



**AMREF INTERNATIONAL UNIVERSITY**  
**SCHOOL OF MEDICAL SCIENCES**  
**DEPARTMENT OF NURSING AND MIDWIFERY SCIENCES**  
**KENYA REGISTERED COMMUNITY HEALTH NURSING**  
**End of Semester Examination Dec 2024**

**COURSE CODE AND TITLE: DNS 311: Community Health II**

**TIME: 2 Hours**  
**HOURS**

**START: 0900 HOURS**

**FINISH: 1100**

**INSTRUCTIONS**

1. This exam will be marked **out of 70 Marks**
2. ALL Questions are compulsory.
3. The Examination has Three Sections: Section I- Multiple Choice Questions, Section II: Short Answer Questions, Section III: Long Essay Questions
4. Answer all Questions in the ANSWER BOOKLET provided
5. Do Not write anything on the question paper -use the back of your booklet for rough work if need be.

## SECTION I: MULTIPLE CHOICE QUESTIONS ( 20 MARKS)

- 1) The main purpose of health education is to: -
  - a) Motivate people to change from unhealthy to healthy living habits.
  - b) Promote self-determination in the community
  - c) Prevent peer pressure which may lead to poor health
  - d) Promote adoption of new methods of disease prevention
  
- 2) On performing health education the educator should:-
  - a) Base education on the felt needs of the community
  - b) Not allow individuals to fully participate in own health but should be guided by health care provider.
  - c) Partially assess the needs of the community members without discrimination
  - d) Avoid much interaction with members of the community
  
- 3) Schools are ideal settings within which to promote health because: -
  - a) They provide opportunity to demonstrate health practices
  - b) Teachers are very knowledgeable in health practices
  - c) Through child-to-child methods good health lessons can be passed on to the home practice
  - d) Teachers can force healthy practices to the children through punishment
  
- 4) An home visit should be: -
  - a) Planned to benefit the needs of a nurse
  - b) Convenient to the time schedule of the nurse
  - c) Regular and flexible according to the patient
  - d) Educative to the health care provider
  
- 5) One of the following is an element of primary health care: -
  - a) Accessibility of resources
  - b) Manpower development
  - c) Equitable distribution of resources
  - d) Safe water supply and proper sanitation

- 6) Regarding the phases of a home visit: -
  - a) Initiation phase: it is a phase before actual visit where one seeks information concerning the client
  - b) Termination phase :occurs when the health-oriented goals have been met
  - c) Pre-visit phase : occurs when the health-oriented goals have been met
  - d) Post visit phase: activities include confirmation if the patient has changed their residence
- 7) One of the following is a reason for referral: -
  - a) To compare other management in other hospitals
  - b) Referral is part of patient management
  - c) For better and more competent management
  - d) To change the monotony of management
- 8) The role of a family member and care givers in home-based care include: -
  - a) Give strict rules to the patient on drug compliance
  - b) Learn to deal with the client's needs without much consultation
  - c) To identify needs of the client and dealing with them without much consultation
  - d) Learn to accept and adjust to the situation of a critically ill patient.
- 9) In primary health care (P.H.C) multisectoral approach means: -
  - a) Nurses working with doctors to ensure patient quality care
  - b) Community members working with health care providers concerning their own health
  - c) Coordinated effort with other health related sectors whose activities have impact on health
  - d) Nurses working with other health care providers in health promotion and disease prevention.
- 10) Community mobilization requires the following resources: -
  - a) Money, land, materials, manpower
  - b) Money, materials, time, manpower
  - c) Community participation, time, manpower
  - d) Community participation, money, land

- 11) In community health primary prevention aims at: -
- a) Rehabilitation
  - b) Health promotion
  - c) Curative measures
  - d) Prevention from further damage
- 12) The role of a nurse where the nurses provide information to individuals, families, and communities include: -
- a) Research
  - b) Education
  - c) Managerial
  - d) Leadership
- 13) Identify an element of primary health care added by the government: -
- a) Accessibility of resources
  - b) manpower development
  - c) Dental health care
  - d) Safe water supply and proper sanitation
- 14) In community health primary prevention aims at: -
- a) Rehabilitation
  - b) Health promotion
  - c) Curative measures
  - d) Prevention from further damage
- 15) The primary focus of community health nursing:-
- a) Individual patient care
  - b) Promoting health within the community
  - c) Research in healthcare facilities
  - d) Administration of healthcare organizations
- 16) An example of primary prevention in community health nursing :-
- a) Administering antibiotics to treat an infection
  - b) Providing education on safe sex practices
  - c) Conducting screenings for breast cancer
  - d) Performing wound care for a diabetic ulcer
- 17) The primary purpose of a community health needs assessment is:-
- a) Identifying profitable business opportunities
  - b) Determining the healthcare needs of a specific population
  - c) Establishing eligibility criteria for healthcare services
  - d) Marketing healthcare products to consumers

- 18) A key component of the Ottawa Charter for Health Promotion is:-
- Access to universal healthcare coverage
  - Empowerment of individuals and communities
  - Promotion of unhealthy lifestyle choices
  - Exclusion of marginalized populations
- 19) An example of tertiary prevention in community nursing is :-
- Encouraging smoking cessation programs
  - Providing nutritional counseling to diabetic patients
  - Screening for breast cancer in high-risk individuals
  - Offering rehabilitation services to stroke survivors
- 20) Some activities which are part of the assessment phase of the nursing process in community health nursing are :-
- Implementing interventions to promote health
  - Evaluating the effectiveness of community programs
  - Identifying health needs and concerns within the community
  - Providing direct care to individual patients

## **SECTION II: SHORT ANSWER QUESTIONS (30 MARKS)**

- Highlight five (5) functions of a family (5 Marks)
- State three (3) components of school health programme (3 Marks)
- Outline (3) functions of a mobile clinic (3 Marks)
- Explain five (5) elements of primary health care added by the government of Kenya (5 Marks)
- State (5) five characteristics of a healthy community (5 Marks)
- Highlight four (4) skills which are required needed in home visiting. (4 Marks)
- Outline four (4) key implementers of PHC in Kenya (4 Marks)
- Outline the first two life cycle cohorts (1 Mark)

**SECTION III: LONG ANSWER QUESTION (20 MARKS)**

1. Mary is home-based care trained nurse working in a hospice located in Nairobi County near Mbagathi hospital.
  - a) Outline five (5) roles the community plays in home-based care ( 5 Marks)
  - b) List six (6) key players Mary will work with in providing home-based care (3 Marks)
  - c) Explain four (4) roles of care givers in home-based care (8 Marks)
  - d) Outline four (4) roles Mary will play as a home-based care nurse ( 4 Marks)

AMU