



# UNIVERSITY OF EMBU

2017/2018 ACADEMIC YEAR

TRIMESTER EXAMINATIONS

FIRST YEAR EXAMINATION FOR THE DEGREE OF BACHELOR OF SCIENCE  
(NURSING)

HNS 137: COMMUNITY HEALTH NURSING II

**DATE: AUGUST 1, 2018**

**TIME: 11:00AM-2:00PM**

**INSTRUCTIONS:**

**Answer:**

**All MCQs in Section A;**

**All Short-answer Questions in Section B**

**All Long-answer Questions in Section C**

**Cancelled work should be done neatly by crossing with a single line in the essay and by use of X in the MCQs**

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

**Choose (CIRCLE/TICK) only one correct answer from the following questions**

1. In health education, the principle that best addresses the felt needs of the people is:
  - a) Interest
  - b) Motivation
  - c) Re-enforcement
  - d) Active learning
  
2. Cold chain maintenance is carried out from the:-
  - a) Factory till client receives vaccine.
  - b) Time vaccine is taken out of the fridge till client receives it.
  - c) Time nurse withdraws vaccine from the vial and is ready to give.

- d) Time the nurse is ready to administer the vaccine to the client.
3. When administering BCG, the following precautions should be observed:
- Ensure that an inflammation sets in.
  - Rub the site immediately after injection.
  - Use a spirit swab.
  - Ensure that a wheal forms.
4. The diseases that are targeted for eradication by EPI include:
- Poliomyelitis, neonatal tetanus, measles
  - Neonatal tetanus, measles, chicken pox
  - Measles, yellow fever, whooping cough
  - Poliomyelitis, neonatal tetanus, diphtheria
5. Artificial active immunity is:
- Protection provided from the transfer of antibodies from immune individuals
  - Type of immunity acquired through vaccination
  - Transfer of antibodies from mother to child
  - Is acquired by natural disease when a person gets an infection and develops immunity
6. In assessing the patient's condition using IMCI approach strategy, the first thing that a nurse should do is:
- Ask what are the child's problem(s)
  - Check the child's level of consciousness
  - Check for the four main symptoms
  - Check for the general danger signs
7. A nurse is weighing a breastfed 6-month-old infant who has been brought to MCH for a scheduled visit. The infant's weight at birth was 2.9 kg. The nurse notes that the infant now weighs 5.9 kg. The action the nurse should take is:
- Tell the mother that the infant's weight is increasing as expected
  - Tell the mother to decrease the daily number of feedings because the weight gain is excessive
  - Tell the mother that semisolid foods should not be introduced until the infant's weight stabilizes

- d) Tell the mother that the infant should be switched from breast milk to formula because the weight gain is inadequate
8. A nurse performing a physical assessment of a 12-month-old infant notes that the infant's head circumference is the same as the chest circumference. Based on this finding, the nurse should:
- a) Suspect the presence of hydrocephalus
  - b) Suggest to the pediatrician that a skull x-ray be performed
  - c) Tell the mother that the infant is growing faster than expected
  - d) Document these measurements in the infant's health-care record
9. Common emotional health problems among the youth include:
- a) Suicidal tendency, alcoholism, drug abuse
  - b) Homosexuality, STI, Truancy
  - c) Drug abuse, school dropout, promiscuity
  - d) Suicidal tendency, STI'S school dropout.
10. The following is a potential challenge when recovering from an emergency:
- a) Legal challenges over insurance issues
  - b) Making sure the health department has accurate lab reports
  - c) Drawing flood plain maps
  - d) Making sure information is shared across jurisdictions
11. A female client asks a nurse about the advantages of using a female condom. The nurse should tell the client that:
- a) It can be used along with a male condom
  - b) That it is 100% safe in preventing pregnancy
  - c) That it offers protection against sexually transmitted infections (STIs)
  - d) That it does not have to be discarded after use and can be used several times before a new one must be obtained
12. A nurse provides information to a client about the use of a diaphragm. The statement that indicates to the nurse the client **needs further information** on how to use the diaphragm is:
- a) "I need to reapply spermicidal cream with repeated intercourse."
  - b) "The diaphragm needs to be filled with spermicidal cream before insertion."
  - c) "The diaphragm can be inserted as long as 6 hours before intercourse."



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- d) "I can leave the diaphragm in place as long as I want after intercourse."
13. A nurse is discussing birth control methods with a client who is trying to decide which method to use. On which major factor that will provide the motivation needed for consistent implementation of a birth control method should the nurse focus?
- a) Personal preference
  - b) Family planning goals
  - c) Work and home schedules
  - d) Desire to have children in the future
14. A nurse is gathering subjective data from a client who is seeking a prescription for an oral contraceptive. To identify risk factors associated with the use of an oral contraceptive, the nurse should ask:
- a) "Are you dieting?"
  - b) "Do you smoke cigarettes?"
  - c) "Do you engage in strenuous exercise such as jogging?"
  - d) "Do you normally have menstrual cramps with your periods?"
15. Triage may best be defined as the process of:
- a) Assessing all incoming casualties of a disaster
  - b) Initiating assessment and diagnostic measures for casualties of a disaster
  - c) Determining the urgency of need for casualties of a disaster
  - d) Setting priorities and assigning urgency ratings for casualties of a disaster
16. According to DVI schedule of immunization, the correct dose for vitamin A at six months is;
- a) 50,000 i.u
  - b) 100,000 i.u
  - c) 200,000 i.u
  - d) 500,000 i.u
17. Anthropometry is the science of measuring;
- a) Size and makeup of the body and specific body parts.
  - b) Nutritional factors needed for growth and development.
  - c) Patients' habitual intake of food and liquids
  - d) Physical signs and symptoms of inadequate nutrition

18. The following is the correct order for the four major steps in designing a health education lesson plan:

- I. Developing instructional objectives and evaluation measures that is congruent
- II. Identifying several teaching strategies that encourage teacher modeling and student participation
- III. Setting scope and sequence boundaries for the topic
- IV. Determining the general focus for the lesson plan

- a) I, IV, III, II
- b) II, I, III, IV
- c) III, I, IV, II
- d) IV, III, I, II

19. The effect of home based care on family care is:

- a) family members do less for elderly relatives once services are received
- b) daughters often return to work
- c) families continue to provide a substantial amount of care
- d) family members often fight with home care providers over how to care for elderly

20. Patient's role in a home based care team includes:-

- a) Giving consent for care, monitoring resources, consulting
- b) Writing a will, identifying a care giver, participation in the care
- c) Identifying a care giver, participating in care, giving consent for care
- d) Monitoring resources, participating in care, writing a will

**SECTION B: ANSWER ALL THE QUESTIONS IN THIS SECTION (40 MARKS; USE THE ANSWER BOOKLET PROVIDED)**

- 1. Explain 3 principles of IMCI (6 marks)
- 2. State five ways in which a community health nurse can reduce missed opportunities in the health facilities (5 marks)
- 3. Describe the services that are available for the elderly at the community level (6 marks)
- 4. Highlight five role of Community Health nurses in social services (5 marks)
- 5. Explain the APAC process used by health workers as a communicating skill to care givers in IMCI (8 marks)

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6. Describe the dangers of having large and unplanned families (6 marks)
7. The multi-Dose vial policy was developed to govern administration of liquid vaccines. State four conditions that a vaccine has to meet to be used under this policy. (4 marks)

**SECTION C: ANSWER ALL THE QUESTIONS IN THIS SECTION (40 MARKS; USE THE ANSWER BOOKLET PROVIDED)**

1. You are a new health worker assigned to work in community P. You are tasked to provide health education on feeding options for under-fives.
- a) State four (4) teaching methods used in of health education (4 marks)
  - b) Describe key areas you will assess when determining the health education needs on feeding options of the groups in that community (12 marks)
  - c) State four characteristics of effective health education (4 marks)
2. You are the nurse in charge covering a Sub county hospital over the weekend. At 2pm on Saturday you receive a call from the police saying that multiple crash involving 3 buses has occurred along the nearby highway.
- a) State five (5) other disasters that have occurred in Kenya in the recent past (5 marks)
  - b) Describe the measure that you would institute in order to receive the accident victims. (5 marks)
  - c) Describe your role as the nurse in-charge when the accident victims arrive in the hospital. (10 marks)

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