



**Qualification Code** : 102105T4COH  
**Qualification** : Community Health Level 5  
**Unit Code** : HE/OS/CH/CR/02/5/A  
**Unit of Competency** : Conduct Community Based Healthcare

### **WRITTEN ASSESSMENT**

**Time: 3 Hours**

#### **INSTRUCTION TO CANDIDATE**

1. This paper has three sections A, B and C
2. You are provided with a separate answer booklet
3. Marks for each question are as indicated
4. Do not write on the question paper

**SECTION A: (20 MARKS)**

*Answer all the questions in this section*

1. The aim of prevention is to avoid the risk of poor health. Which among the following programs is an example of secondary disease prevention?
  - A. A community-wide nutrition program at fast food establishments
  - B. A program to immunize persons exposed to infectious disease with immunoglobulin G within two weeks of exposure
  - C. Alcoholics Anonymous
  - D. An exercise program for persons who have had a stroke
  
2. Most of the community patients avoid disclosing their HIV/AIDS status. Identify from the following, a reason for non-disclosure.
  - A. Economic
  - B. Test kits abundance
  - C. Stigmatization
  - D. Education
  
3. Freedom of choice is one of the policies for the family planning program. Which of the following illustrates this principle?
  - A. Information dissemination about the need for family planning
  - B. Adequate information for couples regarding different methods
  - C. Support of research and development in family planning methods
  - D. Encouragement of couples to take family planning as a joint responsibility
  
4. Community Health Assistants use various methods to determine the possible sources of diarrheal cases in a community, choose one method used from the following methods.

- A. Community Survey
- B. Contact tracing
- C. Mass screening tests
- D. Interview suspects

5. Identify from the following, a measure being evaluated when a community health assistant determines the maximization of resources in implementing health activities.

- A. Adequacy
- B. Appropriateness
- C. Effectiveness
- D. Efficiency

6. A Community healthcare provider takes an active role in community participation. Choose from the following a goal for community participation.

- A. To educate the people regarding community health problems
- B. To mobilize the people to resolve community health problems
- C. To maximize the community's resources in dealing with health problems
- D. To assess the knowledge of the community about lifestyle behaviours

7. \_\_\_\_\_ is a factor considered by a community health worker when providing community-based health services.

- A. Availability of learning institutions in the community
- B. Number of community health volunteers
- C. Disease burden
- D. Household comfortable health facilities

8. Identify from the following, an intervention geared towards achieving a safe pregnancy and delivery in the community.

- A. Issuing IFAS
- B. Issuing mosquito nets
- C. Health talks
- D. Giving antibiotics

9. Palliative care is one of the community health strategies for helping patients with chronic illness. Which among the following diseases needs palliative care in the community?

- A. Malaria
- B. Cancer
- C. Pneumonia
- D. Urinary tract infection

10. Which of the following statements is correct regarding identifying patients at risk for HIV infection?

- A. Only patients who use intravenous drugs should be considered at risk for HIV infection.
- B. A monogamous heterosexual woman is not considered at risk for HIV infection
- C. All patients should be considered as being at risk for HIV infection.
- D. Only homosexual patients should be considered as being at risk for HIV infection

11. \_\_\_\_\_ is a sensitive index in determining the general health condition of a community?

- A. Crude death rate
- B. Maternal mortality rate
- C. Infant mortality rate
- D. Foetal death rate

12. Community based health care services include the following except?

- A. Management of communicable disease.
- B. Referrals for formal diagnosis and initiating treatment.
- C. Chronic diseases management.
- D. Performing rituals.

13. Listed below are a number of ways a person can get HIV. Which one is not?

- A. Unprotected sex with an infected person.
- B. Sharing a spoon.
- C. Receiving infected blood through sharing sharp instruments.
- D. Blood transfusion.

15. Which one of the following is not a tuberculosis symptom?

- A. Persistent cough.
- B. Cough with blood sputum.
- C. A lot of appetite.
- D. Night sweats

16. The following include classes of mental illness except?

- A. Schizophrenia spectrum.
- B. Anti-anxiety medications.
- C. Bipolar mood disorder.
- D. Anxiety disorder.

17. Which one of the following is not a malaria preventive measure?

- a) Sleeping under mosquito net.
- b) Eating healthy foods.
- c) Vaccination.
- d) Spraying anti-malaria drugs.

18. Which one of the following is a malaria transmission agent?

- A. Mosquito.
- B. Blood transfusion.
- C. Sexual intercourse.
- D. Malnutrition.

19. Which one is not a preventive method?

- A. Primary preventive method.
- B. Secondary preventive method.
- C. College preventive method.
- D. Tertiary preventive method.

20. Which one of the following is not a does not show how psycho-active drug can be classified?

- A. How they affect the brain and body commonly.
- B. Likelihood of causing addiction.
- C. Chemical structures and composition.
- D. Drug enforcement body in the country.

**SECTION B: (40 MARKS)**

*Answer ALL the questions in this question*

21. Integrated Community Case Management (ICCM) is a strategy to train, support and supply community health workers (CHW) to provide diagnostics and treatment of certain ailments. State **FOUR** integrated community case management personnel. (4 Marks)

22. Identify **FOUR** signs and symptoms that a community member with fetal alcohol spectrum disorder will manifest. (4 Marks)

23. Psychoactive drugs are substances that when taken in or administered into one's system, affect mental processes such as perception, consciousness and emotions. Highlight **THREE** classes of psycho-active drugs. (3 Marks)

24. Community-based health care is for people of all ages who need health care assistance at home. Outline **FOUR** community-based healthcare services. (4 Marks)

25. Vector-borne diseases account for most of the infectious diseases reported in Kenya. Apart from Malaria, identify **FOUR** diseases that are caused by vectors in your community. (4 Marks)

26. Outline **THREE** practices you would recommend for prevention of zoonotic diseases in your community. (3 Marks)

27. State **FOUR** signs and symptoms of jaundice in children under-five. (4 Marks)

28. Mental health includes emotional, psychological and social well-being of individuals. Identify **THREE** specialists who can help in the management of mental health issues. (3 Marks)

29. Highlight **FOUR** reasons for counselling a reactive community member to adhere to antiretroviral therapy. (4 marks)

30. Tuberculosis (TB) is an illness that mainly affects the lungs. State **FOUR** risk factors of contracting Tuberculosis at the community. (4 marks)

31. Outline **THREE** factors that can lead to faster development of HIV infection to full-blown AIDS among the key population. (3 Marks)

### **SECTION C: (40 MARKS)**

*Attempt any TWO questions in this section*



32. Many people living with HIV/AIDS in the community are unable to access healthcare due to stigmatization.

- a) Define the term Stigma (2 Marks)
- b) Explain **FOUR** reasons for the stigmatization of HIV/AIDS patients. (8 Marks)
- c) Discuss **FIVE** interventions that the government can put in place to address the above concern. (10 Marks)

33. Mental illnesses are health conditions involving changes in emotion, thinking or behaviour. The pathways to mental illnesses result from many factors.

- a) Describe **FIVE** etiological factors of mental health illness. (10 Marks)
- b) Explain **FIVE** misconceptions towards mental illness (10 Marks)

34. Jane is a 22-year-old female who was admitted to the hospital from home after 1 week of experiencing clinical signs of Tuberculosis. She was seen by an emergency room physician who also noted signs of depression. The patient has a history of intravenous drug abuse.

- a) Explain **FIVE** signs and symptoms of Tuberculosis that Jane could have shown. (10 Marks)
- b) Discuss **FIVE** ways of prevention of Tuberculosis in the community (10 Marks)