

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
FINAL EXAMINATION
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**TITLE OF PAPER : INTRODUCTION TO COMMUNITY HEALTH
NURSING**

COURES CODE : CHN 101

TIME ALLOCATED : TWO HOURS

MARKS ALLOCATED : 75

NUMBER OF PAGES : 6

INSTRUCTIONS:

- 1. ANSWER ALL QUESTIONS**
- 2. EACH QUESTION CARRIES 25 MARKS**
- 3. READ INSTRUCTIONS CAREFULLY**
- 4. PLEASE WRITE NEATLY AND LEGIBLY**

N.B. DO NOT OPEN THIS 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. B

1.1 The definition of Community Health Nursing includes the following **EXCEPT**

- A. Focus on individual, family, groups, community
- B. Treat "Population as a Whole"
- C. Utilizing Health Promotion, Health maintenance, Health Education, and Management, Coordination, and Continuity of care for meeting population needs.
- D. Community Health Nursing is a synthesis of nursing and community health

1.2 Secondary prevention include.....

- A. Complying with immunization
- B. Individual hygiene
- C. Improve environment sanitary
- D. Treat and prevent the progress of illness

1.3 In the Illness-Wellness Continuum, the movement to the right of the arrows indicates.....

- A. Progressively decreasing state of health
- B. Increasing level of health and well-being
- C. Neutral State
- D. Recuperation of the patient

1.4. Social health starts to develop more rapidly during the.....

- A. Toddler stage
- B. Teen years.
- C. Adulthood
- D. Old age

1.5.A/an is a disease which is habitually present in a certain area

- A. Sporadic
- B. Endemic
- C. Pandemic

D. Epidemic

1.6. The following are the key components of the reproductive health **EXCEPT**

- A. Family planning
- B. Safe motherhood
- C. Adolescent Reproductive Health Interventions
- D. Health Education

1.7. The following are the emerging challenges that have resulted from the Renewal of Primary Health Care approach **EXCEPT**:

- A. Aging populations,
- B. Globalization of unhealthy lifestyles
- C. Rapid unplanned urbanization
- D. Acute diseases

1.8. One of the priority areas for Ougadougou declaration on Primary Health Care and Health System Strengthening is.....

- A. Community Ownership and participation
- B. Partnerships for social Development
- C. Excessive specialization in developed countries
- D. Prevention and health promotion that reduce disease burden by 70% neglected over curative services.

1.9. The policy objectives of the Ministry of Health include the following **EXCEPT**:

- A. Reduce morbidity, disability and mortality that is due to diseases and social conditions.
- B. Promote effective allocation and management of health and social welfare sector resources.
- C. Reduce the risk and vulnerability of the country's population to social welfare problems as well as the impact thereof.
- D. Reduce morbidity, disability and mortality that is due to diseases and biological conditions.

1.10. The international organization that is responsible for development and disseminating health guidelines is the

- A. United Nations Development Programme
- B. World Health Organization
- C. United Nations Children Fund
- D. United Nations Fund for Population Activities

1.11. The National Organization that is responsible for taking care of the terminal ill patients at home is

- A. Swaziland Action Group Against Abuse
- B. Hospice at Home
- C. Swaziland Network for People living with HIV/AIDS
- D. Swaziland AIDS Support Organization

1.12. The following are the activities conducted during Case finding in school health **EXCEPT** :

- A. Identification of communicable diseases.
- B. Identification of chronic diseases
- C. Referral for diagnostic and treatment services
- D. Surveillance of all health events

1.13. Which level of health facility is the usual point of entry of a client into the health care delivery system?

- A. Primary
- B. Secondary
- C. Intermediate
- D. Tertiary

1.14. Primary Health Care is a total approach to community development. Which of the following is an indicator of success in the use of the Primary Health Care approach?

- A. Health services are provided free of charge to individuals and families
- B. Locals 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 programmes are sustained according to the level of development of the community.

1.15. You explain to a breastfeeding mother that Breastmilk is sufficient for all of the baby's nutrient needs only up to:

- A. 3 months
- B. 6 months
- C. 1 year
- D. 2 years

1.16 The general symptoms of foodborne illness are usually the following

- A. Nausea, fever and coughing
- B. Vomiting, diarrhoea, and abdominal cramps
- C. Headache, sore throat, and body weakness
- D. Vomiting, abdominal cramps and chest pain

1.17 Food poisoning microorganisms

- A. multiply rapidly in dehydrated foods
- B. resume multiplication when dehydrated food is reconstituted
- C. do not grow well in foods during the dehydration process
- D. do not multiply in reconstituted foods

1.18 *Blattella Germanica*;

- A. is the commonest cockroach found in the kitchen
- B. prefers sewer or drain pipes for its breeding
- C. is larger than the *Blatta orientalis* species
- D. resembles the *Periplaneta Americana* in size and colour

1.19 Cockroaches;

- A. bite and transmit diseases
- B. bite but do not transmit diseases
- C. do not bite but transmit diseases
- D. do not bite and do not transmit diseases

1.20 Housefly (*Musca domestica*) is a vector of;

- A. Louse-borne typhus, relapsing fever and trench fever
- B. poliomyelitis, typhoid fever, and parasitic worms
- C. Bubonic fever, yellow fever, and parasitic worms
- D. Typhoid fever, poliomyelitis, and bubonic fever

For the following questions, state whether the statement is true or false. Write true, if the statement is true and false if the statement is incorrect e.g. 1.22. True

1.21 Outreach clinics are services which bring healthcare services to areas where there are static clinics

1.22 .Some of the most obvious and serious signs that we are unhealthy appear socially.

1.23 Health system referral emphasizes individual role and function of community health sector.

1.24 The Regional Administrator and Regional Secretary are the top Tinkhundla officials in the region

1.25 The Rural Health Motivators are the second contact between the community and the health care delivery system

[25 MARKS]

QUESTION 2

2.1 State five (5) opportunities for future Community Health Nursing (5 marks)

2.2 The health of a community is determined by many factors. Describe four (4) determinants of Health (4 marks)

2.3 Infant mortality and morbidity is still high in Swaziland. Describe seven (7) strategies that can be used by a community health nurse to prevent infant mortality and morbidity (7 marks).

2.4 Explain four (4) core principles of Primary Health Care (PHC) (4 marks)

2.5 The community health nurse has a role to play in school. Explain five (5) roles that a community Health nurse plays in the provision of school health services (5 marks).

[25 MARKS]

QUESTION 3

3.1 What do you understand by hard water and also show the problems associated with hard water. (4 marks)

3.2 How would you control cockroaches without using pesticides? (6 marks)

3.3 How can you make sure that wholesome water supply is provided in “ekhaya” in rural areas where there is no piped water? (4 marks)

3.4 Describe the behaviour of a housefly (*Musca domestica*) that makes it a high risk vector in the spread of diarrhoeal diseases. (4 marks)

3.5 Discuss the measures that may be carried out in the community.

3.5.1 in the identification of malaria potential species (2 marks)

3.5.2 Control of malaria cases. (5marks)

[25 MARKS]