

UNIVERSITY OF SWAZILAND

FACULTY OF HEALTH SCIENCES

FINAL EXAMINATION

FIRST SEMESTER DECEMBER, 2009

TITLE OF PAPER: COMMUNITY HEALTH DYNAMICS

COURSE CODE: HSC 205

TIME ALLOCATED: TWO HOURS

MARKS ALLOCATED: 75

INSTRUCTIONS:

- 1. ANSWER ALL QUESTIONS**
- 2. EACH QUESTION CARRIES 25 MARKS**
- 3. READ INSTRUCTIONS CAREFULLY**
- 4. PLEASE WRITE NEATLY AND LEGIBLY**

N.B. DO NOT OPEN THIS PAPER UNTIL PERMISSION HAS BEEN GRANTED BY THE INVIGILATOR

Question 1

For each of the following multiple questions, select the most appropriate answer. Write the question number and the letter representing the answer e.g. 2.a

1. The World Health Organization's definition for health includes:
 - a. A state of complete physical, mental and social well-being
 - b. A state of equilibrium between humans and the environment
 - c. Fitness as a result of individual adaptation to stress
 - d. Soundness of mind, body and spirit

2. The well-illness continuum is:
 - a. A plan to promote the health of ill people
 - b. A visual model of one's wellness or illness potential
 - c. The implementation of health promotion activities
 - d. The continual health and safety practices taught by nurses

3. An example of primary prevention is:
 - a. Physical therapy for a knee injury
 - b. Vision and hearing screening among school-age children
 - c. TB skin tests for clinic employees
 - d. Eating a well-balance diet low in fat

4. The primary focus of community health nursing is on:
 - a. Individuals
 - b. Families
 - c. Groups
 - d. Population

5. Community health nursing services are provided to families in their homes when:
 - a. An outpatient setting such as clinic or doctor office is closed
 - b. The community health nurse has lighter work schedule
 - c. A disease high-risk behaviour may affect a family member's health
 - d. There is a physician's order for a set of skilled nursing services

6. A community health nurse has many roles. One of the roles is providing holistic care with a wellness focus and involves expanding many basic nursing skills and caregiving skills. The role described above is:
 - a. Educator
 - b. Clinician
 - c. Leader
 - d. Collaborator

7. Practice settings for community health nurses vary. In the setting, the nurse may work with clients in outpatient departments of hospitals, through day care centres. These are examples of which of the following setting:
 - a. Ambulatory settings
 - b. Residential institutions
 - c. Occupational health settings
 - d. Correctional facilities

8. One of the following communicable diseases is prevalent in the lowveld:
 - a. Schistosomiasis
 - b. Malaria Fever
 - c. Poliomyelitis
 - d. Cholera

9. The following concepts are related to spirituality **except**:
 - a. Hope
 - b. Suffering
 - c. Pity
 - d. Grace

10. The main concepts of Roger's model include the following **except**:
 - a. Energy field
 - b. Openness
 - c. Pattern
 - d. Organizational structure

11. Which one of the following is a waterborne disease?
- Malaria
 - Riverblindness
 - Typhoid fever
 - Schistosomiasis
12. Typhoid fever outbreaks can be reduced through public health efforts. The factor which contributes least to this reduction is:
- Improved waste disposal
 - Chlorination of water supplies
 - Immunization techniques
 - Techniques for isolating the typhoid microorganism
13. Ground water such as springs and boreholes usually contain:
- More suspended organic matter than surface water
 - Less mineral matter than surface water
 - Fewer microorganisms than surface water
 - More microorganisms than surface water
14. Which of the following diseases would most likely be caused by microbes found in human excreta?
- Botulism
 - Staphylococcal infection
 - Salmonellosis
 - Gas gangrene
15. Which of the following is the effective fly control procedure
- Environmental sanitation
 - Food protection
 - Destruction of adult flies
 - Trapping of adult flies

16. For best results from the public health point of view, garbage and mixed refuse should be collected more than once a week in residential areas to:
- prevent development of flies
 - prevent development of odors
 - comply with law
 - enhance the aesthetic environment
17. "Measles" in meat hygiene refers to;
- minute lymph nodes in muscles
 - subdermal capillary bleeding
 - hardened bruises in flesh
 - encysted tapeworm larvae
18. The symptom (s) that occurs most commonly in staphylococcal intoxication is:
- bloody stools
 - double vision
 - diarrhea
 - nausea and vomiting
19. Cooked foods not immediately served;
- Offer no hazard in the transmission of foodborne disease.
 - If properly protected, need no refrigeration
 - Should be cooled quickly and stored at 4 deg C
 - Can be kept indefinitely at normal refrigeration temperatures
20. The holing of the ozone layer through air pollution is likely to result in the increase in:
- global warming
 - infant diseases
 - elderly diseases
 - skin cancer

For the following questions, state whether the statement is true or false. Write true, if the statement is true and false if the statement is incorrect.

- 21. Provision of safe water supply is one of the elements of Primary Health Care
- 22. The core of the Ministry of health policy objective is rendering of high quality services.
- 23. About 8 % of the world diseases and sicknesses are due to poor water supply.
- 24. The goal of Orem's theory is to help the client perform self care.
- 25. The current prevalence rate of HIV among pregnant women in Swaziland is 42.6%.

[25 Marks]

Question 2

- 2.1 State five (5) reasons for supporting immunization..... (5)
- 2.2 Describe four (4) determinants of health..... (4)
- 2.3 Describe six (6) activities that you can carry out as a community health nurse to prevent childhood mortality..... (6)
- 2.4 Name four (4) measures that can be used in the control of parasitic/worm infestation... (4)
- 2.5 Name and describe (3) levels of prevention (6)

25Marks]

Questions 3

- 3.1 During home visit, you find a homestead that has been infested with cockroaches. Describe the advice you would you give to eliminate the infestation..... (4)
- 3.2 Describe measures that may be taken in the control of foodborne diseases..... (4)
- 3.3 Describe the health problems that may be generated by poor disposal of

Refuse. (4)

3.4 Discuss how poor excreta disposal contributes ill health . Use the aid of a well labeled diagram of a sanitary pit latrine..... (8)

3.5 Name at least two excreta-borne diseases.....(2)

3.6 Name health problems that are associated with ozone holing..... (3)

[25 Marks]