



UNIVERSITY OF SWAZILAND
Faculty of Health Sciences
Department of Environmental Health Science

DEGREE IN ENVIRONMENTAL HEALTH SCIENCE
MAIN EXAMINATION PAPER 2017

TITLE OF PAPER : HEALTH PROMOTION

COURSE CODE : EHM 311

DURATION : 2 HOURS

MARKS : 100

INSTRUCTIONS :

- : READ THE QUESTIONS & INSTRUCTIONS CAREFULLY
- : ANSWER FOUR QUESTIONS
- : **QUESTION ONE IS COMPULSORY**
- : EACH QUESTION **CARRIES 25** MARKS.
- : WRITE NEATLY & CLEARLY
- : NO PAPER SHOULD BE BROUGHT INTO THE EXAMINATION ROOM.
- : BEGIN EACH QUESTION ON A SEPARATE SHEET OF PAPER.

DO NOT OPEN THIS QUESTION PAPER UNTIL PERMISSION IS GRANTED BY THE INVIGILATOR.

QUESTION 1

There are four major strategies that are used to ensure increased community capacity. These are leadership development, community organization, organizational development and fostering collaborative relations among organizations. Using the framework of community capacity and capacity building, discuss these strategies giving appropriate examples.

[25]

[25 MARKS]

QUESTION 2

As country 'Y', has made significant progress towards the elimination of malaria. However, it has been reported that in community 'P', there has been an increase in the incidence of malaria cases among the general population. Throughout the years, community 'P' has been recognised as a malaria endemic community thus residual spraying of houses has been practiced from time to time. However, as the Malaria programme officer, you have recommended that mosquito treated bed nets be given to all members of the communities as prior it was only given to expecting mothers. This initiative has been accepted by a few whilst some of the community members have been reluctant to adopt bednet use. It is therefore important to come up with a health promoting theory that is going to be used in the roll out of the intervention. As a former student of Health Promotion (EHM 311), you recommended the diffusion of innovation theory.

Discuss this theory in relation to the programme intervention addressing all the construct of this theory.

[25]

[25 MARKS]

QUESTION 3

The Ministry of Health is looking for a suitable candidate to fill the post of a health promoter in one of the regions in the country. This position requires a person who is knowledgeable on planning and implementing health promoting interventions in communities.

- a) Discuss how health promoting interventions are planned, implemented and evaluated. [15]
- b) This position will require that the health promoter work with communities.
 - i) Why is it important to ensure that communities are involved and are part of the intervention from the planning stage? [5]
 - ii) Mention 5 strategic approaches that the health promoter will have to employ in ensuring that the community members participate in the interventions to be implemented. [5]

[25 MARKS]

QUESTION 4

Health promoting interventions are successful if they address the individual wholly. In addition to that the factors affecting the individual's health status should be addressed adequately. These interventions use different approaches in addressing the individual health needs.

- a) Using the socio-ecological model, discuss the factors affecting the health of an individual giving appropriate examples. [10]
- b) Factors affecting the health of an individual are also explicitly explained by the Salutogenic theory. Discuss this theory stating how it is different from the pathogenic theory. [10]
- c) Briefly explain the health promoting approaches used in addressing individual's health needs. [5]

[25 MARKS]

QUESTION 5

Studies have revealed that prostate cancer is one the leading cause of death among men of all races. It was also revealed that most cases are report to health centres at stage 3 where the cancer has spread beyond the outer layer of the prostate into nearby tissues such as the seminal vesicles. It is therefore important to screen regularly (recommended to be annually) more especially for men around age 40 to 70.

- a) Using the health belief model, suggest how a new programme aiming at increasing cancer screening tests including the prostate-specific antigen test which look for sign of prostate cancer can be implemented. [20]
- b) The new programme is mainly centred around communication as the main channel to increasing knowledge on prostate cancer among men. Discuss the two types of communication that can be used in implementing this programme. [5]

[25 MARKS]