



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES
BACHELOR OF SCIENCE IN MIDWIFERY
END OF TRIMESTER EXAMINATIONS AUGUST 2022**

BSM 325 PUBLIC HEALTH IN MIDWIFERY

DATE: 1ST AUGUST, 2022

TIME: 2 Hours

Start: 9:00 AM

Finish: 11:00 AM

INSTRUCTIONS

1. This exam is marked out of 70 marks.
2. This exam has three sections: Section A, section B and section C.
3. All questions are compulsory.
4. Answer all questions in the booklet provided.

SECTION A –MCQs (20 MARKS)

1. The subsequent actions that will help reduce the spread of diseases include:
 - A. Washing work clothes reception
 - B. Removing work clothes before leaving the health care facility
 - C. Vaccination of health workers
 - D. The spatial separation of patients with acute febrile respiratory symptoms
2. Strategy to shield your psychological state include:
 - A. Keeping mental state issues to yourself your
 - B. Working in teams and increasing the quantity of your time working alone
 - C. Seeking early access to psychological state services
 - D. Decreasing caffeine intake when working long hours
3. An occupational health nurse sees the various injuries and diseases that persons can acquire from employment. The following recommendations would the nurse most likely provide about safety in the workplace:
 - A. Find employment in physical labor; at least your body will be in good condition.
 - B. Professional positions are the safest choice for employment.
 - C. White collar positions provide the least risk for injury.
 - D. There is no “safe” occupation or profession.
4. A nurse makes the suggestion that the 2-week shift rotations should be set up so that the next rotation in shifts is later rather than earlier. The following is the nurse attempting to prevent through this suggestion.
 - A. Anxiety, depression, and exhaustion
 - B. Family turmoil
 - C. Physical illnesses
 - D. Sleeping disorders
5. The following is the primary reason that large companies are becoming more involved in their employees’ personal health and well-being?
 - A. It is an ethical and moral responsibility.
 - B. It improves public relations within the community.
 - C. It allows managers to better understand their employees.
 - D. It provides a cost savings to the company.
6. The following statements best describes the relationship between the environment and health?
 - A. Because of the large number of variables involved, the relationship between environment and health cannot be researched.
 - B. Because the environment has such long-term effects on health, research findings are not yet available.
 - C. Research shows that a healthy environment has limited impact on one’s health.
 - D. Research shows that a healthy environment increases quality of life and years of healthy living

7. The most common cause of death due to measles is:
 - A. Secondary bacterial infection
 - B. Measles encephalitis
 - C. Otitis media
 - D. Pneumonia

8. The recommended vaccination strategy for rubella is to vaccinate first:
 - A. Women 15-49 year
 - B. Adolescent girls
 - C. Children 1-14 year
 - D. Infants

9. The following vaccines is/are given by the intramuscular route:
 - A. Influenza
 - B. BCG
 - C. Cholera
 - D. Varicella

10. The following statements is/are true regarding Hepatitis B infection:
 - A. Infection results in jaundice in greater than 50% of all cases
 - B. The incubation period ranges from 14-60 days
 - C. Chronic disease is strongly linked to the development of liver cancer
 - D. Most of those infected as adults will become chronic carriers of HBV

11. Breast feeding is important to an infant's health because:
 - A. It is not affected by the mother's nutritional status
 - B. It transfers immunity against certain infectious diseases
 - C. It decreases the mother's chances of getting pregnant
 - D. It protect the infant from physical injury

12. The greatest impact on reducing the incidence of tuberculosis in the 20th century was:
 - A. Introduction of effective anti-TB drugs
 - B. Improved water supply
 - C. Improved sanitation
 - D. Improved housing and reduced crowding

13. A vaccine that is biologically protective but not accepted by the public has:
 - A. High efficacy and low effectiveness
 - B. Low efficacy and high effectiveness
 - C. High efficacy and high effectiveness
 - D. Low efficacy and low effectiveness

14. New areas of emphasis in environmental health and research are:
- A. Air, water, hazardous waste
 - B. The built environment, urban sprawl, psycho-social factors, obesity
 - C. Mining, climate change, population, habitat destruction
 - D. Work environment, population
15. Breast cancer screening is an example of:
- A. Primary prevention
 - B. Secondary prevention
 - C. Tertiary prevention
 - D. Quaternary prevention
16. Excessive bleeding during an injury is a deficiency of_____.
- A. vitamin A
 - B. vitamin B
 - C. vitamin K
 - D. vitamin E
17. The three types of pathogens to be aware of when dealing with bodily fluids are:
- A. Hepatitis C, VRE and Staph
 - B. HIV, Hepatitis B, and Hepatitis C
 - C. Hepatitis A, HIV and Hepatitis B
 - D. Tuberculosis, VRE and Staph
18. The most serious problem facing global health now and in the future is:
- A. Nutrition
 - B. Water
 - C. Oil
 - D. Smoking
19. The following is the effect of social discrimination on health:
- A. Socioeconomic uplifting
 - B. Environmental non-exposures
 - C. Accumulation of stressors over lifespan
 - D. Infrastructural development

20. Surveillance is primarily useful to identify individuals in the population who need to be treated:

- A. True
- B. False

SECTION B-SHORT ANSWER QUESTIONS (30 MARKS)

1. Outline eight (8) operational component developed to achieve effective management of Kenya Expanded Programme on Immunization (8 marks).
2. Explain three (3) levels of hands decontaminations (6 marks).
3. Outline four (4) levels of disease prevention (4 marks).
4. State six (6) health care wastes that are to be minimized or managed by midwives to prevent injury and disease (6 marks).
5. As a midwife, outline six (6) steps you would undertake to investigate and control an outbreak of *Salmonella typhi* in the labour ward (6 marks).

SECTION C-LONG ANSWER (20 MARKS)

Nurses and midwives are central to Primary Health Care and are often the first and sometimes the only health professional that people see and the quality of their initial assessment, care and treatment is vital.

- a) Describe four (4) elements of Primary Health Care that are relevant to midwifery practice (12 marks).
- b) Explain four (4) challenges faced with implementation of primary health care in Kenya (8 marks).