



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF PUBLIC HEALTH
DEPARTMENT OF COMMUNITY HEALTH
HIGHER DIPLOMA IN COMMUNITY HEALTH PRACTICE
END OF MAY-AUGUST 2024 SEMESTER EXAMINATIONS**

UNIT CODE: HDCH 122

UNIT NAME: FAMILY HEALTH AND NUTRITION

DATE: FRIDAY 9TH AUGUST 2024

TIME: TWO HOURS

START: 4.30 PM **STOP:** 6.30PM

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)
3. This online exam shall take TWO Hours
4. All questions in Section A are compulsory and Answer any TWO questions in Section B
5. Late submission of the answers will not be accepted
6. Ensure your web-camera is on at all times during the examination period
7. No movement is allowed during the examination
8. Idling of your machine for 5 min or more will lead to lock out from the exam
9. The Virtual Assessment Test (VAS) has inbuilt integrity checks to detect cheating
10. Any aspect of cheating detected during and or after the exam administration will lead to nullification of your exam
11. In case you have any questions call the invigilator for this exam on Tel. and or the Head of Department on Tel 0723742370
12. For adverse incidences please write an email to: amiu.examinations@amref.ac.ke

SECTION A: COMPULSORY (20 Marks)

1. State four contributions of good nutrition to a child who is under-five years. (4mks)
2. Outline four indicators of food security (4mks)
3. Identify four challenges that the elderly face in maintaining good health (4mks)
4. State four advantages of involving family members in analysis of a family health problem (4mks)
5. Highlight four benefits of community advocacy in enhancing family health (4mks)

SECTION B

ANSWER ANY TWO (2) QUESTIONS (40 Marks)

6. During assessment on Child X in a health center, you noticed following characteristics; protruding belly, edema in the hands and feet, low appetite, moon-face shape and kinky hair that can easily be pulled out.
 - a) What is the condition that the child was suffering (2mks)
 - b) Discuss five ways of preventing the above condition (10mks)
 - c) Discuss four reasons why the above child is vulnerable to infections (8marks)
7. There have been widespread cases of teenage pregnancies and school drop outs in your area. You have been assigned the duty of offering solutions in a Baraza meeting with the parents and youth.
 - a) Explain the meaning of “safe sex” (2mks)
 - b) Discuss five challenges that adolescents face (10mks)
 - c) Explain four harmful effects of abortion (8mks)
8. Maternal Child Health is one of the elements of Primary Health Care. Efforts have been made to reduce the rate of child mortality from the Linda Mama Initiative. You have been posted to Neema Health clinic and your main role is to give health talks to mothers visiting ANC clinic
 - a) Discuss five reasons that you will give to mothers explaining the need to exclusively breastfeed infants under the age of six months (10mks)
 - b) Discuss five reason why babies need to be immunized. (10mks)