



AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF PUBLIC HEALTH
DEPARTMENT OF COMMUNITY HEALTH
HIGHER DIPLOMA IN COMMUNITY HEALTH PRACTICE
END OF SEMESTER EXAMINATION JAN/APRIL 2024

UNIT CODE: HDCH 122

UNIT NAME: FAMILY HEALTH AND NUTRITION

Date: 8th April 2024

Time: 2 hours 4.30 PM ----- 6.30 PM

INSTRUCTIONS

1. This exam is marked out of 60 marks
2. This Examination comprises TWO Sections
Section A: Compulsory Question (20 Marks)
Section B: Long Answer Questions (40 Marks)
3. All questions in Section A are compulsory and Answer any TWO questions in Section B
4. This online exam shall take 2 Hours
5. Late submission of the answers will not be accepted
6. Ensure your web-camera is on at all times during the examination period
7. No movement is allowed during the examination
8. Idling of your machine for 5 min or more will lead to lock out from the exam
9. The Virtual Assessment System (VAS) has inbuilt integrity checks to detect cheating
10. Any aspect of cheating detected during and or after the exam administration will lead to nullification of your exam
11. In case you have any questions call the Invigilator on Tel +254720573449
12. For adverse incidences please write an email to: amiu.examinations@amref.ac.ke

SECTION A: ATTEMPT ALL QUESTIONS (20 MARKS)

1. Highlight four natural family planning methods (4mks)
2. State four contributions of good nutrition to a child who is under-five. (4mks)
3. Outline four indicators of food security (4mks)
4. Identify four challenges that the elderly face in maintaining good health (4mks)
5. State four advantages of involving family members in analyzing of health problem (4mks)

SECTION B: ANSWER ANY TWO QUESTIONS (40 MARKS)

6. You have been tasked by the County government to review the increase in deaths of children under the age of five years caused by increased occurrence of communicable diseases. As a community health worker
 - a) Discuss five methods that will be used to collect data on the problem (10mks)
 - b) Discuss in detail, five prevention measures that aid in reducing the mortality rate caused by in our communities (10mks)
7. There have been widespread cases of teenage pregnancies and school drop outs in you are. You have been assigned the duty of offering solutions in a Baraza meeting with the parents and youth.
 - a) Explain the meaning of “safe sex” (2mks)
 - b) Discuss five methods of modern family planning (10mks)
 - c) Explain four harmful effects of abortion (8mks)
8. Maternal Child Health is one of the elements of Primary Health Care. Efforts have been made to reduce the rate of child mortality from the Linda Mama Initiative. You have been posted to Neema Health clinic and your main role is to give health talks to mothers visiting ANC clinic
 - a) Discuss five reasons that you will give to mothers explaining the need to exclusively breastfeed infants under the age of six months (10mks)
 - b) Discuss five reason why babies need to be vaccinated (10mks)