

L11V

15. Outline 5 major principles of adequate housing?

- ✓ Fundamental physiological needs
- ✓ Fundamental psychological needs
- ✓ Protection against contagion
- ✓ Protection against accidents
- ✓ Residential neighbourhood

Strong structure of the climate
Adequate provision of HO
Effective provision for disposal of waste
Absence of indoor pollution
Avoidance of overcrowding
Absence of insects & vermin
of doc

16. Outline 5 major principles of adequate housing practices in Kenya?

How to control

the spread of

Remain vigilant
to ensure hygiene & safety
of food

Communication that is rich with meaning

How to

35. Describe briefly measures that can be used to control contamination to food in an institution?

- ✓ Improve sanitation e.g clean work counters, separation of work counters and teach appropriate sanitary practices like washing hands before handling food, after visiting the toilet, washing uncooked vegetables and unpeeled fruits in chlorinated water
- ✓ Use of proper storage facilities like fridges to preserve food.
- ✓ Use of chlorinated water
- ✓ Screening food handlers for carrier state and yearly medical exams
- ✓ Enforce relevant legal measures if not complying to Public health act e.g cooking, storing

Microbe - Growth Control & sanitary practices through all the stages of processing prevent preservation until it reaches inside

Strictly apply legal measures. Behaviour of workers

1. *ultra ph*
Briefly describe TWO control measures against exposure to particulate matter in a dust environment

Skeletal fluorosis = crippling skeletal fluorosis
Filter
Wet scrubbers
electrostatic precipitators

EH (X) 4. Outline two ways by which urbanization increases the prevalence of respiratory illness among urban dwellers

→ Chemicals
→ Smoke

Overcrowding

→ Overcrowding
→ Air pollution

Global warming → Traps heat from the greenhouse effect where the sun's energy is captured & energy emitted by the earth's surface & warms the earth's surface to a T° above what it would have been received w/o the atm.

Mech: 1. energy from sun: UV, VL, IR → Earth, some absorbed by clouds, most abs. by earth & some by atm to space. The earth being colder radiates energy back at longer wavelength, most of which is absorbed by the greenhouse gases, so CO₂, CFCs. The atm is also heated by sensible & latent fluxes, the atm. then radiates energy ↓ and ↑ towards Earth. Diminished net is abs. by earth warming it. Phenomenon known as GW.

8. Differentiate between global warming and ozone depletion.

Ozone depletion → destruction of the ozone layer due to complex rxns involving CFCs and halogenated ozone depleting substances (ODS); allowing harmful UV light to pass through the earth's atmosphere.

9. Define a communicable disease and outline the areas at which measures can be taken to control a communicable disease.

10. List 5 key issues within the County Health System that needs to be

skin Ca, colorectal, stomach

- Ex 3. At the community you are conducting community diagnosis, there are various types of water sources accessible by the community members for their domestic uses:
- a) How would you proceed to establish the types of water sources?
 - b) Which of these would you classify as high risk sources and why?
 - c) What kind of biological laboratory test would you recommend to ascertain the status of the risk?
 - d) Briefly describe two types of affordable methods that are used to make water safe for drinking at household level.

1) T-branched
sites → cytoplasmic
↓
2) Pronged in prokaryotes
↓
metamorphosis
1) Hoastbrook's

envt
direct

2. Describe the mechanism of Global warming
Greenhouse gases → capture heat by trapping it, & heat energy forms runoff around
escape into the atmosphere → climate change.

Section II: SHORT ANSWER QUESTIONS (Answer any Eight [8] questions)

1. What should be considered when... and other... advantages...

(ii) Standard life table and multiple decrement life table

From the public health and economic perspective, discuss briefly why use of water guard treatment of drinking water is more preferred than boiling of the same.

- Boiling is not 100%
- Fuel

- SAFE
- large scale & Time saving

- Residual effect
of chlorine

Define and explain what you understand by the terms:

management of diarrhoeal diseases [20 marks].

4
Pranav

With aid of a diagram, explain the hierarchy of sound Municipal Solid Waste Management (MSWM) [20 marks].



Describe the health systems building blocks in a country. Explain the significance of these building blocks to health systems.

- yep | ...
k anyone
4 Qs
→ Have they
learned ...

epidemiological triad (4 marks)

Name 3 water-washed diseases

→ Trichuriasis, Giardiasis, Trichinella

a. How can these infections/diseases be minimized?

→ Briefly describe the top 3 main factors that have influenced mortality levels and differentials in Kenya between 2003 and 2006-09?

Responsible
- ...
- ...
- ...
- ...

Program
Incidence
Etiological studies
Acute outbreaks

Evaluate the effectiveness of preventive programs

Determine whether to be tested for all members
- May suggest causal relationships but also reflect determinants of survival & death

a) Enumerate 3 specific types of indoor air pollutants household members are exposed to in a community setting.

- ① Aerosols
- ② Insect repellants
- ③ Cigarette smoking
- ④ Paints (Lead-pigment)
- ⑤ Asbestos

b) When in the course of the day are the highest indoor exposures

7. What are the main themes and why? (1)
- Nutrition
 - Accidents
 - Δ to expect postmenopausal
 - Hygiene
8. Achievement of one Millennium Development Goal through environmental interventions may hasten achievement of other MDGs. Explain.

- classification
- summary

example in the provision of healthcare -

4. Name three (3) serious health conditions that are associated with long-term exposure to pesticides -
→ Adrenal → autism
→ cancer → (leukaemia, disabilities, DM Alzheimer's)

Different des by structural

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(Total number of costs + total average fixed costs)

Average costs → total cost divided by no. of goods (number of cost per unit)

→ the cost of treating & section

LONG ANSWER QUESTIONS

5. Describe methods of dealing with an aesthetics of ordinary pit latrines (20 marks)

6. Briefly describe the organization and activities of an integrated MCH clinic in a health center. What are the advantages of the integrated approach? (20 marks)

28. What is meant by "Sanitary land fill"?

29. Distinguish between de facto and de jure enumeration comits. Indicate the strengths and weaknesses of each method.

40. Describe briefly, sources of contamination to food in an institution and measures that can be used to control such a menace.

41. Briefly describe the role of an Emulated Community Nurse in Kenya's Health services.

42. Briefly describe main sources of demographic data in Kenya pointing out their advantages and disadvantages.

43. Define measures used to describe the frequency of disease in the population. What are their uses in public health?

- Incidence
- Prevalence

→ determine the health status of the population

44. With reference to the epidemiological triangle, list 6 interventions (two related to each factor of the triangle) that could be used to control diseases.

45. Outline the main activities of AMH Clinic

46. Discuss the factors that influence health-seeking behaviour

malania
Pg 44
cost
Prolonged period of c

47. Briefly list the aetiological factors and frequently used control measures of the most common types of nutritional anaemia seen in East Africa

Diarrhoeal d

48. Write an account on psychological hazards in relation to industrialization in Kenya.

stress

49. Discuss implementation process of Health Education aimed at reducing incidence of diarrhoeal diseases in a given division.

contact i

+ mana

sexual t

Boredom

work or

uncert

expect

fulfill

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 migrants from both fertility and mortality.

→ FP

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 nutrition in infancy.

Q7
ACD
at
504

redem.
overlook
captivity

8. Up to the late 1970s, Nairobi city was described as "The Green City in the sun". discuss factors of environmental health concern that have caused the degradation of the city into the "stinking City in the Sun".