



AMREF INTERNATIONAL TRAINING CENTRE

**MODULE VI
COMMUNITY HEALTH
HE/OS/CH/GE/02/5/MA
July/August 2026**

**WRITTEN ASSESSMENT
Time: 2 HOURS**

INSTRUCTIONS TO CANDIDATE

1. Marks for each question are indicated in the brackets.
2. The 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 THREE (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)

Answer ALL the questions in this section.

1. You are addressing caregivers in a home for the elderly on promoting quality of life. Define the following terms as used in geriatric care
 - a) Healthy ageing. (2 Marks)
 - b) Intrinsic capacity. (2 Marks)
2. In a geriatric clinic, many older adults present with reduced mobility and sensory decline. State FOUR criteria used in screening for declines in intrinsic capacity. (4 Marks)
3. Many elderly clients in a community centre believe that physical activity is not necessary at their age. Identify FOUR common myths and misconceptions about physical inactivity among older persons. (4 Marks)
4. An elderly support group reports increased cases of depression, anxiety, and social isolation. Outline THREE mental health services appropriate for older persons. (3 Marks)
5. During routine assessment, several older patients show signs of falls, incontinence, and cognitive impairment. Mention THREE common geriatric syndromes. (3 Marks)
6. An elderly patient is taking 12 different medications prescribed by multiple doctors. Explain THREE effects of polypharmacy in the geriatric population. (3 Marks)
7. A retirement home near a flood-prone area needs to prepare for emergencies. Identify THREE factors that increase vulnerability of older persons to disasters. (3 Marks)
8. You are coordinating care for older adults in a day-care center. Suggest FOUR pillars of healthy living for older persons. (4 Marks)
9. An older patient shows signs of declining vision, hearing, and mobility. State THREE methods for assessing geriatric syndromes. (3 Marks)
10. Many elderly patients in a rural facility have multiple chronic conditions and are on numerous medications. Mention THREE factors contributing to polypharmacy. (3 Marks)
11. Following a recent drought, elderly persons in a community experienced neglect and lack of medical access. Outline FOUR preparedness measures to protect older persons during emergencies and disasters. (4 Marks)

SECTION B (60 MARKS)

Answer Any THREE Questions in This Section

12. In a long-term care facility, many residents show reduced physical activity, declining cognitive function, and social withdrawal. As a geriatric care coordinator, you are required to intervene.

a) Explain the importance of healthy ageing and well-being for older persons. (2 Marks)

b) Describe FOUR components of well-being of older persons. (8 Marks)

c) Explain FIVE benefits of promoting physical activity among elderly residents. (10 Marks)

13. A community geriatric clinic reports increasing cases of depression, loneliness, and cognitive decline among older adults living alone.

a) Elaborate FIVE challenges in providing mental health services to older persons. (10 Marks)

b) Suggest FIVE strategies for integrating mental health support systems for the elderly.

(10 Marks)

14. Several elderly patients in a hospital ward are on multiple medications for hypertension, diabetes, arthritis, and other conditions, leading to adverse reactions.

a) Define polypharmacy 2

b) Explain FOUR effects of polypharmacy on older persons. (8 Marks)

b) Describe FIVE strategies for managing adherence and compliance in polypharmacy.

(10 Marks)

15. An area prone to flooding has a large population of older persons who were severely affected during the last disaster due to lack of preparedness.

a) Identify THREE types of disasters and emergencies that commonly affect older persons.

(6 Marks)

b) Explain FOUR ways to protect older persons during emergencies and disasters. (8 Marks)

c) Describe THREE roles of a geriatric care coordinator in disaster preparedness. (6 Marks)

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