

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
GENERAL NURSING DEPARTMENT
FINAL EXAMINATION PAPER, DECEMBER 2017

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

Health education is an important component of health promotion. Discuss health education under the following sub-headings:

- a) Define communication (1 mark)
- b) Communication is meant to result in positive change in knowledge, behavior and attitudes of people. Compare and contrast the five principles of the teaching and five principles of learning process (10 marks)
- c) Describe seven roles of a health educator (14 marks)

25 MARKS

Question 2

Health promotion foundations are greatly linked to the conference held at Ottawa, Canada in 1986. The Ottawa Charter identified five key action areas. The focus of the charter is at individual, family, institutional and policy level.

Describe five determinants of health (10 marks)

Discuss three key action areas of the Ottawa Charter. Relate each of the key action areas to addressing alcohol use as a health problem among adults (15 marks)

25 MARKS

Question 3

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

Write about workplace health under the following sub-topics:

- a) Describe four aspects of the medical/preventive approach in health promotion (4 marks)
- b) Explain why the workplace is an ideal setting for health promotion (5 marks)
- c) Discuss four roles of an occupational health nurse (16 marks)

25 MARKS