

UNIVERSITY OF SWAZILAND

FACULTY OF HEALTH SCIENCES

FINAL EXAMINATION

SECOND SEMESTER MAY, 2010

TITLE OF PAPER : COMMUNITY HEALTH DYNAMICS
COURSE CODE : HSC 206
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. Definition of School Health include the following **except**
 - a. Various actions that are taken by the community health nurse.
 - b. Promotion of the highest level of health for school children.
 - c. Focuses on the physical, mental, social emotional and spiritual health of the pupils.
 - d. Prevention of substance abuse.

2. One of the following organization assists during disaster. Which one?
 - a. Disaster taskforce.
 - b. Swaziland Baphalali Redcross Society.
 - c. Save the Children
 - d. World Food Programme.

3. Green leafy vegetables are rich in.
 - a. Iron
 - b. Vitamin B12
 - c. Vitamin B6
 - d. Thiamine

4. One of the purposes of health education is
 - a. To promote health
 - b. To prevent stress
 - c. To encourage healthy living
 - d. Prevent teenage pregnancy

5. Emergency Care in school health nursing include the following **except**
 - a. Development of emergency protocols
 - b. Emotional control
 - c. First aid services
 - d. Postemergency assessment

6. Health education is always referred to as a discipline because it is derived from the following science(s):
- Social Sciences
 - Educational Sciences
 - Public Health Sciences
 - All of the above
7. Anticipatory counseling is a service provided for the following:
- Pupils and teachers
 - Teachers and administration
 - Students, parents and teachers
 - Administration, students, parents and teachers
8. Obesity leads to the following health risk(s).
- Diabetes mellitus
 - Hypertension
 - Coronary heart diseases
 - All of the above
9. Malnutrition among children is caused by the following except:
- Shortage of proteins and energy in the diet
 - Deficiency in iodine
 - Deficiency Vitamin A
 - Fat and oils.
10. Specific protection from diseases is:
- Primary prevention
 - Secondary prevention
 - Tertiary prevention
 - Rehabilitation

11. The process of enabling people to increase control over and improve their health is called.....

- a. Health promotion
- b. Health education
- c. Learning process
- d. Education process

12. Which of the following is a unit that is entrusted with the task of providing information on nutritional status of the population.

- a. Swaziland National Nutrition Council
- b. Swaziland Nutrition committee
- c. Swaziland infant Nutrition action network
- d. National Nutrition Network

13. Adding of micronutrients to different foodstuffs in order to increase nutrient content is called.....

- a. Food supplementation
- b. Food fortification
- c. Food Enrichment
- d. Nutrition supplementation

14. The organization that responsible for HIV and AIDS education in schools is

- a. The school health programme
- b. Swaziland network for people living with HIV and AIDS
- c. The school HIV/AIDS and Population Education programme
- d. The AIDS support Group.

15. According to the Ottawa Charter, improvement in health requires secure foundation in the following except:

- a. Advocacy
- b. Enabling people to achieve their full potential
- c. Coordinated action by all
- d. Coordinated action by health sector

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.

16. The teacher - learner relationship can affect the psychological climate in the school.
17. One of the aims of health education is to help people achieve health by their own effort.
18. Young Heroes is an organization that assists orphans with their Social needs
19. Psychologists tell us that we retain 20% of what we hear, 50% of what we see.
20. Educational level of the community is one of the determinants of health.
21. Learner benefit from the learning opportunities if the teacher sometimes listens.
22. The health of the school health child is the full responsibility of the teacher.
23. One of the functions of Save the Children assists men women who are victims of abuse.
24. Health is created and lived by people within the settings of their everyday life; where they learn, work, play and love.
25. The school environment may create hazards from which pupils must be protected.

[Total marks= 25]

Question 2

- 2.1 State three (3) reasons for the need for school health services
..... (3 marks)
- 2.2 Describe five (5) indicators of health in primary school children
(10 marks)
- 2.3 Name two (2) health promotion and illness prevention activities ...

(2 marks)

2.4 The aim of health education is “to make health a valued community asset”. Discuss this statement (5 marks).

2.5 For each of the following Vitamins and minerals write the source and one sign of deficiency in the space provided (5 marks).

VITAMIN/MINERAL	SOURCE	SIGN OF DEFICIENCY
Vitamin B ₁₂		
Vitamin C		
Vitamin A		
Iron		
Zinc		

[Total marks= 25]

Questions 3

3.1 People pass through various stages before they can adopt or reject a new idea or practice. Name and describe five (5) steps of the adoption process (10 marks)

3.2 . Describe five (5) pledges that were made by different countries at the Ottawa Conference..... (5 marks)

3.3 Describe five (5) purposes of health education (5 marks).

3.4 Describe five (5) function of the World Health Organization in assisting the government in the provision of health care delivery (5 marks).

[Total marks= 25]