

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
FINAL EXAMINATION
MAY, 2012

TITLE OF PAPER: COMMUNITY HEALTH DYNAMICS

COURSE CODE: HSC 206

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**

***PLEASE DO NOT OPEN THIS QUESTION PAPER UNTIL
PERMISSION HAS BEEN GRANTED BY THE INVIGILATOR***

QUESTION 1

For each of the following multiple choice questions select the most appropriate answer.

Write the question number and the letter representing the answer e.g. 1. A

1. The following are members of the school health team; EXCEPT:

- a. Social workers
- b. Teachers
- c. Rural Health Managers
- d. Doctors

2. Counseling activities in school health services include the following; EXCEPT:

- a. Counseling to decrease health risks
- b. Counseling regarding existing health problems
- c. Anticipatory counseling for students, parents and teachers
- d. Marriage counseling

3. Case management is done through

- a. Fostering of parental involvement.
- b. Screening
- c. Counseling
- d. Treatment
- e. ALL OF THE ABOVE

4. Assessment of the external environment includes the following; EXCEPT:

- a. Water supply
- b. Hazards

- c. Waste disposal
- d. Classroom environment

5. Learner benefit from the learning opportunities if the teachers do the following; EXCEPT:

- a. Punish the student when necessary
- b. Listen
- c. Reward appropriate behavior
- d. Allow learners to express themselves and take responsibility.

6. Lifestyle that needs to be assessed includes the following; EXCEPT:

- a. Nutrition patterns,
- b. Recreational activities,
- c. Rest and exercise.
- d. Discipline

7. Health education is a discipline of disciplines because it is derived from the following sciences

- a. Social Sciences
- b. Educational Sciences
- c. Public Health Sciences
- d. Behavioral Sciences
- e. ALL OF THE ABOVE

8. The following are the aims of screening in school setting; EXCEPT:

- a. To detect diseases
- b. To identify drug dealers

- c. Identify children with special needs
- d. Evaluate the effectiveness of current measures

9. Secondary prevention includes:

- a. Educate learners and staff on stress and how to prevent stressful situations.
- b. Provision of emergency care
- c. Screening for Tuberculosis
- d. Rehabilitation

10. Health promotion in school health includes the following; EXCEPT:

- a. Participate in designing health promotion curricula
- b. Provide consultation to teachers on health promotion topics
- c. Provide in-service training for teachers related to health promotion
- d. School readiness testing.

11. The World Health Organization's definition for health includes:

- a. A state of complete physical, mental and social well-being
- b. A state of equilibrium between humans and the environment
- c. Fitness as a result of individual adaptation to stress
- d. Soundness of mind, body and spirit

12. 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
13. An example of primary prevention is:
- a. Physical therapy for a knee injury
 - b. Vision and hearing screening among school-age children
 - c. TB skin tests for clinic employees
 - d. Eating a well-balance diet low in fat
14. The primary focus of community health nursing is on:
- a. Individuals
 - b. Families
 - c. Groups
 - d. Population
15. Community health nursing services are provided to families in their homes when:
- a. An outpatient setting such as clinic or doctor office is closed
 - b. The community health nurse has lighter work schedule
 - c. A disease high-risk behavior may affect a family member's health
 - d. There is a physician's order for a set of skilled nursing services

For the following question state whether the statement is true or false. Write true if it is correct and false it is wrong.

16. Health education is a process through which people are helped to learn in order to achieve health through their own efforts and actions.
17. Health promotion is concerned with changes in knowledge, improved attitudes and positive actions or practices.
18. The adolescent population is one of the most dynamic groups in any community and a most precious human resource.
19. The school children are responsible for their own safety and welfare in schools.

20. The school health team focuses on the physical, mental, social, emotional and spiritual health of the elderly.
21. School going age is a period when norms and values are internalized.
22. The health of school children is first is not at all their parents' responsibility when in school.
23. Health education is not a discipline of disciplines.
24. Children need to be energetic to learn effectively.
25. The objectives of school health services are to arrange a referral system for special problems.

Total marks = 25 Marks

QUESTION 2

- 2.1 Describe five (5) roles of a school health nurse. (5 marks)
- 2.2 State five (5) purposes of health education (5 marks).
- 2.3 State five reasons for focusing on the school going population (5 marks)
- 2.4 People pass through various stages before they can adopt or reject a new idea or practice. Discuss these stages. (5 marks)
- 2.5 Describe the three food groups and state the importance to the human body each group contributes. (5marks)

Total marks = 25 Marks

QUESTION 3

- 3.1 Describe the roles and functions of the school health nurse in the delivery of the school health services. (20 marks)
- 3.2 Describe **ONE MAIN** contribution to the health status of the Swazi people by the following local and international organizations:
- Baphalali Swaziland Red Cross Society;
 - National Emergency Response Council on HIV and AIDS (NERCHA)

- Swaziland Action Group Against Abuse (SWAAGAA)
- United Nations Children's Education Fund (UNICEF)
- World Food Program (WFP)

(5 marks)