

Diploma in Community Health

Module V

Manage Common Diseases and Ailments

HE/CU/CH/CC/01/6/MA

July/August 2026



AMREF INTERNATIONAL TRAINING CENTER

WRITTEN ASSESSMENT

Time: 2 HOURS

INSTRUCTIONS TO CANDIDATE

1. You have **TWO** hours to answer all the questions.
2. Marks for each question are indicated in the brackets.
3. The paper consists of **TWO** sections: A and B.
4. Do not write on the question paper.
5. A separate answer booklet will be provided.

This paper consists of FIVE (5) printed pages

Candidates should check the question paper to ascertain that all the pages are printed as indicated and that no questions are missing

SECTION A: SHORT ANSWER QUESTIONS (40 MARKS)

Attempt ALL Questions

1. During a community health outreach, several clients present with different illnesses. Differentiate between communicable diseases and non-communicable diseases, giving two examples of each.
(4 Marks)
2. A community health volunteer identifies a patient with a persistent cough lasting more than three weeks. State FOUR signs and symptoms that may indicate tuberculosis (TB).
(4 Marks)
3. During a home visit, a caregiver reports that a child has recurrent episodes of malaria. Outline FOUR preventive measures used to control malaria in the community.
(4 Marks)
4. A health worker is educating adolescents about sexually transmitted infections (STIs). State FOUR common sexually transmitted infections.
(4 Marks)
5. A client diagnosed with HIV attends a follow-up clinic. Mention FOUR benefits of adherence to antiretroviral therapy (ART).
(4 Marks)
6. During a disease surveillance exercise, a community health assistant identifies a suspected cholera case. State FOUR signs and symptoms of cholera.
(4 Marks)

7. A patient with severe asthma presents at a health facility. Outline FOUR factors that may trigger an asthma attack.

(4 Marks)

8. A community health worker is conducting patient assessment before initiating treatment. State FOUR components of a comprehensive patient assessment.

(4 Marks)

9. A client requires specialized medical care beyond the capacity of a dispensary. State FOUR reasons why patient referral may be necessary.

(4 Marks)

10. During a health education session, myths and misconceptions about measles vaccination emerge. State FOUR effects of myths and misconceptions on disease prevention and control.

(4 Marks)

SECTION B: LONG ANSWER QUESTIONS (60 MARKS)

Attempt ANY THREE Questions

11. A village reports an increase in malaria cases following a prolonged rainy season.

i. Describe FOUR clinical assessment processes for a patient presenting with suspected malaria.

(8 Marks)

ii. Explain THREE treatment measures for malaria according to standard guidelines. (6 Marks)

iii. Evaluate THREE community-based prevention and control strategies that can reduce malaria transmission. (6 Marks)

12. A community health worker identifies a patient with symptoms suggestive of pulmonary tuberculosis.

i. Discuss FOUR signs and symptoms of tuberculosis. (8 Marks)

ii. Explain THREE steps involved in managing and following up a tuberculosis patient in the community. (6 Marks)

iii. Assess THREE psychosocial and cultural factors that may affect tuberculosis treatment outcomes. (6 Marks)

13. A health facility records increasing cases of hypertension, diabetes, and cancer among adults.

i. Classify the above conditions as non-communicable diseases and describe their major risk factors. (8 Marks)

ii. Explain THREE ways how patient counselling can improve management of non-communicable diseases. (6 Marks)

iii. Propose THREE community interventions that can reduce the burden of non-communicable diseases. (6 Marks)

14. A cholera outbreak has been reported in a densely populated informal settlement.

- i. Describe FOUR ways how a community health worker would assess and identify cholera cases during an outbreak. (8 Marks)
- ii. Explain THREE prevention and control measures that should be implemented to contain the outbreak. (6 Marks)
- iii. Design a health talk that can be delivered to community members to promote cholera prevention. (6 Marks)