

**UNIVERSITY OF SWAZILAND**  
**FACULTY OF HEALTH SCIENCES**  
**DEPARTMENT OF COMMUNITY HEALTH NURSING**  
**(SECOND SEMESTER)**

**FINAL EXAMINATION QUESTION PAPER**  
**May 2011**

**COURSE CODE: NUR 407**

**COURSE TITLE: COMMUNITY HEALTH NURSING 1**

**TIME ALLOWED: THREE HOURS**

**MARKS ALLOCATED: 75**

- INSTRUCTIONS: 1. THIS PAPER CONTAINS FOUR QUESTIONS.**
- 2. SECTION ONE (1) IS COMPULSORY.**
- 3. CHOOSE ANY OTHER TWO (2) FROM SECTION TWO (2).**

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## SECTION A: MULTIPLE CHOICE QUESTIONS (COMPULSORY)

1. The Community Health Nurse is working in a small rural community for the last twelve months. The community's populations have experienced outbreaks of various gastrointestinal diseases. This example best describes a/ an:
  - a. Epidemic
  - b. Endemic
  - c. Outbreak
  - d. Pandemic(1 mark)
  
2. The Community Health Nurse is making a graph to show some common diseases that are transmitted through sexual contact. The diseases that should be on the graph are:
  - a. Chlamydia, hepatitis A and Human Immunodeficiency Virus.
  - b. Gonorrhoea, hepatitis C and hepatitis B
  - c. Herpes simplex, hepatitis B and syphilis
  - d. Syphilis, haemophilus influenza type B and gonorrhoea(1 mark)
  
3. The student nurse needs to administer an injection to a client with HIV infection. The student nurse is extremely fearful of administering the injection. The instructor informs the student that the average risk of infection after percutaneous exposure is estimated at:
  - a. 0%
  - b. 0.3%
  - c. 1.5%
  - d. 5.0%(1 mark)
  
4. The nurse came to work in the nursery after being sick for 2 days with an elevated temperature and diarrhea. After working the 8 hour shift several of the newborns showed the same symptoms. This best describes a/ an:
  - a. Communicable disease
  - b. Epidemic
  - c. Outbreak
  - d. Nosocomial infection(1 mark)

5. Some of the major areas of emphasis in preventing communicable diseases include (select all that apply):

- a. Post-exposure prophylaxis
  - b. Immunizations
  - c. Screening
  - d. Surveillance
  - e. Monitoring
- (1mark)

6. There is an epidemic of influenza in a small, rural community. The leaders of this community are so concerned about the epidemic that they cancelled public events. This is an example of:

- a. Social distancing
  - b. Quarantine
  - c. Isolation
  - d. Restriction
- (1mark)

7. The client had an open wound and was splashed with contaminated body fluids. The diseases that the client is most at risk for include:

- a. All of the hepatitis diseases
  - b. Human Immunodeficiency Virus and only hepatitis C
  - c. Salmonellosis, typhoid and HIV
  - d. HIV and hepatitis B, C and D
- (1mark)

8. A client and the caretaker are talking with the nurse in the clinic. The caretaker is complaining that the client is more difficult to care for and is having altered behavior. What disease does this scenario most likely describe?

- a. Pulmonary tuberculosis
  - b. HIV/ AIDS
  - c. Hepatitis C
  - d. Hepatitis A
- (1mark)

9. The nurse who monitors the health of employees in a modern office building will need to be alert to what issue?
- A quality from the ventilation system
  - Noise levels from the outside
  - Injuries sustained from week-en activities
  - The distance employees walk from the parking area to the building
- (1mark)
10. The occupational health nurse at the scene of multiple traumas would do the following:
- Maintain an open airway
  - Control severe hemorrhage
  - Maintain in-line cervical spine support
  - Co-ordinate the First- Aid Team activities
  - All of the above
- (1mark)
11. In taking care of a client with extensive burns from hot liquid and chemical splashes, there is a need for the following, EXCEPT:
- Urgent medical treatment
  - Cooling the surface or rinsing away the chemical with copious amounts of cool running water to prevent further damage
  - Wrapping the patient in a sterile wet sheet
  - Placing him in a shock position (recumbent with the feet raised about 25 cm)
  - Opening blisters to promote rapid healing
- (1mark)
12. If a worker presents with symptoms of cardiac condition, the following needs to be done immediately, EXCEPT:
- Place the patient in a shock position
  - Oxygen and medication must be administered according to the Doctor's orders
  - Immediately transfer to the nearest casualty centre in an appropriately equipped ambulance with constant monitoring is required
  - An intravenous line should be kept open with a very slow infusion
  - Should cardiac arrest occur and defibrillation not be available, the occupational health nurse should commence cardio-pulmonary resuscitations.
- (1mark)

13. Anaphylactic shock is a condition that may be fatal within minutes and one in which a gram of prevention is worth many kilograms of care. Prevention starts with the following:

- a. Good history taking at the pre-placement medical examination
  - b. Health education of the worker to emphasize the importance of reporting allergies
  - c. Good record keeping of possible signs and symptoms of previous reactions
  - d. Before administering any medication, the patient should be informed as to what he/ she is getting and asked if he/ she is aware of any allergy towards the drug or any other for that matter
  - e. The prescribed drugs for anaphylactic shock include adrenalin, hydrocortisone and aminophyllin
- (1mark)

14. A patients living with HIV/AIDS need vitamins and minerals in order for their bodies to function properly. Vegetables are an important source of vitamins and minerals. They clean and build the body and are easy to digest.

Vitamin A sources include:

- a) All yellow and orange fruits and vegetables, alfafa, milk, garlic, green vegetables, egg yolk and liver.
  - b) Guavas, sweet pepper, alfafa, leafy green vegetables, oranges, potatoes, all fruits and tomatoes.
  - c) Vegetable oils, nuts and seeds, eggs, legumes, dark green vegetables and alfafa.
  - d) Leafy green vegetables, wholegrain avocado, oranges, potatoes, all fruits and tomatoes.
- (1mark)

15. HIV often lowers the body temperature. This is usually caused by the side effects of drugs, incorrect diet and toxins. If you are cold, you probably have lowered body temperature. To raise your body temperature do the following EXCEPT:

- a) Eat foods with a lot of protein.
  - b) Eat steamed food rather than cold foods and raw foods.
  - c) Use warming spices such as garlic, ginger and cinnamon.
  - d) Eat raw foods.
- (1mark)

16. Antioxidants are part of our defense system. HIV increases the number of free radicals in the body, and so it increases the need for antioxidants which are often blocked by free radicals. If you have HIV/AIDS, you need extra antioxidants in your diet. Some vitamins, minerals and enzymes such as the following act as antioxidants;

- a) Vitamin A
  - b) Vitamin C
  - c) Vitamin E
  - d) Zinc
  - e) Vitamin B
  - f) All of the above
- (1mark)

17. Which model was developed in the 1950s to understand why people failed to take advantage of accessible and low-cost prevention programs?

- a. Diffusion of Innovations Theory
  - b. Trans-theoretical model
  - c. PRECEDE-PROCEED Framework
  - d. Health Belief Model
- (1mark)

18. The primary goal of health promotion is the ability to achieve

- a. Freedom from disease.
  - b. A multicultural view of health.
  - c. The highest possible quality of life.
  - d. Greater control over lifestyle decisions.
- (1mark)

19. Which of the following is considered a social determinant of health?

- a. heredity
  - b. lifestyle choices
  - c. substance abuse
  - d. the physical environment
- (1mark)

20. Which of the following best demonstrates an ecological view of health and wellness?

- a. Seeking a natural balance between your own life forces and those in your environment
  - b. Being aware of hereditary risks and avoiding unhealthy environments and behaviors
  - c. Going to the doctor whenever you suspect an illness
  - d. Seeking nontraditional medical treatments
- (1mark)

21. Which of the following best illustrates a public health measure?

- a. Upgrading the local hospital's dialysis equipment
  - b. Preventing the spread of disease-carrying insects
  - c. Nursing schools competing for research grants
  - d. Promoting a new surgical technique
- (1mark)

22. Mgonodi's sister lectures him daily about the threat that his smoking poses to his health. She argues that, if he quits, he would improve both his health and his athletic performance. Mgonodi knows his sister is right, but according to the Health Belief Model, he will only quit smoking if:

- a. He thinks he can and that it will be worth the effort.
  - b. Others also criticize his smoking.
  - c. His sister stops lecturing him.
  - d. He has a serious health scare.
- (1mark)

23. Which of the following statements best illustrates a sense of self-efficacy?

- a. I should do it.
  - b. I can't do it.
  - c. I must do it.
  - d. I can do it.
- (1mark)

24. For the past four months Simangele has been contemplating taking an HIV test. However, fear of a positive outcome has been holding her back. This is an example of:

- a. Perceived severity
  - b. Perceived barrier
  - c. Self-efficacy
  - d. Cues to action
- (1mark)

25. The Diffusion of Innovations Theory states that;

- e. All people can change if there is more to benefit than loose
  - f. Some people will change while others will not change
  - g. People change at different times for different reasons
  - h. None of the above
- (1mark)

**TOTAL.....(25MARKS)**



## SECTION B: ESSAY QUESTIONS

### QUESTION ONE

Mr and Mrs Dlamini have been married for five years. Last month, the ministry of Health offered HIV testing to everyone in their community. They agreed to be tested and now have returned for their results. You have the results, one of the Dlaminis (the man) is positive and the other is negative.

- a. What three issues will you discuss with the partner whose test is negative?.....(3 marks)
- b. Explain how you would tell the partner who is positive.....(10 marks)
- c. Describe the aspects you counsel them about?.....(12 marks)

TOTAL.....(25 MARKS)

### QUESTION TWO

A) State and discuss the benefits of effective health communication to:

- i. The individual .....(10 marks)
- ii. The community..... (10 marks)

B) Compared to traditional mass media, interactive media may have several advantages for health communication efforts. State the advantages of using interactive mass media in health communication..... (5 marks).

TOTAL.....(25 MARKS)

**QUESTION THREE**

As an occupational health nurse in any industry, you are expected to take part in the pre-placement examination of the employees of that particular industry.

- A) State eight objectives for conducting a pre-placement examination..... (8)
  
- B) A pre-placement examination gives an important baseline to the medical officer or occupational health nurse for any future treatment of the worker. At what stages of employment should a medical examination be performed? .....(4)
  
- C) Describe the scope of the pre-placement examination and the job requirement ..... (13).

**TOTAL.....(25 marks )**