

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
GENERAL NURSING DEPARTMENT
FINAL EXAMINATION PAPER, DECEMBER 2016

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

Instructions: Answer all questions and for all the questions only write the question number and correct response on the answer sheet e.g. 11. E

1. The medical approach of health promotion aims to
 - A. To work with clients or communities to meet their perceived needs
 - B. To increase knowledge and skills about healthy lifestyles
 - C. To identify those at risk from disease
 - D. To address inequalities on health based on class

2. The ethical principle focusing on the obligation not to harm patients or clients used in Health Promotion is the principle of:
 - A. Beneficence
 - B. Justice and equity
 - C. Telling the truth
 - D. Non-maleficence

3. Which among the following healthy public policies **is not** inclusive for all members of the community?
 - A. Fluoridation of tap water
 - B. Complete ban on drinking and driving
 - C. Government subsidy of child-minding places
 - D. Ban on the use of mobile phones while driving

4. The 1st International Conference on Health Promotion was held at Ottawa, Canada in
 - A. 1986
 - B. 1978
 - C. 2000
 - D. 1987

5. Which of the following is applicable to principles of learning?
 - A. Plan your session
 - B. Meaning and understanding of content
 - C. Work from the known to the unknown
 - D. Aim for maximum involvement

6. All of the following are actions that health promoters should do in the evaluation of findings EXCEPT:
- A. To publicise good practice
 - B. To set priorities for action
 - C. To flag up interventions that are not successful as anticipated
 - D. To establish cost effectiveness of health promotion and contribute towards evidence base
7. An expressed need is best described by which among the following statements?
- A. Need arises from perceived need but is expressed in words or action
 - B. If a situation when compared with that of a similar group or individual is found wanting or lacking certain services or resources
 - C. Needs identified by clients in the form of services, resources or support
 - D. Objective needs identified by professionals
8. Which among the following stressors **is not** workplace related?
- A. Demands including work loads
 - B. Weather conditions
 - C. Peer relationships at work
 - D. Change how it is managed or communicated
9. When conducting a health needs assessment which approach focuses on the size and nature of the problem?
- A. Community
 - B. Corporate
 - C. Needs assessment
 - D. Epidemiological
10. To assess whether what has been achieved was an economically sound use of resources best describes:
- A. Efficacy
 - B. Effectiveness
 - C. Efficiency
 - D. Effort

True or False: Question 11-20

For the following statements write the question number and True or False in the answer sheet e.g. 10. True

11. Behavior is the action or reaction of something under specified conditions OR manner of acting or controlling yourself. True or False
12. Non-verbal communication and visual – real objects or model are formats not used in face-to-face communication. True or False
13. Behavior change communication – refers to the modification of human behavior. True or False
14. Mass media includes Non-verbal communication, Visual format, and Written words. True or False
15. A Gantt-Chart plots tasks, people responsible for tasks against a timescale in which the activities need to be undertaken. True or False
16. Health Promotion is a process that informs, motivates, and helps people to adopt and maintain healthy practices and lifestyles. True or False.
17. Life-skills education and peer teaching methods are learning methods for school children. True or False
18. Resource allocation including human material and financial resources is part of the Health Promotion planning process. True or False
19. A project is a term that covers a broad framework of action including among its elements goals, methods and principles. True or False
20. Guidelines for practice which set broad goals and the framework for action are referred to as a policy. True or False

Fill-in the Blanks

For the following questions (21-25), write only the answer on your answer sheet. Do not write the whole sentence e.g. 15. Health

21. _____ health means the ability to make and maintain relationships with other people.
22. _____ is a term used to describe a campaign approach combining mass media and working with community groups and organizations
23. _____ all those individuals or groups who have an interest in the programme or strategy
24. _____ is a smaller-scale activity within a programme and refers to planning a specific project which is time-limited and aims to bring about a defined change
25. _____ involves activities directed at policy makers to influence laws and policies concerning the allocation of resources, priorities for expenditure, direction of services and enforcement of laws

Total = 25 marks

QUESTION 2

Health Promotion requires that interventions are carried out among individuals and groups. Groups are effective mechanisms of collecting and sharing ideas.

- a) Group dynamics usually refers to the functioning of groups. Mention five problems that occur and affect group functioning. (5 marks)
- b) Discuss four aims of Health Education (20 marks)

Total = 25 marks

QUESTION 3

Health Promotion interventions should be assessed, planned and evaluated.

- a) Mention the five purposes of assessing health promotion needs (5 marks)
- b) Mention four reasons for conducting an evaluation (4 marks)
- c) Describe the Eight Stage framework of evaluation proposed by Rootman et al (2001) aligning your discussion to Immunization of under-five children (16marks)

Total = 25 marks