

12. Describe role of Community Health Extension Workers (CHEWs) under the Community Health Strategy

- i. They train the community health workers*
- ii. Are advisers and counselors*
- iii. They organize and mobilize community activities*
- iv. Provide leadership and management*
- v. Are trained technicians with certain health skills*
- vi. Are an example or a model of good health behavior*
- vii. Are persons responsive to new ideas and a channel through which new health information reaches the community*
- viii. Observe the problems in a community/ respond to them and assess the health progress*
- ix. Link the community with the health system and help collaborate with the sectors*

SECTION II: SHORT ANSWER QUESTIONS (2 hours)

Answer any eight (8) questions. All questions carry equal marks.

PHC
1

Community Own Resource Persons (CORPS) are essential in the success of *Community Health Strategy*. Briefly discuss two essential contributions of CORPS.

Nut

Anthropometry provides one of the most important indicators of children's nutritional status. List five (5) advantages of use of least ^{-special t} _{invasive}

Encouraging a local service where discussion of sex and sexuality & contraception is permitted

11 ✓ 45. Write an account on the functions of Public health Technicians in rural health services?

- Health promotion activities
- Counselling
- health education
- skills and knowledge of health assessment and promotion

encourage people to discuss
plan and control fertility

✓ 46. Indicate 4 main factors that distinguish migration from both fertility and mortality?
changing residence from one geographic location to

✓ 49. List 7 principles of PHC according to WHO?

- **Health promotion** through the provision of affordable health services and community health education
- **Public participation** and involvement in implementation, monitoring and evaluation of the health care system
- **Inter – sectoral collaboration** and multi sectoral approaches to making health a central point of interest
- **Accessible health services** through the decentralization of health services
- **Appropriate use of technology** applicable to time and situations

✓ 50. Write short notes on the values and limitations of human resources in PHC.

of research to inform & to improve health

storing

11.17 36. Briefly describe the role of an Enrolled community nurse in Kenyas health services?

- ✓ Help with patient follow up and rehabilitation
- ✓ Educating patients and the public about various medical conditions
- ✓ Provide advice and emotional support to patients family members

- Help control spread of ID. & prevent disease DM, HTN
- Caregiver - Provide prenatal care & educ for pregnant women including info about nutrition & post partum care
- Lead evidence based quality practice & policy dev
- Advocate for community needs such as safe H₂O & food, safe environment

- ✓ Less labor is used during a sample

11. List the tasks of an Enrolled Community nurse in an Integrated Maternal and child health clinic

- ✓ Health education
- ✓ Family planning services
- ✓ Triage
- ✓ Child welfare

insure

Promote immunisation of children

• Provision of breastfeeding & nutritional app

• Promote BFHI

• Promote institutional deliveries

... especially is the single most widespread nutritional disorder in Kenya today. Briefly outline 4 prevention strategies that you would recommend to relevant policy makers.

23. Briefly describe and illustrate by means of a sketch diagram the concept of "PULL" PUSH model.

- ^{supplement feeding} Nut rehab & ORT
 - ^{health related} Growth monitoring - promotion
 - ^{meaning free} Nut education

Educaho
 Logical End
 Essential
 MCH FP
 Expanded
 Nutrition
 Training
 1+2+3+4+5

24. List the advantages and disadvantages of prospective cohort studies as compared to case-control studies.

25. List the 8 elements of PHC

26. What should the patient education programs include? Give reasons for each.

- ^{promotion of health} Promote health behavior
 - ^{preventive} preventive dx - 1^o, 2^o
 - ^{rehab} Rehab

27. a) name 2 uses of epidemiology

b) Upon what does the predictive value of a test depend? ^{prevalence}

sensitivity
 specificity

LAO

1. Using your health centre experience, demonstrate community participation in health care service delivery. (Please indicate the name of the health centre you have worked in)

... the existing needs of a

1. control @ p.h.n
= counseling for behaviour &

51 Write an account on the functions of Public Health Technicians in rural health services

52 Indicate 4 main factors that distinguish migration from both fertility and mortality.

→ FP

#14

- 47. Briefly list the etiologic factors and frequently used control measures of the most common types of nutritional anaemia seen in East Africa.
- 48. Write an account on psychological hazards in relation to industrialization in Kenya.
- 49. Discuss implementation process of Health Education aimed at reducing incidence of diarrhoeal diseases in a given division.
- 50. Adolescent and teenage pregnancies have become a big concern worldwide. Outline some of the ways in which the problem can be tackled.
 - 1. contraception
 - 2. counselling for behaviour
- 51. Write an account on the functions of Public Health Technicians in rural health services.
- 52. Indicate 4 main factors that distinguish migration from both fertility and mortality.
- 53. Discuss 3 general (not specific to a particular culture) determinants of fertility.
- 54. List 10 desirable health practices which health education programs aim to produce among rural population in Kenya.
- 55. List 7 principles of PHC according to WHO.
- 56. Write short notes on the values and limitations of human breast milk for human nutrition in infancy.

Prolonged
 Diarrhoeal disease
 stress + deadline
 conflict @ colleges
 + Managerial
 sexual harassment
 Boredom
 work overload
 uncertainty
 neglecting
 health

- 6. Define an Epidemic. Outline steps of infectious disease "outbreak" in your...
- 7. Using malaria as an example, discuss process and the points at which measures communicable diseases.
- 8. Up to the late 1970s, Nairobi city was discussed factors of environmental health the city into the "sinking City" in the Su...
- 9. Identify and discuss the causes and prevalence deficiencies that are of Public Health sign...
- 10. Describe the diagnosis, treatment and management of diseases:
 - a) Silicosis
 - b) Asbestosis
- 11. "You may prove anything by figures." Use
 - a) Explain the importance of information drugs in a health centre.
 - b) Describe the type of information required health centre

Q7
 A CDC is a dx caused by an agent or its products that is
 a reservoir to a host
 Spore A poi: Reservoir - to
 exit from reservoir
 Mechanism of transmission
 Entry into host
 Adult mosquito
 injects the
 infective
 Laced with
 Death
 Fill in blood

Reg. No.:

55. The following are essential personnel in the Community Health Strategy, except

- (a) Community Health extension workers.
- (b) Voluntary Community Health workers
- (c) Community Health Committee
- (d) Facility based health committee
- (e) Retired/midwives living in community

56. Communicating your health is responsibility of all the following except:

- (a) Fourth year medical students
- (b) Consultants
- (c) Senior nursing officer exclusively
- (d) Public health officer
- (e) All of the above

57. Community health workers can and do all the following except:

- (a) Use persuasive skills to get pregnant women to attend ANC services
- (b) Create confusion at the community level
- (c) Bring those who have defaulted TB treatment back to the clinic
- (d) Increase disease prevention networks
- (e) Cause childhood immunizations schedule to be completed

availability
accessibility
affordability
acceptability
quality

in a district. 1. Situational analysis: SWOT 4. Implementation & monitoring

2. Prioritize Goal & Objective setting 5. Evaluation

3. Options appraisal: assessment of resources, fixing priorities

List FOUR barriers to community participation in health care service delivery.

- 1. Cultural beliefs & Religions
- 2. Affordability
- 3. Accessibility e.g. nomads
- 4. Availability
- 5. Quality

As per the community health strategy, discuss briefly the element of food security.

- Quality Food safety 1. Availability * locally available & affordable foods
- Quantity Coping strategies 2. Accessibility * de prevention via D.

10. Community education is one of disease control tools. How would you?

- (a) Prepare → 1. Assessing learning needs: needs, style, readiness
2. Develop learning objectives
- (b) Implement → prepare what to teach: teaching material, effective teaching style
→ choose best delivery methods: one on one, discussion groups, demo, role play
→ evaluate teaching & learning: verbalize what understood in own words
- (c) Monitor the processes of elimination of Female Genital Mutilation → Document teaching practice.

After including garbage before and after ... - After blaming nose/ear, leg

2. Within the context of the community health strategy state the differences between a community health extension worker (CHEW) and a community health worker (CHW):-
 - CHEW - selected by govt, sub-nscc, etc.
 - CHW - selected by the community

the 1st from to health leaders

12. Describe role of Community Health Extension Workers (CHEW) under the Community Health Strategy

alternating with constipation. 2. ~~Set specific objectives~~

3. Plan & Implementation = content, material style

4. Evaluate teaching & learning 5. document

12.

Community health workers are important vehicles for disease control. 6. Develop effective teaching 9

-4st
Itemize their specific role in a given location experiencing cholera

- outbreak:
- Teach comm
 - Visit homes to determine health situation.
 - Recommend ORS
 - Be available to respond to Q & A & advise
 - Refer
 - Maintain registers & keep records of preventions
 - Promote care seeking & compliance
 - Report to district on current cholera concerns

Private insurance in poor countries like Kenya?

- > ~~low~~ ~~premiums~~
- > ~~pooling of risks~~ ~~contribution~~ -> Allows additional funds into # (public)
- > ~~community participation/engagement~~ -> sustainability ~~social ownership~~ -> village level people have a greater
- > ~~intersectoral collaboration~~ -> ~~examination support~~

Using examples describe the synergistic relationship between malnutrition and infections.

X9. Name all the classes of fire and state the type of fire extinguisher to be used for each class of fire. Name 2 key stakeholders who should be involved in fire safety

Internal: Fire dept officials, Workplace in-charge, Fire Safety & Emergency services.
External: Insurance, Business, and trespassers of that jurisdiction.

10. List four features of a successful community based health programme

With examples, compare the following demographic concepts

i. Fecundability and Period fertility *fecundability: ability of female to conceive. Period fertility: ability of female to conceive during a menstrual cycle*

ii. Multiple decrement and Standard mortality rate

PHC

7. In the community health strategy (CHS), a number of health personnel participate in activities of CHS.

- (a) List 3 categories of these health personnel
- (b) Describe briefly their roles
- (c) How are they compensated for the extra work

→ CHW, CHEW, CHC

... the slope of the demand curve is negative (downward sloping)

16. List the elements of primary health care. (4 marks)

E

T

L

S

E

M

E

N

17. Differentiate between sex and gender. (2 marks)

Demographic factors
- age, sex, race, religion, education, occupation, income, social class, etc.
- morbidity, mortality, prevalence, incidence, etc.
- health status, life expectancy, etc.

and differentials in Kenya between 2003 and 2006-07

State five key functions of a district health management team

Briefly outline the steps you would take to define the budget of the casualty or cleaning department in a hospital.

Section III: LONG ANSWER QUESTIONS.

DMOH
DHAO
D.P.H.N
Nurse in charge
D.F.H.D
D. P.H.N