

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
GENERAL NURSING DEPARTMENT
FINAL EXAMINATION PAPER, DECEMBER 2015

COURSE CODE: GNS 217

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

In assisting a female Mozambican client to lose weight in order to reduce joint pain she is experiencing the nurse chooses to use the flip chart during the health promotion talk with the client.

- a) **Mention four advantages and four disadvantages of using a Flip Charts as a teaching aid** (4 marks)
 - b) **Mention any seven (7) points about how the nurse would overcome language barriers in this situation?** (7 marks)
 - c) **Describe any seven (7) ways in which non-verbal communication language may be expressed by the nurse** (14 marks)
- (25 Marks)**

Question 2

It has been observed that many smokers have tried to stop the smoking habit unsuccessfully.

Using the six (6) Stages of Change Model discuss how you would advise a client who smokes excessively to quit the habit (25 Marks)

Question 3

Health Promotion is practiced in a many settings including the workplace.

Discuss workplace under the following sub-topics:

- a) **The importance of workplace in health promotion** (5 marks)
 - b) **Five stressors that occur in the workplace** (5 marks)
 - c) **Three responsibilities of each of the following categories of people in the workplace:**
 - i) **Workers** (5 marks)
 - ii) **Employers & Managers** (5 marks)
 - iii) **Occupational health staff** (5 marks)
- (25 marks)**