



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING AND MIDWIFERY SCIENCES
KENYA REGISTERED COMMUNITY HEALTH NURSING
END OF SEMESTER EXAMINATIONS**

DNS 117: Community Health I

DATE: WEDNESDAY 3RD DECEMBER 2025

TIME: 2 HOURS

Start: 1400 HOURS

Finish: 1600 HOURS

INSTRUCTIONS

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

SECTION I: MULTIPLE CHOICE QUESTIONS (20 MARKS)

1. The built environment is shaped by:
 - a) Government
 - b) Culture
 - c) Atmosphere
 - d) Communication

2. The following is an example of a biological hazard in the environment:-
 - a) Lead paint
 - b) Noise pollution
 - c) Bacteria in drinking water
 - d) Radiation from a power plant

3. A key concept in environmental health is "dose-response relationship," which describes:-
 - a) How a disease spreads through a population.
 - b) The number of people affected by a pollutant.
 - c) The relationship between the amount of exposure to a substance and the health effect.
 - d) The speed at which a chemical breaks down in the environment.

4. A nurse conducting a pre-employment physical examination for a new employee is primarily concerned with:-
 - a) Assessing the employee's financial status.
 - b) Determining the employee's fitness for the job and establishing a baseline health status.
 - c) Finding reasons to deny employment.
 - d) Diagnosing pre-existing medical conditions not relevant to the job.

5. The main purpose of a Material Safety Data Sheet (MSDS) or Safety Data Sheet (SDS) is:-
 - a) To list the ingredients of a manufactured product.
 - b) To provide information about the hazards of a chemical substance and safe handling procedures.
 - c) To outline the company's emergency response plan.
 - d) To record employee training sessions.

6. The role of the occupational health nurse in implementing health promotion programs in the workplace is:-
 - a) Only treating workplace injuries.
 - b) Identifying workplace hazards.
 - c) Educating employees on topics like nutrition, stress management, and smoking cessation.
 - d) Managing the company's financial records

7. The following best describes the primary goal of family health in community nursing:-
 - a) To provide medical care only to the head of the household.
 - b) To identify and address the health needs and strengths of the family as a unit.
 - c) To focus on the health of the community as a whole, separate from the family unit.
 - d) To treat individual family members for their specific illnesses.

8. The following is an example of a family's internal resource that can promote health:-
 - a) Financial aid from a government program.
 - b) A strong family communication system.
 - c) Support from a neighborhood support group.
 - d) Access to a community health clinic.

9. Ergonomics in the workplace is the science of:-
 - a) Designing machinery to work faster.
 - b) Fitting the job to the person to reduce physical strain.
 - c) Managing employee work schedules.
 - d) Improving communication between management and employees

10. The following best describes the primary focus of community health nursing:-
 - a) Treating existing illnesses and injuries in a community.
 - b) Conducting medical research in a lab environment.
 - c) Promoting and protecting the health of populations and communities.
 - d) Providing care to individuals in a hospital setting.

11. The role of the community health nurse demonstrated when they champion for a policy change to reduce air pollution from a nearby factory which has been associated with respiratory ailments in the neighborhood is:-
 - a) An advocate
 - b) A clinician
 - c) An educator
 - d) A manager

12. The following is a social determinant of health:-
- A community's access to healthy and affordable food.
 - The severity of a patient's symptoms during an illness.
 - The number of hospitals in a city.
 - A person's genetic predisposition to a disease.
13. In a community health needs assessment, what is the most important reason for a nurse to involve key community members and stakeholders?
- To ensure the nurse's plan is what the community truly wants and needs.
 - To get permission from the community to implement a plan.
 - To reduce the amount of work the nurse has to do.
 - To complete the assessment more quickly.
14. The following intervention is a component of primary prevention when working with a family to prevent childhood obesity:-
- Screening children for high cholesterol levels.
 - Referring an obese child to a dietitian.
 - Helping a child with obesity manage their diabetes.
 - Educating parents and children about healthy eating habits and the importance of physical activity
15. The primary purpose of a home visit in community health nursing is to:-
- Administer medication to the home based care patients
 - Document the family's financial status and use it to guide treatments.
 - Provide a comprehensive physical examination for all members of the family.
 - Observe the family in its natural environment and assess health needs.
16. A key principle of a home visit from a nursing perspective is:-
- The nurse is always in control of the visit's agenda.
 - Home visits are only for the elderly and homebound.
 - The home environment is an extension of the hospital.
 - The family is the focus of care, not just the individual.
17. Traditional gender roles often influence a family's health decisions by:-
- Promoting equal participation in health decision-making.
 - They have no impact on health decisions.
 - Exclusively placing the man as the primary health decision-maker.
 - May lead to one gender, often the woman, being the primary caregiver and health manager of the family
18. The following is the most common cause of waterborne diseases in communities:-
- Biological contamination from human or animal feces.
 - Contamination from naturally occurring elements like arsenic or lead.
 - Chemical pollutants from industrial waste.
 - High levels of minerals like calcium and magnesium.

19. The following is an example of a water-related disease transmitted by a vector that breeds in or near water:-
- Malaria
 - Hepatitis A
 - Cholera
 - Typhoid fever
20. The process of collecting, analyzing, and interpreting data about environmental exposures to inform public health actions is called:-
- Environmental justice
 - Environmental surveillance
 - Risk assessment
 - Health impact assessment

SECTION II: SHORT ANSWER QUESTIONS (30 MARKS)

- Outline five (5) safe food practices (5 Marks)
- State five (5) classifications of health Hazards (5 Marks)
- Outline five (5) principles of Information, Education and Communication (IEC) as applied in community health (5 Marks)
- State five (5) characteristics of a healthy family (5 Marks)
- State five (5) impacts of poor housing on family health (5 Marks)
- Outline five (5) sub-systems that maintain the community's functionality (5 Marks)

SECTION III: LONG ANSWER QUESTIONS (20 MARKS)

- Community X which has high rates of unplanned families with many children. The government is planning to roll out a program in to sensitize the members on child spacing and planning of families to achieve optimal family health.
 - List four (4) parties that will be involved in the program planning process (4 Marks)
 - Discuss four (4) social determinants of health that that could be contributing poor family planning in this community (8 Marks)
 - Outline the steps of behaviour change that the nurse will teach the community members to realize the required change in the community (8 Marks)