



**AMREF INTERNATIONAL TRAINNG CENTER**

Qualification Code : 102105T4COH  
Qualification : Community Health Level 5  
Unit Code : HE/OS/CH/CR/02/5/A  
Unit of Competency : Conduct Community Based Health Care

**WRITTEN ASSESSMENT**

**Time: 3 HOURS**

**INSTRUCTION TO CANDIDATE**

1. Marks for each question are indicated in the brackets
2. This 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)**

*Attempt all the questions in this section.*

1. Define the following terms:
  - a. Mental Health. (2 marks)
  - b. Disaster . (2 marks)
2. You are a Community Health Assistant at X Community Health Unit. Outline **four** causes of child illnesses and mortality in your community. (4 marks)
3. Mental health is a public health concern globally. Identify four mental health illnesses faced in your community. (4 marks)
4. Adherence to antiretroviral therapy is important to an individual health. Mention **four** classes of HIV antiretroviral drugs used in the Antiretroviral therapy. (4 marks)
5. The International Federation of Red Cross and Red Crescent Monitoring and Evaluation Framework consists of various tools to help build the capacity of National Society. Highlight three of these tools (3 marks)
6. Identify **four** services you will offer to community members when conducting community-based health care. (4 marks)
7. Physical exercise is essential in the management of non-communicable diseases. Enumerate **four** associated benefits of physical exercises to the management of non-communicable diseases. (4 marks)
8. Outline **two** reasons why you would advise caregivers of under five-year-old children to adhere to the immunization schedule. (4 marks)
9. Palliative care is care given to the terminally ill and their families that are extended from the health organization to the patient's home. State **four** components of palliative care. (4 marks)
10. Community Based health care services are provided by different cadres in the health sector. Identify **four** community-based health care providers. (5 marks)

**SECTION B: (60 MARKS)**

Answer **three** questions in this section.

11. You are a Community Health Assistant attached to a rural health facility. During your weekly household visits, you come across a 42-year-old male named Peter who has been coughing persistently for over three weeks. He has lost weight, feels weak, and complains of night sweats. Peter lives in a small, poorly ventilated house with his wife and three children. He is a casual laborer with irregular income and limited access to balanced meals. He also reports that several neighbors have recently been diagnosed with tuberculosis (TB).
- Based on the scenario, describe two possible ways TB may be spreading in Peter's community. (4 marks)
  - Explain two clinical signs of TB that Peter is already exhibiting. (2 marks)
  - Explain two possible complications Peter may face if TB is left untreated (excluding death). (2 marks)
  - With reference to the scenario, explain five socio-economic factors that may be predisposing Peter and others in his community to TB infection. (10 marks)
12. According to the World Health Organization reports (WHO, 2020), the number of suicide cases reported in Kenya rose by 58% between 2008 and 2017. The report further suggests that on average 317 people commit suicide every year in Kenya.
- With reference to the above statement, discuss **five** predisposing factors to mental illness in Kenya. (10marks)
  - Identify goal of the program. (2 marks)
  - You have been included in the program as a community resource person. Explain **four** types of mental health prevalent in that community. (8 marks)
13. During community dialogue day in Kiganjo Community Health Unit, it was identified that disaster is a serious problem in the community. As community focal person for health, you are required to conduct health education on disaster preparedness and prevention to community members.
- Identify **three** manmade disasters. (3 marks)
  - Discuss **five** steps in disaster preparedness (5marks)

- c. Explain **four** phases of emergency management in that community. (12 marks)
14. New technologies offer many positive opportunities for community-based health services but it's important to have a system perspective given the potential for wasting money through uncoordinated and poorly managed expansion
- a) Identify **five** services offered by community-based health care (5marks)
- b) Explain **five** barriers to effective health care services (5marks)
- c) Discuss **five** ways in which new technology is relevant to community-based health care services (10marks)

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