



KENYA MEDICAL TRAINING COLLEGE  
FACULTY OF NURSING  
DEPARTMENT OF NURSING

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

PAPER: COMMUNITY HEALTH II/HIS/HCDS & NUTRITION

DATE: 27<sup>th</sup> February, 2020

TIME: 3 HOURS (8:30AM – 11:30AM)

**INSTRUCTIONS**

1. This paper consists of:
  - Section 1 (Multiple Choice Questions)
  - Section 2 (Short Answer Questions)
  - Section 3 (Long Answer Question)
2. Attempt **ALL** Questions
3. Write the **EXAMINATION NUMBER** given on all the answer sheets provided and on the question paper.
4. Ensure that all examination answer scripts are handed in at the end of the examination
5. Ensure you sign the examination register provided

EXAMINATION NUMBER .....

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

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

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

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

Q3. The principles of primary health care are:-

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

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

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

Q5. Activities of primary prevention of disease includes?

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

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

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

**Q7. The key players in the implementation of Kenya essential package of health (KEPHS) in the community are:**

- a) Community owned resource person (CORPs), Community Health Extension Workers (CHEWs)
- b) Health management team, Community Health Extension Workers.
- c) Community owned resource persons, non-governmental organization.
- d) Community Health Extension workers, Faith-Based Organizations.

**Q8. The Kenya health strategies investment plan was initiated to run from:**

- a) 2015- 2020
- b) 2012- 2030
- c) 2015- 2030
- d) 2012- 2020

**Q9. When health care is geographically financially within easy reach to the entire community the services is said to be:**

- a) Available to the community
- b) Acceptable to the community
- c) Accessible to the community
- d) Affordable to the community

**Q10. Indicate whether the following statements are true or false:**

- i) Monitoring and evaluation is not necessary in Mobile clinic services.....
- ii) Laboratory services is a priority during outreach services.....

*Handwritten notes for Q10:*  
 To see the living condition of people in the community and not to health to be under treat but attend to change their behaviours and improve their health, how they use health facilities and why.  
 To provide for line treatments to these people who are not to change their behaviours and improve their health, how they use health facilities and why.  
 To identify the way people receive health, how they use health facilities and why.

**SHORT ANSWER QUESTIONS(MCQs)**

Q1 state any five (5) principles of home visiting. **(5marks)**

Q2. Explain three (3) pillars of vision 2030. **(6marks)**

Q3. State the KEPH (Kenya Essential Package of Health) life cycle cohorts. **(5marks)**

Q4. State four (4) key implementers of primary health care in Kenya **(4marks)**

*Handwritten notes for Q4:*  
 pregnancy and new born, early child hood, school child hood, adults.  
 CHEWs, CHEW, CHCs

**LONG ANSWER QUESTIONS (LAQs)**

**20MARKS**

**1. You have been posted to county X where you're to initiate health programme.**

a) State any three (3) objectives of school health programme. **(3marks)**

b) State any five (5) components of school health programme. **(5marks)**

c) Explain role of a nurse in school health programme. **(12marks)**

*Handwritten notes for Q1a-c:*  
 medical  
 -> Regular check  
 -> Prevention of communicable and non-communicable diseases  
 -> Nutrition and nutritional supplements  
 -> Hygiene safety

*Handwritten notes for Q1c:*  
 Treatment and referral  
 -> Examination  
 -> Checkups  
 -> Records  
 -> Health education  
 -> Inspection

*Handwritten notes for Q1c:*  
 acute diseases, infection, inspection, continue combined

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

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

**Q2. Fat soluble vitamins include:**

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

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

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

**Q4. The main function of vitamin E is:**

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

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

- a) Vitamin B<sub>2</sub>
- b) Pantothenic acid
- c) Nicotinic acid
- d) Vitamin B<sub>1</sub>

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

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



Q7. Deficiency of iodine results to:

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

Q8. The characteristics of marasmus include:

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

Q9. Wasting is:

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

Q10. First step in budgeting is:

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

### SHORT ANSWER QUESTIONS(MCQs)

- Q1. State **five (5)** principles of meal planning. (5marks)  
*energy, varieties, Adequacy, Moderation, Balance*
- Q2. List **four (4)** methods of nutritional assessment. (2marks)  
*A - Anthropometry, B - Biochemical assessment, C - Clinical assessment, D - Dietary assessment*
- Q3. State **four (4)** pillars of food security. (4marks)  
*RBM, AMI, NRM, SIM*
- Q4. State **four (4)** reasons for therapeutic diet. (4marks)
- Q5. With an aid of a diagram, illustrate the nutrition infection cycle. (5marks)  
*Pregnancy, Neonates, child, Adolescent, Adult*

### LONG ANSWER QUESTIONS (LAQs)

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

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