**KENYA METHODIST UNIVERSITY**



**SCHOOL OF MEDICINE AND HEALTH SCIENCES**

**Department of Clinical Medicine, Surgery & Community Health**

**FINAL QUALIFYING EXAMINATION**

For the Award of

**DIPLOMA IN CLINICAL MEDICINE, SURGERY & COMMINITY HEALTH**

**UNIT** : **COMMUNITY HEALTH PAPER TWO**

**DATE : FRIDAY, DECEMBER 9TH, 2011**

**INSTRUCTIONS**

READ THESE INSTRUCTIONS CAREFULLY.

1. Write your **University Number** (Not Name)
2. **Number** ALL questions CORECTLY.
3. **Attempt all the questions, part 1 & Part 2 separately**
4. **Multiple choice questions:**
* **M**ark T for True of F for False
* You score a mark for every correct response
* You do not score or lose any mark for not responding
* You will be penalized 1 mark (minus) for every wrong response
1. Time allowed is 3 hours. (2.30 P.M. - 5.3O P.M)
2. **DO NOT** USE A **PENCIL**
3. Births in a year x 100

Total population of women aged 15-49 years in the year.

The above measure is called?

1. Child-woman ratio
2. Total fertility rate
3. Crude birth rate
4. General fertility rate
5. Case fatality
6. Primary prevention of a disease may involve: -
7. Antibiotic therapy to a patient with pneumonia
8. Long term therapy to patient with leprosy
9. Health education to persuade people with early signs of tuberculosis to come for examination.
10. Observing personal and food hygiene.
11. Washing hands before meals
12. The following are determinants of the age structure of the population for a country:
13. Prevalence of contraceptive use
14. The Sex Ratio at birth
15. The pattern of internal migration
16. The crude birth rate
17. The crude death rate
18. The term ‘fertility’ may signify:
19. The crude birth rate
20. The reproductive potential of both males and females
21. The probability that a woman will conceive
22. The actual production of live births
23. The production potential of females only
24. Concerning Population Growth curves:
25. In Stage III, birth rates and death rates are low
26. In Stage II, fertility rates are still high
27. Stage III represents Incipient Decline stage
28. Transitional growth is in stage IV
29. In Stage I and III, there is equilibrium
30. Census as a source of demographic data:
31. Is the most reliable
32. May be done by *de facto* method
33. Is usually regional-based
34. May be affected by digit preference
35. Is usually a bi-annual event
36. In descriptive studies:
37. Cause-effect relationship is determined
38. Statistical tests cannot be applied
39. Are usually very expensive
40. There is always a comparison group

Are the most suitable for acute diseases

1. Host-specific disease risk factors include the following:
2. Pollution
3. Physiological state
4. Human behavior
5. Economic development
6. The degree of the Virulence
7. The following are true of Yellow Fever:
8. Is an arbovirus infection
9. Is transmitted by anopheles mosquitoes
10. May be unapparent infection in certain monkeys
11. May occur due to ecological changes
12. Effective vaccine is available
13. The following are true of Cholera:
14. An animal reservoir does exist
15. Vibrios invade the intestinal mucosa
16. Rehydration is the mainstay of management
17. Antibiotics are not useful in acute cases
18. Vaccination has a crucial role to play in its control
19. The following are true of Measles:
20. Man is the sole reservoir
21. An effective vaccine is available
22. Is one of the most contagious diseases
23. Can precipitate malnutrition
24. An effective drug is available for chemotherapy
25. Comprehensive Disaster Preparedness Strategy:
26. Includes hazard assessment
27. Can only be possible at international level
28. Involves public rehearsals
29. Includes information management
30. Only effective for natural disasters
31. Stages of drug/substance use include:
32. Experimental use
33. Regular use
34. Personality disorders
35. Occasional blackouts
36. Lack of insight.
37. Warning signs of substance use or abuse include:
38. Red eyes
39. Forgetfulness
40. Excessive laughing
41. Engorged veins
42. Sweating/thirsting
43. Contributing factors to drug abuse or use include:
44. Parental influence
45. Family violence
46. Cultic/cultural influence
47. Depression
48. Poverty and affluence
49. Strategies for Prevention and Management of drug and substance abuse may include:
50. Prohibitionist Policies
51. Legalization Policies
52. Community Services
53. Rehabilitation Centres
54. Media Campaigns
55. Exposure to the following pollutants causes diseases in human beings:-
56. Industrial paints
57. Organophosphates
58. Smell of rotting from dead carcasses
59. Noise from discotheques
60. Butterflies in the field
61. The following are classes of or categories of Psychology:-
62. Experimental psychology
63. Clinical psychology
64. Psychometrics
65. Malariology
66. Developmental psycholog
67. Development is:-
68. When a baby becomes able to stand alone and take 3 steps
69. When your girl reaches puberty
70. The Electoral Commission instituting electronic Voter Registration instead of the manual one
71. KeMU building 3 more student hostels
72. The Kenya Government appointing 42 Ministers up from 33
73. These are some of the human developmental milestones:-
74. Reaching 10kgs of weight
75. Achieving head control
76. Walking unsupported
77. Bowel and sphincter control
78. Reaching age 6 years
79. Some health problems associated with aging are:-
80. STIs
81. Arthritis
82. Failing vision and hearing
83. Dementia
84. Pneumonia
85. Some of the services to be considered when setting up a family health system are:-
86. Saunas and Health clubs
87. ANC, MCH and FP
88. Child welfare clinic
89. A gymnasium
90. Adolescent health services
91. Four of the original seven elements of PHC were:-
92. Prevention of accidents
93. MCH/FP
94. Supply of essential drugs
95. Water and sanitation
96. Health education
97. The following can be described as human lifestyles related to health:-
98. Busy, hectic and fast
99. Being a farmer
100. Eating ugali and stew
101. Being addicted to drugs and alcohol
102. Lazy, inactive, no physical activity
103. Obesity is a distinct health risk factor for the following diseases:-
104. Hypertension
105. Malaria
106. Diabetes Melitus
107. Osteo/Rheumatoid Arthritis
108. Cardiovascular disease
109. Early debut of sex activeness in women is a risk factor for:-
110. Pneumonia
111. HIV/AIDS
112. Cancer of the Cervix
113. Headaches
114. Death from septic abortion
115. Homosexuality exposes a man to:-
116. HIV/AIDS
117. Stress from rejection by family
118. Cancer of the Cervix
119. Hypertension
120. Cholera
121. Some ways of doing Health Education include:-
122. Song and dance (talk media)
123. Preaching on urban streets
124. Putting up Posters, Billboards or painting Murals
125. Writing letters to sick people
126. Holding Processions or Walks
127. The following constitute part of Disaster Preparedness:-
128. Formation of Rapid Deployment Teams and training them in fast, effective and focused response to human disasters
129. Building many dispensaries and health posts in the villages
130. Holding frequent rehearsals to keep the RDTs up-to date
131. Stocking up always on foods, clothes, medicines, surgical equipment, shelter and water
132. Building many roads and bridges
133. The following form part of Disaster Prevention:-
134. Make sure all citizens have radios
135. Enact and enforce earthquake, shock, tremor-resistant building By-Laws
136. Establish as many as possible, functioning early warning systems for storms, volcanic eruptions, remote sensing and seismological stations
137. Improve tremendously the accuracy of our meteorological services
138. Ensure that all people are well fed before any famine comes
139. In choosing a nutritional intervention to address a nutritional problem, the criteria would include:
140. Relevance
141. Cost effect
142. Feasibility
143. Long-term prospect
144. Integrability
145. The following biological and environmental factors negatively affect the health and nutritional status of a child:
146. Prolonged breastfeeding (beyond 1 year) in addition to adequate supplements
147. Young age of the mother (below 15 years)
148. Measles infection
149. Sudden weaning
150. Multiple siblings closely spaced
151. Breastfeeding or breast milk:
152. Provides all nutrients for the first 6 months of life
153. Protects against gastrointestinal infections
154. Should be encouraged only for low-income families
155. Should not be started until 24 hours after delivery
156. Is best stopped after the baby is one year old
157. Vulnerable groups for nutritional anaemia include:
158. Children
159. Adolescents
160. Pregnant and lactating women
161. Premature infants
162. None of the above
163. Vitamin A deficiency is associated with:
164. Measles and deaths
165. Blindness
166. Lower Respiratory Tract Infections
167. Hydrocephalus
168. All of the above
169. Clinical features of nutritional anaemia include:
170. Tiredness and apathy
171. Shortness of breath on exertion
172. Lack of concentration
173. All of the above
174. None of the above
175. The following may result from Vitamin A deficiency:
176. Increased risk of Measles
177. Lower Respiratory Tract Infections
178. Blindness
179. Increased child mortality
180. Impaired immune system
181. Concerning refuse:-
182. Proper management has negative impact on health.
183. Is not a major problem in the world.
184. Can cause traumatic injuries
185. Poor management can facilitate multiplication of rodents.
186. Refuse should be handled by highly trained and skilled personnel.
187. The following are true about BCG Vaccine: -
188. It is given intramuscularly
189. It is a live attenuated vaccine
190. Is heat sensitive
191. Given at birth
192. Protects against TB infection in children as well as adulthood.
193. About tetanus:-
194. It is preventable
195. Prognosis is good
196. It is transmitted through the faecal oral route
197. Neonates are not at risk of infection
198. Tetanus vaccine is contraindicated In pregnancy
199. Concerning KEPI:-
200. Yellow fever vaccine is given to all babies at the age of nine months.
201. Pneumococcal vaccine is not among the vaccines offered by KEPI.
202. KEPI program is integrated with the MCH/FP programs.
203. The cold chain is not essential in KEPI.
204. It is not concerned with the issue of cross infection during vaccination.
205. The following help in the control of Tuberculosis:-
206. Routine immunization to young adults is encouraged
207. Early diagnosis and treatment
208. Isolation of multiple drugs resistant TB patients.
209. Direct observation of treatment
210. Provision of free anti TB drugs.
211. A disease risk factor is:-
212. A condition or characteristic which makes an individual more likely to suffer the disease than others
213. A factor making you take too much risk
214. A factor which makes you diseased
215. A characteristic whose presence in an individual is very likely to cause that disease in him/her
216. None of these
217. The following sampling methods require a sample frame at one stage or other.
218. Simple Random Sampling
219. Cluster Sampling
220. Stratified Random Sampling
221. Systematic Sampling
222. All of the above
223. Screening for a disease: -
224. Is a method of secondary prevention.
225. It deals with need rather than demand for health services
226. It prevents the onset of the disease
227. Is most effective for diseases which are treatable.
228. Is not of importance in community health
229. The following are measures of mortality: -
230. Incidence density
231. Attack rate
232. Crude death rate
233. Five year survival rate
234. Infant mortality rate
235. Methods of surveillance data collection include: -
236. Enumeration of events
237. Physical examination
238. Household surveys
239. Population census
240. Census
241. For a communicable disease: -
242. Reservoir is always a living thing
243. Escape level of the agent provides the most effective level to target preventive interventions.
244. Virulence of the agent does not influence the outcome of the agent-host interaction.
245. Indirect transmission can be through on intermediate host.
246. A vector is not a must in all diseases.
247. About population growth curves: -
248. In stage lll, birth rates and death rates are low.
249. In stage ll, fertility rate is still high.
250. Stage ll is also called Incipient Decline Stage.
251. In stage l and lll, there is equilibrium.
252. There are no stages .
253. Hand washing: -
254. Plain soap/water removes transient microbes
255. Alcohol hand rub is not useful
256. Is ineffective in the control of hospital acquired infections
257. Does not affect spread of communicable diseases.
258. Is not useful in preventing hepatitis A
259. Special groups in the society include:-
260. Under 5’s
261. Soldiers
262. Old age
263. Adolescents
264. Ante-natal and post-natal women
265. Components of occupational health services:
266. Mental health
267. Rehabilitation programme
268. Vocational rehabilitation
269. Physical health
270. Stress management
271. About MDGs (Millennium Development Goals)
272. MDG l talks about eradication of extreme poverty and hunger
273. MDG ll talks about environmental sustainability
274. MDG lll is about reduction of child mortality rate
275. MDG lV is about fighting disease such as tuberculosis and HIV
276. MDG V is concerned with reduction of maternal mortality.

54. Adult Hydatid disease: -

1. The definitive host is the human being
2. Is more common in the coastal regions of Kenya than in the Rift Valley region
3. Mode of transmission is faecal oral
4. Herbivores are also affected
5. Metronidazole is the drug of choice
6. Waste management options include:
7. Waste minimization
8. Material recycling
9. Waste processing
10. Waste transformation
11. Sanitary land filling
12. Advantages of incineration include:
13. Volume reduction by 90%
14. safe elimination of pathogens
15. Requires trained workers
16. Ashes are hazardous
17. Intensive investment

57. About plague:-

 a) Rodents are non contributory

 b) Transmission can be airborne

 c) Fleas play a significant role in the transmission

 d) Used in bioterorism

 e) The causative organism is a virus

58. Components of KEPI include: -

1. Disease surveillance
2. Cold chain
3. Training
4. Monitoring and evaluation

Health education

59. Elements of primary health care

1. Mental health
2. Dental health
3. Surgery
4. Immunization
5. Provision of clean water

60. Essential drugs include:-

1. Antibiotics e.g. erythromycin
2. Anticancer drugs e.g. methotrixate
3. Dewormers.eg albendazole
4. Zinc sulphate
5. Allopurinol