UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES

DEPARTMENT OF COMMUNITY HEALTH NURSING SCIENCE
MAIN EXAMINATION-SECOND SEMESTER
MAY 2018

COURSE CODE: NUR 407
COURSE TITLE: COMMUNITY HEALTH NURSING II
TIME ALLOWED: 2 HOURS
TOTAL MARKS: 75

INSTRUCTIONS

1. THE PAPER HAS 3 QUESTIONS WITH 25 MARKS EACH
2. ANSWER ALL QUESTIONS
3. DO NOT OPEN THE QUESTION PAPER UNTIL PERMISSION HAS BEEN GRANTED BY THE CHIEF INVIGILATOR.
QUESTION 1

1.1 Read the short scenario below and answer the questions that follow.

The Elizabeth Glaser Pediatric AIDS Foundation Programme (EGPAPF) also known as AIDSFree has been very instrumental in the Prevention of Mother to Child Transmission of HIV since early 2000s. It came into existence when the rate of transmission was as high as 15% and in recent years Swaziland records a rate as low as about 1%. To realise the impact of the programme, its activities have to be monitored and outcomes evaluated. Considering the following aspect, explain what each measures and give one example of an indicator that could be used to monitor the progress of the programme.

a. Input
   (3 marks)
b. Output
   (3 marks)
c. Outcome
   (3 marks)
d. Impact
   (3 marks)

1.2 Differentiate between active case finding and passive case finding in communicable disease control.
   (4 marks)

1.3 Discuss three (3) benefits of active case finding over passive case finding for TB (9 marks)

[Total Marks: 25]

QUESTION 2

2.1 Read the short scenario below and answer the questions that follow.

Ms KK is a secretary at a company in Manzini. She clocks in at work at 8am and knocks off at 4.45pm. She has a one hour lunch break at 12.45 to 1.45 pm. She has come to your consultation room complaining of neck pain which she says has been recurring since October last year. The last severe episode of the pain made her unable to come to work for 2 weeks whilst she attended physiotherapy sessions. Her employer thought that she was just malingering when she reported this pain but it keeps recurring and she is now reluctant to report to her employer when she has a health problem. As a result of the tension at work and the non-relenting health problem she reports to you today that she is feeling 'heavy-hearted'. Her vital signs are as follows: T 37.1 °C, P 92 b/m, R 18 breaths/m, BP 142/ 96mmHg

a. What health problems is Ms KK likely now suffering from, or likely to suffer from? (1 mark)
b. Distinguish between two (2) personal and two (2) environmental (work-related) factors that could have caused Ms KK’s health problems. (4 marks)
c. Describe five (5) duties of the employer to Ms KK, according to the Swaziland Occupational Health Act of 2001. (10 marks)
d. Discuss the measures of controlling the hazard that you would recommend Ms KK’s company undertake? (10 marks)

[Total Marks: 25]

QUESTION 3

3.1 Nutrition

a. Define a healthy diet (1 mark)
b. Study the table below and examine the diets (Diet 1, Diet 2 and Diet 3)
   (i) State which is the most balanced (1 mark)
   (ii) Justify your answer above (3 marks)
   (iii) Explain what improvements could be done to make each of the other two diets balanced (4 marks)

<table>
<thead>
<tr>
<th>Diet 1</th>
<th>Diet 2</th>
<th>Diet 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast:</td>
<td>Breakfast:</td>
<td>Breakfast:</td>
</tr>
<tr>
<td>• 1 bowl of low sugar cereal</td>
<td>• 2 pieces of toast with peanut and jelly</td>
<td>• 2 eggs and a strip of bacon</td>
</tr>
<tr>
<td>• Glass of milk</td>
<td>• Glass of water</td>
<td>• Glass of orange juice</td>
</tr>
<tr>
<td>• Snack (orange)</td>
<td>• Snack (crackers)</td>
<td>• Snack (250ml of unsweetened yoghurt)</td>
</tr>
<tr>
<td>Lunch:</td>
<td>Lunch:</td>
<td>Lunch:</td>
</tr>
<tr>
<td>• Peanut butter and jam sandwich</td>
<td>• Glass of water</td>
<td>• Glass of water</td>
</tr>
<tr>
<td>• Potato chips</td>
<td>• Carrot sticks</td>
<td>• Carrot sticks</td>
</tr>
<tr>
<td>• Apple juice</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Snack (apple)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Glass of milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dinner:</td>
<td>Dinner:</td>
<td>Dinner:</td>
</tr>
<tr>
<td>• Small serving of steak</td>
<td>• 1 slice of cheese only pizza</td>
<td>• 1 piece of baked chicken</td>
</tr>
<tr>
<td>• Baked potato</td>
<td>• A serving of pickled cucumbers</td>
<td>• A serving of mixed vegetables</td>
</tr>
<tr>
<td>• Glass of water</td>
<td>• Glass of orange juice</td>
<td>• 1 serving of rice</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Glass of milk</td>
</tr>
</tbody>
</table>
3.2 Health Promotion Models

a. The Syndemics theory is one of the newest developed to better understand and respond to problems of public health importance. Briefly discuss the three advantages and three limitations/challenges of using syndemic approach in public health. (6 marks)

b. Maternal mortality remains a major public health challenge for developing countries like Swaziland and thought to be perpetuated by poverty, gender inequality, poor access to quality maternal health services and high rates of HIV amongst others. Using the syndemics theory, discuss how Gender inequality increases the burden of maternal mortality in Swaziland. (10 marks)

[Total Marks: 26]