



AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF PUBLIC HEALTH
DEPARTMENT OF COMMUNITY HEALTH
BACHELOR OF SCIENCE IN COMMUNITY HEALTH
END OF SEMESTER EXAMINATION AUGUST 2022

UNIT CODE: CHP 212
UNIT NAME: MATERNAL AND CHILD NUTRITION
DATE: 15th APRIL 2024
TIME: Two hours **Start: 4.30PM** **Finish 6.30PM**

INSTRUCTIONS

1. This exam is marked out of 70 marks
2. This Examination comprises TWO Sections
Section A: Compulsory Question (30 marks)
Section B: Long Answer Questions (70 marks)

SECTION A: SHORT ANSWER QUESTIONS: COMPULSORY (30 Marks)

1. You are hosting a community nutrition dialogue day with mothers with children aged 0-6 months. Highlight any 4 key messages that you will discuss with the mothers on feeding practices of infants aged 0-6 months (4 Marks)
2. Complementary feeding is critical for infants aged 6 months and above. Outline any 4 factors that should be considered when preparing meals for children aged between 9-12 months (4 Marks)
3.
 - a. Define the term Focused Antenatal Care? (1Mark)
 - b. State any 4 interventions that are implemented during focused antenatal care (4 Marks)
4.
 - a. Highlight any two common pregnancy related symptoms that affect mothers during the first trimester (2 Marks)
 - b. Identify any nutrition related interventions that help in addressing the above-mentioned symptoms (3 Marks)
5. Duration of breastfeeding is recommended up to two years of age. You are conducting an assessment with mothers and discover that the median duration of breastfeeding in Imani Informal Settlement is 0-17 months
 - a. Interpret the duration of breastfeeding (2 Marks)
 - b. Highlight how to address the challenge being experienced in the community? (3 Marks)
6. State the characteristics of Baby friendly Community Initiative to improve exclusive breastfeeding uptake and complimentary feeding (4 Marks)
7. State the characteristics of oedema related to severe malnutrition among children aged below 2 years (3 Marks)

SECTION B: LONG ANSWER QUESTIONS: ANSWER ANY TWO (2) QUESTIONS (40 Marks)

8. You are working as a health care worker in your dispensary in charge of maternal and young child feeding practices in Kikao Subcounty. You have been funded by USAID to implement Baby Friendly Hospital Initiatives in your dispensary.
- Describe the 10 steps you will follow to ensure the facility has achieved this initiative (10mks)
 - Discuss the benefits of achieving BFHI at facility level on improving uptake of improved maternal and infant nutrition status? (10mks)
- 9.
- Discuss the benefits of exclusive breastfeeding (10mks)
 - Discuss the main indicators for tracking infant and young child feeding practices in a community that you know (10mks)
10. Discuss the factors that influence the nutritional requirements of a lactating teenage mother working and staying in an arid and semi-arid region in your country. How can these factors be addressed? (20mks)