



**UNIVERSITY OF NAIROBI**  
**School of Public Health**

SECOND YEAR BACHELOR OF MEDICINE AND BACHELOR OF SURGERY 2015/16

SEMESTER 2

COMMUNITY HEALTH CONTINUOUS ASSESSMENT TEST II

DATE: JUNE 3, 2016

TIME: 9.00 AM – 11.00 AM

---

**INSTRUCTIONS**

1. Read the instructions carefully.
2. This paper contains **TWO** sections.
3. **Section I:** 30 multiple choice questions.  
Answer all questions in this section.  
There is **ONLY ONE** correct answer. Circle the correct choice among the given answers. Answers for Section I are marked on the examination script.
4. **Section II:** Contains Seven (7) short answer questions. Answer Six (6) questions.
5. Each question in Section II must be answered in completely detachable/**and separate answer scripts provided.**
6. Total Time Allowed is 2 Hours. Time allowed for each section is indicated.
7. Do not detach any page from this examination script.

## SECTION 1: MULTIPLE CHOICE QUESTIONS [1 hour]

### CIRCLE THE CORRECT ANSWER

1. Risk factors for non-communicable disease include all except:
  - a) Obesity
  - b) Alcoholism
  - c) Tobacco smoking
  - d) Physical inactivity
  - ~~e) Psychosis~~
2. One of the following is NOT a non-communicable disease:
  - a) Type II Diabetes
  - b) Cervical Cancer
  - c) Schizophrenia
  - d) Ischaemic heart disease
  - ~~e) Group A streptococcal pharyngitis~~
3. Tobacco use harms:
  - a) Only the lungs
  - b) Only the brain
  - c) Only the liver
  - ~~d) Every organ in the body~~
  - e) Only the throat
4. Physiological risk factors for non-communicable diseases include all except:
  - a) Obesity
  - b) High blood pressure
  - c) High work glucose levels
  - d) High serum cholesterol levels
  - ~~e) Sedentary lifestyles~~
5. The population of country X is 40 million and the annual population growth rate is 2.4%. How long will it take for this population to hit the 80 million mark?
  - a) 30.4 years
  - b) 25.7 years
  - c) 21.2 years
  - ~~d) 20.2 years~~
  - e) 18.9 years
6. Which measure is defined as the total number of births divide by women in the reproductive age period (15-49 years) multiplied by 1000 population?
  - a) Total fertility rate
  - ~~b) General Fertility rate~~
  - c) Crude birth rate
  - d) Age specific fertility rate
  - e) Cohort fertility rate

7. Which of the following statements is true?
- a) A person who commutes daily from one geographical region to another is a migrant
  - b) A person who permanently moves to another city is a migrant
  - c) It is not possible to be an internal migrant if you have not changed residence from your country of origin/birth
  - d) Movement between the weekday home and the weekend home can constitute migration if it extends for over a year
  - e) Migration involves the change of geographical region - time of stay in the region of destination notwithstanding
8. Which of the following is a barrier method of contraception
- a) Female condom
  - b) Implants
  - c) Oral contraceptives
  - d) Injectables
  - e) Tubal ligation
9. The statement that economics stems from the inescapable concept of scarcity means that:
- a) Economists have their own language
  - b) Everyone and every system has more needs than the available resources to meet them
  - c) Markets always have shortages of goods and services
  - d) The health sector inputs are sometimes missing
  - e) Shortages in delivery of health care are inevitable
10. The concept of opportunity cost refers to the fact that:
- a) There are more poor than rich people
  - b) The health sector inputs are sometimes missing
  - c) Markets always have shortages of goods and services
  - d) Everyone and every system has more needs than the available resources to meet them
  - e) There are always more than one choices and that in making one choice other useful ones have been avoided.
11. In a production process of goods or services average costs refer to:
- a) Costs of inputs in a production process
  - b) Costs each item of output
  - c) Cost of producing an extra item of output
  - d) Costs of distributing the product to the consumers
  - e) Increase in management allowances for raising the profit margin
12. The phenomenon that occurs in the market when price controls set the prices above the equilibrium is
- a) Market depression



- b) Market surplus or commodity glut
- c) Sphere shortages
- d) Capital migration
- e) Shrinkage in production

13. Physical health is a component of health. Which of the following are part of physical health?

- a) Eating right
- b) Exercise
- c) Maintaining a healthy weight
- d) Avoiding drugs and alcohol
- e) All the above

14. Which of the following is **NOT** a principle of health education?

- a) Health policy
- b) Interest
- c) Motivation
- d) Feedback
- e) Participation

15. Tobacco use harms:

- a) Only the lungs
- b) Only the brain
- c) Only the liver
- d) Every organ in the body
- e) Only the throat

16. There are five steps in the health education process. What is the first step in the process?

- a) Evaluating learning
- b) Planning and implementing patient teaching
- c) Assessing learning needs
- d) Documenting teaching and learning
- e) Developing learning objectives

17. One of the following is **NOT** a component of WHO-STEPPS surveillance of risk factors of non-communicable diseases.

- a) Behavioural measurements
- b) Physical measurements
- c) Biochemical measurements
- d) Core items
- e) Ideal items

18. Culture is best described as the following except:
- a) Traditional beliefs and practices
  - b) A common value system
  - ~~c) Values and norms of African societies~~
  - d) Community identity
  - e) Community organization
19. Medical Anthropology and Epidemiology are related in the following:
- a) Both study the health of traditional societies
  - b) Both apply similar methodologies
  - c) Perception of Witchcraft as a major cause of ill health
  - d) Acknowledgement of supernatural management of ill health by both disciplines
  - ~~e) Their reference to distribution of diseases~~
20. Health care seeking is influenced by the following except
- a) Ability to pay for services
  - b) Physical distance
  - c) Social distance
  - d) The nature of reception by service provider
  - ~~e) Decision making power at the health facility~~
21. Socio cultural factors are relevant in public health for the following reasons except:
- ~~a) The lack of faith in modern medical approaches~~
  - b) The emphasis on disease prevention and health promotion
  - c) Community participation as critical in health care
  - d) Local context as central in disease occurrence and prevention
  - e) The need to reduce the disease burden to the health care system.
22. Which of the following is not a component of the Maternal Health Benefit Package of the Presidential Initiative on free maternal deliveries and primary health care service?
- ~~a) Screening for breast cancer~~
  - b) Post-natal care
  - c) Referral services
  - d) Management of complications related to pregnancy
  - e) Family planning service
23. Which of the following is not among the reasons why many mothers in Kenyan still deliver out of the health facilities?
- ~~a) Inadequate number of health personnel~~
  - b) Long distances to health facilities
  - c) Widespread insecurity
  - d) Facility charges

- e) Cultural barriers.
24. A population pyramid can be used to emphasize maternal and child health in that:
- a) It depicts the a country's population shape by levels of wealth
  - b) The diagram shows the distribution of population by socio-economic status
  - ~~c) Graphic representation of the distribution of a population by age and sex shows the demand for MCH~~
  - d) The histogram shows a country's population density distribution
  - e) The diagram shows mothers at the base of the pyramid.
25. Which of the following is not among the supportive health systems in the Kenya Maternal and Newborn Health Model?
- a) Financial systems
  - b) Commodity supply management
  - c) Human resource management & development
  - ~~d) Performance monitoring and evaluation~~
  - e) Public Private Partnerships
26. Which of the following maternal and child health indicators did not improve between the 2003 and 2009 KDHS?
- a) Under five mortality rate
  - b) Infant mortality rate
  - c) Neonatal mortality rate
  - ~~d) Maternal mortality rate~~
  - e) Child mortality rate
27. A condition known as "dental fluorosis or mottling of teeth syndrome" may occur among some of community if they continue to be exposed to:
- a) Nitrites exceeding 10 mg/l in drinking water
  - ~~b) Fluorides in excess to 1.5 mg/l in drinking water~~
  - c) Fluorides exceeding 0.5 mg/l in drinking water
  - d) Free residual chlorines in excess of 0.2 mg/l in drinking water
  - e) Presence of trihalo-methanes in drinking water
28. Public health studies shows that incomplete combustion of plastic materials results in two persistent organic pollutants(POPs) known as:
- a) Chloroform and trihalomethanes
  - b) Chloramines and nitrates
  - c) Chloroforms and leachates
  - ~~d) Dioxins and furans~~



e) Furans and trihalomethanes

29. All of the following are adverse effects associated with municipal solid waste open dumping at Dandora Dumpsite, Nairobi, Except:

- a) Contamination of water sources
- b) Air pollution
- c) Insecurity
- ~~d) Incomes for human scavengers~~
- e) Diseases vectors

30. Which of the following two air pollutants exacerbate respiratory symptoms among asthmatics

- ~~a) Sulphur dioxide and particulate matter~~
- b) Carbon dioxide and particulates
- c) CFC's and Ozone
- d) Carbon dioxide and carbon monoxide
- e) Nitrogen dioxide and CFC's