



KENYA MEDICAL TRAINING COLLEGE  
FACULTY OF NURSING  
DEPARTMENT OF NURSING

FINAL QUALIFYING EXAMINATION  
FOR  
DIPLOMA IN COMMUNITY HEALTH NURSING

PAPER: COMMUNITY HEALTH NURSING

DATE: 3<sup>RD</sup> MARCH 2021

TIME: 3 HOURS (8:30 AM – 11:30 AM)

INSTRUCTIONS

1. This paper consists of:
  - Section 1 (40 Multiple Choice Questions)
  - Section 2 (8 Short Answer Questions)
  - Section 3 (1 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 F.Q.E. / FEB-21 / 2021

## SECTION I

### MULTIPLE CHOICE QUESTIONS (40 MARKS)

1. Some of the external factors that influence the health of a family include:
  - a) Size, locality, terrain
  - b) Type of members, biological characteristics, air
  - c) Housing, locality, climate
  - d) Values, terrain, climate
2. The role of the community health nurse that includes sharing of technical information known as:
  - a) Manager
  - b) Advisor
  - c) Evaluator
  - d) Trainer
3. The following are some of the aims of Sustainable Development Goals (SDG's)
  - a) Fight inequality and injustice, community mobilization, tackle climate change
  - b) Use of appropriate technology, end poverty, affordable health care
  - c) End poverty, industrialization, universal health care
  - d) Tackle climate change, fight inequalities & injustice, end poverty
4. Some of the principals of home-visiting include:
  - a) Regular visits, respect to the client, punctuality in visiting
  - b) Self-care, self-reliance, visits beneficial to the client and family
  - c) Planned visits, regular visits, documentation of the activities carried out
  - d) Respect for client, self-reliance, planned visits
5. The following are outreach services:
  - a) Health education, mobile clinics, school health services
  - b) Mobile clinics, home visiting, school health services
  - c) Maternity services, mobile clinics, school health services
  - d) Curative services, rehabilitative services, mobile clinic
6. The following are food born viruses
  - a) Toxoplasmosis, giardiasis, entamoeba hystolitica
  - b) Shigella, salmonella, Escherichia coli
  - c) Toxoplasmosis, shigella, giardiasis
  - d) Rotavirus, hepatitis A, cytomegalovirus
7. Some of the signs and symptoms of ascaris lumbricoides include:
  - a) Gastroenteritis, fever, muscular pair
  - b) Fever, abdominal pain, gastroenteritis
  - c) Diarrhea, abdominal pain, impaired growth
  - d) Muscular pain, abdominal pair, gastroenteritis



8. The commonest sources of mycotoxins include:
- a) Contaminated nuts, peanut butter, legumes
  - b) Beans, peas, green grams
  - c) Contaminated corn, peanut, oil seed
  - d) Peanut butter, dairy products,
  - e) Legumes
9. Rotavirus vaccine is administered at the following age
- a) 2 weeks and 4 weeks
  - b) 4 weeks and 6 weeks.
  - c) 6 weeks and 14 weeks
  - d) 6 weeks and 10 weeks
10. The following are the indications for the introduction of the Inactivated Polio Vaccine (IPV)
- a) Increase coverage for polio vaccine, reduce risks of re-emergence of Type II polio outbreak, protect more children
  - b) Confer immunity to many children, immunize a wide age-group, hasten eradication
  - c) Reduce risks of re-emergency of type II polio outbreak, interrupt transmission, hasten eradication
  - d) Interrupt transmission incase of outbreaks, immunize a wider age-group, reduce vaccine related acute flaccid paralysis
11. Tetanus toxoid vaccine dose 3 is administered
- a) 4 weeks after tetanus toxoid dose 2 and the level of protection is 3 years
  - b) 6 months after tetanus toxoid dose 2 and the level of protection is 5 years
  - c) 1 year after tetanus toxoid dose 2 and the level of protection is lifelong
  - d) 3 years after tetanus toxoid dose 2 and the level of protection is lifelong
12. The shake test is designed to determine whether the following vaccines are frozen
- a) Tetanus toxoid, Diphtheria tetanus, Hepatitis B
  - b) Yellow fever, Hepatitis B, Tetanus toxoid
  - c) Measles, Yellow fever, Hepatitis B
  - d) Tetanus toxoid, Tetanus Diphtheria, Measles
13. Health education is the process in which individuals and groups of people learn to
- a) Negotiate
  - b) Promote health practices
  - c) Maintain health
  - d) Restore health
14. The following are some of the principles of health promotion
- a) Focus on social and economic determinants of health, self-reliance, community participation
  - b) Community participation, all nations take responsibility of citizens health, focus on social and economic determinants of health
  - c) Address multidimensions of health, community involvement, good governance
  - d) Equity, community participation, addressing multidimension of health

15. The following represent population-based data
- Distribution, growth, deaths
  - Live birth, composition, foetal death
  - Growth, fetal death, marriages
  - Size, composition and distribution
16. Crude death rate is computed as the
- Total number of deaths of residents in a specified geographic area divided by the total population for the same geographic area for a specified period and multiplied by 100,000
  - Total number of deaths of residents in a specified geographic area divided by the total population for the same geographic area for a specified period and multiplied by 10,000
  - Total number of deaths of residents in a specified geographic area divided by the total population for the same geographic area for a specified period and multiplied by 1,000
  - Total number of deaths of residents in a specified geographic area divided by the total population for the same geographic area for a specified period and multiplied by 100
17. The term holoendemic refers to:
- An unusual occurrence in a community of disease, specific health related behavior or other related health events in excess
  - Constant presence of a disease or infectious agent within a given geographic area or population group
  - Constant presence of a disease at high incidence and or prevalence rate and affects all age groups equally
  - The occurrence of a disease that affects a large proportion of the population in a wide geographical area
18. The following is the dynamic of disease transmission (chain of infection)
- Susceptible host, source of reservoir, modes of transmission
  - Modes of transmission, susceptible host, source of reservoir
  - Source of reservoir, susceptible host
  - Source of reservoir, modes of transmission, susceptible host
19. The term virulence refers to:
- The proportion of infected individuals who die of the infection
  - The gap of time between the onset of primary and secondary cases and the interval between the receipt of infection and maximal infectivity of the host
  - Time from exposure to development of the disease
  - The degree of pathogenicity; the disease working power of micro-organisms in a given host



20. A valid health indicator is one that:
- Is able to obtain the data needed
  - Should actually measure what it is supposed to measure
  - Is sensitive to changes in situations concerned
  - Reflects changes only in the situation concerned
21. The following are some of the morbidity indicators in a community
- Incidence, prevalence, notification rates
  - Attendance rates (outpatients), admission and discharge rates, bed disability dates
  - Prevalence, incidence, crude death rates
  - Life expectancy, admission and discharge rates, case fatality ratio
22. The following are viral communicable diseases
- Haemophyllus Influenza, Measles, Tuberculosis
  - Poliomyelitis, Rubella, Vanicella
  - Pneumonia, Measles, Yellow Fever
  - Diphtheria, Pertussis, Rota Disease
23. The incubation period for Hepatitis B is:
- 30 - 60 days
  - 60 - 90 days
  - 40 - 60 days
  - 3 - 6 days
24. Some of the signs and symptoms of bacillary dysentery include:
- Diarrhea, bloody stool, abdominal pain
  - High fever, diarrhea, vomiting
  - Constipation, diarrhea, stomach pain
  - High fever, blood stool, vomiting
25. The vector for the disease leshmaniasis is
- Housefly
  - Snail
  - Rodent
  - Sandfly
26. The hydatid parasite is transmitted by
- Rats
  - Snails
  - Sandflies
  - Dogs
27. The incubation period for poliomyelitis is a:
- 1 - 3 days
  - 7 - 14 days
  - 14 - 21 days
  - 21 - 30 days

28. The following is the standard case definition for measles disease

- a) Fever, loss of appetite, loss of weight
- b) Maculopopular rash, conjunctivitis, vomiting
- c) Cough, conjunctivitis, diarrhea
- d) Fever, maculopopular rash, conjunctivitis

29. The following are some of the core functions of disease surveillance

- a) Case detection and notification, training, data collection
- b) Setting standards and guidelines, epidemiological analysis, action and response
- c) Case detection and notification, data collection, action and response
- d) Training, supervision, epidemiological analysis

30. Some of the signs and symptoms of pertussis (whooping cough) include

- a) Stiffness in the neck and pain, fatigue, fever
- b) Pharyngitis, malaise, mucopurulent nasal discharge
- c) Fever, hacking cough, coryza

31. The causative organism of the disease tetanus is known as

- a) Leishmania Donovanii
- b) Clostridium Tetani
- c) Aedes Aegypti
- d) Taenia Saginata

32. The specimen that is collected to diagnose the disease poliomyelitis is

- a) Blood
- b) Stool
- c) Sputum
- d) Urine

33. Some of the key strategies in health promotion include

- a) Building healthy public policy, creating supportive environments, strengthening community action
- b) Developing personal skills, re-orient health services, social mobilization
- c) Building healthy public policy, advocacy, creating supportive environments
- d) Developing personal skills, building public policy, good governance

34. A community health unit is

- a) The basic health committee found at tier I
- b) A health service delivery structure within a geographical area covering 5,000 people
- c) Are members of a community who are chosen by community members to provide basic health care
- d) A group of individuals chosen by the community and trained to address health issues amongst community members



35. In community strategy, the unit of analysis is:

- a) Individual
- b) Household
- c) Community
- d) Health facility

36. Some of the linkage mechanisms in community strategy include Tier II management committee and Tier III

- a) Community health committee, Tier II management committee and health sector management committee
- b) Subcounty health stakeholders forum, county health management team, health sector coordinating committee
- c) County health stakeholders forum, county health management board, Technical stakeholders committee
- d) County health management board, Technical Stakeholders committee, health sector coordinating committee

37. Some of the essential elements of a referral system include:

- a) Service availability, feedback mechanism, community mobilization
- b) Coordination of referral services, communication and transport, feedback mechanism
- c) Service availability, relationships and advocacy
- d) Equity, intersectoral collaboration, service availability

38. A community-based health information system is a:

- a) System that generates health related information from the service delivery point
- b) System that generates health information through services at the community level
- c) System that integrates data from the community and facility-based data
- d) System that analyses data on health care delivery

39. The following are some of the pillars of Primary Health Care

- a) Community participation, good governance, equity
- b) Intersectoral collaboration, community participation, access to health facilities
- c) Appropriate technology, intersectoral collaboration, community participation
- d) Support mechanisms made available, appropriate technology, efficient and quality service delivery

40. Vaccines vulnerable to freezing in order of vulnerability are:

- a) Tetanus Toxoid, Hepatitis B, Diphtheria/Pertussis/Tetanus
- b) Hepatitis B, Diphtheria/Pertussis/Tetanus, Tetanus Toxoid
- c) Diphtheria/Pertussis/Tetanus, Hepatitis B, Tetanus Toxoid
- d) Diphtheria/Pertussis/Tetanus, Tetanus Toxoid, Hepatitis B

Answers - p. 104  
35. b  
36. a  
37. b  
38. c  
39. d

## SECTION 2

### SHORT ANSWER QUESTIONS (40 MARKS)

1. State FIVE characteristics of a healthy community (5 marks)
2. Explain THREE water purification methods at the household level (6 marks)
3. Explain TWO responsibilities of health education (4 marks)
4. State FOUR core principles of Primary Health Care (4 marks)
5. State FIVE roles and functions of a community health committee (5 marks)
6. Explain THREE types of adverse events following immunization (6 marks)
7. State FIVE objectives of epidemiology (5 marks)
8. State FIVE services available for the older persons of Kenya (5 marks)

## SECTION 3

### LONG ANSWER QUESTION (20 MARKS)

1. Mr. Zic comes to a healthy facility X and on examination the clinician has a high suspicion index that he is likely to be suffering from Yellow Fever.
  - a) Define Yellow Fever disease (1 mark)
  - b) State the Standard case definition of Yellow Fever (3 marks)
  - c) With an aid of a diagram, explain the THREE transmission cycles of Yellow Fever (6 marks)
  - d) Describe the preventive measures for Yellow Fever disease (10 marks)

