



**UNIVERSITY EXAMINATIONS 2014/2015 ACADEMIC YEAR**

**3<sup>rd</sup> YEAR EXAMINATION FOR THE DEGREE OF BACHELOR OF  
SCIENCE NURSING AND PUBLIC HEALTH**

**COURSE CODE/TITLE: HNS 302: HEALTH PROMOTION**

**END OF SEMESTER: II**

**DURATION: 3 HOURS**

**DAY/TIME: THURSDAY: 8.00 - 11.00 AM      DATE: 18/12/2014 (PL9)**

**SECTION A : MULTIPLE CHOICE QUESTIONS (20 MARKS)**

1. Which of the following is NOT considered monitoring?
  - a) Counting the number of people trained
  - b) Tracking the number of brochures disseminated
  - c) Attributing changes in health outcomes to an intervention
  - d) Collecting monthly data on clients served in a clinic
  
2. Which of the following are examples of using communication for promoting health and wellbeing that nurses can put into practice in their everyday professional lives?
  - i - Designing health information leaflets for the patients in their clinic
  - ii - Advising patients and relatives on sources of information about their health needs
  - iv - Asking patients questions about their health concerns for the future
  - v - Obtaining translations of written health material for those patients who face language barriers
  - vi - Explaining to a patient and their carer what the medication is for
  - a) 1, 2 & 4
  - b) 1, 2, 3, & 4
  - c) 1, 2, 3, 4 & 5
  - d) 2, 3, 4 & 5
  
3. A pamphlet has been designed by a local health Trust to promote sexual health among the local population of men who have sex with men. How best can the pamphlets be distributed to the target audience while achieving maximum impact?
  - a) Leave in male toilets in the local pubs and clubs.
  - b) Give to sexual health practitioners to hand out to clients.
  - c) Put in leaflet racks in local libraries.
  - d) Put on tables in local gay clubs

4. The following questions relate to evaluation except
  - a) What is being done?
  - b) Is the activity being carried out as planned?
  - c) Does the activity reflect the required standards?
  - d) Has the activity achieved the expected results?
5. The Pap smear test detects cervical cancer in women at an early stage of the disease when there are no symptoms and the disease is not evident on visual examination. Which of the following statements applies to a woman with no history of cervical cancer who undergoes a Pap smear?
  - a) She is practicing primordial prevention.
  - b) She is practicing primary prevention.
  - c) She is practicing secondary prevention.
  - d) She is practicing tertiary prevention.
6. A person's belief in his ability to change his behavior is called
  - a) Locus of control
  - b) Self determination
  - c) Health promotion
  - d) Self efficacy
7. ....includes all purposeful activities designed to improve personal and public health
  - a) Wellness
  - b) Health promotion
  - c) Health education
  - d) Health
8. Health related behaviors are both
  - a) Flexible and positive
  - b) Learned and changeable
  - c) Acquired and concrete
  - d) Innate and avoidable
9. The process of developing and providing planned experiences to supply information, change attitudes and influence behavior is
  - a) Health education
  - b) Health promotion
  - c) Wellness
  - d) Role play
10. What does primary prevention prevent
  - a) Sick from becoming even sicker
  - b) A disease
  - c) Healthy people continuing to be healthy
  - d) Health people changing their behavior

11. What are the 3 main components of a result frame work that process monitoring focuses on
- a) Intermediate results, strategic objective, goals
  - b) Outputs, intermediate results, strategic objective.
  - c) Inputs, outputs, intermediate results.
  - d) Inputs, activities, outputs.
12. The following are principles of disease prevention and health promotion except
- a) Consumer health education
  - b) Health literacy
  - c) Social marketing
  - d) Top down approach in identifying learning needs
13. What kind of messages will work in the best possible way?
- a) Messages from celebrities
  - b) Messages from people in white coats
  - c) Messages from a nurse
  - d) Messages with a simple point told in a straight forward way
14. Sender, audience, message, medium: this point will include the following:
- a) Larger print for elderly
  - b) Translations into other languages if you serve several different ethnic groups
  - c) A DVD for younger patients
  - d) All of the above
15. A community health nurse is presenting a health education class to a group of senior citizens regarding exercises to promote cognitive health. The nurse presents a slide presentation and handouts. Which of the learning domains is the nurse working through?
- a) Cognitive domain
  - b) Perceptual domain
  - c) Psychomotor domain
  - d) Affective domain
16. A person in the pre-contemplation stage:
- a) Needs the information so that she can be aware that she needs to make a change
  - b) It is a patient who is contemplating a change
  - c) Both A and B
  - d) Needs guidance to change
17. What is it that nurses can do to have the greatest impact in producing lasting change in promoting healthy behavior?
- a) Talk to Patients about need to quit smoking
  - b) Talk to patients about losing weight
  - c) Create supportive environments that will reinforce good health practices
  - d) Convince patients to abandon unhealthy practices

18. A community health nurse is working with several agencies in planning to send a group of health care providers on a mission to a poor region of the country. One of the goals of the mission is to assist the local health care providers with environmental and sanitary conditions, while respecting their cultural beliefs and practices. This nurse is emphasizing which WHO strategy to promote global health?
- a) Development of environments that support health
  - b) Reorientation of health services to a health promotion focus
  - c) Advocacy for conditions favorable to health
  - d) Development of health public policy
19. A home health nurse is working with a client who has physical therapy ordered three times per week as part of rehabilitation from a stroke. The client is unable to access the public transportation system in their neighborhood and has no children who can help out. Even though the client understands the need for therapy, he cannot get there. This is an example of which component of the PRECEDE-PROCEED model of health promotion?
- a) PROCEED
  - b) PRECEDE
  - c) Personal factors
  - d) Reinforcing factors
20. A client tells the nurse he has been researching his newest medication on the Internet. In assisting this client and evaluating the information they received, which of the following is the best response by the nurse?
- a) It's better to receive this information from a pharmacist
  - b) Show me the material you found.
  - c) Information from the internet is usually not reliable
  - d) I think your primary care provider should explain any questions you may have.

**SECTION B: SHORT ANSWER QUESTIONS (40 MARKS)**

1. State 6 merits of internal evaluation (6 marks)
2. How will you apply the principles of health belief model to stop young people from engaging in irresponsible sex (7 marks)
3. State 5 uses of behavior change communication in the fight against HIV/AIDS (5 marks)
4. What role does 'advocacy' play in health promotion (5 marks)
5. A nurse intending to teach a community about the negative effects of open defecation would follow what steps (6 marks)
6. What are the key considerations in preparing a leaflet? (5 marks)
7. The WHO outlines the principles of health promotion as (6 marks)

**SECTION C: LONG ANSWER QUESTIONS (40 MARKS)**

1. The Ottawa charter represents a key milestone in health promotion
  - a). Explain the aim of the charter (2 marks)
  - b). List 6 important requirements for better health as outlined in this charter (3 marks)
  - c). Explain the elements of health promotion action in the context of the charter  
(15 marks)
2. You have been contracted by the county health department to come up with a program to stop the increasing consumption of junk food by Pwani university students. You decide to use social marketing approach to encourage healthy eating habits among the students.
  - i) Explain 4 key elements of social marketing (4 marks)
  - ii) Give a detailed description on how you will carry out your assignment (16 marks)