

**UNIVERSITY OF SWAZILAND  
FACULTY OF HEALTH SCIENCES  
(FIRST SEMESTER)  
FINAL EXAMINATION PAPER  
DECEMBER, 2011**

**COURSE CODE: NUR 520**  
**COURSE TITLE: COMMUNITY HEALTH NURSING III**  
**TIME ALLOWED: 2 HOURS**  
**MARKS ALLOCATED: 75**

**INSTRUCTIONS:**

- 1) THIS PAPER CONTAINS THREE QUESTIONS**
- 2) ANSWER ALL THE THREE QUESTIONS**
- 3) ALL THE QUESTIONS CARRY THE SAME MARKS**
- 4) WRITE LEGIBLY**

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

## QUESTION 1

As the community is an aggregate of families, community health nurses (CHN) ought to work closely with families in order to promote the health of communities.

- 1.1 Describe two basic purposes of the family [4]
- 1.2 Describe the concept *family as a context*. [2]
- 1.3. Mention six characteristics of a healthy family [3]
- 1.4. Family health is an attribute of the family as a unit. Areas of family health assessment address, among others, the nutritional considerations, the socio-cultural and physical environmental considerations. Discuss the assessment information you would gather in relation to the above mentioned considerations. [12]
- 1.5 Describe the first two stages of the health/ illness and family interaction. [4]

TOTAL MARKS = [25]

## QUESTION 2

Changes in normal family forms have greatly impacted on societal health. Discuss how societal health has been affected by the emergence of:

- 2.1. Child-headed families. [3]
- 2.2. Grand-mother/father headed families. [3]
- 2.3 As a basic unit of care the family has a structure which is made up of various components. List any four of these components. [2]
- 2.4 Describe how the following influence family health:
- 2.4.1 Family communication patterns. [2]
- 2.4.2 The family belief system. [2]
- 2.5 Our communities are made up of families of various forms. Describe two factors that have led to the emergence of a step parent family form. [4]
2. 6 Step parent families experience a lot of stresses, describe four sources of stress in such families. [8]

**2.7 Choose the most correct answer/s to the following question and write your answer as follows: 2.5 (d):**

**Attributes of a healthy family include the following:**

- i) Family demonstrates resiliency in addressing challenges**
  - ii) Family members are optimistic about the future**
  - iii) An emphasis on traditional roles and decision making**
  - iv) Autonomy of family members is encouraged**
  - v) Family members display capable negotiation skills in dealing with their problems.**
- a) i, iv and v**
  - b) i, ii and iii**
  - c) ii and iii**
  - d) v only** **[1]**

**TOTAL MARKS = [25]**

### **QUESTION 3**

**Read the given passage carefully and with understanding and answer the questions that follow:**

**Musa and Zanele, a middle-aged couple who got married when they were in their early twenties, are now celebrating their 20 years of marriage. They were blessed with one child, a daughter aged 13 years. Zanele works as a full time teacher at a school where her child attends. On the other hand, Musa who is very learned is a successful farmer. Zanele had a difficult pregnancy and during delivery by caesarean section, she was done hysterectomy after the birth of her daughter. This family always wanted to have four children, two boys and two girls, but getting one of each would do. Because Zanele could no longer conceive, they decided to adopt a male child, preferably a Swazi. This decision was communicated to their girl who welcomed it because she also needed a brother who will protect her from the bullies at her school. The adoption was a success, but, as time went by, the girl showed little interest in the new baby. She felt that her parents were now concentrating on the**

adopted child more than they did to her. She decided to leave home to spend time with friends. Musa adores his little adopted child as he is assured of somebody who will take care of his farm when he is old. Because of his daughter's lack of enchantment with the boy's presence, Musa is frustrated so is his wife Zanele. He realises that he spends most of his time in coercing his daughter to assist her mother with the care needs of her baby brother. He feels tired of trying to assist his wife with the extra responsibilities while he also has his daily work schedule.

**3.1 According to Duvall's family developmental theory, at what developmental stage is the family in? Motivate your response. [3]**

**3.2 Describe four health concerns that the family may experience at the developmental stage mentioned in 3.1 above. [8]**

**3.3 Describe two ways you would encourage this family to use in reducing stress and establish equilibrium. [4]**

**3.4 Utilising the systems theory, how do you think the family boundaries are in as far as communication lines are concerned? Motivate your response. [3]**

**3.4.1 Describe two changes in the family that occurred as a result of the adoption of the new child. [4]**

**3.5 Sequentially number the events given below in terms of their order when a family crisis occurs:**

**a) Family disorganisation**

**b) Stress and strain are experienced**

**c) A change occurs as a stressor presents itself**

**d) Stress spreads from one individual to other family members**

**e) No solution is found to reduce stress**

**f) System reaches a point of exhaustion [3]**

**TOTAL MARKS = [25]**