

**UNIVERSITY OF SWAZILAND**  
**FACULTY OF HEALTH SCIENCES**  
**GENERAL NURSING DEPARTMENT**  
**FINAL EXAMINATION PAPER, DECEMBER 2012**

**COURSE CODE: HSC 207**

**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

Multiple Choice and True & False questions

**For the following multiple choice questions select the most correct answer e.g. 26. E**

1. The Ottawa Charter is an international agreement signed during the conference held in which year?
  - A. 1968
  - B. 1986
  - C. 1978
  - D. 1988(1)
2. \_\_\_\_\_ means the ability to make and maintain relationships with other people
  - A. Spiritual health
  - B. Social health
  - C. Mental health
  - D. Psychological health(1)
3. Individual behaviour is conducive to freedom from disease is the aim for which health promotion model:
  - A. Educational model
  - B. Client -centred model
  - C. Behavior change model
  - D. Medical model(1)
4. The subjective state of being unwell and unable to function normally, that may or may not coexist with disease is a definition that best describes:
  - A. Illness
  - B. Wellness
  - C. Disease
  - D. Ailing(1)

5. All of the following are core competences of Health promotion **EXCEPT**:
- A. Managing, planning & evaluating
  - B. Communicating
  - C. Computer programming
  - D. Marketing & publicizing (1)
6. Barriers to accessing health services can lead to all of the following **EXCEPT**:
- A. Unmet health needs
  - B. Reduced occurrence of diseases
  - C. Delays in receiving appropriate care
  - D. Hospitalizations that could have been prevented (1)
7. Which of the following methods of communication are applicable at national level:
- A. Mass media and social mobilization
  - B. Community participation and exhibitions
  - C. Home visiting and counseling
  - D. Social mobilization and demonstrations (1)
8. All of the following are included in the scope of health promotion positive health services **EXCEPT**:
- A. Preventive health services
  - B. Health education programmes
  - C. Environmental health measures
  - D. Personal social services (1)
9. \_\_\_\_\_ is a term used to describe a campaign approach combining mass media and working with community groups and organizations
- A. Health education
  - B. Mass media
  - C. Social mobilization
  - D. Group communication (1)

10. Special considerations for teaching children and young people focus on:
- A. Physical development
  - B. Intellectual development
  - C. Social, emotional & language development
  - D. All of the above (1)
11. All of the following are examples of healthy lifestyle applicable to an individual **EXCEPT**:
- A. Educational level
  - B. Family planning
  - C. Weight loss
  - D. Accident prevention (1)
12. To effect changes on physical, social & economic environment, not individual, to enable choice of healthier lifestyle best describes which health promotion model
- A. Medical model
  - B. Behavior change model
  - C. Educational model
  - D. Societal model (1)
13. This statement best describes which model of health promotion "*clients will have understanding of the effects of smoking on health thus make decisions whether to or not to smoke*"
- A. Medical model
  - B. Societal model
  - C. Educational model
  - D. Client-centred model (1)

14. In order to effectively provide health education you need to understand other people's perspectives. Which term best fits this statement:

A. Empathy

B. Outlook

C. Adjustment

D. Modesty

(1)

15. The following are the three major stages of implementing Health Promotion EXCEPT:

A. Assessing health needs

B. Planning health promotion interventions

C. Using mass media for training

D. Evaluation of health promotion

(1)

**True or False Questions:**

**For the following statements write True or False where appropriate e.g. 10. True**

16. Health promotion is enabling people to increase control over and to improve their health True or False (1)

17. The social model of health promotion places high value on specialist medical services True or False (1)

18. Health status improves with each level of education thus is viewed as a determinant of health. True or False (1)

19. The social categorization of people as men or women, and the social meaning and beliefs about sexual differences is a determinant of health. True or False (1)

20. Support from families, friends and communities is associated with better health. True or False (1)

21. The social determinants of health are mostly responsible for health inequities. True or False (1)

22. Individual behaviour plays a role in determining health outcomes. True or False (1)
23. Health education can be effective if one builds on peoples experiences on what they know by asking questions. True or False (1)
24. Behaviour change is a process that takes place over a short time. True or False (1)
25. Age and inherited conditions are examples of biological and genetic determinants of health. True or False (1)

**Total Marks = 25 Marks**

## **Question 2**

Health promotion requires a health care worker to be creative when dealing with health education issues. You are assigned to the Mkhulamini area to work as a newly qualified nurse and you discover that young women in the community have children early and then drop out of school. You therefore plan to embark on health education to address this social and health problem.

Using the following sub-headings discuss:

- a) Five social and cultural communication barriers that you need to be aware of and provide examples of each (10 marks)
- b) Five guidelines you would follow to overcome language barriers (10 marks)
- c) The GATHER approach used in one-to-one communication (5 marks)

**Total Marks = 25 marks**

### Question 3

Health promotion focuses on health issues to assist in identifying risks and further prevent occurrence of health problems.

A. Select and discuss **THREE** key action areas of the Ottawa Charter providing **TWO** examples for **EACH** as they relate to Road Traffic Accidents

- i. Developing personal skills
- ii. Strengthening community action
- iii. Reorienting Health Services
- iv. Developing Healthy Public Policy
- v. Creating supportive environments

(15 marks)

B. Discuss why it is important for health promotion to occur in these two settings:

- I. School
- II. Workplace

(10 marks)

**Total Marks: 25 Marks**