



AMREF INTERNATIONAL TRAINING CENTRE

Health Records & Information Technology

HE/OS/CP/CR/02/5/B

Apply community health

July/August 2026

WRITTEN ASSESSMENT

Time: 2 HOURS

INSTRUCTIONS TO CANDIDATE

1. Marks for each question are indicated in the brackets.
2. The paper consists of **TWO** sections: **A** and **B**.
3. Candidates are provided with a separate answer booklet
4. **DO NOT** write on this question paper.

This paper consists of FOUR (4) printed pages
Candidates should check the question paper to ascertain that all pages
are printed as indicated and that no questions are missing.

SECTION A (40 MARKS)

Answer ALL the questions in this section.

1. You are presenting to factory workers in an industrial zone with high rates of occupational hazards and respiratory illnesses. Define the following terms as used in community health:
 - a) Hazard (2 Marks)
 - b) Strain and sprain injuries (2 Marks)
2. In a busy urban market, traders and customers report increased use of miraa, glue sniffing, and unprescribed painkillers. Provide FOUR methods of drug administration commonly linked to substance abuse. (4 Marks)
3. A manufacturing estate records rising cases of liver damage, depression, and workplace absenteeism tied to substance use. Record THREE health effects of drug and substance abuse at the community level. (3 Marks)
4. Construction sites in a growing city generate large amounts of debris and hazardous waste dumped in nearby streams. Outline FOUR principles of environmental health in waste management. (4 Marks)
5. A busy city clinic reports low family planning attendance, high rates of unsafe abortions, and increasing cervical cancer cases. Suggest FOUR strategies to promote maternal and child health services. (4 Marks)
6. An outbreak of diphtheria has been confirmed in crowded informal settlements with many migrant workers' children. Recognize THREE importance of immunization in primary health care. (3 Marks)
7. In a low-income urban estate, many school-going children exhibit signs of iron deficiency and poor cognitive development. Propose FOUR types of nutrients essential for managing malnutrition. (4 Marks)
8. Health volunteers are running radio campaigns after a spike in typhoid cases linked to contaminated water in apartment blocks. (3 Marks)
Examine THREE roles of health education in preventing communicable diseases.
9. You are tasked with community diagnosis in a densely populated area facing both lifestyle diseases and sanitation challenges. Mention FOUR standard operating procedures (SOPs) for conducting community diagnosis. (4 Marks)

10. Middle-income apartment residents show increasing prevalence of cardiovascular diseases and mental health disorders. Indicate THREE causes of non-communicable diseases in community settings. (3 Marks)
11. A city maternal clinic records many cases of teenage pregnancies and complications from short birth intervals. Identify FOUR elements of family planning in maternal health support. (4 Marks)

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SECTION B (60 MARKS)

Answer Any THREE Questions in This Section

12. In a large industrial estate called Bondeni, workers face high substance abuse (especially alcohol and stimulants), leading to frequent accidents, family breakdowns, and low productivity. As a Health Records Officer, you are supporting workplace community health programs.

- a) Define substance abuse. (2 Marks)
- b) Identify FOUR commonly abused substances in urban industrial settings and one associated health effect for each. (8 Marks)
- c) Explain FIVE benefits of community-based interventions in industrial estates. (10 Marks)

13. A densely populated informal settlement near the city market has high malnutrition among pregnant women and children due to expensive food and poor dietary knowledge.

- a) Elaborate FIVE challenges in managing malnutrition in urban poor communities. (10 Marks)
- b) Suggest FIVE components of a community nutrition promotion plan suitable for this settlement. (10 Marks)

14. Rapid urbanization in a new residential area has led to poor waste disposal practices, causing frequent outbreaks of water-borne diseases.

- a) Describe FIVE services related to waste classification and management. (10 Marks)
- b) Recommend FIVE key elements for effective Primary Health Care referral systems in urban settings. (10 Marks)

15. A commercial hub is experiencing simultaneous outbreaks of airborne infections and rising cases of hypertension among traders.

- a) Illustrate THREE modes of transmission for communicable diseases with examples. (6 Marks)
- b) Describe FOUR roles of different health workers in disease prevention. (8 Marks)
- c) Analyze THREE health education methods most suitable for busy urban commercial areas. (6 Mark)

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