

**UNIVERSITY OF SWAZILAND**  
**FACULTY OF HEALTH SCIENCES**  
**GENERAL NURSING DEPARTMENT**  
**FINAL EXAMINATION PAPER, DECEMBER 2013**

**COURSE CODE: HSC 207**

**COURSE TITLE: HEALTH PROMOTION**

**TIME ALLOWED: 2 HOURS**

**MARKS: 75**

**INSTRUCTIONS:**

**There are 3 questions in this paper**

**Answer all three questions**

**Each question is allocated 25 marks**

**Write legibly**

**THIS PAPER IS NOT TO BE OPENED UNTIL THE INVIGILATOR HAS GRANTED  
PERMISSION**

## Question 1

Matching Questions:

*For the following questions (1-5), write only the answer on your answer sheet.*

*Do not write the whole sentence - e.g. 15. C*

The foundation of health promotion is the Ottawa Charter. Match the Action areas with the most suitable example:

Example/Statement	Ottawa Charter Action Area
1. Educating acute care nurses on health promotion	A. Developing personal skills
2. Neighbourhood Watch programs	B. Build healthy Public policy
3. Health education programs in the schools	C. Creating Supportive environments
4. Anti-bullying policies in schools	D. Reorienting health services
5. Provision and sale of healthy food and drinks in school canteens	E. Strengthening community action

(5)

**Fill-in the blanks:**

**For the following questions (6-12), write only the answer on your answer sheet. Do not write the whole sentence - e.g. 15. Communication**

6. Attributes such as knowledge, attitudes, skills, values and beliefs best relate to the \_\_\_\_\_ key concept of the ecological model. (1)
7. \_\_\_\_\_ is a term used to describe a campaign approach combining mass media and working with community groups and organizations (1)
8. \_\_\_\_\_ is a type of need wherein users define what they want relating to services or information or support (1)

9. \_\_\_\_\_ refers to information supplied by individual about their health related practices, health habits, demographic characteristics, personal & family medical history (1)
10. \_\_\_\_\_ Is a term that covers a broad framework of action (goals, methods, principles) (1)
11. The 2009 international health promotion conference was held at \_\_\_\_\_ (1)
12. \_\_\_\_\_ is the approach to health promotion that is concerned with reducing morbidity & mortality and increases medical interventions to prevent ill health. (1)

**True or False: Question 13-19**

**For the following statements write True or False where appropriate e.g. 15. True**

13. Self efficacy is applicable as a key concept in the social Learning and health belief model. True or False (1)
14. Perceived susceptibility refers to one identifying with risk or seriousness of a certain condition. True or False (1)
15. Perceived severity refers to one's opinions of the tangible and psychological costs of the advised action. True or False (1)
16. Advocacy involves activities directed to at policy makers to influence laws and policies concerning for example allocation of resources. True or False (1)
17. Persuasion approach is the deliberate attempt to influence the other person to do what we want them to do. True or False (1)
18. When providing a health talk it is advisable to use a single method of teaching for effectiveness of the session. True or False (1)
19. Quitting smoking is a risk reduction strategy. True or False (1)

**Multiple Choice: Questions 20-25**

**Select the most appropriate response and write it in your answer sheet e.g. 30. D**

20. Which of the following statements best describes the empowerment approach:

- A. Individuals adopt healthy lifestyles
- B. Provide information, education and communication to assist people to develop skills - thus make informed choices
- C. People identify own concerns and gain skills and confidence to act upon them
- D. The focus on bringing changes in physical, social & economic environments which have an effect in promoting health

21. A community health nurse is planning several health education programs and focuses on the assumption the members of the community will contemplate before making decisions. Which model of health promotion is the nurse utilizing

- A. Social learning/Social Cognitive
- B. Health Belief
- C. Ecological model
- D. Stages of Change/Spiral

22. The scope of health promotion includes all of the following EXCEPT:

- I. Health education programmes
  - II. Environmental health measures
  - III. Research on global warming
  - IV. Organizational development
  - V. Economic & regulatory activities
- A. I, II and IV
  - B. I, II, III and IV
  - C. V only
  - D. I, II, III and V

23. A nurse educator begins the unit with an entirely new concept to students. In assessing the health education needs of the students, the educator must first:
- A. Develop objectives
  - B. Identify learning goals
  - C. Find out what students understand about the concept
  - D. Prioritize learning needs
24. A nurse is presenting health education to a group of elderly clients exercise to promote better sleeping patterns using slides for presentation. Which one the learning domains are the nurse working through?
- A. Affective Domain
  - B. Cognitive Domain
  - C. Psychomotor Domain
  - D. Miscellaneous Domain
25. During a home visit the client tells the nurse he has been researching his newest medication on the Internet. In assisting this client and evaluating the information they received, which of the following is the best response by the nurse?
- A. "Show me the material you found"
  - B. It is best to receive this type of information from your pharmacist first any new medication
  - C. I think your doctor should explain questions you have"
  - D. Information from the internet is not usually reliable

**(25 Marks)**

## Question 2

Write short notes on the following key concepts and practices used in health education providing a relevant example of your choice for each point

- a) Components of communication (5)
- b) Guidelines of giving health talk (5)
- c) Mechanisms for overcoming language barrier in health education (5)
- d) Advantages and disadvantages of leaflets (5)
- e) Situations when one-to-one communication is used (5)

**(25 Marks)**

## Question 3

Health promotion is the process of enabling people to increase control over, and to improve their health. It moves beyond a focus on individual behaviour towards a wide range of social and environmental interventions.

Relate the discussion below to health promotion workplace environment of catering staff in a restaurant in town.

- a) Describe the four types of health needs that can assist this workplace in designing a health program for the workers (4)
- b) Discuss five purposes/ importance of health promotion in the work place (6)
- c) Principles that guide health promotion (10)
- d) Describe five potential activities/interventions of health promotion applicable to this workplace (5)

**(25 Marks)**