the vendor
 - c) Entering items into inventory system
 - d) Identifying the items to be procure .

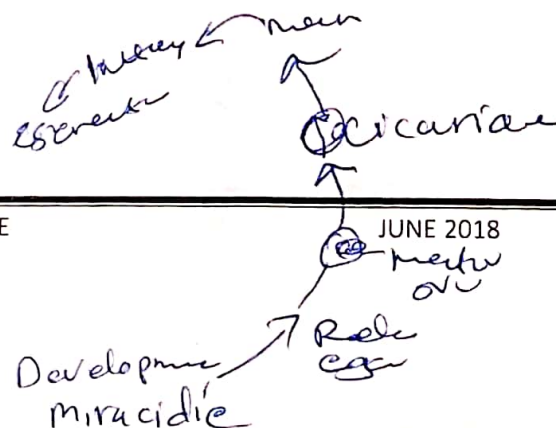
Handwritten notes: 1500, 2000, 2250, 2500

Handwritten note: 1500

Handwritten notes: identify, find, specify, 100 bids, award, give, re

Handwritten note: Daily preventive maintenance activities in cold chain

7. **The following factors contribute to successful partnership and collaboration:**
- Trust, communication, leadership ✓
 - Advocacy, technology, flexibility
 - Vision, people, environment
 - Infrastructure, time, decision making
8. **The number of new cases in a specific population within a defined time interval is:**
- Prevalence
 - Ratio
 - Incidence ✓
 - Rate
9. **Community inventory taking provides information on:**
- Sex, occupation, age
 - Total population as per census, health facilities, education facilities
 - Total population as per census, marital status, nutrition
 - Nutrition
10. **Disability friendly physical facility means the premises :**
- Is accessible
 - Has no storey buildings
 - Has fire escape route
 - Has friendly staff
11. **Incubation period of shigellosis is usually:**
- 1-4 day
 - 5-7 days
 - 8-10 days
 - 10-15 days
12. **The spread of hepatitis A can be reduced by:**
- Avoiding over-crowding in houses
 - Proper disposal of sewage waste within communities ✓
 - Draining all stagnant water in the fields
 - Vaccination of all stray and domestic animals
13. **Random sampling methods used in community diagnosis include:**
- Stratified sampling, quota sampling, snowball sampling
 - Simple random sampling, cluster sampling, purposive
 - Cluster sampling, systemic sampling, stratified sampling ✓
 - Snowball sampling, simple random sampling, stratified sampling



14. The first three steps of community diagnosis include:

- Planning the survey, developing and pretesting the survey tools, execution of the survey.
- Exploration, planning the survey, execution of survey
- Planning the survey, execution of survey, data analysis
- Planning the survey, exploration, developing and pretesting survey tools

15. The following are water borne diseases:

- Hepatitis b, trachoma, typhoid
- Measles, hepatitis B, poliomyelitis
- Trachoma, amoebiasis, typhoid
- Hepatitis A, amoebiasis, poliomyelitis

16. Match the causative organism in column A with the corresponding disease associated with it in column B:

COLUMN A

- XernopsyllaCheoptis
- WuchereriaBancrofti (11)

COLUMN B

- Trypanosomiasis
- Leishmaniasis
- Filariasis ✓
- Plague
- Chikungunya

17. Indicate whether the following statements are TRUE or FALSE:

- Human immunodeficiency virus can be transmitted during the window stage
- Acquired immunodeficiency syndrome can be prevented through intensive health education

18. Menopause is a stage in life:

- When menstration does not occur any more
- When ovulation and reproductive capacity ceases
- Where production of oestrogen ceases
- When grey hair appears and hair line recedes

19. The mechanism of action of implants is :

- Thickening of cervical mucus, suppressing ovulation, thinning of the endometrium ✓
- Thinning of cervical mucus, suppressing ovulation, thinning of endometrium
- Thickening of cervical mucus, suppressing ovulation, thickening of endometrium
- Suppressing the endometrium, encouraging ovulation, thickening cervical mucus



20. Which of the following is true about natural family planning:

- a) Women with irregular menstrual cycle can use ✓
- b) Highly effective
- c) All clients of reproductive age can use ✓
- d) Women with regular /established menstrual cycles can use ✓

**PART 11: SHORT ANSWER QUESTIONS- (40 MARKS)**

- 1) State six (6) barriers that hinder counselling in family planning - *Time, Language, Low* (6marks)
- 2) Explain your role in implementing Sustainable development goal number three (SDG) to ensure "health lives" for women in the community (6marks)
- 3) Baby sue aged 14 weeks is brought to the MCH/FP clinic for the first time finds you on duty:
- a) List the vaccines you are likely to administer to baby Sue during this immunization session. *BCG, OPV1, OPV2, OPV3, Rotav, Hib, HepB* (3marks)
- b) Outline five(5) key health messages you will share with mama Sue *Kenya Plan, Kenya 3, IAPV* (5marks)
- 4) State five(5) roles of the county public health nurse *in* (5marks)
- 5) Explain three (3) components of school health program. (6marks)
- 6) Outline five (5) benefits of community participation during implementation of health programs (4marks)
- 7) State five (5) sources of government revenue. (5marks)

PART III: LONG ANSWER QUESTION-(40 MARKS)

1. You are the nurse incharge of Que health facility, cholera outbreak has been reported in the neighboring facility:
- a) Define cholera (1mark)
- b) Explain the three (3) stages of cholera (6marks)
- c) Describe the control and preventive measures of cholera (11marks)
- d) List four (4) complications of cholera (2marks)
2. A community health nurse utilizes the function of delegation to achieve organizational goals:
- a) Outline five(5) factors you would consider when choosing the officer to delegate to (5marks)
- b) Describe your responsibility during the implementation of the task you have delegated (8marks)
- c) Explain two(2) reasons why delegation is beneficial to the organization (4marks)
- d) State three (3) reasons why managers fail to delegate (3marks)



KMTC/QP-07/TIS

**FINAL QUALIFYING EXAMINATION
DIPLOMA IN COMMUNITY HEALTH NURSING
PAPER ONE (1)**

Date: Tuesday, 13th February, 2018 Time: (3) Hours (9.00am-12noon).

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KRCHN (BASIC)

PAPER ONE

FEBRUARY 2018

PART I: MULTIPLE CHOICE QUESTIONS- 20 MARKS

1. In the management of accident victims, the 'golden hour' refers to the first hour from the time of;
 - A. The patient arrival to hospital
 - B. Trauma impact
 - C. Initial emergency rescue
 - D. Complete triage

2. The part of an artery that has smooth muscles and elastic tissue is;
 - a) Artery end plate
 - b) Tunica adventitia
 - c) Tunica intima
 - d) Tunica media

3. The right diet for a patient with cholecystitis includes;
 - a) High calorie and high protein
 - b) Low fat and low protein
 - c) High protein and high fats
 - d) High fat and low protein

4. First morning specimen of urine is ideal for screening purposes because;
 - a) Patients mostly pass urine in the morning
 - b) Of its low concentration of substances
 - c) Large amount of urine voided in the morning
 - d) Of its high concentration of substances

5. One of the reasons avoiding strong sneezing and coughing post cataract extraction is to;
 - a) Prevent increased intraocular pressure
 - b) Prevent cross infection spread among the patients
 - c) Prevent nose bleeding from blood vessels supplying the eye and nose
 - d) Ensure that the patient adheres to pre-operative instructions of the condition

6. The universal first step in of infection prevention is to;
 - a) Disinfect working surfaces before the procedure
 - b) Isolation of infectious cases outside the main wards
 - c) Use protective garments and discard after a procedure
 - d) Regular proper hand washing before and after a procedure

7. The term *Idiosyncrasy* in pharmacology means;
 - a) Improper drug use
 - b) Abnormal sensitivity to drugs

- c) Overdose of a drug
- d) Under dosage of a drug

9. The pain in the angina pectoris is primarily due to;

- a) Coronary vasoconstriction
- b) Coronary vasodilatation
- c) Myocardial infarction
- d) Portal hypertension

10. The role a Senior Nurse should play in the peri-operative settings is;

- a) Circulating nurse
- b) Receiving nurse
- c) Recovery nurse
- d) Scrub nurse

11. The average incubation period of hepatitis B virus is;

- a) 3- 7 days
- b) 10-15 days
- c) 15-30 days
- d) 60-90 days

12. Factors that determine the severity of burns on a human being include;

- a) Depth of the burns and skin integrity
- b) extent and depth of burns
- c) source of heat (burning agent)
- d) specific parts burnt

13. Indicate whether the following statements are true or false.

- a). Non-Hodgkin's lymphoma is associated with immunodeficiency states and certain viral infections.....
- b). Pheochromocytoma is a tumour of the adrenal cortex

14. Nephrotic syndrome presents with;

- a) Increased albumin in blood, loss of protein in urine.
- b) High serum cholesterol, presence of blood in urine
- c) Decreased albumin in blood, high serum cholesterol
- d) Loss of albumin in urine, presence of blood in urine

15. Systemic effects of burns include;

- a) Hypovolemia, generalized vasoconstriction
- b) Decreased cardiac output, bronchospasm
- c) Hypotension, peripheral vasodilatation
- d) Decreased capillary permeability, hypovolemia

Placenta abruption

2. When diagnosing abruption, placenta the midwife should take note of one of the following findings:

- a) Abscess of pain on abdominal palpation in the revealed type
- b) Foetal parts can be clearly palpated and there is no foetal heart rate in concealed type
- c) The uterus is tender and rigid and pain ^{is} constant in the combined type
- d) The pulse is raised and there is low blood pressure or hypertension in the concealed type

During neonatal emergencies second level resuscitation involves:

- a) Wiping of the face, clearing airway
- b) Intubation, flickering soles of the feet to stimulate the baby
- c) Clearing the airway, cardiac massage
- d) Drug administration, rubbing the back of the neonate

The features a midwife would find on examination of the bregma in a newborn include

- a) Diamond shaped, lies at the junction of frontal suture, pulsation
- b) Diamond shaped, pulsations, large membrane space
- c) Large membrane space, lies along coronal suture, pulsations
- d) Does not pulsate, irregular shaped, large membrane space

Meconium is completely excreted within:

- a) 12-24 hours
- b) 24-36 hours
- c) 36-48 hours
- d) 48-72 hours

Deaths of newborns that occur in the first week of life are classified as:

- a) Infant deaths
- b) Fresh still births
- c) Perinatal deaths
- d) Neonatal deaths

Signs and symptoms of mild hypothermia in a new born include:

- a) Restlessness, increased respiratory rate, hypoglycaemia
- b) Little movements of the limbs, hypercalcaemia, decreased respiratory rate
- c) Restlessness, decreased respiratory rate, hypoglycaemia
- d) Little movements of the limbs, dehydration, increased respiratory rate.

18. **Autolysis is a process by which:**

- a) Uterus contracts and retracts to reduce in size
- b) Lactation is established
- c) Muscles has insufficient blood supply
- d) Proteolytic enzymes digest the muscle fibres

19. **Preventive measures of pulmonary embolism in puerperium include:-**

- a) Careful aseptic technique, prenatal exercises.
- b) Prompt identification and treatment of the affected limb
- c) Prenatal exercises, early ambulation
- d) careful aseptic technique, use of anticoagulant

20. **In third degree inversion of the uterus:**

- a) The cervix is inverted and visible at the vagina
- b) The fundus of the uterus is inverted and is at internal os
- c) Both uterus and cervix are inverted and the vagina are inverted and are visible
- d) The body of the uterus is inverted to the internal os

PART I: MULTIPLE CHOICE QUESTIONS (20 MARKS).**1. Sequential process of waste management includes:**

- a. Handling, disposal, transportation, recycling.
- b. Storage, handling, segregation, transportation.
- c. Disposal, handling, segregation, transportation
- d. Segregation, handling, transportation, disposal.

2. A one week neonate is brought to a health facility will receive:

- a. BCG, polio 1.
- b. Birth polio, pentavalent 1
- c. BCG, birth polio.
- d. BCG, pentavalent.

3. Social change occurs through the process of:

- a. Evolution, reformation, revolution.
- b. Reformation, discoveries, inventions.
- c. Discoveries, inventions, innovations.
- d. Revolutions, evolutions, inventions

4. The advantages of intra uterine contraceptive device (IUCD) include:

- a. Highly effective, offers long term protection, prevents ectopic pregnancy.
- b. Highly effective, pelvic examination not required, protects endometrial cancer.
- c. Offers long term protection, requires pelvic examination, prevent ovulation.
- d. Easy to use, highly effective, decreases benefits of breast cancer

5. Breast feeding mothers should start combined contraceptives at:

- a. Six complete weeks after delivery.
- b. Four weeks after delivery'
- c. Four months after delivery.
- d. Six complete months after delivery.

6. The aim of intersectoral collaboration in primary health care strategy is:

- a. Maximum utilisation of health workers in health matters.
- b. Co-operation and consultation between disciplines for maximum care provision'
- c. Involvement of all sectors in the training of health personnel and subsequent provision of care.
- d. Ensure all sectors are well trained and supervised to render health services.

7. The value of the variable that occurs with the greatest frequency in a data set is:

- a) Mean
- b) Mode
- c) Median
- d) Frequency

8. Absence of discrimination on the basis of a person's sex in terms of opportunities and resource allocation is:

- a) Gender discrimination
- b) Gender stereotyping
- c) Gender equity
- d) Gender equality

9. One of the following statement best describes case load of home visiting:

- a) Chronically ill patients, orphans, pregnant women.
- b) Pregnant women, malnourished children, HIV/AIDS patients.
- c) TB patients, pregnant women, orphans.
- d) Orphans, TB patients, malnourished children.

10. Indicate whether the following statements are true or false in the answer booklet

- a) The pneumococcal vaccine is administered to an infant at birth, six weeks and fourteen weeks.
- b) The inactivated polio vaccine is administered orally

11. The term population density refers to:

- a) Number of people in a country.
- b) Number of live births in a year
- c) Population growth in a given area.
- d) Number of people living in a given area.

12. One of the statements below best describes the sequence of the phases of home visiting:

- a) Initiation, pre visit, implementation, termination, post visit.
- b) Pre visit, initiation, implementation, post visit, termination
- c) Pre visit, implementation, initiation, termination, post visit.
- d) Initiation, pre visit, implementation, post visit, termination.

13. Primary prevention of disease involves:

- a) Healthy habits, early treatment, regular medical check up.
- b) Immunization, good nutrition, healthy habits
- c) Regular medical check up, early treatment, immunization.
- d) Immunization, screening, good nutrition.

14. Physical therapy in home- based care helps in:

- a) Reducing loneliness, preventing chest infections, improving self esteem.
- b) Prevention of contractures, prevention of boredom, improving digestion.
- c) Reducing loneliness, relaxation, improving circulation.
- d) Improving circulation, prevention of muscle wasting, improving digestion.

15. The statement that describes the ultimate results of fulfilling an organization's purpose:

- a) Vision
- b) Mission
- c) Goal
- d) Policy.

16. Democratic leadership is characterized by:

- a) Leader offers suggestions, group is involved in planning, fosters independence.
- b) Leader offers suggestions, group is involved in planning, fosters dominance.
- c) Leader gives out orders, group is involved in planning, fosters independence.
- d) Leader is nondirective, group is involved in planning, fosters independence.

17. In management; Theory Y assumes that:

- a) That people are committed to organisation activities.
- b) People dislike work.
- c) People are poorly motivated.
- d) People achieve little satisfaction from work.

18. Sexually transmitted diseases that manifest with genital ulcers include:

- a) Lymphogranuloma venerium, gonorrhoea, urethritis, syphilis
- b) Gonorrhoea, urethritis, syphilis, trichomoniasis, candidiasis.
- c) Chancroid, candidiasis, chlamydia, chlamydia trachomatis,
- d) Syphilis, chancroid, lymphogranuloma venerium.

Q19. Yellow fever is transmitted by:

- Sand fly
- Aedes aegyptae mosquito
- Tsetse fly
- Anopheles mosquito.

Q20. Air borne viral conditions include:

- Yellow fever, poliomyelitis, chicken pox.
- Chicken pox, measles, mumps.
- Mumps, tuberculosis, chicken pox.
- Rabies, measles, mumps.

PART II: SHORT ANSWER QUESTIONS (40 MARKS).

1. State four (4) indications of emergency contraceptive pill

(4marks)

2. Outline five (5) activities of school health services

(5marks)

3. State five (5) qualities of a community health nurse.

(5marks)

4. Explain the three (3) levels of preventive interventions of a disease

(6marks)

5. Outline five (5) issues that can be discussed in a healthy facility staff meeting

Considering that Staff meetings are one of the important components of

management

(5marks)

6. State six (6) types of information that can be elicited from the child health clinic

card; due to the fact that the card is a tool for monitoring a child's growth and

development.

(6marks)

7. State five (5) sources of water contamination

(5marks)

8. Outline four (4) health messages you would share with a community on nutrition:

interventions.

- Take less processed food that often are fatty, sugary, salty.
- Eat variety of nutritious food
- Eat more veg and fruits
- Breastfeeding baby.

(4 marks)

PART III: LONG ANSWER QUESTIONS (40 MARKS)

1. As a newly posted community health nurse in a health facility R on checking immunization performance, you realize that immunization coverage of the previous year was at 40%.
- a) State four (4) possible causes low immunization coverage (4marks)
 - b) State four(4) strategies used in immunization delivery (4marks)
 - c) Describe how you would organize for an outreach service to hard -to- reach area in this community. (12 marks)
2. Mrs X. has been diagnosed with hookworm infestation in health facility R where you work
- a) Draw and label a diagram of a life cycle and transmission of hookworm (5marks)
 - b) State five (5) clinical features of hook worm Infestation. (5marks)
 - c) Describe the preventive and control measures of hook worms in the community (10marks)

Outreach

Reach even distant

integrated approach



KMTC/QP-08/TIS

FINAL QUALIFYING EXAMINATION
DIPLOMA IN COMMUNITY HEALTH NURSING
PAPER FOUR

Date: Friday, 16th February 2018 Time: 3 Hours (9.00am-12noon)

INSTRUCTIONS:

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PART I: MULTIPLE CHOICE QUESTIONS

1. An infant aged 3 months who has been categorized as having very severe pneumonia is likely to manifest with:-

- a) Difficulty in breathing, inability to breastfeed
- b) Nasal flaring, coughing
- c) Fast breathing of 50 breaths /min, cough
- d) Nasal discharge, mouth breathing.

2. Otitis media is prevalent in children because the Eustachian tube is:-

- a) More vertical and wide
- b) Normally wide open
- c) Horizontal and short
- d) More long and vertical

3. Diseases related to autoimmune reaction include:-

- a) Tonsillitis, rheumatic fever, nephrotic syndrome
- b) Nephrotic syndrome, rheumatic fever, glomerulonephritis
- c) Glomerulonephritis, nephrotic syndrome, otitis media
- d) Meningitis, encephalitis, pharyngitis.

4. A sick child who responds to pain only will be classified as:-

- a) Emergency case
- b) Priority case
- c) Outpatient case
- d) Non- urgent case.

5. Hypertrophic pyloric stenosis in an infant may present with:-

- a) Anemia
- b) Hypothermia
- c) Vitamin deficiency
- d) Metabolic alkalosis.

6. Malingering is different from somatoform disorder because the former:-

- a. Has evidence of an organic basis
- b. It is a deliberate effort to handle upsetting events
- c. Gratification from the environment is obtained
- d. Stress is expressed through physical symptoms.

On arrival for admission to a voluntary unit, a female client loudly announces: "Everyone kneel, you are in the presence of the Queen of England." This delusion is termed as:-

- a) Self-belief
- b) Self-appreciation
- c) Nihilistic
- d) Grandeur.

8. The client has been taking lithium carbonate as prescribed by his physician. While the client is taking this drug, the nurse should ensure that he has adequate intake of:-

- a) Sodium
- b) Iron
- c) Iodine
- d) Calcium

9. Negative symptoms of schizophrenia include:-

- a) Alogia, delusions, thought disorder
- b) A volition, alogia, auditory hallucinations
- c) Anhedonia, alogia, visual hallucinations
- d) Blunt affect, anhedonia, alogia

10. The role of Antabuse or disulfiram used in the management of Alcoholism to :-

- a) Remove the alcohol from the blood system
- b) Breakdown alcohol into harmless components
- c) Stop liver enzymes from breaking down acetaldehyde making it increase in b
- d) Antagonize alcohol making the patient excrete alcohol very fast from the system rendering alcohol harmless.

11. A researcher's expectations about the outcome of a study are generally expressed in the form:-

- a) Research problem
- b) Theory
- c) Hypothesis
- d) Conceptual framework.

17. The normal intraocular pressure (IOP) ranges between:

- a) 10-15 mmHg
- b) 10-21 mmHg
- c) 10-31 mmHg
- d) 10-40 mmHg

18. Match the items in column A with the corresponding item in column B

Column A

- I. Reconstructive surgery
- II. Diagnostic surgery

Column B

- a) Usually performed to obtain a tissue sample for analysis of cells suspected to be malignant
- b) The goals of treatment are to make the patient as comfortable as possible and to promote a satisfying and productive life for as long as possible
- c) Involves removing non-vital tissues or organs that are likely to develop cancer
- d) May follow curative or radical surgery and is carried out in an attempt to improve function or obtain a more desirable cosmetic effect

19. The theory that 'Nursing is a helping or assisting profession to persons who are wholly or partly dependent or when those who are supposedly caring for them is attributed to:

- a) Henderson
- b) Orem
- c) Roy
- d) Nightingale

20. According to Wallace an adult who has sustained burns on one leg and the genitalia areas has:-

- a) 10% burns
- b) 18% burns
- c) 19% burns
- d) 27% burns

Part 111-Long Answer Questions (40 Marks)

1. Master bikbik has been received in casualty department following road traffic accident. He has gone into cardiac arrest.
 - a) Explain two (2) predisposing factors to cardiac arrest **(4 marks)**
 - b) State five (5) clinical features that can be elicited from him to indicate cardiac arrest **(5 marks)**
 - c) Describe the resuscitation measures that would be undertaken to stabilize the patient. **(11marks)**

2. Ms Kikilolo 25 years presents in outpatient department with features of pulmonary tuberculosis
 - a) Explain the following:
 - i. Active phase of tuberculosis **(2 marks)**
 - ii. Extra pulmonary tuberculosis **(2 marks)**
 - b) Outline four (4) clinical features of tuberculosis **(4marks)**
 - c) Describe the management of a newly diagnosed patient with PTB **(12marks)**



**FINAL QUALIFYING EXAMINATION.
DIPLOMA COMMUNITY HEALTH NURSING
PAPER THREE (COMMUNITY HEALTH)**

DATE: THURSDAY

22ND JUNE 2017

Time Allowed: 3 Hours

9:00am -12:00 Noon.

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13. Brucellosis is transmitted through;
- Ingestion of contaminated vegetables and poultry
 - Ingestion of half cooked poultry and meat for dead animals
 - Ingestion of untreated milk and milk products
 - Inhalation of Bacilli from sick and dead animals
14. While calculating infant mortality rate, the correct formula is;
- Number of deaths of individuals in a year/number of live births in the same year X 1,000
 - Number of death of infants in a year/number of live births in the previous year X 1,000
 - Number of deaths of infants in a year/number of live births in the same year X 1,000
 - Number of deaths of infants in a month/number of births in the same year X 1,000.
15. A client with, burning sensation, itchy and foamy greenish yellow discharge in the vagina is diagnosed to have;
- Gonorrhea
 - Trichomonas
 - Candidiasis
 - Bacterial vaginosis
16. The following group of people are classified as socially handicapped;
- Internally displaced, street children, sexually abused
 - Epileptic, psychiatric cases, widowed
 - Drug addicts, elderly, mongolism
 - Obese, blind, deaf
17. The management of poliomyelitis during pre-paralytic stage includes:
- Administration of mild sedative, avoiding all injections, passive movements of the affected limb
 - Absolute bed rest, administration of mild sedatives, passive movements of the affected limbs
 - Immobilization of the affected limbs, absolute bed rest, avoidance of all then injections
 - Passive movements of the affected limbs, absolute bed rest, isolation of the case

18. State whether the following is True or False

- i. For entry to clients' homes during home visiting, the nurse requires to go through the community's opinion leader.
- ii. One of the roles of the County Chief Nurse is to employ and deploy nurses within the county.

19. Priority in management of cholera patients during an epidemic is

- a) administration of tetracycline
- b) referral of patients to hospital
- c) administration of fluids and electrolytes
- d) administration of analgesics

20. At the age of 12 months the baby's weight is ;

- a) Double birth weight
- b) Three times birth weight
- c) Four times birth weight
- d) Five times birth weight

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KENYA MEDICAL TRAINING COLLEGE
COLLEGE QUALIFYING NURSING EXAMINATION
~~KENYA~~
KENYA-BASIC

PAPER TWO (MIDWIFERY)

Date: 9/8/2010

Time Allowed: 3 Hours

9:00am -12:00 Noon

INSTRUCTIONS TO CANDIDATES

1. ENTER YOUR EXAMINATION NUMBER and QUESTION NUMBERS in the space provided on the answer booklet.
2. All questions are compulsory.
3. For Part I (MCQs), write your answers on the first page of the answer booklet.
4. For Part II (SHORT ANSWER QUESTIONS), answer these questions following each other.
5. For Part III (LONG ANSWER QUESTIONS), answer to each question should start on a new page.
6. 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.

Mobile phones are NOT allowed in the examination hall

PART I – MULTIPLE CHOICE QUESTIONS (20MARKS)

After fertilization, the placenta and the chorion are formed from:-

- (a) Cytotrophoblast
- (b) Trophoblast
- (c) Blastocyst
- (d) Syncytiotrophoblast

The placental hormone detected by immunological test for pregnancy in urine is:-

- (a) Human chorionic gonadotrophin
- (b) Human placental lactogen
- (c) Oestrogen
- (d) progesteron

The presumptive signs of pregnancy include:-

- (a) Early breast changes, fetal parts felt, amenorrhoea
- (b) Bladder irritability, quickening, fetal heart sounds heard
- (c) Morning sickness, uterine growth, fetal parts felt
- (d) Bladder irritability, amenorrhoea, early breast changes

The purpose of essential obstetric care is to ensure:-

- (a) That individuals and couples have access to reproductive health services
- (b) Prevention of complications in pregnancy
- (c) Clean and safe delivery
- (d) High risk pregnancy services are made available

Some of the observations done during the second stage of labour are:-

- (a) Maternal pulse 4 hourly, fetal heart rate after every contraction
- (b) Maternal pulse $\frac{1}{2}$ hourly, fetal heart $\frac{1}{2}$ hourly
- (c) Maternal pulse $\frac{1}{4}$ hourly, fetal heart rate after every contraction
- (d) Maternal pulse 1 hourly, fetal heart $\frac{1}{4}$ hourly

Premature rupture of membranes is a condition in which rupture of membranes occur spontaneously:-

- (a) During the latent phase of labour
- (b) Before 28 weeks of gestation
- (c) At 37 completed weeks of gestation
- (d) At least one hour before onset of labour



**FINAL QUALIFYING EXAMINATION
DIPLOMA IN COMMUNITY HEALTH NURSING
PAPER THREE**

DATE: THURSDAY

19TH JANUARY 2017

TIME ALLOWED: 3 HOURS

9:00AM -12:00 NOON.

INSTRUCTIONS TO CANDIDATES:

1. ENTER YOUR EXAMINATION NUMBER on the space provided on the examination answer booklet and inside every page of the answer booklet.
2. Enter QUESTION NUMBERS on the space provided in the examination answer book.
3. Confirm you have written the EXAM and QUESTION numbers correctly before handing in your booklet.
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. Observe all the examination rules and regulations as stipulated in the college rules and regulations.
6. Follow any other instructions from the supervisor as may be necessary.
7. Mobile phones are **NOT** allowed in the examination hall.

Part: 1 Multiple Choice Questions (20marks).

1. **The action and procedures in the mitigation phase of disaster management include:**
 - a) Building codes, temporary housing
 - b) Risk mapping, safety codes
 - c) Emergency operations plans, public information
 - d) Disaster insurance, debris clearance

2. **The part of the tooth that protrudes from the gum is:**
 - a) Root
 - b) Enamel
 - c) Crown
 - d) Dentine

3. **When counseling for vasectomy, the client should know that:**
 - a) The normal sexual desires are slightly affected
 - b) Performance, ejaculation and production of semen continues but contains no sperms
 - c) Sexual desires, performance and ejaculation remains but no production of semen
 - d) Sexual desires and performance remains but no ejaculation

4. **Humoral immunity is categorized as:**
 - a) Antibody mediated immunity
 - b) Skin and Lymphocytes
 - c) Hydrochloride and macrophages
 - d) Antigen and lysozymes

5. **Osteomalasia is caused by deficiency of:**
 - a) Vitamin C
 - b) Vitamin B₁₂
 - c) Vitamin D
 - d) Vitamin B₆

The first three stages of development in a child according to Erick Erickson theory are:

- a) Oral ,Fecal, Autonomy
- b) Fecal,Audipus complex, Identity
- c) Fecal,Audipus complex, Oral
- d) Oral, Identity, Autonomy.

The consanguineal relations in the kinship system include:

- a) Father, wife, husband
- b) Sister in law, grandparents ,great grand parents
- c) Uncle, Niece ,Auntie
- d) Wife, husband, grand parents

8. Contraceptive methods used by a breast feeding mother include:

- a) Condoms, spermicides
- b) Implant, Combined Oral Contraceptives
- c) Combined Oral Contraceptives, progestin loaded IUD.
- d) Estrogen free pill, Copper T IUCD.

9. The parameters to consider while forecasting vaccines using the target population methods include:

- a) Target population, wastage rate, vaccine stocks
- b) Immunization coverage target, wastage factor, Immunization schedule
- c) Vaccine initial stock, vaccines received, stock at end of period
- d) Number of posts, number of doses per vial, number of sessions.

10. The following is a disadvantage of discussion method in health education:

- a) The learners are passive
- b) It is time consuming
- c) Has too much information to be covered
- d) Numbers involved are many

GENERAL PAPER

SECTION 1: MULTIPLE CHOICE QUESTIONS (40 MARKS)

1. In assessing developmental milestones, a nurse should be concerned if the child does not hold head steady unsupported at
 - a) Birth
 - b) 2 months
 - c) 4 months
 - d) 2 weeks
2. In IMCI, when a child has a pink classification,
 - a) The child is given treatment and the first doses to be taken immediately the reach home to feed and then continue with treatment ✓
 - b) The child is given treatment and the first doses are administered at the facility and then sent home but to be coming for treatment
 - c) The child is given treatment and the first doses are administered at the facility and then refer to the next facility ✗
 - d) The child is given treatment and the first doses are administered at the facility and then sent home to continue with treatment ✗
3. Feeding recommendations for a child 2 years and above is
 - a) Give enriched family foods 3 times a day with a least two snacks in between
 - b) Give enriched family foods 3 times a day avoid snacks in between
 - c) Give enriched family foods 2 times a day with a least three snacks in between
 - d) Give enriched family foods 3 times a day start introducing complementary feeds ✗
4. After initiating treatment for a child with classification of pneumonia the ^{mother} is counseled to
 - a) Give treatment and wait for return date
 - b) Come back to the facility immediately if the child becomes worse
 - c) Seek senior review at a higher facility ✗
 - d) Reduce amount of clothes and give prescribed medication
5. For any pink classification in dehydration the child and no other pink classification
 - a) A first dose of a broad spectrum antibiotic orally, fluids as per plan C refer urgently to the hospital
 - b) An antimalarial or both, treat for low blood sugar, fluids as per plan B refer urgently to the hospital
 - c) A first dose of a broad spectrum antibiotic orally, fluids as per plan A refer urgently to the hospital
 - d) Give fluids as per plan C.
6. A patient who seeks to organize others in the outpatient department is likely to have a personality type called
 - a) Melancholic
 - b) Phlegmatic
 - c) Choleric

- d) Sanguine
7. In nutritional assessment of children, acute malnutrition is indicated by,
- Height for age and MUAC
 - Height for weight Z score and MUAC
 - Weight for age Z score and MUAC
 - Weight for height Z-score and MUAC ✓
8. In order to identify and minimize trauma to a child, the nurse should
- Avoid separation the child and mother, explain the procedure to the patient and caretaker, give child and care givers chance to express their feelings about procedure
 - Avoid separation the child and mother, explain the procedure to the patient and caretaker, avoid any procedure that is unpleasant to child ✗
 - Separate the child and mother during painful procedure, explain the procedure to the patient and caretaker, give child and care givers chance to express their feelings about procedure ✗
 - Separate the child and mother to reduce panic, explain the procedure to the patient and caretaker, give child and care givers chance to express their feelings about procedure
9. Which is the most accurate statement concerning haemophilia
- It's an X-linked recessive disorder
 - It's equally distributed in males and females
 - It's an autosomal recessive disorder
 - It's a Y-linked dominant disorder
10. Which of the following actions indicates a need for further health messages to parents of a child with congenital heart defect?
- Counting the number of wet diapers to monitor fluid levels
 - Listening to pulse for one minute while giving digoxin at home
 - Protecting the child from people with upper respiratory infections
 - Waking up the child for feeding every 2 hours to help gain weight
11. In the learning process, when the learner checks the meaning and the inferences derived with other learners it is called
- Analysis
 - Validation
 - Observation
 - Description
12. Which of the following statements most accurate about visual learners?
- Benefit from using charts, maps, notes, and flash cards when studying
 - Do not prefer to see information such as pictures, diagrams, cartoons, demonstrations
 - Learn best when intense visuals accompanied by lecture ✓
 - Not easily distracted in lecture with no visual aids

13. In an objective, a description of the subject reference which could be knowledge, attitude or skill is
- Action verb
 - Content reference
 - Performance criteria
 - Performance reference
14. A neurotransmitter that inhibits sleep, arousal and appetite is
- GABA
 - Dopamine
 - epinephrine
 - Serotonin
15. In research, an in-depth investigation of an individual, group, institution or phenomena is called
- Action research
 - Case study
 - Descriptive study
 - Retrospective study
16. In a focused group discussion,
- The moderator does not need competence in the topic of discussion
 - Extroverts should be allowed to contribute more as they are more talkative
 - The moderator can probe for more in-depth or additional information
 - The group does not provide a complete picture as compared to individuals
17. The main difference between experimental and non-experimental studies in research is
- The researcher is a passive observer in non-experimental study
 - The researcher manipulates the independent variable non-experimental study
 - The researcher is an active agent in experimental study
 - The researcher manipulates the dependent variable experimental study
18. In order to minimize a type II error in research the researcher should
- Increase the sample size
 - Decrease the sample size
 - Avoid developing a null hypothesis
 - Decrease the level of significance
19. which of the following is not a factor to consider when choosing a research design?
- Available time
 - Type of hypothesis
 - Statistical significance
 - Type of data

20. Which part of the research process helps the researcher to narrow the research topic and determine new approaches
- Literature review
 - Methodology
 - Data analysis
 - Problem statement
21. An instructional objective is stated in terms of
- Teacher performance
 - Learner performance
 - Institutional performance
 - Process performance
22. In the cognitive domain of learning, the learner is expected to gain,
- Knowledge
 - Skills
 - Attitudes
 - Manual dexterity
23. In order to overcome her/his own anxieties in dealing with the patient, the nurse should
- Go through their record, Talk to the clinical supervisor or other nurses about their fears.
 - Can set her goals very clearly, Plan a long interaction with the patient ✓
 - can go through their record, avoid talking to the clinical supervisor or other nurses about their fears. ✓
 - Avoid talking to the clinical supervisor or other nurses about her fears, Plan a brief interaction with the patient
24. A symptom where the patient has lengthy and tedious verbalizations and because of numerous details they never reach the intended point is referred to as
- Tangentiality ✓
 - Thought echo ✓
 - Circumstantiality
 - Echolalia ✓
25. Which of the following is a negative symptom in schizophrenia
- Flat affect: separation from external world
 - Increase of behavior (increase motor movements)
 - Excessive or additional to normal thoughts, emotions, or behaviors
 - Disorganized thoughts and speech
26. In treatment of depression, tricyclic antidepressants
- Block the reuptake of norepinephrine at the post-synaptic terminals
 - Block the reuptake of norepinephrine at the pre-synaptic terminals
 - Increase the reuptake of norepinephrine at the pre-synaptic terminals
 - Increase the reuptake of norepinephrine at the post-synaptic terminals

27. Motivation associated with activities that are their own reward is;
- Automatic
 - Extrinsic
 - Intrinsic
 - Self
28. In behaviorism, an attractive object or event supplied as a consequence of behavior is;
- Participation
 - Motivation
 - Incentive
 - A reward
29. A goal to improve and to learn is
- Mastery goal
 - Motivational goal
 - Incentive
 - Performance goal
30. A learner who prefers to see information such as pictures, diagrams, cartoons, demonstrations is
- Visual learner
 - Auditory learner
 - Tactile learner
 - Artistic learner
31. Which of the following is not a nursing diagnosis for a patient who is suicidal
- Risk for Injury related to a recent suicide attempt and the verbalization, Next time I won't fail.
 - Risk for injury to others related to stated desire to end it all and recent purchase of a handgun
 - Risk for Violence: Self-directed related to multiple losses secondary to retirement
 - Hopelessness related to diagnosis of terminal cancer as evidenced by the statement, I'd rather be dead.
32. In tertiary prevention of mental illness, the focus is on
- Management of Individuals with Severe and Persistent Mental Illness
 - Management of populations at risk
 - Dealing with stressful life events
 - Stress management
33. The fear of places or situations that might cause embarrassment is
- Agoraphobia
 - Antisocial phobia
 - Claustrophobia
 - Homophobia


34. A patient who is brought to the hospital by a senior police officer and a relative against the own will is admitted as
- Emergency
 - Involuntary
 - Member of the armed forces
 - Voluntary
35. Which of the following will help reduce bias in research?
- Use of multiple people to code the data, not allowing participants review your results
 - Use of single data source, Check for alternative explanations.
 - Review findings with peers, Use of multiple people to code the data
 - not allowing participants review your results, Check for alternative explanations
36. Which type of bias would occur when samples under-represent certain people or groups, over-represent others
- Recall bias
 - Selection bias
 - Observation bias
 - Hawthorne effect
37. In nephrotic syndrome, proteinuria can be explained to be as a result of
- Changes in permeability of the glomerular membrane
 - Changes in protein metabolism
 - Increase in osmotic pressure of the blood
 - Increase in protein intake
38. Secondary or existing data may include which of the following;
- Questionnaire
 - Personal documents
 - Literature
 - Focus group notes
39. A child with disorientation of time place and person is said to be
- In a coma
 - In stupor
 - Lethargic
 - Disorientated
40. In children with poisoning;
- Induced emesis is contraindicated in hydrocarbon poisoning
 - Induced emesis is contraindicated in all poisons
 - Gastric lavage is contraindicated in all poisons
 - Gastric lavage can be performed at home

SECTION 2: SHORT ANSWER QUESTIONS (40 MARKS)

41. List the ten (10) steps in the WHO guidelines for inpatient treatment of severe malnutrition in children (5 marks)
42. Outline five (5) clinical features of a child with a foreign body in the respiratory tract. (5 marks)
43. State five (5) ways by which you will disseminate research findings (5 Marks)
44. State four (4) sources of research questions (4 marks)
45. While performing a suicidal risk assessment, outline six (6) clues that may indicate a patient's suicidal intent. (6 marks)
46. In giving a health message on mental health, outline five (5) characteristics of a mentally healthy person (5 marks)
47. Explain six levels of the cognitive domain of learning in bloom's taxonomy (6 marks)
48. Outline four roles of a learner in problem based learning (4 marks)

SECTION 3: LONG ANSWER QUESTION (20 MARKS)

49. P, a 29-year-old police officer is brought to the hospital by her husband with major depressive disorder. She admits to attempting suicide through drug overdose.
- a) Explain two possible modes of admission of this patient. (2 marks)
 - b) List diagnostic criteria of major depression as per the DSM 5. (8 marks)
 - c) State five possible nursing diagnosis for this patient and an intervention for each. (10 marks)


COLLEGE QUALIFYING NURSING EXAMINATION
KRCHN-BASIC

PAPER THREE (COMMUNITY HEALTH)

Date: THURSDAY

14th June 2012

Time Allowed: 3 Hours

9:00am -12:00 Noon

INSTRUCTIONS TO CANDIDATES

1. Enter your examination number on the space provided on the examination answer book.
2. Enter question numbers on the space provided in the examination answer book.
3. ALL questions are compulsory.
4. For Part I (MCQs), write your answers on the first page of the answer booklet.
5. Follow all the instructions on the examination answer book.
6. 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.
7. Mobile phones are NOT allowed in the examination hall.

PART A:-MULTIPLE CHOICE QUESTIONS(20 MARKS)

1. One of the following statements about enteric fevers is true:
 - a) Diarrhea is a common symptom in typhoid fever.
 - b) Paratyphoid fever in most cases present transient diarrhea.
 - c) Human beings are not the only carriers.
 - d) They are usually common in the wet season.
2. The methods that comprise Symptom-thermal natural family planning is a combination of:
 - a) Basal body temperature and calendar
 - b) Cervical mucus and basal body temperature
 - c) Calendar and cervical mucus
 - d) Abstaining and body basal temperature.
3. The recommended method of a family planning for a postpartum cardiac mother is:
 - a) Oestrogen containing pill
 - b) Progestin only pill
 - c) Intrauterine contraceptive device
 - d) Combined oral pill
4. The six doses of anti-rabies vaccine are administered on days:
 - a) 1, 3,7,21, 28 and 90.
 - b) 0, 3, 17, 24, 28 and 90.
 - c) 0, 3,7,14, 30 and 90.
 - d) 1, 3, 17, 24,30 and 90
5. The overall goal of community diagnosis is for:
 - a) Health workers together with the members of the community to identify health problems.
 - b) The collection of health information regarding the utilization of the health services especially of maternal and child clinics.
 - c) The community to point out where health services and health related activities, efforts and resources should be utilized.
 - d) Collection of information on the available resources and services for overall development of health related activities

the health related millennium Development Goals (M.D.Gs) are geared to:

- a) reduce mortality, improve maternal health, combat HIV/AIDS, malaria and other diseases
- b) eradicate extreme hunger and poverty, ensure environmental sustainability, and improve maternal health
- c) promote gender equality and empowerment of women, reduce child mortality
- d) develop global partnership for development, eradicate extreme hunger and poverty, improve maternal health

7. Principles of the international red cross and red crescent movement include:

- a) Impartiality, neutrality, universality, unity
- b) Interdependence, , neutrality, universality, unity
- c) Nationality, impartiality, universality, interdependence
- d) Neutrality, nationality, unity, interdependence

8. Income Generating Projects often fail to meet expectations and sometimes end abruptly due to:

- a) Lack of careful planning, poor net working
- b) Lack of a donor, poor net working
- c) Lack of marketing, illiteracy
- d) Lack of careful planning, illiteracy

9. Health education to community members should always lay more emphasis on:

- a) Simple ordinary terms and encouragement
- b) Environmental hygiene and communities own health
- c) Early disease diagnosis and treatment
- d) Problem solving and action oriented efforts

10. A patient is said to be multi-drug resistant for tuberculosis if he does not respond to:

- a) Rifampicin and isoniazide ✗
- b) Pyrazinamide and rifampicin ✗
- c) Streptomycin and pyrazinamide
- d) One or two drugs excluding isoniazide and ethambutol ✗

11. The nurse manager should prepare the organogram of the facility in order to highlight

- a) Span of control, work schedules
- b) Chain of command, span of control
- c) Areas of deployment, chain of command
- d) Span of control, departmental obligations

12. The nurse in-charge of MCH/FP clinic should maintain accurate records of clinic activities so as to provide:

- a) Data to justify the need for continuing education programs for staff
- b) Evidence on popularity of services to the community
- c) Reliable indicators on the state of health of the community
- d) Information on mortality and mobility in the community

13. The cafeteria system of MCH/FP services delivery is preferred when:

- a) All the clinicians are answerable to one boss only
- b) There is inadequate staffing and the clinician is a community nurse
- c) All service delivery points are clearly labeled
- d) There is adequate staffing and the clinicians are able to interchange roles

14. The difference between group work and case work is that:

- a) Group work depends on group interests while case work considers consensus building
- b) Casework involves cooperative learning while group work is about an individual learner
- c) Group work depends on the cooperative involvement while casework directly considers the need/problem
- d) Casework can only be done by one person while group work involves several people

15. Procurement plan supplies management means

- a) Planning & supervision of procurement for all activities
- b) Specifications on the aspects of procurement process
- c) Monitoring and evaluation of all aspects of procurement
- d) Annual document detailing all the procurement requirements necessary to perform the planned activity

Correct method of Benzyl Benzoate Emulsion (BBE) application in treatment of scabies is:

- a) Bath & rub BBE, Bath again after 24 hours wash clothes, repeat after 1 week.
- b) Bath & Rub BBE, Bath again after 12 hours, Wash clothes, repeat after 1 week.
- c) Bath & Rub BBE, Bath again after 24 hours, Wash clothes, repeat after 24 hours
- d) Bath & Rub BBE, Bath again after 24 hours wash clothes, repeat daily for 1 week.

17. The first three(3) sequential steps in problem solving technique involves:-

- a) Problem identification, problem exploration, goals setting
- b) Problem identification, goal setting, problem exploration.
- c) Problem identification, goal setting, look at alternatives
- d) Problem identification, look at alternatives, goal setting

18. The following is true when making a will:-

- a) A written will can never be contested in court
- b) A person may make a will in accordance with their religious laws.
- c) It can only be valid if made in the presence of a government representative
- d) Written wills are considered to be stronger than oral wills

19. The following are some of the primary care elements that Kenya added to the Almaata ones.

- a) community based rehabilitation and immunization
- b) HIV/AIDS and essential drugs
- c) Mental health and dental health
- d) Health education and nutrition

20. The complete set of deciduous teeth consist of the following

- a) 8 incisors, 8 canines, and 4 premolars
- b) 4 incisors, 8 canines and 8 premolars
- c) 8 incisors, 4 canines and 8 molars
- d) 4 incisors, 8 canines and 8 molars

PART TWO: SHORT ANSWER QUESTIONS (40 MARKS)

1. Explain three roles of the nurse in maintenance of KEPI fridges. (6 marks)
2. State four (4) control measures that can be applied to reduce hepatitis A. (4marks)
3. Explain two (2) major causes of resistance to change in an organization. (4marks)
4. State five (5) millennium development goals to be achieved by 2015 which respond to the world's main development challenges. (5marks)
5. Explain three (3) national strategies a community nurse can advocate for reduction of vitamin A deficiency among children. (6 marks)
6. State five (5) roles of the treasury that complement the ministry of health in provision of health services. (5marks)
7. Explain two (2) complications of yellow fever. (4marks)
8. Explain three (3) roles of the district community health nurse in-charge in the prevention Mental retardation in the district (6 marks)

PART 111: LONG ANSWER QUESTIONS (40 MARKS)

1. As the in-charge of a busy health centre you are a member of the district management team:-

- a) State two (2) theories of management applicable in community nursing (2 marks)
- b) State two (2) advantages of division of labour. (2marks)
- c) Describe your role as a team player in the health care team. (12marks)
- d) Explain two (2) possible obstacles to efficient and effective delivery of services in a health centre. (4marks)

2. You are a community health nurse working in a rural community where there is an outbreak of poliomyelitis

- a. State five reasons that can predispose a community to the outbreak (5 marks)
- b. Explain the mode of transmission of poliomyelitis. (2 marks)
- c. Describe the measures you would apply to contain and manage the outbreak (10 marks)
- d. List four (4) complications of poliomyelitis. (2 marks)



**COLLEGE QUALIFYING NURSING EXAMINATION
KENYA REGISTERED COMMUNITY HEALTH
NURSING.**

PAPER THREE (COMMUNITY HEALTH NURSING)

DATE: THURSDAY

20TH JUNE 2013

Time Allowed: 3 Hours

9:00am -12:00 Noon

INSTRUCTIONS TO CANDIDATES

1. ENTER YOUR EXAMINATION NUMBER on the space provided on the examination answer book and on the inside pages of the answer booklet.
2. Enter QUESTION NUMBERS on the space provided in the examination answer book.
3. Follow all the instructions on the examination answer book.
- ~~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.

PART ONE-MULTIPLE CHOICE QUESTIONS (20 MARKS)

1. The process by which people especially the disadvantaged influence decisions that affect them in a community project is referred to as:
 - a. Participation
 - b. Adaptation
 - c. Orientation
 - d. Empowerment

2. The following activities constitute the conceptualization phase of a community project:-
 - a. Setting goals and aims ,resource identification
 - b. Evaluation performance sensitizing beneficiaries
 - c. Allocation of duties, problem identification
 - d. Feasibility study, prioritization of needs.

3. Herd immunity in a population is acquired when :
 - a. Clinical cases of a communicable disease are effectively treated
 - b. Asymptomatic cases of a communicable disease are traced and treated
 - c. More than 80% population are immunized against a communicable disease
 - d. Prophylactic treatment is administered to over 80% of the contacts of a communicable disease.

4. The invasive stage of *Entamoeba histolytica* which is responsible for tissue amoebiasis is:
 - a. Cyst
 - b. Trophozoite
 - c. Larvae
 - d. Egg

5. The sexually transmitted infections which present with discharge include:
 - a. Gonorrhoea, chancroid, herpes simplex
 - b. Bacterial vaginosis, urethritis, trichomoniasis
 - c. Condylomata acuminata, syphilis, candidiasis
 - d. Trichomoniasis, venereal warts, syphilis

6. Compliance in attitude change refers to a person :

- a. Accepting to be influenced by someone else in expectation of a reward
- b. Being able to tolerate other people behavior
- c. Reinforcing positive behaviour
- d. Adopting the behavior of someone else

7. Interpersonal communication implies:

- a. Face to face communication between two or more people
- b. Helping an individual to critically think about a problem before solving it
- c. That an individual shares his feelings with a close friend
- d. Communication between persons working in the same unit of department

8. Motivation can be said to be a combination of forces that:

- a. Eliminate unwanted behavior
- b. Initiate direct and sustain behavior towards a particular goal
- c. Direct behavior
- b. Modifies behavior to a certain goal.

9. The commonest cause of dental abscess is:

- a. Streptococcus aureus
- b. Streptococcus mutans
- c. Staphylococcus aureus
- d. Neisseria mutans

10. Prevalence of a disease is calculated as:

- a. New cases during a specified time/total persons x1000
- b. Total number of cases during a specified time/total personsx1000
- c. New cases during a specified time/total number of cases x1000
- d. Total number of persons/total number of cases x1000

11. The community's responsibility in initiation of health projects is:

- a. Identification of the need
- b. Funding the project
- c. Providing of technical staff
- d. Collection of data.



NURSING FINAL QUALIFYING EXAMINATION.
DIPLOMA IN COMMUNITY HEALTH NURSING.
PAPER TWO (MIDWIFERY.)

DATE: WEDNESDAY

4th FEBRUARY 2015

Time Allowed: 3 Hours

9:00am -12:00 Noon.

INSTRUCTIONS TO CANDIDATES:

1. ENTER YOUR EXAMINATION NUMBER on the space provided on the examination answer booklet and inside every page of the answer booklet.
2. Enter QUESTION NUMBERS on the space provided in the examination answer book.
3. Confirm you have written the EXAM and QUESTION numbers correctly before handing in your booklet.
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.
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6. Follow any other instructions from the supervisor as may be necessary.
7. Mobile phones are NOT allowed in the examination hall.

Part one: Multiple Choice Questions (20 Marks)

1. The hormones responsible for the secretory phase of the menstrual cycle are:
 - a) Oestrogen, progesterone
 - b) Gonadotrophin, oestrogen
 - c) Luteinizing, progesterone
 - d) Follicle stimulating, gonadotrophin
2. The obstetric conjugate is important because it:
 - a) Provides space for the passage of the foetus
 - b) Is the most important pelvic landmark
 - c) Is the diameter of the midcavity
 - d) Occupies the area from the uppermost point of the symphysis pubis
3. After fertilization the layer responsible for the formation of the skin and the nervous system is:
 - a) Endoderm
 - b) Mesoderm
 - c) Ectoderm
 - d) Basal layer

4. Match the words in column A with the correct phrases in column B

COLUMN A

- a) Monozygotic twin
- b) Decidua

COLOMN B

- i. Is the outmost layer of the uterine cavity
- ii. Two chorions
- iii. One ovum one spermatozoa
- iv. Name given to endometrium during pregnancy
- v. Two ova and one spermatozoa

During antenatal care, the midwife teaches the client on the following major risk factors:

- a) Backache, blurring vision, frequency of micturation
- b) Frequency of micturation, severe headache, backache
- c) Vaginal bleeding, severe headache, epigastric pain
- d) Vaginal bleeding, frequency of micturation, blurring vision

6. The management of hyperemesis gravidarum includes:

- a) Antibiotics, psychological support
- b) Psychological support, correct fluid and electrolyte imbalances
- c) Correct fluid and electrolyte imbalances, antibiotics
- d) Encourage oral fluids, antiemetics

7. The midwife will encourage the mother to empty the urinary bladder during first stage of labour mainly to:

- a) Minimize infection during labour
- b) Avoid complications during second stage and third stage of labour
- c) Prevent contamination during second stage of labour
- d) Avoid bladder rupture during third stage of labour

8. The midwife's most appropriate action immediately the fetal head is delivered is:

- a) Check the cord round the neck
- b) Wait for restitution to take place
- c) Administer injection oxytocin
- d) Ask the mother to push

9. A neglected shoulder presentation will be diagnosed when:

- a) Anterior fontanelle felt on vaginal examination
- b) An arm is presenting
- c) The presenting part is out of reach
- d) There is a very large caput

10. Indicate whether the following statements are TRUE or FALSE

- a) In brow presentation, the presenting diameter is mento-vertical of 13.5
- b) Inco-ordinate uterine action results in obstructed labour

11. On the examination of the placenta, absence of one umbilical artery is an indication of:
- a) Placental insufficiency
 - b) Atresias
 - c) Heart disease
 - d) Renal anomalies
12. Twenty four hours after delivery, the fundus is:
- a) 5cm below the umbilicus
 - b) 12cm above the umbilicus
 - c) Midway between the symphysis pubis and the umbilicus
 - d) At the level of the umbilicus
13. The milk secreting cells in the breast are referred to as:
- a) Acini cells
 - b) Myoepithelial cells
 - c) Alveolar cells
 - d) Montgomery tubercle
14. A warning sign of puerperal psychosis which a midwife should observe is:
- a) Mother feels sleepy all the time, unable to attend to her needs
 - b) Persistent insomnia, fears of unknown
 - c) Increased appetite, Persistent insomnia
 - d) Increased lactation, fears of unknown
15. Cephalohaematoma is a swelling on the foetal skull due to:
- a) Accumulation of blood under the Skin of the scalp
 - b) Accumulation of blood under the Dura matter
 - c) Accumulation of blood under the Tentorium cerebella
 - d) Accumulation of blood under the Periostum of one of the skull bones
16. The commonest causative organism of ophthalmia neonatorum is:
- a) Candida albicans
 - b) Staphylococcus aureus
 - c) Neisseria gonorrhoea
 - d) Beta-haemolytic streptococcus

Deaths of newborns that occur in the first week of life are classified as:

- a) Infant deaths
- b) Fresh still births
- c) Perinatal deaths
- d) Neonatal deaths

18. The leading causes of maternal death in developing countries include:

- a) Haemorrhage, pulmonary embolism, sepsis
- b) Haemorrhage, sepsis, hypertensive disorders
- c) Haemorrhage, pulmonary embolism, hypertensive disorders
- d) Haemorrhage, heart disease, sepsis

19. The appropriate action the midwife would take to minimize mother to child transmission of HIV during vaginal delivery include:

- a) Minimize number of vaginal examinations, avoid perineal tears
- b) Minimize number of vaginal examinations, wipe the baby immediately
- c) Avoid artificial rupture of membranes, wipe the baby immediately
- d) Avoid perineal tears, wipe the baby immediately

20. The risk factors that will lead to shoulder dystocia during labour include:

- a) Oxytocin augmentation, prolonged labour, post-term pregnancy
- b) Oxytocin augmentation, prolonged labour, prolonged second stage of labour
- c) Obstructed labour, prolonged second stage of labour, post-term pregnancy
- d) Prolonged labour, Oxytocin augmentation, obstructed labour

Part Two: Short Answer Questions-(40 Marks)

1. Draw and label a diagram of the female external genitalia (5marks)
2. Explain two (2) effects of pregnancy on the urinary system (4marks)
3. Outline five (5) nonpharmacological ways of relieving pain in labour (5marks)
4. State four (4) factors which determine trial of labour (4marks)
5. Explain three (3) effects of precipitate labour to the mother (6marks)
6. Outline four (4) roles of the midwife in the prevention of anaemia in pregnancy (4marks)
7. Explain three (3) health messages a midwife will give to a postnatal mother to prevent development of deep venous thrombosis (6marks)
8. Explain three (3) factors that lead to increase in perinatal mortality (6marks)

Part three: Long Answer Question (40 Marks)

1. Mother x has delivered a normal newborn at 38 weeks gestation
 - a) Differentiate between a normal and a small for gestation newborn (3marks)
 - b) Explain three (3) physiological changes that take place in the gastrointestinal system of the newborn (6marks)
 - c) Describe the management of the baby for the first 72 hours (11marks)

2. Mrs. Lolo para 2+0 is brought to the healthy facility and bleeds profusely immediately after delivery of the baby due to atonic uterus
 - a) Formulate two (2) nursing diagnoses for Mrs. Lolo (2marks)
 - b) State three (3) predisposing factors to primary post partum haemorrhage (3marks)
 - c) Describe the specific management of Mrs. Lolo till bleeding stops (11marks)
 - d) Outline four (4) measures a midwife would take antenataly to prevent postpartum haemorrhage (4marks)



**FINAL QUALIFYING EXAMINATION.
DIPLOMA IN COMMUNITY HEALTH NURSING
MIDWIFERY.**

DATE: WEDNESDAY

8TH JUNE 2016

Time Allowed: 3 Hours

9:00am -12:00 Noon.

INSTRUCTIONS TO CANDIDATES:

1. ENTER YOUR EXAMINATION NUMBER on the space provided on the examination answer booklet and **inside every page of the answer booklet.**
2. Enter QUESTION NUMBERS on the space provided in the examination answer book.
3. Confirm you have written the EXAM and QUESTION numbers correctly before handing in your booklet.
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.
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6. Follow any other instructions from the supervisor as may be necessary.
7. **Mobile phones are NOT allowed in the examination hall.**

Part one: Multiple Choice Questions-(20 Marks)

1. **During fetal development, brown fat begins to form at:**
 - a) 12 weeks
 - b) 16 weeks
 - c) 20 weeks
 - d) 24 weeks
2. **The hormone responsible for the secretion of mucus by the endocervical cell during pregnancy is:**
 - a) Progesterone
 - b) Oestrogen
 - c) Prostaglandins
 - d) Human chorionic gonadotrophin
3. **A Rhesus positive foetus is affected by a rhesus negative mother due to:**
 - a) Antibodies of the foetus crosses the placenta barrier to the mother's circulation
 - b) Antibodies of the mother crosses the placenta into the foetal circulation
 - c) The foetal red blood cells enters the mother's circulation
 - d) The maternal red cells enter the foetal circulation
4. **Retention of a portion of the placenta in the uterus after third stage of labour will:**
 - a) Prevent the uterus from contracting effectively
 - b) Cause the blood vessels in the placental bed to dilate
 - c) Make the uterus to become hard as a tennis ball
 - d) Prevent the blood vessels in the placental bed to contract
5. **The midwife will encourage the mother to empty the urinary bladder during first stage of labour mainly to:**
 - a) Minimize infection during labour
 - b) Avoid bladder rupture during third stage of labour
 - c) Prevent contamination during second stage of labour
 - d) Avoid complications during second stage and third stage of labour

6. **Ductus arteriosus is a bypass in a baby's circulation from:**
- Umbilical vein to the inferior vena cava
 - Pulmonary artery to the aorta
 - Left atria and right atria
 - Internal iliac artery to umbilical artery
7. **A reduction in urinary output in prolonged labour may be associated with:**
- Antidiuretic effect of oxytocin, pyrexia, dehydration
 - Dehydration, pyrexia, diarrhoea
 - Antidiuretic effect of oxytocin, pyrexia, vomiting
 - Diarrhoea, pyrexia, vomiting
8. **In a normal delivery with a well flexed head the presenting diameters are:**
- Mentovertical 13.5cm and Bitemporal 8.2cm
 - Bitemporal 8.2cm and Sub-Mentobregmatic 9.5cm
 - Biparietal 9.5cm and Sub -Occipitobregmatic 9.5cm
 - Bitemporal 9.5cm and Occipitofrontal 11.5cm
9. **The maternal characteristics a midwife will use to diagnose late obstructed labour through a partograph include:**
- Slow cervical dilatation, pyrexia, excessive moulding
 - Rapid pulse rate, pyrexia, excessive moulding
 - Slow cervical dilatation, excessive moulding, oliguria
 - Rapid pulse rate, pyrexia, oliguria
10. **Maternal causes of shoulder presentation include:**
- Lax uterine muscles, uterine abnormality
 - Contracted pelvis, preterm pregnancy
 - Lax uterine muscles, multiple pregnancy
 - Uterine abnormality, multiple pregnancy
11. **During the 2nd stage of labour, external rotation of the fetal head assists the midwife to realize that the:-**
- Foetal shoulders have descended.
 - Foetal body is in the lateral position.
 - Foetal shoulders have rotated into antero-posterior diameter of the outlet.
 - Occiput has slipped under the sub-pubic arch.

12. Match the terms in column A with the correct statements in Column B:

Column A

- a) Physiological jaundice
- b) Pathological Jaundice

Column B

- I. Increased red cells breakdown
- II. Rhesus incompatibility, ABO incompatibility
- III. Decreased enterohepatic reabsorption
- IV. Reduced red blood cell breakdown
- V. Increased albumin-binding capacity

13. To prevent neural tube defect the midwife advises a woman planning to conceive to take:

- a) Vitamin B12
- b) Vitamin A
- c) Ferrous sulphate
- d) Folic acid

14. The milk secreting cells in the breast are referred to as:

- a) Acini cells
- b) Myoepithelial cells
- c) Alveolar cells
- d) Montgomery tubercle

15. The midwife would formulate the following nursing diagnosis for a mother who develops hypovolemic shock after uterine rupture:

- a) Fluid volume deficit related to intra uterine bleeding evidenced by vaginal bleeding
- b) Risk of fluid volume deficit related to uterine rupture
- c) Impaired tissue perfusion as evidenced by blood loss
- d) Ineffective gas exchange related to uterine rupture

16. State whether the following statements are **TRUE** or **FALSE**:

- a) In puerperal psychosis Restlessness, agitation, insomnia, failure to eat and drink will be present
- b) Haemorrhagic diseases of the newborn may occur due to hypoxia

17. **Maternal distress can be diagnosed from the partograph through:**

- a) Cervical dilatation, Urine testing, blood pressure
- b) Urine testing, blood pressure, maternal pulse
- c) Cervical dilatation, urine testing, amniotic fluid
- d) Cervical dilatation, uterine contraction, blood pressure

18. **The direct causes of maternal deaths in Kenya include:**

- a) Haemorrhage, eclampsia, sepsis
- b) Haemorrhage, malaria, sepsis
- c) Malaria, anaemia, sepsis
- d) Malaria, anaemia, haemorrhage

19. **Maternal minor complications which may occur during puerperium include:**

- a) Cracked nipples, breast engorgement, bleeding
- b) Depression, cracked nipples, sore perineum
- c) Sore perineum, engorgement, cracked nipples
- d) Depression, engorgement, bleeding

20. **Definitive indications for elective caesarian section include:**

- a) Cephalopelvic disproportion, major degree of placenta preavia
- b) Cephalopelvic disproportion, breech presentation
- c) High order multiple pregnancies, breech presentation
- d) Major degree of placenta preavia, diabetes mellitus

Part Two: Short Answer Questions: (40 marks)

1. Draw and label a diagram of a sagittal section of the pelvis (5 marks)
2. Explain two (2) processes involved in involution of the uterus (4 marks)
3. Outline five (5) nursing intervention in management of premature rupture of membranes (5 marks)
4. Explain two (2) roles of the midwife in the prevention of hypothermia (4marks)
5. Explain three (3) characteristics a midwife will identify to determine low birth weight during examination of a pregnant woman (6marks)
6. For a patient who has undergone caesarian section, formulate three (3) nursing diagnoses and one intervention for each (6marks)
7. Explain three (3) hospital related factors that can reduce maternal mortality rate (6marks)
8. State four (4) key points a service provider should consider before providing sulfadoxine pyrimethamine to a pregnant woman (4marks)

Part Three: Long Answer Questions-(40 marks)

1. **Mrs kokigoyoo aged 35 years comes to Ante Natal Clinic for the first visit at 29 weeks gestation:**
 - a) Explain three (3) characteristics of a normal pregnancy (6 marks)
 - b) Describe the care that she will receive until she leaves the clinic (14 marks)
2. **Mrs yoyoowo aged 30 years, para 2+0 gravida 3 comes to labour ward in 2nd stage of labour and a diagnosis of breech presentation with extended arms is made:**
 - a) Outline two maternal and two foetal predisposing factors to breech presentation (4marks)
 - b) Develop four (4) nursing diagnoses for mrs yoyoowo (4marks)
 - c) Describe the management of mrs Yoyoowo until she delivers (12 marks)

PART TWO- SHORT ANSWER QUESTIONS (40 MARKS)

1. Explain three (3) factors that influence utilization of family planning services
 ✓ Availability of health services in the health facilities
 ✓ Availability of health care providers
 ✓ Knowledge of health care services (6marks)
2. State four (4) reasons why feedback to the community is important after a community diagnosis.
 - To identify the community's needs
 - To identify the community's resources
 - To identify the community's problems
 - To identify the community's strengths (4marks)
3. Explain three (3) factors that enhance effective health education. (6 marks)
4. Outline six (6) provider related challenges encountered while implementing immunization programme. (6marks)
5. Outline six (6) reasons multidrug- resistant Tuberculosis is on the increase (6 marks)
6. State the mechanism of action of lactational amenorrhea method of family planning (2marks)
7. State five (5) ways a community health nurse can help achieve the goals of primary health care (5 marks)
8. State five (5) factors that may influence decision making in a health centre (5marks)

PART THREE- LONG ANSWER QUESTIONS (40 MARKS)

1. As the community health nurse in-charge of a level three service delivery centre you have admitted three adults to the ward with history of tenesmus, colicky abdominal pains and passing bloody mucoid diarrhoea:
 - a. Name the possible micro-organism responsible for the cases (1mark)
 - b. State two (2) characteristics of the micro-organism (2 marks)
 - c. Explain two (2) community-based factors that may influence the occurrence of the condition. (6marks)
 - d. Describe your role in managing the cases (11marks)
2. For the provision of quality primary health care, a registered community health nurse must be an effective manager.
 - a. Define the term principle as used in administration. (2 marks)
 - b. Explain three (3) theories of management (6 marks)
 - c. Describe the managerial functions you would apply to help achieve the goals of primary

15. **The ovarian cycle occurs in the following phases in sequence;**
- Menstrual, proliferative, ischaemic , secretory.
 - Proliferative,menstrual, secretory , iscahemic
 - Menstrual, proliferative, secretory, ischaemic
 - Iscahemic, menstrual, secretory , proliferative
16. **The air conditioning system and fumigation of the operating suite in theatre mainly;**
- Prevents equalization of air pressure
 - Controls humidity
 - Minimizes multiplication of micro-organisms
 - Enhances utilization of gases
17. **Buffers of the human body circulation include;**
- Phosphate, carbonic acid, proteins.
 - Proteins, carbohydrates and phosphates.
 - Carbohydrate, carbonic acid and phosphate.
 - Proteins, carbonic acid and carbohydrates.
18. **The common cause of atypical pneumonia is:-**
- Psittacosis.
 - Mycoplasma.
 - Legionnaires.
 - Virus.
19. **Management of a patient with myocardial infarction includes;**
- Moderate physical activity, high calorie diet
 - Low sodium diet, low fibre diet
 - Supine positioning, high calorie diet
 - Low calorie diet, bed rest
20. **The following statement describes a mode of action of digoxin;**
- It increases the heart rate and reduces contraction force.
 - It reduces the heart rate and increases contraction force.
 - It reduces hyperkalemia and increases peripheral circulation.
 - It increases cardiovascular circulation and increases metabolism.

PART II: SHORT ANSWER QUESTIONS- 40 MARKS

1. Describe Amphotericin B based on the following headings;
 - a) Classification (1 mark)
 - b) Mechanism of action (1 marks)
 - c) Indications (1 mark)
 - d) Contraindications (1 mark)
 - e) Side effects (1 mark)
2. State five (5) Characteristics of a professional Nurse (5marks)
3. Explain giving two (2) reasons why microbiology theory application is important in nursing practice (4 marks)
4. State four (4) causes of Neurogenic shock (4 marks)
5. Describe the specific responsibilities of a nurse to a patient after a barium enema (5 marks)
6. List four (4) causes of seizures (convulsions) (2 marks)
7. Describe the bone healing process. (5 marks)
8. State five (5) complications of chest injuries (5 marks)
9. State four (5) complications of uterine fibroids. (5 marks)

PART III: LONG ANSWER QUESTIONS-40 MARKS

1. Rod, 34 yrs old is received in emergency department with a compound fracture of the upper 1/3 left femur following a road traffic accident.
 - a) Define a fracture (1 mark)
 - b) List *other* four (4) types of fractures (2 marks)
 - c) Describe the emergency management of Rod until his general condition is stable (13 Marks)
 - d) State four (4) early complications related to bone fracture (4 marks)

2. Mrs Kazi 59 yrs old is admitted to a medical ward having been diagnosed with ischaemic stroke (cerebrovascular accident).

- a) Draw and label a diagram illustrating the Cerebellum and its associated structures (5 marks)
- b) Describe the management of Mrs. Kazi from admission till discharge (13 marks)
- c) List four (4) complications of ischaemic stroke (2 marks)



KMTC/QP-08/TIS

**FINAL QUALIFYING EXAMINATION
DIPLOMA IN COMMUNITY HEALTH NURSING
PAPER TWO (MIDWIFERY)**

Date: Wednesday, 14th February 2018 Time: 3 Hours (9.00am-12noon)

INSTRUCTIONS TO CANDIDATES:

1. ENTER YOUR EXAMINATION NUMBER on the space provided on the examination answer booklet and **inside every page of the answer booklet**
2. READ THE QUESTIONS carefully and answer only WHAT IS ASKED.
3. Enter QUESTION NUMBERS on the space provided in the examination answer booklet.
4. Omission of/ and or wrong numbering of a question or part of the question will result in (10% deduction of marks scored from relevant part.
5. Confirm you have written the EXAM and QUESTION NUMBERS correctly before handing in your booklet.
6. Observe all the examination rules and regulations as stipulated in college rules and regulation.
7. Follow any other instructions from the supervisor as may be necessary.

Note:

- a) **Mobile phones** and **"Smart Watches"** NOT allowed in exam room.
- b) All candidates must **"sign in"** while handing in their scripts

Part One: Multiple Choice Questions-(20marks)

1. **One of the following is not a structure of the vulva:**
 - a) Labia minora
 - b) Mons veneris
 - c) Bartholins glands
 - d) Cervical os

2. **Indicate whether the following statements are true or false**
 - a) During fetal development, the Kidneys begin to function between 8-12 weeks
 - b) During fetal development, vernix caseosa appears between 16-20 weeks

3. **The part of the blastocyst that develops into placenta is**
 - a) Inner cell mass
 - b) Trophoblast
 - c) Blastocyst
 - d) Cytotrophoblast

4. **The probable sign of pregnancy include**
 - a) Fetal heart tones and quickening
 - b) Hegars sign and ballotment of fetus
 - c) Nausea and vomiting
 - d) Amenorrhoea and vomiting

5. **The main focus during 4th antenatal visit should be**
 - a) Birth preparedness
 - b) History taking
 - c) Foetal growth monitoring
 - d) Danger signs in pregnancy

6. **An 18yrs old primigravida is admitted at 34wks gestation with pre-eclampsia. The nurse should observe her carefully for signs of eclampsia which include:**
 - a) A raise in systolic blood pressure of 30mmhg Or more
 - b) Convulsions, seizure and coma
 - c) A diastolic blood pressure of 90mmhg or more
 - d) Proteinuria of 3+

7. **A woman who is 32wks gestation has had ruptured membranes for 26hours. A nurse would assess the woman for the following manifestation:**
- Proteinuria
 - Dependent oedema
 - Constipation
 - Elevated temperature
8. **The management of hyperemesis gravidarum includes:**
- Antibiotics, psychological support
 - Psychological support, correct fluid and electrolyte imbalances
 - Correct fluid and electrolyte imbalances, antibiotics
 - Encourage oral fluids, antiemetics
9. **The mechanical factors that facilitate progress of labour during first stage are:-**
- General fluid pressure, fetal axis pressure
 - Cervical dilatation, fundal dominance
 - Polarity, cervical dominance
 - Fundal dominance, polarity
10. **The action of Oxytocin on the uterus is by:**
- Inhibiting spontaneous contractions of the pregnant uterus
 - Contracting the pregnant uterus but relaxes the cervix
 - Causing regular coordinated uterine contractions followed by relaxation
 - Causing uterine contractions with an increase in basal tone
11. **On vaginal examination, during labour the midwife should document the following about the cervix**
- Effacement, ischial spines, dilatation
 - Effacement, position, dilatation
 - Position Ischia spines, dilatation
 - Effacement, ischail spines, positions

Part Two-Short Answer Questions-(40marks)

1. Draw and label a diagram illustrating a sagittal section of the female pelvis
(5marks)
2. State five (5) pillars of safe motherhood
(5 marks)
3. Using the following headings, write short note on magnesium sulphate
 - a) Dosage and one route of administration
(1marks)
 - b) Mode of action
(2marks)
 - c) Two (2) precautions
(2marks)
4. Explain two (2) ways a midwife will prevent heat loss on a newborn (4marks)
5. Outline five (5) roles of the midwife during blood exchange transfusion (5marks)
6. Outline five (5) precautionary measures taken to minimize the spread of HIV/AIDS during labour
(5marks)
7. Explain three (3) main functions of the placenta
(6marks)
8. State five (5) roles of the midwife in reducing perinatal mortality
(5Marks)

Part Three-Long Answer Questions-(40 marks)

1. **Baby Loyogooni has just been born in labour ward with asphyxia neonatorum:**
 - a) Outline four (4) causes of asphyxia neonatorum
(4marks)
 - b) Describe the management of baby loyogooni for the first 24 hours (12marks)
 - c) Explain two (2) complications baby loyogooni may develop
(4marks)
2. **Mrs. peekiyiyi Para 3⁺⁰ Gravida 3 aged 27 years is admitted in labour ward in established labour:**
 - a) Define normal labour
(1mark)
 - b) Explain Three (3) factors that affect a woman's ability to cope with the stress of labour
(6marks)
 - c) Describe the role of the midwife in the management of Mrs. peekiyiyi during the first stage of labour
(13marks)



KMTC/QP-08/TIS

**FINAL QUALIFYING EXAMINATION
DIPLOMA IN COMMUNITY HEALTH NURSING
PAPER THREE**

Date: Thursday, 15th February 2018 Time: 3 Hours (9.00am-12noon)

INSTRUCTIONS TO CANDIDATES:

1. ENTER YOUR EXAMINATION NUMBER on the space provided on the examination answer booklet and **inside every page of the answer booklet**
2. READ THE QUESTIONS carefully and answer only WHAT IS ASKED.
3. Enter QUESTION NUMBERS on the space provided in the examination answer booklet.
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5. Confirm you have written the EXAM and QUESTION NUMBERS correctly before handing in your booklet.
6. Observe all the examination rules and regulations as stipulated in college rules and regulation.
7. Follow any other instructions from the supervisor as may be necessary.

Note:

- a) **Mobile phones and "Smart Watches" NOT allowed in exam room.**
- b) **All candidates must "sign in" while handing in their scripts**

12. Plagiarism occurs if a researcher:-

- a) Quotes the exact words of another author and gives a reference
- b) Paraphrases a passage by another author without a reference
- c) Uses an idea directly on the work of another author but gives the reference
- d) Summarizes a passage by another author and states the reference.

13. In the following statement "The influence of age on career choice among college students." age is an example of one the following variable:-

- a) Control
- b) Independent
- c) Dependent
- d) Extraneous

14. Practicing nurses need to develop research critique skills to:-

- a) Challenge fellow nurses during research report presentations
- b) Do literature review when doing their research studies
- c) Participate fully in journal clubs debate presentations
- d) Judge the utility of research findings in the clinical practice.

15. The type of research that focus on finding causal relationships or to determine the effects of one variable on another is known as:-

- a) Longitudinal research
- b) Quasi experimental
- c) Basic research
- d) Applied research

16. A method of discussion where a teacher poses a question then allow students to discuss in pairs then they join to make larger groups is known as:-

- a) Brainstorming session
- b) Syndicate discussion
- c) Panel discussion
- d) Snowball discussion.

17. Elements of a curriculum include:-

- a) Curriculum review, exam regulation, curriculum analysis
- b) Job description, mode of teaching, curriculum objectives
- c) Mode of teaching, exam regulation, curriculum content
- d) Mode of teaching, curriculum review, curriculum analysis.

18. The characteristics of SPICES as one of the modern teaching methods include:
- Problem based, hospital based, discipline based
 - Student centered, community oriented, information gathering
 - Student centered, problem based, community oriented
 - Community oriented hospital centered, discipline based.
19. The criteria of an objective is defined as:
- Steps followed in setting an objective
 - The conditions of performance expected to occur
 - The description tasks expressed by an active verb
 - The standard by which performance is evaluated.
20. In skinner's theory of learning emphasis is on:-
- Relevance of reward in strengthening learnt behavior
 - Using conditioned stimuli to minimize undesired behavior
 - Making learning outcomes clear to the learner
 - Practice to reinforce internalization of the concept.

PART II: SHORT ANSWER QUESTIONS**(40 MARKS)**

1. Outline the steps in emergency triage assessment and treatment **(5 marks)**
2. Describe the pathophysiology of measles in children. **(5marks)**
3. State five situations when a researcher would require a larger sample size. **(5 marks)**
4. Differentiate between the following terms as used in research.
 - a. Sample and sampling frame **(2marks)**
 - b. Hawthorne effect and experimental effect **(2marks)**
5. State three characteristics of experimental research **(3 marks)**
6. Explain three components of a professional education objective **(6 marks)**
7. Explain the three steps of problem based learning (PBL) process. **(6 marks)**
8. Outline the process of mental status assessment for a newly admitted patient into a psychiatric ward. **(6 marks)**



**FINAL QUALIFYING EXAMINATION
DIPLOMA IN COMMUNITY HEALTH NURSING
PAPER ONE**

DATE: TUESDAY

17TH JANUARY 2017

TIME ALLOWED: 3 HOURS

9:00AM -12:00 NOON.

INSTRUCTIONS TO CANDIDATES:

1. ENTER YOUR EXAMINATION NUMBER on the space provided on the examination answer booklet and inside every page of the answer booklet.
 2. Enter QUESTION NUMBERS on the space provided in the examination answer book.
 3. Confirm you have written the EXAM and QUESTION numbers correctly before handing in your booklet.
 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. Observe all the examination rules and regulations as stipulated in the college rules and regulations.
 6. Follow any other instructions from the supervisor as may be necessary.
 7. Mobile phones are **NOT** allowed in the examination hall.
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Part 1-Multiple Choice Questions (20 Marks)

1. The body's internal environment which is tightly controlled and kept within normal limit is:
 - a) Control feedback mechanism
 - b) Compensatory mechanism
 - c) Homeostasis
 - d) Equilibrium

2. The action of promethazine is to:
 - a) stop the action of vagal nerve impulse
 - b) stop the action of gastric motility
 - c) antagonize the action of histamine
 - d) Block the symphathetic outflow

3. Reverse barrier nursing is aimed at:
 - a) nursing a patient in a corner bed with a sink
 - b) taking precautions to protect the patient
 - c) taking precautions to protect other patients
 - d) nursing a the patient who has a highly infectious disease

4. The mechanism that drives specialized protein carrier molecules across cell membrane is:
 - a) transport maximum
 - b) osmosis
 - c) diffusion
 - d) adenosine triphosphate

5. Wound healing by granulation takes place when:
 - a) deep wounds break down and get restored again
 - b) scar formulation takes place
 - c) The abscess is incised and the dead cells are released
 - d) Pus is formed or when loss of tissue has occurred

6. The First Aid treatment for a casualty with an open fracture of the leg is:

- a) Apply direct pressure on the wound, and raise the legs
- b) apply pressure around the wound and support limb
- c) lay casualty down and lower the legs
- d) elevate the head and apply pressure

7. Before barium meal is performed, the nurse should:

- a) Position the patient in supine position
- b) Perform a head to toe examination
- c) Take history and ask for history of allergic reactions to barium
- d) Alert the doctor if the patient has severe vomiting

8. The anti-retroviral drugs that cause side-effect of lactic acidosis are:

- a) Abacavir, lamuvidine
- b) Didanosine, stavudine
- c) Tenofovir, didanosine
- d) Stavudine, abacavir

9. Steroid nasal sprays are used in management of sinusitis to:

- a) Moisten secretions
- b) Prevent nasal crusting
- c) Reduce mucosal inflammation
- d) Thin the nasal secretions

10. The heart at rest contracts between:

- a) 55-65 beats/min
- b) 65-75 beats/min
- c) 70-72 beats /min
- d) 72-82/beats /min

11. An individual who is considered overweight has a basal metabolic rate (BMI) of:

- a) 21-25
- b) 25-29
- c) 30-39
- d) Above 40

12. Simple sugars in the mouth are responsible for:

- a) Gingivitis
- b) Dental carries
- c) Dental abscesses
- d) Periodontitis

13. The STI that particularly increases transmission and acquisition of HIV include:

- a) Gonorrhoea, chancroid
- b) Candidiasis, gonorrhoea
- c) Chancroid, Chlamydia
- d) Syphilis, genital herpes

14. Restoration of bone fragments to the original position following a fracture is called:

- a) Reduction
- b) Immobilization
- c) Rehabilitation
- d) Restoration of function

15. The position an unconscious patient should be nursed in is:

- a) Recumbent
- b) Lithotomy
- c) Prone
- d) Semi-prone

16. Parklands' formula is used to calculate:

- a) Total burnt surface area
- b) Fluid replacement
- c) Thickness of the burn
- d) Haemo-concentration

Part 11-Short Answer Questions (40 Marks)

1. Explain three (3) types of blood vessels (6 marks)
2. Explain the two (2) components of the central nervous system (4 marks)
3. Define the following terms:
 - a) Microbe (1 mark)
 - b) Pathogenicity (1 mark)
 - c) Glands (1 mark)
 - d) Tumour (1 mark)
 - e) Ethics (1 mark)
 - f) Chief complaint (1 mark)
4. Outline the respiratory function of the nose (3 marks)
5. With the aid of a diagram illustrate the main food groups and their recommended proportions within a balanced diet (food pyramid) (6 marks)
6. Outline two (2) physical and (2) psychological changes that take place during puberty in a female (4 marks)
7. Outline three (3) functions of potassium in the body (3Marks)
8. State four (4) adaptive modes recommended by Callista Roy during patient assessment (4 marks)
9. Outline four (4) specific messages given to a client on anti retroviral therapy regarding the drugs (4marks)

Part 1: Multiple Choice Questions (20Marks)

1. **Conditions screened in school health programme include:**
 - a) Visual disturbance, Anaemia
 - b) Anaemia, Typhoid
 - c) Typhoid, Malaria
 - d) Visual disturbance, diabetes mellitus
2. **The statement that communicates the reason for existence of an organisation is a:**
 - a) Vision
 - b) Mission
 - c) Philosophy
 - d) Organisational structure
3. **Artificial immunity is achieved through:**
 - a) Infection
 - b) Immunisation
 - c) Breastfeeding
 - d) High immunisation coverage
4. **The following is a competitive procurement method:**
 - a) Low value procurement
 - b) Open tender
 - c) Risk purchase
 - d) Direct procurement
5. **The side effects of streptomycin include:**
 - a) Hepatitis, deafness, skin rash, tingling in the ear
 - b) Pellagra, nausea, red colouration of body fluids, ataxia
 - c) Dizziness, diarrhoea, vomiting, liver damage
 - d) Hearing strange voices, dizziness, ataxic gait, deafness
6. **A contraceptive method recommended for a client with a history of blood clotting disorders is ;**
 - a) combined oral pill
 - b) copper T 380A
 - c) Bilateral tubal ligation
 - d) Implants

7. The ability of the organism to spread rapidly from one host to another is called:
- Invasiveness
 - Virulence
 - Infectivity
 - Opportunistic
8. Disposal of biomedical wastes segregated into containers/bags with a yellow coding include:
- Autoclaving, deep burial
 - Chemical treatment, shredding
 - Microwaving, incineration
 - Incineration, deep burial
9. Manmade disasters include:
- Terrorists attacks, pollution, structural collapse
 - Fires, civil unrest, communicable disease epidemics
 - Toxic materials, avalanches accidents, conventional warfare
 - Transportation accidents, non-conventional warfare, blizzards
10. Learning refers to:
- Practice of teaching in an institution
 - Process of acquiring knowledge, skills and dispositions
 - Essential tool of communication
 - Making informal decisions
11. The following are ways of interrupting the route of transmission:
- Chemoprophylaxis, personal hygiene
 - Isolation of cases, treatment of carriers
 - Personal hygiene, vector control
 - Environmental hygiene, isolation of cases
12. Occupation health hazard can be prevented by:
- Separating workers from dangerous machinery or poison
 - Health educating the community on protective devices
 - Special medical checkups in case of over exposure
 - Early retirement of worker

Part 11: Short Answer Questions (40 Marks)

1. Draw and label a diagram showing the life cycle of Leishmania. (5Marks)
2. State four(4) characteristics of a good community based health information system (4Marks)
3. Outline four (4) strategic objectives of Community strategy (4Marks)
4. Explain two (2) types of empowerment used in Health Promotion. (4Marks)
5. State five (5) challenges faced by the factory inspectorate (5Marks)
6. State Four (4) advantages of community participation in Primary Health Care (PHC) (4Marks)
7. Explain five (5) procurement methods used according to the government procurement and Disposal Act. (5Marks)
8. State four (4) limitations of natural family planning methods. (5Marks)
9. State four(4)sources of health care financing (4 Marks)

Part111: Long Answer Question (40 Marks)

1. Among the roles of a Kenya Registered Community Health Nurse(KRCHN) is to carry out management functions
 - a) Explain Three(3) functions of a manager (6Marks)
 - b) Describe the scientific approach in management (10Marks)
 - c) Outline two (4) Challenges experienced by a manager (4Marks)
2. Master Gay was brought to the health facility with generalized severe itching on the skin folds and a diagnosis of scabies was made:
 - a) Explain the epidemiology of scabies (6 Marks)
 - b) State Four(4) clinical picture that he may present with (4Marks)
 - c) Discuss the treatment, prevention and control of scabies (10 Marks)

Cervical dilatation is affected by:-

- (a) Uterine action, general fluid pressure, well flexed fetal head
- (b) Fundal dominance, uterine contractions, general fluid pressure
- (c) Uterine contractions, well flexed fetal head, intact bag of membranes
- (d) Polarity, frequency of contractions, strength of contractions

8. The following are some of the late signs of obstructed labour:-

- (a) Hypertonic uterine contractions, bandl's ring, concentrated urine mixed with blood
- (b) Early rapture of membranes, handl's ring, maternal distress
- (c) Hypertonic contractions, retraction ring, concentrated urine mixed with blood
- (d) Bandl's ring, good descent of presenting part, hypotonic uterine contractions

9. Placenta abruption may be diagnosed antenatally through:-

- (a) Ultrasound, vaginal examination, xray
- (b) Ultrasound, history taking, vaginal examination
- (c) Ultrasound, history, abdominal examination
- (d) Physical examination, ultrasound, vaginal examination

10. Artificial rupture of membranes may result to one of the following:-

- (a) Tetanic contractions of the uterus
- (b) Early fetal heart deceleration
- (c) Hypertonic uterine contractions
- (d) Hypotonic uterine contractions

11. The following is True in the mechanism of labour in persistent mento-posterior position:-

- (a) Head is incompletely extended, sinciput reaches pelvic floor first, rotates $1/8$ of circle and chin is brought into the hollow of sacrum
- (b) Head is slightly extended, sinciput reaches pelvic floor first, rotates $3/8$ of circle, chin is brought to the hollow of the sacrum
- (c) Head is slightly deflexed sinciput reaches pelvic floor first, rotates $1/2$ of a circle, chin is brought to the hollow of the sacrum
- (d) Head is completely extended, sinciput reaches pelvic floor first, rotates $3/8$ of circle chin is brought to the hollow of the sacrum

12. Maternal distress is detected form the partogram by monitoring:-

- (a) Contractions, fetal heart rate, blood pressure
- (b) Blood pressure, pulse rate, urine
- (c) Temperature, liquor amnic, moulding
- (d) Urine, contractions, blood pressure

3. The correct sequence in resuscitating a baby at birth would be:-

- (a) Cardiac Massage, warmth and stimulation, maintenance of patent airway
- (b) Warmth and stimulation, maintenance of patent airway, warmth and stimulation
- (c) Cardiac massage, maintenance of patent airway, warmth and stimulation
- (d) Warmth and stimulation, oxygen administration, cardiac message

4. The predisposing factors to respiratory distress syndrome include:-

- (a) Deficiency of surfactant factor, fetal distress, caesarean section
- (b) Diabetes mellitus, birth injuries, caesarean section
- (c) Diabetes mellitus, premature labour, mechanism aspiration syndrome
- (d) Prematurity, post-maturity, deficient surfactant factor

5. The management of sore buttocks in neonate involves:-

- (a) Cleaning with antiseptic lotion, application of antibiotic cream, application of talcum powder
- (b) Cleaning with antiseptic lotion, application of castor oil, exposure to air
- (c) Application of antibacterial ointment, use of diapers, frequent change of position
- (d) Keep clean and dry, exposure to air, application of non-perfumed petroleum jelly

Characteristics of cephalohaematoma includes:-

- (a) Present at birth, crosses sutures, resolves on its own
- (b) does not pit on pressure, never crosses sutures, resolves on its own
- (c) Present at birth, accompanied by jaundice, requires surgery
- (d) Present on 2nd and 3rd day, pits on pressure, resolves on its own

The maternal history obtained on admission to postnatal ward includes:-

- (a) Mode of delivery, state of uterus and urinary bladder, vital signs, lochia loss
- (b) Mode of delivery, apgar score, birth weight, birth injuries
- (c) Mode of delivery, birth injuries, vital signs, state of uterus and urinary bladder
- (d) Apgar score, state of perineum, birth trauma, lochia loss

The aim of daily postnatal examination of the mother includes:-

- (a) Sharing of health messages, rule out complications, promotion of breast feeding
- (b) Assessment of wellbeing, rule out complication, share health messages
- (c) Assessment of wellbeing, rule out complications, evaluation of family planning
- (d) Share health messages, assessment of involution, evaluation for family planning

Prevention of deep venous thrombosis in puerperium involves:-

- (a) Confinement to bed, avoidance of pressure, postnatal exercises
- (b) Early ambulation, plenty of oral fluids, avoidance of pressure
- (c) Prolonged inactivity, postnatal exercises, plenty of oral fluids
- (d) Operative deliveries, early ambulation, prolonged inactivity

Indicate whether the statements are True or False:-

- (a) Intense exercises taken to speed up Weight loss in puerperium raises lactic acid levels which affect the taste of breast milk.
- (b) Women usually loose an average of 0.5kgs of stored fat per month during breast feeding period

PART II - SHORT ANSWER QUESTIONS (40MARKS)

- Draw and label a diagram of the superficial muscle layers of the pelvic floor (5 marks)
- State four (4) elements of focused antenatal care ^{Assessment - Prevention} ^{Treatment - Promotion} (4 marks)
- Outline five (5) non-pharmacological methods of pain control during labour (5 marks)
- State two (2) advantages of using a partograph in management of labour (2 marks)
- Outline four (4) resuscitative measures in priority management of shock due to rupture of uterus (4 marks)
- Explain how apgar score is used in diagnosis of asphyxia neonatorum (6 marks)
- State five (5) activities carried out by a midwife during the 4th day postnatal home visit. (5 marks)
- State four (4) health messages a midwife would share to a mother who is HIV positive on breastfeeding. (4 marks)
- Outline five (5) specific steps in delivery of the 2nd twin (5 marks)

PART III – LONG ANSWER QUESTIONS (40MARKS)

1. **Baby Jey born at term develops jaundice within the first 24 hours and is admitted to the new born unit.**

//

- (a) Define neonatal jaundice (1 mark)
- (b) Explain how jaundice due to Rhesus incompatibility occurs (5 marks)
- (c) Describe the management of baby Jey for the first 48 hours (12 marks)
- (d) List four (4) complications that baby Jey may develop (2 marks)

2. **Mrs. Kuwahi Para 5 + 1 aged 40 years starts bleeding profusely following delivery of the placenta**

- (a) Define Primary Post Partum Haemorrhage (1 mark)
- (b) State five (5) predisposing factors of atonic uterus after delivery (5 marks)
- (c) Describe the management of Mrs. Kuwahi till bleeding is controlled (12 marks)
- (d) List four (4) complications that Mrs. Kuwahi may develop (2 marks)

11. Preventive intervention against Hepatitis D is:

- a) Safer sex, Hand washing
- b) Safer drinking of water, Hand washing
- c) Safer sex, injection safety
- d) Hand washing, Injection safety

12. Ground water include:

- a) Ponds, rivers, shallow wells
- b) Springs, deep wells, rivers
- c) Rivers, springs ,ponds
- d) Springs, shallow wells, deep wells

13. Patient with the following condition will test low albumin in their blood.

- a) Kwashiorkor
- b) Marasmus
- c) Beriberi
- d) Rickets

14. The correct steps of Community dialogue:

- a) Problem identification, problem analysis, identification of best options, prioritization of options.
- b) Prioritization of options, identification of best options, problem identification, problem analysis
- c) Problem identification, identification of best options, problem analysis, prioritization of options
- d) Problem identification, problems analysis, Prioritization of options, identification of best options.

15) The major responsibility in the feasibility phase of a project is:

- a) Identification of the need
- b) Develop and finalize project requirements and solutions
- c) Providing of the technical staff
- d) Data Collection

16. Childhood viral immunizable diseases include:

- a) Diphtheria, hepatitis B, Haemophilus influenza
- b) whooping cough, measles, Tuberculosis
- c) Haemophilus influenza, measles, hepatitis B
- d) Tuberculosis, Diphtheria, whooping cough,

17) The first step in project planning process is:

- a) Problem analysis and prioritization
- b) Setting objectives and targets
- c) Situation analysis and prioritization
- d) Formulating interventions

18) The use of surveillance data include:

- a) Detecting changes in health practice, detection of epidemics
- b) Facilitates planning, stimulate dissemination
- c) Evaluating control and prevention measures, estimates workload of health workers
- d) Estimates health problem, monitoring change in accessibility of health facilities

19. A communicable disease is said to have been controlled when:

- a) Its incidence has been reduced to zero
- b) A large percentage of children have been immunized against the disease
- c) Its prevalence has been reduced to manageable level
- d) No death have occurred due to the disease for a period of time

20. Nursing care based on the needs of the people is determined by:

- a) Taking history of the people
- b) Doing a community diagnosis
- c) Taking specimens of a population
- d) Interviewing community leaders

Part 11: Short Answer Questions (40Marks)

1. Draw a well labeled diagram of life cycle of schistosoma mansoni (6Marks)
2. Cold chain system is important in maintenance of vaccines (1Mark)
 - a) Define cold chain (4Marks)
 - b) Outline four(4) daily preventive maintenance activities of cold chain (6Marks)
3. Explain three(3) Non contraceptive benefits of Combined Oral Contraceptive pills (3Marks)
4. State three (3) causes of visual impairment (5Marks)
5. State five(5) ways of preventing occupational health hazards in an industry (4Marks)
6. State four(4) reasons for drug resistance among patients with PTB (4Marks)
7. State four(4) characteristics of an authoritarian type of leadership (4Marks)
8. Explain two (2) types of empowerment used in Health Promotion. (3Marks)
9. List six(6) benefits of international Organization of standards(ISO) Certification (3Marks)

Part 111: Long Answer Questions (40 Marks)

1. **Cases of bacillary dysentery (shigellosis) have been diagnosed in a rural health facility where you are working :**
 - a) Explain the pathophysiology of bacillary dysentery (4marks).
 - b) State four (4) differences between bacillary dysentery and amoebic dysentery (4 marks).
 - c) Describe the role of community health nurse in management and control of the cases (12marks).
2. **The Demographic statistics in a new health facility in county B shows that most of the population around the area are elderly:**
 - a) State three (3) factors that facilitate healthy ageing (3marks).
 - b) Explain three (3) challenges faced by the elderly. (6marks).
 - c) Describe the impact of this phenomenon to the county. (11Marks).



**FINAL QUALIFYING EXAMINATION.
DIPLOMA COMMUNITY HEALTH NURSING
PAPER TWO (MIDWIFERY).**

DATE: WEDNESDAY

21ST JUNE 2017

Time Allowed: 3 Hours

9:00am -12:00 Noon.

INSTRUCTIONS TO CANDIDATES:

1. ENTER YOUR EXAMINATION NUMBER on the space provided on the examination answer booklet and inside every page of the answer booklet.
 2. Enter QUESTION NUMBERS on the space provided in the examination answer book.
 3. Confirm you have written the EXAM and QUESTION numbers correctly before handing in your booklet.
 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. Observe all the examination rules and regulations as stipulated in the college rules and regulations.
 6. Follow any other instructions from the supervisor as may be necessary.
 7. Mobile phones are **NOT** allowed in the examination hall.
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PART 1-MULTIPLE CHOICE QUESTIONS (20 MARKS)

1.The secretory phase of menstrual cycle is:

- a) Under the influence of progesterone and oestrogen from the corpus luteum and the functional layer thickens and becomes spongy.
- b) Under the control of oestrogen and consists of regrowth and thickening of the endometrium
- c) Characterized by vaginal bleeding 3-5 day and the endometrium is shed down to the basal layer.
- d) Characterized by growth of the graafian follicles under the influence of follicle stimulating hormone.

2.The physiological changes in the alimentary system during pregnancy includes;

- a) Heart burn, bleeding gums
- b) Constipation, stasis of urine
- c) Heart burn, Oedema of gums
- d) Stasis of urine, bleeding gums.

3.The intervention during 4th focused Antenatal visit includes:

- a) Check on individual birth plan, give 2nd dose of sulfadoxin pyrimethazine, look for anaemia
- b) Look for anemia, give sulfadoxin pyrimethazine, do vaginal examination.
- c) Update on individual birth plan, look for anaemia, and check foetal presentation.
- d) Do physical examination, advice on individual birth plan, screen for syphilis.

4.The four comprehensive personalized antenatal visits according to World Health Organization are scheduled as.

- a) 1st visit 20 weeks, 26-28weeks, 28-32 weeks
- b) 1st visit less than 16 weeks, 16-20 weeks, 26-34weeks.
- c) 1st visit less than 16 weeks, 16-28 weeks, 32-34 weeks.
- d) 1st week less than 16 weeks, 22-30 weeks, 36-40 weeks.

5. Direct causes of Maternal Mortality include:

- a) Haemorrhage , Malaria , Anaemia
- b) Eclampsia, haemorrhage, anaemia
- c) Haemorrhage, sepsis, eclampsia.
- d) Malaria, eclampsia, sepsis.

6. The effects of Rhesus ISO immunization on the foetus includes:

- a) Kernicterus, hydrops fetalis
- b) Hydrops fetalis, reduced fetal antibodies.
- c) Kernicterus, hypotension
- d) Hypoglycaemia, stillbirth.

7. During abdominal examination of a mother in labour the following procedures are carried out in sequence:

- a) Auscultation, palpation, presentation
- b) Presentation, inspection, descent.
- c) Inspection , palpation, auscultation
- d) Auscultation, inspection, descent.

8. Active management of 3rd stage of labour involves:

- a) Deliver the placenta by control cord traction, massage the uterus, examine the birth canal
- b) Examine birth canal , give oxytocin 10 units intramuscular, clamp and cut the cord.
- c) Clamp and cut the cord, give oxytocin 10 units intramuscular, deliver the placenta by control cord traction.
- d) Give oxytocin 10 units intramuscular, massage the uterus, examine the birth canal.

9. The indicators on the partograph that are monitored half hourly includes:

- a) Vaginal examination, fetal heart, contractions.
- b) Fetal heart, moulding ,contractions
- c) Contractions, maternal pulse, fetal heart.
- d) Vaginal examination, maternal pulse, contractions

10. Indicate whether the following statements are true or false.

- i) Ovulation occurs at the midpoint of menstrual cycle
- ii) Basal body temperature is affected by the production of progesterone and is lowered just before ovulation.

11. The nursing intervention applied to a pregnant woman with nausea and vomiting to maintain adequate nutritional intake includes:

- a) Advise the woman to take daily laxatives to stimulate peristalsis and food digestion.
- b) Encourage the woman to prepare meals before going to bed when nausea is less severe.
- c) Suggest to the woman to eat foods rich in fat to increase caloric intake.
- d) Teach the woman to stop eating for at least 6hrs before bed time to decrease morning nausea.

12. The location of fetal heart sounds in the upper left quadrant of the mother's abdomen would indicate

- a) The right mental vertical
- b) Breech delivery
- c) occipital posterior position
- d) Left antero posterior position

13. The length of the uterine contraction is timed by:

- a) Asking the woman when the beginning of the contraction was felt, then time interval from this point until the woman states that the contraction has subsided.
- b) Gently feeling the abdomen for the beginning of the uterine tensing to the beginning of the next tensing.
- c) Gently feel the abdomen for the beginning of tightening of the uterus and timing the interval from this point until the tightening subsides.
- d) Note the upwards slopes of contraction on the monitor and measure from one upwards to the next.

14. The nursing diagnosis for woman in labour with assessment data of severe anaemia in 1st trimester and severe backache in 2nd trimester with difficult labour would be:

- a) Altered coping related to the changes of pregnancy
- b) Altered rest pattern related to decreased tolerance of pain.
- c) Potential for impaired bonding related to maternal resentment.
- d) Potential for impaired infant growth related to maternal growth.

15. The intervention a midwife can take when foetal heart deceleration is noted on monitor is:

- a) Limit oral and intravenous fluids to decrease maternal fluid volume and decrease circulatory overload.
- b) Prepare a tray for removal of the excess amniotic fluid causing the problem.
- c) Removal of oxygen if present and instruct the mother to breathe slowly since this is a sign of hyperventilation.
- d) Turn the mother to different position to relieve pressure on the umbilical cord and restore circulation.

16. The immediate action taken after repair of episiotomy include:

- a) Cleaning the woman's vulva then perineum and anus area to remove any fecal incontinence or vaginal secretions.
- b) Monitor the woman for shivering and complain of chills sensations which may indicate an adverse reaction to medication.
- c) Palpate the uterine fundus for size, consistency and position then take vital signs to obtain baseline data.
- d) Remove all drapes except the gown to prevent development of postpartum fever.

17. The indication for deep breathing exercises as part of pre caesarean section preparation is:

- a) Prevent pulmonary oedema
- b) Prevent stasis of mucus in the lungs.
- c) Promote involution on traumatized uterus
- d) Stimulate diaphragm to contract.

18. The dose of Magnesium Sulphate administered to pregnant woman with eclampsia immediately after a fit is:

- a) Intravenous 4gms given slowly followed by intravenous 5gms every four hourly for 24 hrs.
- b) Intravenous 5gms stat slowly, then 5gms intramuscular slowly for four hourly for 24 hrs
- c) Intravenous 4gms loading dose slowly followed by intramuscular 5gm four hourly 24 hours after last fit.
- d) Intravenous 4gm loading dose, intravenous 4gm four hourly for 24hours after a fit.

19 Apgar score is :

- a) A daily examination of a newborn baby
- b) Standardized system to assess a baby's condition after birth.
- c) Standardized method of monitoring the baby's condition after birth
- d) A method of assessing increase in carbon dioxide in a new born.

20. The features of tonic uterine action include:

- a) Premature rupture of membranes, acidosis
- b) Inefficient uterine contraction, ketoacidosis
- c) Features of exhaustion, ketoacidosis
- d) Spasms of cervix, features of exhaustion.

PART 11-SHORT ANSWER QUESTIONS (40 MARKS)

1. Outline the processes of nutrients exchange from the mother to the fetus during pregnancy. **(5marks)**
2. Explain three (3) immediate interventions undertaken in the care of a baby born of a diabetic mother. **(6marks)**
3. State five (5) danger signs observed in a woman with premature rupture of membranes. **(5marks)**
4. Explain the pathophysiology of rhesus isoimmunisation **(5 marks)**
5. Using a flow chart explain the pathophysiology of jaundice in a newborn **(6 marks)**
6. outline four (4) factors associated with development of cord prolapse **(4 marks)**
7. State five (5) factors that will aid the diagnosis of ante partum hemorrhage **(5 marks)**
8. Outline the steps in sequence that take place in ovarian cycle of menstruation **(4marks)**

PART 111-LONG ANSWER QUESTIONS (40 MARKS)

1. **Mrs Basic is admitted to your labour ward with the foetal heart rate of 145/m and the diagnosis of obstructed labour is made.**
 - a) Explain two(2) major causes of obstructed labour **(4 marks)**
 - b) Describe the role of a midwife and the care she will receive during labour. **(12 marks)**
 - c) State four (4) complications that are likely to occur to:
 - i) the Mother **(2 marks)**
 - ii) the Baby **(2 marks)**
2. **Madam x delivers a term female living baby through spontaneous vertex delivery**
 - a) Explain three (3) characteristics of a term baby **(6marks)**
 - b) Describe the pulmonary adaptation of a newborn **(11 marks)**
 - c) State three ways how a newborn loses weight **(3marks)**



KENYA MEDICAL TRAINING COLLEGE
FACULTY OF NURSING
DEPARTMENT OF NURSING

FINAL QUALIFYING EXAMINATION
FOR
DIPLOMA IN COMMUNITY HEALTH NURSING

PAPER: GENERAL PAPER

DATE: 19th AUGUST, 2021

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/NURS/JULY-21/FQE/1152

12. The ultimate goal of community development should be to eradicate poverty and not merely to relieve suffering among the poor. This principle is referred to as:

- a. Sustainability
- b. Simplicity
- c. Relief
- d. Release

13. Community resources are divided into the following main categories:

- a. Land, minutes, manpower, materials
- b. Minutes, money, manpower, materials
- c. Natural, manmade, acquired, ascribed
- d. Education, roads, industries, money.

14. A survey in which the host agent and environmental factors affecting the occurrence of a communicable disease are studied over period of time is:

- a. Experimental study
- b. Therapeutic trial
- c. Analytical study
- d. Cohort study

15. A child with measles infection develops typical koplik spots during the:

- a. Eruptive phase
- b. Prodromal phase
- c. Post measles stage
- d. Convalescence phase.

16. In bureaucratic management approach:

- a. Rules and regulations are applied uniformly
- b. There is a chain of command in direction
- c. Rules and regulations are applied at times
- d. Is easy to implement in the organization

17. After the last act of sexual intercourse, a diaphragm should be removed after how many hours:

- a. Two
- b. Four
- c. Six

8. Emergency contraceptive pill following unprotected sex is usually effective

within:

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a. 24 hrs

(2/16/19) b. 72 hrs

Yinunm c. 100 hrs

(2/16/19) d. One week

19. Incidence rate refers to: ~160

a. Number of new cases of a disease occurring in the population

(2/16/19) b. Total number of cases of disease present in the population at a specific time

(2/16/19) c. Number of cases of a disease present at a specified moment of time

- 0 d. Number of cases of a disease that occur during a specified period of time

20. The government regulatory board on control of NGOs is:

a. The Medical Services Board

(2/16/19) b. Non Governmental Organization Council

(2/16/19) c. Ministry of Cultural and Social Services

d. Ministry Of Tourism