AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCE
DEPARTMENT OF REHABILITATION MEDICINE
BACHELOR OF SCIENCE IN PHYSIOTHERAPY
END OF SEPT-DECEMBER 2024 TRIMESTER EXAMINATIONS
SPECIAL EXAM

UNIT CODE: PHT 337   **UNIT NAME: Prevention of Non-communicable and**

                                                    lifestyles disease (Special exam)

DATE: **WEDNESDAY 4TH DECEMBER 2024**
TIME: **TWO HOURS**
START: **0:00**   **STOP : 0:00**

INSTRUCTIONS

1. **Do not write on this question paper**

1. This exam is marked out of 70 marks
2. This Examination comprises 3 Sections
3. This will take 2 Hours

Section A (30 Multiple choice questions (30 marks – one Mark Per question)

1. Which of the following factors can increase the risk of being obese or overweight?
   a. Lack of sleep
   b. Birth weight
   c. Dietary pattern
   d. All of these

2. -------------------------------refer to cancer causing substances
   a. Radiations
   b. HPV
   c. Hepatitis b
   d. Carcinogens

3. One of the tools listed below is not used in detecting Cardiovascular Diseases.
   a. Blood pressure checks- sphygmomanometer
   b. Electrocardiogram- called ECG or EKG
   c. angioplasty
   d. MRI- MRI machine
   e. Angiography- X-ray of blood vessels
   f. CT scan

4. Which of these is not among the behavioural risk factors as categorized by WHO
   a. Physical activity,
   b. Tobacco use,
   c. Alcohol use,
   d. Unhealthy diets

5. One of the following is not a risk factor that cannot be reduced or controlled by intervention;
   a. Age,
   b. Height
   c. Gender
   d. Race, and Family genetic

6. Overweight and obesity increases the risk of ------?
   a. Communicable diseases
   b. Non communicable diseases
   c. Both a and b
   d. All of these

7. Which of the following is /are the main reason of malnutrition?
   a. Limited access to health care facilities
   b. Limited access to food and its affordability
   c. Geographical segregation and poor accessibility to markets due to lack of roads
   d. All of these

8. Cystic fibrosis and haemophilia are examples of
    a. Hereditary diseases
    b. Degenerative diseases
    c. Deficiency diseases
    d. None of the above
9. Which one is the odd one out amongst the metabolic risk factors of WHO.
    a. Low blood pressure
    b. Raised total cholesterol
    c. Elevated glucose
    d. Overweight and obesity
10. The four leading NCDs are
    a. Chronic respiratory disease
    b. Cardiovascular disease
    c. Arthritis
    d. Diabetes
    e. Cancer

11. Risk of CHD (coronary heart diseases) may increase with high intake of …..
    a. Coconut oil
    b. Coconut
    c. Red palm oil
    d. Animal fats

12. ………….. is the 3rd most common type of cancer
    a. Cervical cancer
    b. Prostrate
    c. Colorectal
    d. Breast
13. For chronic respiratory diseases, ………… of the deaths occurs in low income countries
    a. 70%
    b. 80%
    c. 90%
    d. 100%
14. One of the following is not shred risk factors amongst the chronic respiratory diseases.
    a. Genes
    b. Infections
    c. Unhealthy diet
    d. Socio economic status
    e. Aging populations

15. Physical activity reduces: type 2 diabetes, certain cancers, heart attacks, including:
    a. Breast cancer
    b. Prostate cancer
    c. Stroke and falls
    d. Refined sugar in the blood
16. Raised glucose is a major cause:
    a. of renal disease
    b. renal and liver
    c. of heart disease
    d. of Heart and renal disease
17. which amongst these is not a risk factor for stomach cancer
    a. smoking
    b. family history
    c. eating vegetable and fruits with high fiber content
    d. Helicobacter pylori infections, ulcers or polyps

18. Which of the following is NOT associated with hypertension?
    a. High cholesterol
    b. High amounts of vegetables in the diet
    c. High body mass index
    d. Lack of exercise

19. Which of the following is the odd one out?

    a. Angina

    b. Liver cirrhosis

    c. Arrhythmias

    d. Stroke

20. Which of the following is not a common and modifiable risk factors that increase the

    chances of developing NCDs ;

    a. tobacco use,

    b. unhealthy diet,

    c. physical inactivity

    d. Mild taking of alcohol

21. Which one of these is amongst the 6 (controllable) risk factors?

    a. Tobacco use

    b. High cholesterol

    c. Physical activity exercise

    d. Excess weight

    e. Stress

    f. Alcohol/other drug use...

22. Which of the following is the leading cause of cancer death for women globally?

    a. Stomach cancer

    b. Lung cancer

    c. Breast cancer

    d. Ovarian cancer

23. Which of the following types of cancer in women may be prevented by the human

    papillomavirus vaccine?

    a. Urinary bladder

    b. Cervical

    c. Ovarian

    d. Uterine

24. It is estimated that tobacco use causes ……… deaths annually?

    a. 5 million deaths annually

    b. 6 million deaths annually

    c. 3 million deaths annually

    d. 11 million deaths annually

25. Which of the following is one of the most significant risk factors for cancer in general?

    a. Heroin

    b. Alcohol

    c. Opioid

    d. Tobacco

26. Excessive alcohol use is NOT linked to which of the following cancers?

    a. Breast

    b. Liver

    c. Lung

    d. Colorectal

27. Which of the following is NOT considered a complication of diabetes mellitus?
    a. Stroke
    b. Alopecia
    c. Blindness
    d. Neuritis

28. Which of the following fatal conditions is NOT commonly linked to tobacco use?
    a. Cancer
    b. Cardiovascular disease
    c. Liver disease
    d. Respiratory disease

29. Which of the following is an NCD?
    a. Pneumonia
    b. High blood pressure
    c. Influenza
    d. Typhoid

30. The deficiency diseases can be prevented by _____.
    a. Prolonged cooking
    b. Eating only fruits
    c. Eating only vegetables
    d. Eating food with good nutritional value

Section B -Short structured questions – 20 marks

31. Discuss five causes **and risk factors** of Non-communicable diseases (5Marks)
32. Discuss five ways we can improve mental health in the community (5 Marks)
33. Describe five causes of obesity in the community today (5 Marks)
34. Explain the main types of CCDs (5 marks)

Section C –Long structured questions – 20 marks

35. Describe the effects of NCDs in the community of your choice (10 Marks)
36. Discuss five cost effective interventions towards the fight against a specific NCDs (10Marks)