



AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF PUBLIC HEALTH
DEPARTMENT OF COMMUNITY HEALTH
DIPLOMA IN COMMUNITY HEALTH PRACTICE
END OF SEMSTER EXAMINATION DECEMBER 2025

UNIT CODE: DCHP 136 **UNIT NAME:** Maternal and Child Health

DATE: 3rd n December 2025

TIME: **TWO Hours** **Start:** **Finish**

INSTRUCTIONS

1. This exam is marked out of 60 marks
2. This Examination comprises TWO Sections
Section A: Compulsory Question (20 marks)
Section B: Long Answer Questions (40 marks)

SECTION A: COMPULSORY (30 Marks)

Short Answer Questions

1. Identify **THREE** ways in which maternal health is linked to child development (3 marks)
2. Explain **TWO** risks associated with nutrient deficiencies in women before conception (**2 marks**)
3. Outline **THREE** essential nutrients required by lactating mothers and state their importance (**3 marks**)
4. Evaluate **THREE** nutritional implications of malaria in children under five years (**3 marks**)
5. Identify **THREE** skills that a nutrition counsellor should apply during client interactions. (**3 marks**)
6. Explain **THREE** dangers of introducing complementary feeding earlier than recommended (**3 marks**)
7. Outline **THREE** nutritional requirements during pregnancy and explain their significance (**3 marks**)

SECTION B: Long Answer Questions

ANSWER ANY TWO (2) QUESTIONS (40 Marks)

Question 8

- a) You have been appointed to support a county health program targeting high infant and maternal deaths. Describe four ways in which strengthening maternal and child health services can help reduce infant and maternal mortality (**8 marks**)
- b) Assume you are designing a community nutrition outreach for caregivers of children under five. Evaluate four roles that nutrition education plays in preventing childhood malnutrition (**8 marks**)
- c) A public health officer is training CHVs on feeding practices for young children. Outline four reasons why appropriate complementary feeding is important for child growth and development (**4 marks**)

Question 9

- a) Using a practical scenario, examine **FOUR** ways in which prenatal nutrition supplementation can help prevent adverse pregnancy outcomes (8 marks)
- b) Assume you are advising a maternal–child health program. Evaluate **FOUR** practical strategies that could be used to overcome barriers to exclusive breastfeeding (**8 marks**)
- c) With reference to a community health setting, analyze **TWO** roles that community-based interventions play in reducing protein–energy malnutrition (PEM) (**4 marks**)

Question 10

- a) Using relevant examples, examine **FOUR** ways in which proper preconception nutrition contributes to safe motherhood (**8 marks**)
- b) Drawing from real-life or community settings, analyze **FOUR** strategies that can be used to promote and support effective breastfeeding practices (**8 marks**)
- c) In the context of maternal and child health programs, propose **FOUR** practical interventions that can improve the nutritional status of lactating mothers (**4 marks**)