

UNIVERSITY OF SWAZILAND

FACULTY OF HEALTH SCIENCES

FINAL EXAMINATION

FIRST SEMESTER DECEMBER, 2011

TITLE OF PAPER: COMMUNITY HEALTH NURSING

COURSE CODE: CHN 101

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. 1.A

1. Which of the following characterize cockroaches?
 - A. Bite and spread diseases mechanically
 - B. Do not bite but spread diseases mechanically
 - C. Bite and spread diseases biologically
 - D. Do not bite but spread diseases biologically

2. Simple rules to prevent foodborne poisoning bacteria multiplying in food.
 - A. Don't let bacteria get into food
 - B. Keep food hot or keep it cold
 - C. Don't give bacteria time to multiply
 - D. All of the above

3. Food poisoning microorganisms
 - A. Multiply rapidly in dehydrated foods
 - B. Resume multiplication when dehydrated foods are reconstituted
 - C. Do not grow well in food during the dehydration process
 - D. All of the above

4. The general symptoms of foodborne illness are usually the following;
 - A. Nausea, fever and coughing
 - B. Vomiting, abdominal pains and diarrhea
 - C. Headache, rash and body weakness
 - D. Sneezing, fever, and abdominal cramps

5. A toxin excreted into the food medium by a bacterial cell is called a (an);
 - A. Enterotoxins
 - B. Flatoxins
 - C. Mycotoxins
 - D. Exotoxins

6. Foodborne illness can be prevented by;
 - A. Not giving bacteria enough time to grow
 - B. Keeping food in a refrigerator operating at temperature below 5 degree C
 - C. Keeping food in a hot-holding oven operating at temperatures above 65 degree C
 - D. All of the above

7. Which of these microbes are not excreta-borne?
- A. *Listeria monocytogenes*
 - B. *Giardia lamblia*
 - C. *Salmonella typhi*
 - D. *Campylobacter jejuni*
8. Which of these microbes is not a bacterium?
- A. *Giardia lamblia*
 - B. *Listeria monocytogenes*
 - C. *Salmonella typhi*
 - D. *Campylobacter jejuni*
9. Staphylococcal foodborne illness will show the following symptoms.
- A. Fever and diarrhea
 - B. Vomiting and abdominal pains
 - C. Nausea and vomiting
 - D. Vomiting and diarrhea
10. Learner benefit from the learning opportunities if the teachers do the following except:
- A. Punish the student when necessary
 - B. Listen to learners concerns
 - C. Reward appropriate behavior
 - D. Allow learners to express themselves and take responsibility.
11. 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
12. The mission statement of the Ministry of Health is to provide comprehensive services which include the following except:
- A. High quality
 - B. Affordable
 - C. Equality
 - D. Socially acceptable.
13. The Tinkhundla officials are not involved in management of technical health services but can be very helpful in:
- A. Identifying community needs from the chiefdoms
 - B. Mobilizing intersectoral support in solving community problems
 - C. Organizing seminars for Health workers
 - D. Resolving community logistical problems.

14. Which of the following communicable diseases is prevalent in the lowveld?
- A. Cholera
 - B. Schistosomiasis
 - C. Poliomyelitis
 - D. Malaria Fever
15. Which of the following is an immunizeable childhood disease?
- A. German measles
 - B. Measles
 - C. Cholera
 - D. Typhoid
16. The following are the functions of the social bound community except
- A. Feeling of membership of a group.
 - B. To ensure protection of residents.
 - C. Identify with group.
 - D. Recognize individuality.
17. Developing individual strengths and minimizing your weakness is:
- A. Physical health
 - B. Social health
 - C. Spiritual health
 - D. Mental health
18. Population focus is one of the elements/components of:
- A. Primary Health Care
 - B. Primary care
 - C. Community health nursing
 - D. The nursing process
19. An outbreak that is worldwide in distribution is called:
- A. Pandemic
 - B. Endemic
 - C. Sporadic
 - D. Epidemic
20. The following are the key components of Reproductive health except:
- A. Family Planning
 - B. Safe motherhood and child survival
 - C. Adolescent Reproductive health
 - D. Immunizations services

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. The current HIV prevalence in the Swazi population is 41.1%.
22. Growth monitoring is a way of assessing the nutritional status of children during the first year of life.
23. The culture of the people should be taken into consideration when providing health services to the community.
24. The health of the school child is primarily the responsibility of the parents.
25. Community empowerment does not include business entrepreneurship.

QUESTION 2

- 2.1 How does the Ministry of Health make services affordable to the community members..... (6)
- 2.2 Explain how you can mobilize the community you serve to improve their health status?
.....(4)
- 2.3 Discuss practical methods that can be taken by a rural community to ensure water potability?..... (5)
- 2.4 With an aid of well labeled diagram of a sanitary pit latrine, explain how sanitary pit latrines prevent the spread of excreta borne infections?..... (8)
- 2.5 State two (2) policy objectives of the Ministry of Health.....(2)

[25 Marks]

QUESTION 3

- 3.1 The number of children who die in the first year of life in Swaziland is large. Describe seven (7) strategies that you can use as a Community Health Nurse to reduce deaths in this age group.....(7)
- 3.2 Primary Health Care is an approach used by Swaziland to deliver health services to the people. Describe seven (7) principles of Primary health Care.
..... (7)
- 3.3 A school health nurse is expected to assess the health status of pupils during her/his school health visits. Describe five (5) indicators of good health..... (5)
- 3.4 Describe six (6) functions of Baphalali Swaziland Red Cross.....(6)

[25Marks]