

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
GENERAL NURSING DEPARTMENT
SUPPLEMENTARY EXAMINATION PAPER, JULY 2017

COURSE CODE: GNS 217

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

Instructions: answer all questions and for all the questions only write the correct response on the answer sheet e.g. 11. E

1. One of the following global conferences is responsible for drawing-up the Health Promotion response?
 - A. Primary Health Care
 - B. Health For All Strategy
 - C. Ottawa Charter
 - D. Social Hygiene Period
2. When setting ground rules for group work the following are necessary EXCEPT
 - A. Group leader
 - B. Rules
 - C. Compassion
 - D. Behaviour
3. Which of the following are fundamental conditions and resources for health are applicable to healthy public policies?
 - A. Peace
 - B. Food
 - C. Social justice, and quality working conditions
 - D. All of the above
4. The ethical principle focusing on the obligation to act fairly when dealing with competing claims for resources use in health promotion is the principle of__
 - A. Beneficence
 - B. Justice and equity
 - C. Telling the truth
 - D. Non-maleficence
5. All of the following are genetic/biological determinants of health EXCEPT:
 - A. Sex
 - B. Substance abuse
 - C. Age
 - D. Inherited conditions such as Haemophilia
6. Self efficacy is a concept that is applicable in which models below:
 - A. Health Belief Model and Social Cognitive theory
 - B. Social Cognitive Theory and Ecological approach
 - C. Ecological approach and Stages of Change
 - D. Stages of Change and Health belief model
7. _____ is human behavior that expresses understanding other people's perspectives
 - A. Sympathy
 - B. Support
 - C. Empathy
 - D. Willingness

8. Which amongst the following is not related to non-verbal communication?
 - A. Direction of gaze and eye contact
 - B. Proximity
 - C. Story-telling
 - D. Facial expression
9. Which among the following types of groups would be ideal for a recovering substance abuser?
 - A. Problem solving groups
 - B. Teaching/learning groups
 - C. Community based groups
 - D. Self help groups
10. The following are mechanisms that can be used to make a group work well EXCEPT:
 - A. Agree at the beginning on finishing time
 - B. Welcome any new members and invite them to introduce themselves
 - C. Provide some refreshments (if people have come a long way)
 - D. Allow use of cell phones

True or False: Question 11-17

For the following statements write the question number and then write True or False in the answer sheet e.g. 10. True

11. A health need can be denoted as an objective and universal concept which is a fundamental right. True or False
12. Health inequities arise from the societal conditions in which people are born, grow, live, work and age, referred to as social determinants of health. True or False
13. Persuasion approach is the deliberate attempt to influence the other person to do what we want them to do. True or False
14. Outcomes and impact evaluations are measured to determine the effects of the intervention. True or False
15. Perceived severity refers to one's opinion of the tangible and psychological costs of the advised action. True or False
16. The social categorization of people as men or women, the social meaning and beliefs about sexual differences are determinants of health. True or False

17. Social support networks means having family or friends available in times of need.
True or false

Fill-in the blanks:

For the following questions (18-25), write only the question number and missing word on your answer sheet. Do not write the whole sentence – e.g.

22. Communication.

18. _____ is the subjective state of being unwell and unable to function normally.
It may or may not coexist with disease
19. _____ is an objective malfunctioning of some part of the body detectable through medical testing and monitoring
20. _____ is the optimal state of health of individual and groups
21. _____ Health means the ability to think clearly and coherently. We distinguish this from emotional and social health, although there is a close association between the three.
22. _____ Health means the ability to recognize emotions such as anger, fear, joy, grief and to express such emotions appropriately.
23. _____ is the type of health care concerned with people helping themselves
24. _____ is the information supplied by individuals about their health related practices, health habits, demographic characteristics, personal & family medical history
25. _____ involves activities directed at policy makers to influence laws and policies concerning the allocation of resources, priorities for expenditure, direction of services and enforcement of law.

QUESTION 2

Health Promotion is defined as the process of enabling people to increase control over and to improve their health. In order to achieve better health it is important to identify and address the factors that influence the health status of the people.

Using the sub-headings below discuss how the following relate to Health Promotion:

- a) Individual and lifestyle health determinant (5 marks)
- b) Housing and health social determinant (5 marks)
- c) Employment and health (8 marks)
- d) Consequences/outcomes of barriers to accessing health services (7 marks)

Total = 25 marks

QUESTION 3

Health Education sessions are routinely offered in health facilities before the business of the day starts especially in Public Health Units, clinics and Hospital outpatients departments. You are assigned to deliver a health talk to a group of adult clients about how they can prevent HIV infections.

Answer the question under the following:

- a) Define Health education (1 mark)
- b) Describe Four components of communication (8 marks)
- c) Discuss the Eight Principles of learning (16 marks)

Total= 25 marks