

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
(FIRST SEMESTER)
FINAL EXAMINATION PAPER
DECEMBER, 2008

COURSE CODE: NUR 316

COURSE TITLE: ASPECTS OF COMMUNITY HEALTH I
(Maternal Health Promotion)

TIME ALLOWED: 2 HOURS

MARKS ALLOCATED: 75

INSTRUCTIONS:

- 1) THIS PAPER CONTAINS THREE (3) QUESTIONS
- 2) ANSWER ALL THE THREE QUESTIONS
- 3) ALL THE QUESTIONS CARRY THE SAME MARKS
- 4) WRITE LEGIBLY

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GRANTED BY THE CHIEF INVIGILATOR**

QUESTION 1

In community health nursing working with families is very important for the promotion and prevention of community health.

- 1.1 Using Whall's definition state what the *family* is. (1)**
- 1.2 Mention the four most prevailing family forms in the society today stating one factor leading to each family form you have mentioned above. (4)**
- 1.3 Describe two challenges that may be encountered in skip generation families. (4)**
- 1.4 Describe three sources of stress in step-families. (6)**
- 1.5 Single parent families exist in societies for various reasons. Mention five factors that lead to this family form. (5)**
- 1.6 As a component of the family structure, the family belief system may influence family health promotion positively or negatively. Describe the negative influence that the family belief system may have on the family. (5)**

TOTAL MARKS = 25

QUESTION 2

Pre-conceptual care services are a vital component of maternal health promotion.

- 2.1 Describe three screening tests of importance performed on a couple pre-conceptually. (6)**
- 2.2 Some researchers have observed that the health status of the family is strongly associated with the health status of the mother. Motivate this statement. (3)**
- 2.3 Mention five characteristics of a healthy family. (5)**

2.4 A 13 year old teenage girl approaches you as a community health nurse for contraceptive advice but she already has a method of her choice in her mind i.e. an injectable because she does not want her parents and boyfriend to know that she uses contraceptives. What contraceptive advice would you give her and why? (5)

2.5 Mention any three stages of the health/illness and family interactions and explain what happens in each. (6)

TOTAL MARKS = 25

QUESTION 3

A 25 year old expectant single parent comes to your clinic with a history of having missed 2/12 period. She is gravida 6 Para 4 having had an abortion 4/12 ago. On examination she is found to be having a very high blood pressure and severe oedema of lower extremities. She wants to start family planning (FP) using an injectable FP method after her delivery.

3.1 State her gestational period in weeks. (1)

3.2 Which 3 laboratory investigations are going to be conducted on this lady and why? (6)

3.3 Give five points of nutritional advice you would give to the client stating the reasons for that. (10)

3.4 What immunization intervention is the client going to receive and how many doses is she going to get during the course of her pregnancy? (3)

3.5 For the purposes of health promotion and prevention, what family planning method would you advise the client to use and why? (5)

TOTAL MARKS = 25