



**AMREF INTERNATIONAL UNIVERSITY  
SCHOOL OF MEDICAL SCIENCES  
DEPARTMENT OF NURSING AND MIDWIFERY SCIEENCES  
DIPLOMA IN KENYA REGISTERED COMMUNITY HEALTH NURSING  
END OF SEMESTER EXAMINATIONS**

**DNS 323/ DCHN 223: COLLEGE FINAL PAPER 3**

**DATE: THURSDAY 18<sup>TH</sup> JANUARY 2024**

**TIME: 2 Hours Start: 0900 HOURS Finish: 1100 HOURS**

**INSTRUCTIONS**

1. This examination will be marked out of 100 Marks
2. This examination comprises ONE section . Section I: Multiple Choice Questions
3. **ANSWER 20 MCQs PER PAGE**
4. ALL questions are **COMPULSORY**.
5. Answer ALL questions in the Answer Booklet provided

## **SECTION I: MULTIPLE CHOICE QUESTIONS ( 100 MARKS)**

1. Marasmus can be distinguished from Kwashiorkor because in marasmus;
  - A. Only adults are victims
  - B. The cause is usually an infection
  - C. Severe wasting of body fat and muscle occurs
  - D. There is edema and belly bulges with fatty liver
2. A BMI of 26 is classified as;
  - A. Normal
  - B. Overweight
  - C. obese
  - D. Very obese
3. Anthropometric measurements include;
  - A. Lipid profile, body weight
  - B. Height,serum bilirubin levels
  - C. Body mass index,haempglobin level
  - D. Head circumference, weight
4. Less height for age and sex in children is an indication of;
  - A. Obesity
  - B. Underfeeding
  - C. Stunted growth
  - D. Obesity
5. Good sources of thiamine include;
  - a. Citrus fruits and tomatoes
  - b. Wheat germ and liver
  - c. Carotene and fish liver oils
  - d. Nuts and milk
6. Leftover foods should be;
  - A. put in the refrigerator immediately after meals
  - B. cooled to room temperature before refrigerating
  - C. cooled in the refrigerator for at least an hour before freezing
  - D. stored unwrapped in the refrigerator
7. Folate and vitamin B12 requirements increase during pregnancy because of their roles in;
  - A. Building strong bones and teeth
  - B. Fighting infections in the placenta and foetal blood formation
  - C. Building blood and foetal neurological development
  - D. Enzyme action and placental health
8. Height for age and sex lower than is recommended in a child is an indication of;
  - A. Obesity
  - B. Underfeeding
  - C. Stunted growth
  - D. Obesity

9. Weight for height is an index used to assess for:
- A. Wasting
  - B. Underweight
  - C. Obesity
  - D. Breastfeeding
10. When using the Mid Upper Arm Circumference tape, moderate malnutrition is indicated by the colour:-
- A. Green
  - B. Brown
  - C. Yellow
  - D. Red
11. Change of material culture that occurs faster than non-material culture leads to:-
- a. Social Change
  - b. Social mobility
  - c. Cultural lag
  - d. Cultural relativism
12. Ethnology:-
- a. Is a detailed description of a particular community, society or culture
  - b. Is a comparative analysis of two or more cultures.
  - c. Examines the diverse explanations for illness as different cultural contexts
  - d. Describes and interprets human behaviour and cultural patterns through material remains
13. Incompatible expectations in the various roles and individual plays is referred to as;
- a. Role conflict
  - b. Role strain
  - c. Role exit
  - d. Role confusion
14. Promotion at work situations is an example of:-
- A. Status recognition
  - B. Status reward
  - C. Vertical mobility
  - D. Horizontal mobility
15. Mechanisms of socialization include;
- a. Stratification and imitation
  - b. Enculturation and suggestion
  - c. Competition and sympathy
  - d. Enculturation and diffusion
16. The following is true about social stratification:-
- a. All social positions are acquired through personal effort
  - b. One person can hold more than one social statuses
  - c. Not all societies are stratified
  - d. Social stratification brings about equality

17. Ms X, is highly regarded in her village for being the first nurse in her community; this is an example of;
- Social stratification
  - Ascribed status
  - Achieved status
  - Social role
18. The following political systems have non-elected leaders
- Monarchy, Plutocracy
  - Authoritarian, delegative
  - Obligatory, democratic
  - Monarchy, autocracy
19. The nurse of the year 2018 is given a promotion. Such a promotion is an example of:-
- Informal sanction
  - Folkway ceremony
  - Formal sanction
  - Positive more
20. Secondary socialization mostly occurs in the home:-
- True
  - False
21. Achieved status is dependent on one's descent
- True
  - False
22. If a woman forgets to take the pill, she should:
- Take one pill as soon as she remembers
  - Wait until next day and take two pills
  - Use another form of contraception for the remainder of the month
  - A and B are correct
23. Changes in monthly bleeding are common for women who use:
- IUD
  - Depo-Provera®
  - Pill
  - All the above
24. Implants are safe for breastfeeding women because they do NOT contain
- Estrogen
  - Progestin
  - Both estrogen and progestin
  - None of the above
25. To make family planning more acceptable and more accessible, programs should:
- Provide a mix of service delivery points
  - Offer selected services through community health workers
  - Offer certain hormonal contraceptives outside of the clinic
  - All of the above

26. Contraceptive methods that can be used by the breastfeeding woman as early as six weeks postpartum include all of the following EXCEPT:
- A. Lactational amenorrhea method
  - B. Progestin-only pills 2
  - C. Combined oral contraceptives
  - D. Injectable and implant
27. Women who use the Safe Days Method must have cycles:
- A. Of any length. Cycle length is not related to the fertile days
  - B. Between 26 and 32 days long (regular monthly bleeding)
  - C. Lasting 28 days
  - D. Lasting 14 days
28. The following best describes reproductive health commodity security?
- A. When products are safe from theft and pilferages
  - B. When every person is able to afford contraceptives of their choice
  - C. When every person is able to choose, obtain, and use quality essential reproductive health products they need them
  - D. When women are given the freedom to choose contraceptive
29. To achieve contraceptive security, programs must be able to:
- A. Forecast
  - B. Finance
  - C. Procure:
  - D. All of the above
30. Immediate complications of Female Genital Mutilation/Cutting include: -
- a. Infertility, shock, psychological trauma
  - b. Adhesions, infection, bleeding
  - c. Obstetric fistula, infertility, shock
  - d. Shock, pain, psychological trauma
31. The delay in "receiving" reproductive health services is influenced by:
- a. Failure to recognize and perceive severity of illness
  - b. Poor skills of health providers
  - c. Lengthy distance to the facility
  - d. Poor transportation to the facility
32. Social influence by peers on adolescent sexuality include:-
- a. Socialization of the child to coping strategies in their personal life
  - b. Education level and work experiences
  - c. Set of fashion, leisure and music
  - d. Attitude
33. Adverse mental health outcomes of gender based violence include:-
- a. Unwanted pregnancies and suicide
  - b. Depression and homicide
  - c. Obsessive compulsive disorder and permanent disability
  - d. Low-self-esteem and anxiety

34. During menstruation
- A. The stratum basalis is shed
  - B. The stratum compactum is shed
  - C. Fibrinolysis is enhanced
  - D. Endometrial regeneration begins after ovulation
35. The advantage of male condoms over other forms of birth control is
- A. Least chance of failure
  - B. Best protection against STIs
  - C. Cheapest to use
  - D. All the above
36. The following is a barrier method of birth control
- A. Diaphragm
  - B. Intra Uterine Device
  - C. Withdrawal
  - D. Sterilization
37. The following is a possible side effect of Combined oral contraceptive pills
- A. Nausea
  - B. Irregular bleeding
  - C. Deep venous thrombosis
  - D. Increased risk of breast cancer
38. Combined oral contraceptive pill is contraindicated in women who have
- A. Cervical cancer
  - B. Breastfeeding and less than 6 weeks post partum
  - C. HIV and on ART
  - D. Blood pressure of 140/90mmHG
39. The mode of action for Emergency contraception include the following EXCEPT
- A. Prevents or delays ovulation
  - B. Prevents fertilization by slowing down sperm movement
  - C. Prevents implantation by causing histological changes on the endometrium
  - D. Prevents fetal growth by opening the cervical os
40. The following is a natural family planning method
- A. Tracking basal temperature
  - B. Tracking changes in cervical mucus
  - C. Tracking the menstrual cycle on the calendar
  - D. All the above

41. A client has missed 2 days of Lofeminal pill. How will you advise her to avoid pregnancy?
- A. Take two pills STAT, another two the next day then return to her original schedule on the third day and use back-up for 2 days after the missed pills
  - B. To start afresh, and not worry because the hormones are in the system, but can use a back-up method
  - C. Take two pill STAT, then return to her regular schedule and then use a back-up method for a whole week
  - D. Get the 1 month injection then continue with the pill at the same time as she has been taking them
42. The following statement is true about Depo-Provera
- A. It is a combined injectable
  - B. It is effective for 14 weeks
  - C. It is water based
  - D. It is oil based
43. Following vasectomy, the client is advised to use a condom to prevent pregnancy in the first
- A. 2 weeks
  - B. 3 months
  - C. 3 weeks
  - D. 6 weeks
44. The major side effect of the diaphragm is
- A. Toxic shock syndrome
  - B. Vaginitis
  - C. Cervicitis
  - D. Vaginal dryness
45. IUD can be used as an emergency contraceptive and must be used within \_\_\_\_\_ of unprotected sex
- A. 72 hours
  - B. 7 days
  - C. 1 months
  - D. 5 days
46. The element of directing whereby a manager guides and influences the work of employees in a desired direction is: -
- A. Supervision
  - B. Motivation
  - C. Leadership
  - D. Communication
47. Characteristics of an autocratic leader include:-
- A. Task oriented, empathetic, encourages enthusiasm
  - B. Encourages a collaborative spirit, people oriented, task oriented
  - C. Delegates very little, task oriented, gives direct and exact orders
  - D. Dominating and insistent, people oriented, encourage a collaborative spirit

48. Unity of command means :-
- A. The systematic reporting ranging from the ultimate authority at the top to the worker with least authority
  - B. One being in charge of a group that he/she can effectively supervise in terms of numbers
  - C. That the employee should receive orders from one superior only.
  - D. Having all standards and policies in an organization addressing issues harmoniously and implicitly
49. The ideal leadership style for a highly motivated group of employees is;
- A. Democratic
  - B. Laissez –faire
  - C. Contingency
  - D. Autocratic
50. Esprit de corps is a principle of management that:
- a. Ensures a just working environment for employees
  - b. Encourages harmony among employees
  - c. Encourages worker initiative
  - d. Ensures retention of productive employees
51. A new employee is familiarized to the organizations policies during:
- a. Specific induction
  - b. General induction
  - c. Follow up induction
  - d. Managerial induction
52. Mentorship of newly employed nurses:-
- A. Ensures there is mastery of all nursing procedures
  - B. Aims to achieve Holistic personal staff development
  - C. Involves the young nursing staff rotationally working in HR office
  - D. Promotes less dependence on the experienced nurses in the hospital
53. The following is True about organizational change:-
- A. Is constant and inevitable
  - B. Applies only for top management
  - C. Involves use of bandwagon syndrome to get many antagonists
  - D. Should involve use of incentives to have many agonists for the change
54. In change management, a champion refers to the one who:-
- A. Dreamt of the change and brought it to the attention of others
  - B. Is inspired by the vision and is enthusiastic to see it implemented fully
  - C. Is able to mobilise resources for the organization to meet its goals
  - D. Doubts whether the new change as worth for the organization



55. The following is NOT a component of Human Resource Management:-
- A. Human resource planning
  - B. Recruitment and selection
  - C. Training and development
  - D. Ensuring staff sign in and out when on duty
56. To ensure nursing activities are accomplished in a ward, a nurse manager should:-
- A. Enhance information acquisition through grapevines
  - B. Categorise her nurses into inner circle and outer circle groups
  - C. Set standards and measure performance
  - D. Do benchmarking and replication of other hospitals systems
57. Conceptual skills in Nursing management and leadership entails:-
- a. Ability to handle financial challenges in an organization
  - b. Being focused and least distracted by environmental challenges
  - c. Ability to see an organization as a whole and appreciate relationships among different elements
  - d. Circumspect information seeking about an organization from external and internal sources
58. Coaching newly employed nursing staff helps them to:-
- a. Solve challenges and produce results
  - b. Grow from basic competencies to advanced level
  - c. Become managers who are useful to their local communities
  - d. Acquire tricks for short changing their colleagues
59. Assertiveness among nursing staff :-
- A. Is a sign of rudeness
  - B. Causes conflict in the work place
  - C. Helps to increase staff self esteem
  - D. Delays achievement of the set hospital goals
60. The most important value in leadership is:-
- A. Integrity
  - B. Humility
  - C. Respect
  - D. Trust

61. The appropriate sequence of Kurt-Lewins' three stage model of change is: -
- A. Freezing, changing, refreezing
  - B. Unfreezing, Changing, Refreezing
  - C. Changing, unfreezing, freezing
  - D. Refreezing, unfreezing, changing
62. Factors to be considered when preparing a duty roster for nurses include: -
- A. Qualification, number of staff available, staff experience, competence
  - B. Education level, number of staff, experience, competence
  - C. Personnel interest, patient needs, qualification, staff gender
  - D. Staff gender, education level, qualification, competence
63. The aim of a unit nurse manager conducting a ward round is to :-
- A. Coordinate the activities of the staff, to develop staff
  - B. Get first-hand information regularly, quality care checks
  - C. Discuss with patients about their progress, motivate staff
  - D. Make nursing diagnosis, discuss staff problems
64. Sequential steps for disciplining a staff are: -
- A. Written warning, oral reprimand, suspension, termination
  - B. Friendly discussion, oral reprimand, suspension, termination
  - C. Oral reprimand, written warning, suspension, termination
  - D. Suspension, friendly discussion, termination, written warning
65. Clinical Preceptorship of student nurses involves : -
- A. An experienced nurse practitioner acting as a role model to students
  - B. Student nurses walking behind the senior staff in the ward daily
  - C. Experienced senior nurses delegating duties to students and take leave
  - D. Daily skills assessment for the student nurses
66. Health education during home visiting is conducted at:-
- A. Entry phase
  - B. Pre-visit phase
  - C. Activity phase
  - D. Termination phase

67. Principles of community health nursing include:-
- A. Prioritizing on curative and preventive aspects of health.
  - B. Minimizing vertical programs
  - C. Centralization of activities
  - D. Utilizing of only health professionals in health care delivery
68. In community strategy, a Community Health Unit was made up of: -
- A. 5,000 people
  - B. 5,000 households
  - C. 20 people
  - D. 20 households
69. County hospitals in Kenya are: -
- A. Primary health care facilities
  - B. Community units
  - C. Tier 3 facilities
  - D. Tier 4 facilities
70. Principles of Primary Health Care (PHC) include:-
- A. Multi-sectorial approach, accessibility, affordability
  - B. Health care system, appropriate technology, sustainability
  - C. Manpower development, community participation, appropriate technology
  - D. Priority, multi-sectorial approach, community participation
71. There are 15 sustainable development goals (SDGs)
- A. True
  - B. False
72. The sustainable development goals (SDGs) that directly relates to health is number 4.
- A. True
  - B. False
73. The age range for 'adulthood cohort' in Kenya Essential package for Health (KEPH) is: -
- A. 15 to 49 years
  - B. 15 to 59 years
  - C. 20 to 49 years
  - D. 20 to 59 years
74. Health education during home visiting is conducted at:-
- A. Entry phase
  - B. Pre-visit phase
  - C. Activity phase
  - D. Termination phase
75. Universal Health Coverage (UHC) is expected to be achieved by: -
- A. 2020
  - B. 2022
  - C. 2025
  - D. 2030

76. The danger zone temperatures for storing cooked food range between: -
- A. 0 Degrees C and 80 Degrees C
  - B. 60Degrees C and 100 Degrees C
  - C. 5 Degrees C and 60 Degrees C
  - D. 10 Degrees C and 100 Degrees C
77. Noise pollution-
- A. Can be controlled by planting trees
  - B. Is increased by creating healthy noise
  - C. Is increased by closing doors when using noisy machines, using earplugs
  - D. Does not cause systemic health problems
78. Trachoma is an example of: -
- A. Water based disease
  - B. Water related disease
  - C. Water borne disease
  - D. Water washed disease
79. In waste management, most strategies should be on: -
- A. Combustion with energy recovery
  - B. Combustion without energy recovery
  - C. Reduction and reuse
  - D. Recycling and composting
80. In community diagnosis, demographic data includes:-
- a. Population size, population density, population composition
  - b. Population composition, cultural patterns, occupation
  - c. Population size, population density, occupation
  - d. Population density, cultural patterns, population size
81. In demography population structure looks at: -
- a. Natality and age of population
  - b. Ethnicity and income of population
  - c. Fertility and mortality
  - d. Emigration and immigration of a population
82. Source of population dynamism data include: -
- a. Registration of births and immigration registry
  - b. Census and immigration registry
  - c. Micro census and registry of deaths
  - d. Census and micro census
83. Activities involved in the execution stage of community diagnosis are: -
- A. Interviewing respondents and data cleaning
  - B. Data cleaning and data analysis
  - C. Report writing and dissemination
  - D. Planning for the survey and interviewing respondents

84. Ethical considerations in community diagnosis include: -
- A. Obtaining informed consent, setting objectives, ensuring confidentiality
  - B. Establishing rapport, pre testing the questionnaire, training interviewers
  - C. Establishing rapport, ensuring confidentiality, obtaining informed consent
  - D. Selecting good interviewers, establishing rapport, setting objectives
85. The reference pathogen when testing water quality in Kenya is; -
- A. *S. Typhi*
  - B. *E. Coli*
  - C. *V. Cholerae*
  - D. *S. dysenteriae*
86. Pit latrines should be at least: -
- A. 0.5 metres above the water table
  - B. 10 metres away from the buildings
  - C. 20 meters away from a water source
  - D. 18 inches in diameter
87. The best waste disposal method for hospital waste is: -
- A. Burying
  - B. Burning
  - C. Controlled tipping
  - D. Recycling
88. Vaccines:-
- a. Only treat specific infections
  - b. Are used prophylactically
  - c. Are also known as antibodies
  - d. Completely prevent the occurrence of a disease
89. An attenuated antigen means:-
- a. Its more virulent
  - b. Can cause disease
  - c. Lacks pathogenic capabilities
  - d. Has been lyophilized
90. The type of immunity conferred to an individual following an infection with a specific agent is:-
- a. Natural active
  - b. Artificial active
  - c. Natural passive
  - d. Artificial passive
91. The following vaccine elicits a weak immune response:-
- a. Pneumococcal vaccine
  - b. Pneumococcal conjugate vaccine
  - c. Hepatitis B vaccine
  - d. Measles vaccine

92. Toxoid vaccines includes:-

- a. Oral polio and sabin vaccine
- b. Acellular pertussis and diphtheria vaccine
- c. Tetanus vaccine and diphtheria vaccine
- d. Rotavirus and yellow fever vaccine

93. A baby brought to the health facility for the first time aged 15 days will eligible for:-

- a. BCG and oral Polio birth dose
- b. BCG, pentavalent 1, Oral polio 1 and rotavirus vaccine
- c. BCG vaccine only
- d. Pentavalent 1, oral polio 1, PCV 10 and rotavirus vaccine

94. The appropriate intervention when a 4 month old child, lost to follow up after week 6 vaccines, presents to the immunisation clinic is:-

- a. Admonish the mother then start all over afresh
- b. Provide health education on adherence to vaccine schedules then administer week 10 Vaccines
- c. Provide health education on adherence to vaccine schedules then start the vaccine schedule afresh
- d. Advice the mother that the child has outgrown the vaccination schedule and advice on infection preventions

95. An example of a polysaccharide vaccine is: -

- a. Sabin vaccine
- b. Salk vaccine
- c. Haemophilus influenza type b vaccine
- d. Pneumococcal conjugate vaccine

96. One of the following is not a vaccine preventable disease

- a. Typhoid
- b. Cervical cancer
- c. Cholera
- d. Asthma

97. Commonly available bivalent oral polio vaccine contains:-

- a. Serotypes 1 and 2
- b. Serotypes 2 and 3
- c. Serotypes 2 and 2
- d. Serotypes 1 and 3

98. The first vaccine to be developed was against: -
- Smallpox
  - Chicken pox
  - Measles
  - Polio
99. The number of children over 1 year immunised when a 20 dose BCG vaccine vial is reconstituted and administered to 10 infants under 12 months and the rest administered to children over 1 year is:-
- 10
  - 5
  - 15
  - 1
100. The elderly should be vaccinated against:-
- Tetanus
  - Pertussis
  - Pneumonias
  - Rabies

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