



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF PUBLIC HEALTH**

DEPARTMENT OF COMMUNITY HEALTH

BACHELOR OF SCIENCE IN COMMUNITY HEALTH PRACTICE

JAN-APRIL 2026 END OF SEMESTER EXAM

UNIT CODE: CHP 225

UNIT NAME: Drugs and Substance Abuse

(Out of 70 Marks)

15TH APRIL 2026

TIME:2 HOURS

Start:9:00AM Finish: 11:00AM

INSTRUCTIONS

- 1) This exam is marked out of 70 marks**
- 2) This exam comprises of two sections**
 - ✓ Section A: Compulsory questions (30marks)
 - ✓ Section B: Choose Two questions (each question is 20marks)

SECTION A: ANSWER ALL QUESTIONS

- 1) Outline **FIVE** effects of drug and substance abuse on community wellbeing and public health systems **(5 marks)**
- 2) Highlight **FIVE** modern factors contributing to rising substance use among adolescents and young adults in urban areas **(5 marks)**
- 3) Explain **FIVE** ways the World Health Organization (WHO) supports countries in addressing substance abuse **(5 marks)**
- 4) Outline **FIVE** roles Community Health Promoters (CHPs) can play in preventing substance abuse at the community level **(5 marks)**
- 5) Mention **FIVE** strengths of the 12-step programme in treating substance use disorders **(5 marks)**
- 6) Highlight **FIVE** key principles for effective treatment and rehabilitation of substance use disorders **(5 marks)**

SECTION B

Answer any **TWO** questions from this section

QUESTION 7

- a) A county has reported increasing cases of drug and substance abuse, particularly among youth in informal settlements. As a community health planner, critically evaluate **FIVE** community-based strategies that could be implemented to prevent and control drug and substance abuse **(10marks)**
- b) As a policy analyst, identify and explain **FIVE** key roles played by the National Authority for the Campaign Against Alcohol and Drug Abuse (NACADA) in preventing and controlling substance abuse in Kenya **(10 marks)**

QUESTION 8

- a) A rehabilitation center has observed high relapse rates among clients after discharge. As a community health specialist, examine **FIVE** ways in which Community-Based Rehabilitation (CBR) strategies can support long-term recovery of individuals with substance use disorders **(10 marks)**
- b) As a community health consultant, critically evaluate **FIVE** ways in which community education and awareness programs contribute to the prevention of substance abuse **(10 marks)**

QUESTION 9

- a) Analyze **FIVE** social consequences of substance abuse at the individual, family, and community levels **(10 marks)**
- b) Drawing from real-life family dynamics, assess **FIVE** factors within the family of origin that can either increase or reduce the risk of drug abuse **(10 marks)**