

**UNIVERSITY OF SWAZILAND  
FACULTY OF HEALTH SCIENCES**

**MAIN EXAMINATION FIRST SEMESTER**

**DECEMBER 2014**

**COURSE TITLE: COMMUNITY HEALTH NURSING I**

**COURSE CODE: NUR 405**

**MARKS ALLOWED: 75**

**TIME ALLOWED: 2 HOURS**

**INSTRUCTIONS:**

- 1) This paper contains 3 questions: answer ALL.**
- 2) Read the instructions and questions carefully.**
- 3) Each question has a weight of 25 marks.**
- 4) Write neatly and legibly.**

**DO NOT OPEN THE QUESTION PAPER UNTIL PERMISSION IS GRANTED BY  
THE INVIGILATOR.**

## QUESTION 1

Questions 1.1 to 1.9 are multiple choice questions. Write the number and the corresponding letter of the best option you choose. E.g. 1.35 D, 1.36 A

**1.1 Which of the following statements is the primary goal of community health nursing?**

- A. To support and supplement the efforts of the medical profession in the promotion of health and prevention of
- B. To enhance the capacity of individuals, families and communities to cope with their health needs
- C. To increase the productivity of the people by providing them with services that will increase their level of health
- D. To contribute to national development through promotion of family welfare, focusing particularly on mothers and children [1]

**1.2. Community Health Nursing is a community-based practice. Which of the following statements best explains this?**

- A. The service is provided in the natural environment of people.
- B. The nurse has to conduct community diagnosis to determine nursing needs and problems
- C. The service is based on the available resources within the community
- D. Priority setting is based on the magnitude of the health problems identified [1]

**1.3. Which of the following is the most prominent feature of Community Health Nursing?**

- A. It involves providing home care to sick people who are not confined in the hospital
- B. Services are provided free of charge to people within the catchment area
- C. The community health nurse functions as part of a team providing public health nursing service
- D. Community health nursing focuses mostly on preventive, not curative services [1]

**1.4. One of the following levels is the usual point of entry for a client into the health care delivery system:**

- A. Primary
- B. Secondary
- C. Intermediate
- D. Tertiary [1]

**1.5. Primary Health Care is a total approach to community development. One of the following is an indicator of success in the use of the primary health care approach, which one?**

- A. Health services are provided free of charge to individuals and families
- B. Local officials are empowered as the major decision makers in matters of health
- C. Health workers are able to provide care based on identified health needs of the people
- D. Health programs are sustained according to the level of development of the community[1]

**1.6. The most effective way to assess the health care needs of older adults in a community is to:**

- A. Conduct personal interviews with local health care and social services professionals.
- B. Rely on intuitive impressions obtained from working with older persons.
- C. Review demographic data from the most recent census.
- D. Survey a random sample of adult children who do not reside in the community. [1]

**1.7. What is the legal basis of Primary Health Care approach in Swaziland?**

- A. Public Health Act
- B. Alma Ata Declaration
- C. National Health Policy
- D. National Health Sector Strategic Plan [1]

**1.8. Which of the following demonstrates inter-sectoral linkages?**

- A. Two-way referral system
- B. Team approach
- C. Endorsement done by a midwife to another midwife
- D. Cooperation between CHN and school teacher [1]

**1.9. All of the following are benefits of decentralization, EXCEPT..:**

- A. Using inter-sectoral collaboration to promote health at local level
- B. Minimising fragmentation of health services
- C. Motivating local staff by giving them increased decision making power
- D. Increasing the health workforce [1]

**For each of the following statements (1.10-1.19), state if it is TRUE or FALSE by writing the response next to the corresponding number in your answer sheet, e.g. 1.20 TRUE**

1.10. During community assessment, interactions of community members and subgroups within the community are referred to as the community process. [1]

1.11. Free-living populations in a community benefit more from preventive strategies. [1]

1.12. Only community members can determine what goes into public policies aimed at dealing with their problems. [1]

1.13. Requirement of visas for entry into some countries is an example of the public protection function of a health policy. [1]

1.14. The shared feeling of people-hood amongst a collection of individuals is called culture. [1]

1.15. When moving into a new community, the Community Health Nurse has to assess the community's communications methods, beliefs, diet, language barriers etc. [1]

1.16 Lwazi has gone for consultation with Dr V to get treatment that is used in conjunction with the scientific one he is receiving from the local clinic. The care that he is seeking from Dr V. is called alternative medicine. [1]

1.17 The four Primary Health Care principles are accessibility, appropriate technology, inter-sectoral collaboration and feasibility. [1]

1.18 The policy process includes policy formulation, adoption, implementation and evaluation. [1]

1.19 Cultural competence involves self- examination and exploration of one's beliefs and values. [1]

**Short answer question**

1.20 Describe three (3) health determinants that can impact positively on health. [6]

**Total = 25 Marks**

**QUESTION 2**

**Read the given scenario below and answer the questions that follow.**

Mlambo is a small community in the Shiselweni region which has a primary industry of cattle rearing which the community members have used as a source of income for many years. However, due to industrialisation young people no longer stay long in their community yet they bring home their young children to be raised by the elderly members of the community, who constitute a large population. As a Community Health Nurse at Mlambo Clinic you plan to utilise **Betty Neuman's Health Systems' Model** in your nursing process to guide your interventions.

2.1 What would be your **goal of care** for the community of Mlambo? (1 mark)

2.2 Following assessment, describe any four (4) stressors that you would possibly find this community faced with due to the current situation. (8 marks)

2.3 Using **Neuman's Health Systems' Model's** three (3) levels of prevention, plan an intervention and evaluation strategy for the community at each level as follows:

**a) Primary prevention**

i) Plan (2 marks)

ii) Evaluation (2 marks)

**b) Secondary prevention**

i) Plan (2 marks)

ii) Evaluation (2 marks)

**c) Tertiary prevention**

i) Plan (2 marks)

ii) Evaluation (2 marks)

2.4 Describe the roles of any two (2) multi-sectoral team members that you would liaise with in your interventions? (4 marks)

**Total = 25 Marks**

**QUESTION 3**

3.1 Define the terms given below:

a. Culture (1 mark)

b. Race (1 mark)

c. Ethnicity (1 mark)

3.2 Nurse Mdluli, a culturally competent nurse integrates his professional knowledge with the clients' knowledge and practices to maintain, protect, and restore their health. Discuss how Nurse Mdluli could use the four (4) dimensions listed below to deliver culturally competent care?

a. Cultural preservation (3 marks)

b. Cultural accommodation (3 marks)

c. Cultural repatterning (3 marks)

d. Cultural brokering (3 marks)

3.3 In a community of your choice, you conduct assessment and find that older women are at risk of cardiovascular illnesses due to diet and other stressful conditions. Describe what socio-cultural content you would collect in order to plan a health education programme that promotes positive behaviours for the group? (10 marks)

**Total 25 Marks**