

Awareness & recognition of self.  
Awareness of availability of service.

Q: X 8. Provide five basic planning skills in health education to newly diagnosed juvenile diabetic boy of 15 years of age. →

1. Collect info.
2. Understand problem.
3. Decide on priorities, objectives
4. Identify obtain resource
5. Implementation
6. Monitor
7. Evaluate

by actions  
teach  
med.

Teaching  
probs. {  
    { *What are the needs?*  
    { *What are the resources?*  
    { *Objectives?*

$$P = \frac{pq}{n-1}$$

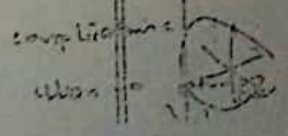
$$23(1-23)$$

$$n-1$$

$$SE = \frac{pq}{n-1}$$

$$+ \frac{1}{n_1} - 2$$

$$n_1, n_2$$



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

- (a) Prepare ✓
- (b) Implement ✓
- (c) Monitor the processes of elimination of Female Genital Mutilation practice. ✓

- Hypothetical cohort of life table usually comprises of 1000, or 10,000 or 100,000 births ✓
- The deaths are usually distributed throughout the year ✓
- The cohort of ppl diminish gradually by death rates only ✓
- The cohort is closed to the immigration & out-migration ✓
- The death rate is related to a pre-determined age specific death rate ✓
- The cohort of persons die at a fixed age which does not change.
- There is no change in death rates over time
- The cohort of life tables are generally <sup>14 of 19</sup> constructed separately for males & females.



services.

Plan a health education session for a patient suffering from diverticulosis who is experiencing mild abdominal pain, diarrhoea alternating with constipation.

Community health

\*11.  
less learning need  
↳ objectives  
may + implement  
write learning 12

\*7. What are the main themes and why, when educating a 60yrs old rural woman

\*8. Achievement of one Millennium Development Goal through environmental interventions may  
lead to achievement of other MDGs. Explain.

Handwritten notes on a page, including the words "Q. no 7" and "Q. no 8".

\* 1. What should an educator take into account and why, when educating a seventy year old woman who had open heart surgery three months ago.

- Age
- Sex
- Level of educ
- Culture

- Religion
- Lang barrier
- Learning style
- Interactive material

- Language

• than private insurance in poor countries like Kenya?

✓ Cheap ✓ Govt initiative, ✓

7. Provide the three domains of the process of teaching and give 5 examples of each

S.C.  
 - Treatment: Write a five minute talk addressing a family in Kibera slums community on TB support, management and treatment. *RUDI | FSE: Awareness Imp In*  
 - Diagnosis: Define the concepts of average and marginal costs. Give an application example in the provision of health care. *add 1st order marginal cost*  
 - Treatment: What is an epidemiology triad? (3 part) interaction. *add 1st order marginal cost*  
 - Mx/Support: List the determinants of... *add 1st order marginal cost*  
 - Note: *add 1st order marginal cost*

differentials in a developing country such as India.

Rate of birth order: SES, Medical, Gender: sanitation & use of Contaminated.

Promote health  
Prevent

hygiene compliance

8. A 50 year-old man has a 28 year-old wife with three children. He had a prostate gland operation last year that has left him with incontinence of urine.

a. What health education would you provide him with to enable him to cope?

Population decreases further away from the mean. for many youths



Age cohort

The current campaigns on condom use tend to breach many social regulations. Discuss this statement listing three examples of such breach.

regulations  
prohibiting underage workers

- religion  
- culture.

ESSEVP

Outline four principal

4. In point form, provide 5 things you would use to educate an 80 years old Kibera slum woman who had mitral valve replacement six month ago

- will to learn

- a

- teach

- counsel

- evaluate

- Explain

- Educate

-

-

-

4. Health education focuses on 3 main components. Outline them. (6 marks)

1. Health promotion
2. Prevention of disease
3. Rehabilitation.

Health planning  
Migration patterns have an implication on risk transmission  
Mobility is important in knowing & effectiveness of an intervention

Outline Any Five benefits of investing in school health as a strategy for

reducing many of today's causes of death

- school children are vital importance to the community
- constitute a sizeable segment of the population
- are subject to risk & danger of communicable disease

① They are undergoing fu  
ures & strains of growth  
& developed

Briefly describe Any five ways through which Epidemiology and Medical

② They come from

- style of delivery      - recurring needs: what she needs to know about her surgery      - Culture  
 - Physical ability      - Coexisting illnesses/conditions

1. What should an educator take into account and why, when educating a seventy year old woman who had open heart surgery three months ago.

- Age
- Level of educ
- Culture
- Religion
- Language barrier
- Learning style
- Interactive material
- Language

2. Using one example of...

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 Enrolled 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

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.  
→ Determine the health status of the population

45. Outline the main activities of EMMH Clinic

46. Discuss the factors that influence health-seeking behaviour

47. Briefly list the etiologic factors and frequently used control measures of the 10 most common types of nutritional anaemia seen in East Africa  
malaria  
Feby  
cost  
Prolonged period

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.  
Diarrhoeal diseases  
shelter  
contaminated water  
+ malnutrition  
sexual  
Bore  
f-women  
unclean  
wells  
filter

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. 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 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 human nutrition in infancy.

BONUS QUESTIONS

Briefly list the etiological factors and frequent and control measures of the two commonest types of nutritional anemia seen in East Africa.  
Iron deficiency anemia  
Folic acid anemia

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

Discuss implementation process of Health education stages at reducing incidence of diarrhoea & scabies in a given division.

Adolescent and teenage pregnancies have become a big concern worldwide. Outline some of the ways in which problem can be tackled.

Write an account on the functions of public health Technicians in rural health services.  
 - health promotion  
 - counseling

Indicate four main factors that distinguish migration from both fertility and mortality dynamic  
psychical and  
voluntary invol  
easy mobility

SHORT ANSWERS

1. Give methods for promoting immunization for pregnant mothers at a community health center.
  2. Behavior change health education method, it is necessary to consider six points - identify the target audience
  3. Give advantages and two disadvantages of using defecation and latrine methods in rural areas during census.
  4. Define (i) Census pop (ii) Sampling method  
 List any three (3) advantages of sampling the population - (5 marks)  
 -  saves time  
 -  able to study more detailed info  
 -  use a highly skilled personal
- LONG ANSWER QUESTIONS
- Describe methods of dealing with an outbreak of ordinary pit latrines (20 marks)  
 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)  
 Outline the steps in health planning & use any aspect of maternal child health to illustrate these.

Location - in a previous dry site, exposure to sun, wind, pests, avoid one role

public  
control  
control  
control

• To for  
 11/11/17  
 • To be cost effective as prevents future care for health care  
 • available resources  
 • Some methods are more economical  
 • Time available  
 • Characteristics of target group

measures

7. Give not less than 4 prime messages for promoting immunization to a group of pregnant mothers at a community social hall?

- Immunization is **effective** in preventing diseases that have high mortality and morbidity such as measles, polio e.t.c
- Immunization is completely **FREE**
- During Immunization there are a **host of other services** offered including weight monitoring and Vit. A supplementation
- Immunization is **safe** and ensures that children grow to be strong and health

8. Before choosing a health education method, it is important to consider 6 points. Itemize these and give reasons?

- ✓ Age group being given education e.g young or old *for young - red more for old - more for old*
- ✓ Gender e.g male or female *for young - red more for old - more for old*
- ✓ Language e.g can they understand English, Kiswahili, kikuyu *for young - red more for old - more for old*
- ✓ Social/ cultural/economic/religion e.g some methods are unacceptable like using condoms as a demonstration of safe sex *for young - red more for old - more for old*
- ✓ Level of education e.g do not use difficult medical terms unless addressing doctors *for young - red more for old - more for old*
- ✓ Human relations e.g in the community with you the chief and other stakeholders *for young - red more for old - more for old*

9. List 2 advantages and 2 disadvantages of using defacto and dejure enumeration methods

measures

Skill - demonstration project  
 need feedback  
 • objectives  
 • content

size  
 100  
 100



- ✓ To educate parents on appropriate health habits, how to cope with health problems at home
- ✓ To promote health by encouraging good healthy behaviours and attitudes e.g breastfeeding, personal hygiene, use of latrines and good nutrition

NUT 41

41. Briefly list the etiological factors and frequently used control measures of the two most common types of nutritional anemia seen in East Africa?

**Etiological factors**

- ✓ Lack of adequate intake of iron, folic acid and cyanocobalamin
- ✓ Protein deficiency is a secondary contributor as it is important in Hb molecule
- ✓ Prematurity
- ✓ Children born to anemic mothers
- ✓ Children over 6 months who are still exclusively on breastmilk i.e after 6 months Fe stores run out
- ✓ Women who are lactating because demands are higher
- ✓ Any individual with hookworm or tapeworm.

**Control measures**

- ✓ Encourage people to diversify food
- ✓ Give foods rich in iron
- ✓ Adequate food intake in children
- ✓ Helminths and malaria control
- ✓ Food based Intervention like food fortification
- ✓ Reproductive and obstetric intervention

*Handwritten notes:*  
 - Lack of iron  
 - Protein deficiency  
 - Iron deficiency  
 - Prematurity  
 - Children born to anemic mothers  
 - Children over 6 months who are still exclusively on breastmilk i.e after 6 months Fe stores run out  
 - Women who are lactating because demands are higher  
 - Any individual with hookworm or tapeworm.

OC / HEALTH 92

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

➤ They result from a complex interplay of job and the following factors:-

- Demands, skills, decision making, attitude, personal control of work & social interactions OR factors & situations encountered or associated with ones job or work environment that create or potentiate stress
- Emotional stress or interpersonal problems – These hazards may affect health, both physical and mental health e.g psychosocial hazards
- Various systems or arrangement of work i.e shift work particularly night/grave yard work, automated work e.t.c including interpersonal relationships at workplace
- System of supervision may affect the mental, morale or physical health status

H/EDU 13

13. Discuss implementation process of health education aimed at reducing incidence of diarrhea diseases in a given division?

- ✓ Consult the stakeholders in the community about the health education e.g barriers to communication, main objectives, culture & beliefs
- ✓ Inform and educate the community about diarrhea in terms of cause prevalence, transmission, signs & symptoms, methods of prevention
- ✓ At the end of a given time period, evaluate the level of success & try to find out what went wrong
- ✓ Use sensitive methods of evaluation
- ✓ Use the communities feedback to evaluate success rate
- ✓ Must provide feedback to the community and members of the network you are working with

PHC 14

14. Adolescent and teenage pregnancies have become a big concern worldwide. Outline some of the ways in which the problem can be tackled?

- ✓ School based sex education particularly linked to contraceptive use
- ✓ Community based (e.g family or youth centre) education, development and contraceptive services

*Handwritten notes:*  
 • Equal policies of government and protect rights  
 • Early marriages and education  
 • Make 1% High school education free & compulsory



- ✓ Youth development programmes focusing on personal development, education and vocational development may increase contraceptive use and reduce pregnancy rates
- ✓ Family outreach: including teenagers parents in information and prevention programmes
- ✓ Encouraging a local culture 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?

1. Health Education

next  
direction  
Occupational  
health

(a) Principles - <sup>they are framed in public</sup> ~~to encourage the public~~ ~~to take up the habit of drinking less alcohol~~  
Using the five steps of behavior change and taking a 15 year old youth experiencing effects of alcoholism as an example, enumerate each step and give expected outcome.

- Precontemplation - <sup>at a</sup> ~~at a~~ - Action
- Contemplation - <sup>at a</sup> ~~at a~~ - Maintenance
- Preparation - <sup>at a</sup> ~~at a~~

Describe two ways of monitoring occupational health status at a workplace.

- ① - <sup>As</sup> ~~As~~ <sup>surveys</sup> ~~surveys~~ - work place inspection
- ② - <sup>As</sup> ~~As~~ <sup>surveys</sup> ~~surveys~~ - <sup>As</sup> ~~As~~ <sup>surveys</sup> ~~surveys~~ - ③ protective equipments