



**AMREF INTERNATIONAL UNIVERSITY  
SCHOOL OF MEDICAL SCIENCES  
DEPARTMENT OF NURSING AND MIDWIFERY SCIENCE  
KENYA REGISTERED COMMUNITY HEALTH NURSING  
COLLEGE FINAL EXAMINATIONS**

**DNS 323: COLLEGE FINAL PAPER III**

**DATE: 18<sup>TH</sup> SEPTEMBER 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 Sections Section I: Multiple Choice Questions**
- 3. All questions are compulsory.**

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

1. To measure quality assurance in a hospital setting,
  - A. Care given to patients is compared with the institutional set criteria
  - B. The best caregivers are rewarded to motivate those underperforming
  - C. Guidelines of regulatory bodies are compared with those of the hospital
  - D. Expert opinions are used to rate the care being given by a hospital
  
2. Organizational standards are,
  - A. Set by every employee in an organization
  - B. A unifying force in a diverse profession like nursing
  - C. The only measures that can guarantee quality in patient care
  - D. Are more useful when an organization has semi-skilled staff
  
3. An interview where a candidate is asked open ended questions is called,
  - A. Unstructured interview
  - B. Structured interview
  - C. Relaxed interview
  - D. Unorganized interview
  
4. The most unpleasant form of separation with an employee is,
  - A. Termination
  - B. Mandatory retirement
  - C. Voluntary retirement
  - D. Resigning
  
5. The aim of a ward-in charge conducting a ward round includes 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
  
6. The following are nursing care delivery systems,
  - A. Case assignment, functional and team nursing
  - B. Team nursing, primary and secondary nursing
  - C. Case assignment, functional and tertiary nursing
  - D. Secondary nursing, primary and team nursing
  
7. Organizing managerial function includes,
  - A. Defining organizational rules
  - B. Hiring organizational members
  - C. Motivating organizational members
  - D. Determining who does which tasks

8. In the Norming stage of teamwork development,
  - A. There is ambiguity and confusion
  - B. Team members are not clear about the task
  - C. There is open communication between team members
  - D. The team focuses on achieving desired goals
  
9. The following are principles of time management,
  - A. Delegation, goal setting and Time analysis
  - B. Brainstorming, priority setting and inclusion
  - C. Inclusion, routine disruption and priority setting
  - D. Routine disruption, inclusion and Time analysis
  
10. The following are principles of procurement,
  - A. Longevity, transparency, efficiency and consistency
  - B. Open competition, efficiency, transparency and consistency
  - C. Ubuntu, openness, chain of command and consistency
  - D. Efficiency, Longevity, transparency and accountability
  
11. The three essential managerial skills include,
  - A. Technical, human and empirical
  - B. Human, empirical and conceptual
  - C. Technical, interpersonal and controlling
  - D. Technical, human and conceptual
  
12. The following is a function of the facility management committee,
  - A. Developing and implementing Health laws through the county Assembly
  - B. Delivering health services in respective health facilities
  - C. Developing and implementing county's health budgets
  - D. Developing and implementing National Health policies
  
13. The first three stages of Health Information system cycle are:-
  - A. Information analysis, information validation and information dissemination
  - B. Information generation, information validation and information analysis
  - C. Information dissemination, information utilization and information analysis
  - D. Information analysis, information utilization, information validation
  
14. To overcome resistance to change, managers should apply the following phases,
  - A. Change, freeze and unfreeze
  - B. Unfreeze, freeze, change
  - C. Freeze, change and unfreeze
  - D. Unfreezing, changing, refreezing

15. Laissez- faire style of leadership: -
- A. Is permissive with little or no control
  - B. Encourages up and down communication flow
  - C. Maintains strong control over the work group
  - D. Ensures decision making involves others
16. According to McGregor's theory
- A. Human beings have inherent dislike for work
  - B. Employees naturally like work
  - C. Human beings have self-determination tendencies
  - D. Employees do prefer working from home
17. Henri Fayol:-
- A. Advocated for bureaucracy in organization management
  - B. Identified the basic needs for employees
  - C. Came up with functions of managers
  - D. Proposed competitive hiring of staff
18. A leader is,
- A. Anyone appointed to a senior management position
  - B. Any highly competent individual hired by an organization
  - C. Anyone who uses interpersonal skills to influence others
  - D. An appointee of an organization who represents its interests
19. A responsibility,
- A. Is a duty or assignment related to a job
  - B. Power given by an organization to its workers
  - C. Refers to the level of integrity in an employee
  - D. Includes the scope of punctuality and commitment to duty
20. The principal of 'one man-one supervisor' is referred to as ,
- A. Chain of command
  - B. Unity of command
  - C. Workload formation
  - D. Unity of purpose
21. The Planning process in management entails
- A. Organizing, assessing, allocating and distributing
  - B. Assessment, setting goals, implementation and evaluation
  - C. Identifying, allocating, distributing and evaluating
  - D. Organizing, distributing, implementing and assessment

22. A mission statement communicates the,
- A. Reason for the organization's existence or being
  - B. Desired future for an organization
  - C. Approaches of attracting clients for a organization
  - D. Needs to be tackled by an organization
23. An organizational structure should spell out,
- A. The interpersonal relationships among staff
  - B. Areas of responsibility
  - C. Channels of informal communication
  - D. The strength of offices held by each employee
24. Policies are,
- A. Standard operation procedures for organizations
  - B. Tools that spell out communication channels for an organization
  - C. Guides that spell out responsibilities and prescribe actions
  - D. Manuals that define rules and procedures specific to each employee
25. The following is an example of Horizontal flow communication,
- A. Subordinate staff communicating to the supervisor
  - B. A student communicating to her lecturer
  - C. A student communicating to a patient
  - D. A manager communicating to another manager
26. The following is an objective of staffing ,
- A. To give our friends opportunities to work in our organizations
  - B. To effectively utilize skills and talents of each human resource
  - C. Place each human resource in area that is more financially rewarding
  - D. To stimulate growth of interpersonal relationships
27. During delegation, the manager should ensure that,
- A. The task to be delegated is always approved by the organization CEO
  - B. Technical skills of the delegatee match the task being delegated
  - C. Adequate compensation is negotiated for any task delegated
  - D. The delegatee takes up the task without any questions
28. Strategic decisions are,
- A. Intermediate
  - B. Long-term
  - C. Short term
  - D. Not related with major policies

29. The priority step when making decisions is,
- Data analysis
  - Gathering information
  - Exploring alternative information
  - Doing causal-effect analysis
30. The main objective of 'controlling' as a management function is to ensure,
- No employee disrespects senior managers
  - All workers are loyal to the organization
  - Work is done as per defines objectives and goals
  - No strangers are penetrating institutional routines
31. The major side effect of the diaphragm is
- Toxic shock syndrome
  - Vaginitis
  - Cervicitis
  - Vaginal dryness
32. IUD as an emergency contraceptive must be used within \_\_\_\_\_ of unprotected sexual intercourse.
- 72 hours
  - 7 days
  - 1 months
  - 5 days
33. The advantage associated with oral contraception is:-
- Reduction of severe menstrual cramps
  - Clearing up of acne and improving bone density
  - Prevention of certain cancers
  - All the above
34. The two hormones combined in the oral contraceptive pill are,
- Dopamine and serotonin
  - Prolactin and oxytocin
  - Estrogen and progestin
  - Estrogen and testosterone
35. Lactation Amenorrhea Method LAM is considered to be a very effective method of contraception up to,
- Three months post partum
  - Six months post partum
  - Six weeks post partum
  - 12 months post partum

36. Male sterilization is considered effective:-
- A. Immediately after the procedure
  - B. Four weeks after the procedure
  - C. Six weeks after the procedure
  - D. Twelve weeks after the procedure
37. Fertility will most likely return earliest for
- A. Non breastfeeding women postpartum
  - B. Breast feeding women post partum
  - C. Women post abortion
  - D. Women who exercise post partum
38. The following is the most effective contraceptive method
- A. Withdrawal
  - B. Male condoms
  - C. Implants
  - D. Pills
39. Emergency contraceptive pills can help prevent pregnancy if taken within\_\_\_ of unprotected sexual intercourse
- A. 5 days
  - B. 14 days
  - C. 21 days
  - D. 28 days
40. The following is a benefit of contraception to the family
- A. Reduces overcrowding
  - B. Enables conservation of resources
  - C. Ensures adequate health facilities
  - D. Reduces incidence of abortions
41. In family planning and contraceptive use counselling, medical eligibility criteria four (4) states that a client;
- A. Cannot use the method
  - B. Can use the method if there is no alternative
  - C. Can use the method without any hindrance
  - D. Can use the method with close supervision

42. The following is a client right regarding provision of family planning services
- A. Supportive supervision and management
  - B. Information training and development
  - C. Supplies, equipment, and infrastructure
  - D. Privacy and confidentiality
43. A barrier that hinders counselling for family planning is
- A. Location of facility
  - B. Gender biasness
  - C. Lack of resources
  - D. Lack of trained staff
44. Barrier methods of family planning include
- A. Implant, cervical cap, condoms
  - B. Contraceptive patch, cervical cap, condoms
  - C. Intrauterine device, cervical cap, condoms
  - D. Diaphragm, cervical cap, condoms
45. An absolute contraindication of combined oral contraceptives is
- A. Breast feeding
  - B. Adequately controlled hypertension
  - C. Migraine
  - D. Basal metabolic index BMI above 35
46. An intrauterine device mode of action is
- A. Stops ovulation
  - B. Increases cervical mucous
  - C. Causes intra-uterine inflammation
  - D. Thins the endothelium
47. A side effects of combined oral contraceptive is
- A. Periods become irregular
  - B. Periods become heavier
  - C. Periods become lighter
  - D. Periods become longer
48. The following is a non-reversible method of contraception
- A. Vasectomy
  - B. Intrauterine device



- C. Implant
- D. Contraceptive patch

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49. Thin cervical mucous indicates that the woman is
- A. Not fertile
  - B. Is fertile
  - C. Is about to ovulate
  - D. Is about to have her period
50. 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 available for all clients
51. 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
52. A BMI of 26 is classified as;
- A. Normal
  - B. Overweight
  - C. Obese
  - D. Very obese
53. Anthropometric measurements include;
- A. Lipid profile, body weight
  - B. Height, serum bilirubin levels
  - C. Body mass index, hemoglobin level
  - D. Head circumference, weight
54. Height for age and sex in children that is lower than the standardized mean for that category is classified as;
- A. Obesity
  - B. Underfeeding
  - C. Stunted growth
  - D. Obesity
55. 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

56. 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
57. Weight for height is an index used to assess for:
- A. Wasting
  - B. Underweight
  - C. Obesity
  - D. Breastfeeding
58. When using the Mid Upper Arm Circumference tape, moderate malnutrition is indicated by the colour:-
- A. Green
  - B. Brown
  - C. Yellow
  - D. Red
59. Regular activities performed by adherents of a particular religious faith such as attending religious services regularly, prayers, singing and reciting memory verses, are known as:-
- A. Religious norms
  - B. Experiences
  - C. Rituals
  - D. Religious duties
60. The type of kinship structure in which women are not regarded as permanent members of a society is likely to be:-
- A. Matrilineal
  - B. Patrilocal
  - C. Ambilineal
  - D. Patrilineal
61. Concerning Anomie in the society, Emile Durkheim argued that
- A. Anomie is caused by suicide
  - B. During anomie there is clear direction in society and individuals are well behaved
  - C. Anomie is associated with lack of social norms
  - D. Anomie state occurs during a period of profound social change

62. The following statement is TRUE
- A. Ethnographers study between two or more cultures by comparing disease transmission
  - B. State ways are informal norms that dictate appropriate behaviors without the need of written rules
  - C. Acculturation is the process by which one learns the way of life of one's own culture.
  - D. Socialization is rapid if there is more harmony among institutions.
63. The following is appropriately defined,
- A. inventions existing culture items, which are recombined again to form a new item that did not exist
  - B. Diffusion Slow or gradual change, which occurs with very low human effort, with almost unnoticeable changes in a social structure.
  - C. Discovery Rapid and deliberate change, which can extremely change a society's way of doing things.
  - D. Evolution A process of change involving the selection and adoption of cultural items from another society.
64. The following statement is TRUE
- A. Social change is contagious
  - B. Alteration of position with no significant movement up or down is not social mobility
  - C. Small size communities promote upward mobility more than large size communities.
  - D. Social stratification is not an ancient phenomenon.
65. The following statement about status is TRUE
- A. Achieved status is possible in closed system of social stratification
  - B. In ascribed status a nurse can rise up the ranks until he becomes the chief Nursing Officer.
  - C. In open system people are placed in position because of certain traits beyond their control such as family background, race and sex.
  - D. Meritocracy counts in acquired status.
66. 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

67. Promotion in work situations is an example of:-
- A. Status recognition
  - B. Status reward
  - C. Vertical mobility
  - D. Horizontal mobility
68. Mechanisms of socialization include;
- A. Stratification and imitation
  - B. Enculturation and suggestion
  - C. Competition and sympathy
  - D. Enculturation and diffusion
69. 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
70. Ms Bb, is highly regarded in her village because she is the first and only individual in the community to proceed for employment as a nurse in Canada; this is an example of;
- A. Social stratification
  - B. Ascribed status
  - C. Achieved status
  - D. Social role
71. The following political systems have non-elected leaders
- A. Monarchy, Plutocracy
  - B. Authoritarian, delegative
  - C. Obligatory, democratic
  - D. Monarchy, autocracy
72. Health education during home visiting is conducted at:-
- A. Entry phase
  - B. Pre-visit phase
  - C. Activity phase
  - D. Termination phase
73. Principles of community health nursing include:-
- A. Prioritizing on curative and preventive aspects of health.
  - B. Considering the family as the unit of service
  - C. Centralization of activities
  - D. Utilizing of only health professionals in health care delivery

74. 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. Appropriate Technology, multi-sectorial approach, community participation
75. Health education during home visiting is conducted at:-
- A. Entry phase
  - B. Pre-visit phase
  - C. Activity phase
  - D. Termination phase
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. 8 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 based on: -
- A. Combustion with energy and recovery
  - B. Combustion without energy and 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. Mortality and age of population
  - B. Ethnicity and age of a population
  - C. Fertility and mortality of a population
  - 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. Incenerating
  - 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 vaccine type that elicits weakest immune response is:-
- A. Live attenuated
  - B. Dead organisms
  - C. Immune sera
  - D. Toxoid
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. Studying the determinants and distribution of COVID 19 is referred to as:-
- A. Epidemiology of COVID 19
  - B. Demography of COVID 19
  - C. Community Diagnosis of COVID 19
  - D. Research of COVID 19
95. The appropriate intervention when a 3 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
96. An example of a polysaccharide vaccine is:-
- A. Sabin vaccine
  - B. Salk vaccine
  - C. Haemophilus influenza type b vaccine
  - D. Pneumococcal conjugate vaccine
97. One of the following is not a vaccine preventable disease
- A. Typhoid
  - B. Cervical cancer
  - C. Cholera
  - D. Asthma
98. 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

99. The study of human population is referred to as;

- A. Epidemiology
- B. Demography
- C. Community diagnosis
- D. Population based research

100. The elderly should be vaccinated against:-

- A. Tetanus
- B. Herpes
- C. Pneumonias
- D. Rabies

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