



**AMREF INTERNATIONAL UNIVERSITY  
SCHOOL OF PUBLIC HEALTH  
DEPARTMENT OF COMMUNITY HEALTH  
HIGHER DIPLOMA IN COMMUNITY HEALTH PRACTICE  
END OF MAY-AUGUST 2024 SEMESTER EXAMINATIONS**

**UNIT CODE:** HDCH 121

**UNIT NAME:** COMMUNITY-BASED HEALTHCARE

**DATE:** WEDNESDAY 7<sup>TH</sup> AUGUST 2024

**TIME:** TWO HOURS

**START:** 4.30 PM **STOP:** 6.30PM

**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. This online exam shall take TWO Hours
4. All questions in Section A are compulsory and Answer any TWO questions in Section B
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 Test (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 for this exam on Tel. 0701259474 and or the Head of Department on Tel 0723742370
12. For adverse incidences please write an email to: [amiu.examinations@amref.ac.ke](mailto:amiu.examinations@amref.ac.ke)

**SECTION A: ATTEMPT ALL QUESTIONS (20 MARKS)**

1. Non-communicable diseases are a major cause of mortality in Kenya. Highlight **FIVE** risk factors for non-communicable diseases (4 marks)
2. Post-traumatic stress is a disorder that develops in some people who have experienced a shocking, scary, or dangerous event. State **FOUR** signs of post-traumatic stress disorders (4 marks)
3. Scientists estimate that 70% of emerging infectious diseases originate from animals, and 60% of the existing infectious diseases *are* zoonotic. Outline **THREE** Zoonotic diseases of public health surveillance (3 Marks)
4. Highlight **THREE** cardinal signs and symptoms of tuberculosis (3 Marks)
5. Outline **THREE** challenges community health workers may face when conducting community-based health care (3 Marks)
6. Identify **THREE** social determinants of health that may impact community health Outcomes (3 Marks)

**SECTION B (40 MARKS)**

**ATTEMPT ONLY TWO QUESTIONS**

7. As a community health worker working at the Mali community you notice a high prevalence rate of HIV/AIDS in the community to people aged between 15- 32 years.
  - a) Explain **THREE** ways in which HIV is transmitted. (6 marks)
  - b) Identify **FIVE** classes of HIV antiretroviral drugs (5marks)
  - c) Explain **FIVE** myths and misconceptions that could have triggered the high prevalence of the above disease. (5marks)
  - d) Explain **TWO** preventive measures one would apply to lower the prevalence rates of HIV/AIDS in the community (4 marks)
8. Communicable diseases still account for the highest proportion of disease burden in most countries.
  - a) Explain **SEVEN** measures for attacking the source (7marks)
  - b) Identify **Seven (7)** strategies for Interrupting the transmission cycle (7marks)
  - c) Describe **SIX (6)** measures for protecting the susceptible host (6marks)

9. You are the community health officer in community X, you have been provided with a community health promoters kit (CHP) kit, and you have been assigned to conduct community health outreaches to address various health issues in community X.
- a) Describe any FIVE health issues faced by community X  
(10 Marks)
  - b) Discuss FIVE key stakeholders you may involve when conducting the outreaches  
(10 Marks)
10. Community Health Promoters (CHPs), previously known as Community Health Volunteers (CHVs), play a critical role in Kenya's healthcare system
- a) Explain FIVE major roles of community health promoters  
(10 Marks)
  - b) A community health promoter (CHP) kit is a backpack containing essential supplies to aid healthcare work at the community level. Explain any FIVE typical content of a CHP kit  
(10 Marks)