



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

**UNIT CODE: PHT 337**

**UNIT NAME: Prevention of Non-communicable and  
lifestyle Disease (Main Exam)**

**DATE: Wednesday / 04/ December**

**TIME: TWO HOURS**

**START: 11.15AM STOP : 1.15PM**

**INSTRUCTIONS (physical exams)**

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

(Marks and questions distribution as per program curriculum.)

**INSTRUCTIONS (Online examinations)**

1. This exam is marked out of 70 marks
2. This Examination comprises 3 Sections
3. This online exam shall take 2 Hours
4. Late submission of the answers will not be accepted
5. Ensure your web-camera is on at all times during the examination period
6. No movement is allowed during the examination
7. Idling of your machine for 5 min or more will lead to lock out from the exam
8. The Learning Management System (LMS) has inbuilt integrity checks to detect cheating
9. Any aspect of cheating detected during and or after the exam administration will lead to nullification of your exam
10. In case you have any questions call the invigilator for this exam on Tel. 0705833434 and or the Head of Department on Tel 0720491032
11. For adverse incidences please write an email to: [amiu.examinations@amref.ac.ke](mailto:amiu.examinations@amref.ac.ke)

**Section A Multiple choice questions. Answer all the questions. (30 marks)**

1. Which of the following fatal conditions is NOT commonly linked to tobacco use?
  - a. Cancer
  - b. Cardiovascular disease
  - c. Liver disease
  - d. Respiratory disease
2. Which of the following is an effect of COPD (chronic obstructive pulmonary disease)?
  - a. A decrease in the sensitivity of the body's cells to insulin
  - b. Destruction of alveoli
  - c. A reduction in the risk of lung cancer
  - d. An increase in the Vital capacity(VC) of the lungs
3. Kwashiorkor is caused by deficiency of ?
  - a. Vitamin K
  - b. Proteins
  - c. Calcium
  - d. More than one of the above
  - e. None of the above
4. Which of the following is a possible effect of a mother's smoking on an unborn baby?
  - a. Protection against asthma following the birth of the baby
  - b. Increased risk of birth defects
  - c. Increased mass at birth
  - d. The baby has low risk of contracting chest conditions
5. 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
6. Which of the following best explains how cancer cells can spread around the body?
  - a. Their DNA remains undamaged when they are transformed, so they can travel

- b. Cancer cells are specialized cells that can invade other tissues around the body
  - c. The cancer cell can be transferred through osmosis
  - d. They can be carried in the blood
7. Which of the following statements is correct?
- a. Over nutrition leads to stunting
  - b. Under nutrition leads to obesity
  - c. Under nutrition leads to underweight
  - d. All of the above
8. Which of the following is an NCD?
- a. Pneumonia
  - b. High blood pressure
  - c. Influenza
  - d. Typhoid
9. This of the following explains how cigarettes cause lung cancer.
- a. Cigarette smoking transfers cancer cells to the lungs
  - b. Cigarette smoke contain chemical carcinogens
  - c. Cigarettes contain nicotine
  - d. Lungs are prone to cancer from smoke
10. Overweight and obesity increases the risk of -----?
- a. Communicable diseases
  - b. Non communicable diseases
  - c. Both a and b
  - d. All of these
11. Risk of CHD (coronary heart diseases) may increase with high intake of .....
- a. Coconut oil
  - b. Animal fats
  - c. Coconut
  - d. Red palm oil
12. Which of the following diseases is caused by a mosquito?
- a. Dengue and malaria
  - b. Pneumonia and dengue

- c. Dengue and measles
  - d. Pneumonia and malaria
13. .... Is a non-communicable disease.
- a. Cough
  - b. Heart stroke
  - c. Measles mumps
  - d. Mumps
14. Which of the following is the odd one out?
- a. Angina
  - b. Arrhythmias
  - c. Stroke
  - d. Liver cirrhosis
15. Which of the following is indicative of the normal range of blood pressure?
- a. 105/149
  - b. 90/130
  - c. 120/80
  - d. 75/115
16. Which of the following is a major cause of type 2 diabetes?
- a. Too vigorous exercise, causing a reduction in carbohydrate in the body
  - b. Too little sugar in the diet, lowering blood sugar
  - c. Obesity
  - d. Eating fatty foods and fruits
17. Which of the following is not a cancer management intervention?
- a. Palliative care
  - b. Surgery
  - c. Chemotherapy
  - d. Pediatric treatment
18. Which of the following is not among warning signs of stroke?
- a. Headache
  - b. Dizziness
  - c. Lack of balance

- d. Short of breath
19. Which of the following diseases is an example of non-communicable diseases?
- a. Cancer
  - b. Diabetes
  - c. Hypertension
  - d. All of the above
  - e. All of the above.
20. Alzheimer's and osteoporosis are examples of \_\_\_\_\_.
- a. Communicable diseases
  - b. Degenerative diseases
  - c. Non-communicable diseases.
  - d. None of the above
21. Excessive bleeding during an injury is a deficiency of \_\_\_\_\_.
- a. vitamin A
  - b. vitamin B
  - c. vitamin K
  - d. vitamin E
22. Which is the recommended level of physical activity per week so as to prevent NCDs?
- a. 150 minutes
  - b. 300 minutes
  - c. 120 minutes
  - d. 60- 120 minutes
23. Which of the following is one of the most significant risk factors for cancer in general?
- a. Tobacco
  - b. Heroin
  - c. Alcohol
  - d. Opioid

24. NCDs are better addressed in the following Sustainable Development Goals (SDGs), EXCEPT?

- a. GOAL 3
- b. GOAL 7
- c. GOAL 11
- d. GOAL 5, 7.
- e. GOAL 2

25. The following is a good way to prevent non-communicable diseases.

- a. Eating more sodium chloride and animal protein
- b. Eating more sugar, vegetables and frits
- c. Eating more vegetables and fruits
- d. Eating more meat and animal protein

26. 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

27. 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

28. Which of the following types of cancer in women may be prevented by the human papillomavirus vaccine?

- a. Cervical
- b. Urinary bladder
- c. Ovarian
- d. Uterine

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

- a. Liver
- b. Lung

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

**Section B -Short structured questions. Answer all the questions. 20 marks**

31. Explain the main types of NCDs (5 marks)
32. Explain five risk factors to hypertension as a non-communicable disease (5 Marks)
33. Describe five social problems resulting from drug and substance abuse (5 Marks)
34. Explain why there is a lower incidence for cancer in people older than age 65 years (5Marks)

**Section C –Long structured questions. Answer TWO of the questions. 20 marks**

35. The ultimate goal of primary health care is better health for all. The world health organization identified key elements towards achieving this goal. Explain ten (10) elements of primary health care.
36. Mental health is increasingly becoming an issue of public health importance in our community today; Discuss five ways we can improve mental health in a slum dwelling of “Kibera” community” (10 Marks)
37. As a physiotherapist, explain five causes and mitigation measures of obesity in a primary school community today (10Marks)