

**UNIVERSITY OF SWAZILAND**  
**FACULTY OF HEALTH SCIENCES**

FINAL EXAMINATION DECEMBER, 2018

**TITLE OF PAPER: INTRODUCTION TO COMMUNITY HEALTH NURSING**

**COURSE CODE: CHN 101**

**TIME ALLOCATED: TWO HOURS**

**MARKS ALLOCATED: 75**

**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.C

1.1 The following are the basic elements of community health practice **EXCEPT**:

- A. Promotion of health
- B. Disease prevention
- C. Research
- D. Illness-wellness continuum (1)

1.2 To effectively develop relationships and maintain good social health, individuals must be willing to:

- A. Give of themselves
- B. Establish a sense of ownership
- C. Raise levels of self-esteem
- D. Have high level of intimacy (1)

1.3 The following are the characteristics of a healthy relationship **EXCEPT**:

- A. Trust
- B. Respect
- C. Acceptance
- D. Reciprocity (1)

1.4 A communicable disease that is worldwide in distribution is said to be.....

- A. Sporadic
- B. Endemic
- C. Pandemic
- D. Epidemic (1)

1.5 The following are the three common dimensions of community health **EXCEPT**:

- A. Structure
  - B. Process
  - C. Output
  - D. Status
- (1)

1.6 The general symptoms of foodborne illness are usually the following:

- A. Nausea, fever and coughing.
  - B. Vomiting, diarrhea, and abdominal cramps.
  - C. Headache, sore throat, and body weakness.
  - D. Vomiting, abdominal cramps and chest pain
- (1)

1.7 Food poisoning microorganism

- A. Multiply rapidly in dehydrated foods
  - B. Resumes 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)

1.8 *Blatella germanica*;

- A. Is the commonest cockroach found in the kitchen
  - B. Prefer 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)

1.9 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)

1.10 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 (1)

1.11. *Anopheles* mosquito will breed;

- A. In fresh as well as in polluted water, particularly on edges of ponds and streams, and in marshes.
- B. In anything holding water clean or fairly clean water such as domestic water, storage containers, and flower pots
- C. In polluted water such as in drains, pit latrines, sewage ponds, etc
- D. In long grass and vegetation around the house (1)

1.12. *Anopheles* mosquito is nocturnal and therefore they will bite a person during;

- A. The night
- B. The day
- C. Late afternoon
- D. Early morning (1)

1.13 Typhoid fever outbreaks have been reduced through public health efforts. The factor which contributed the least to this reduction was;

- A. Improved waste disposal methods
- B. Chlorination of water supplies
- C. Immunization techniques
- D. Techniques for isolating the typhoid organism

(1)

1.14 The most important public health reason for treating sewage is to prevent:

- A. Nuisances caused by odors
- B. Unsightly conditions
- C. Aquatic life destruction
- D. The spread of diseases

(1)

1.15 Cooked foods not immediately served:

- A. Offer no hazard in the transmission of foodborne disease
- B. If properly protected, need no refrigeration
- C. Should be cooled quickly and stored below 5° C
- D. Can be kept indefinitely at normal refrigeration temperature

(1)

1.16 .Food handlers with boils or infected wounds should:

- A. Be assigned jobs where there is little likelihood of transmission of infection
- B. Be given a leave until wound heals
- C. Be allowed to work with no restrictions if the lesion is bandaged.
- D. Be discharged from work

(1)

1.17 Which of the following statements is true about bacteria?

- A. All bacteria are harmful.
- B. Some bacteria are harmful.
- C. No bacteria are harmful.
- D. Only bacterial spores are harmful.

(1)

- 1.18 Which of the following pair of people are at special risk from food poisoning?
- A. Nurses and children
  - B. Children and old people
  - C. Old people and chefs
  - D. All of the above
- (1)

1.19 Primary Health care embraces a holistic approach to health and it includes all of the following **EXCEPT**:

- A. Health promotion
  - B. Prevention of diseases
  - C. Treatment of communicable diseases
  - D. Rehabilitation
- (1)

1.19 The following are the sustainable development goals **EXCEPT**:

- A. End hunger, achieves food security and improved nutrition, and promotes home economics
  - B. Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all
  - C. Achieve gender equality and empower all women and girls
  - D. Ensure availability and sustainable management of water and sanitation for all
- (1)

1.21 The Rural Health Motivators are selected by.....

- A. The community members
  - B. The chief
  - C. Inner council
  - D. Bucopho
- (1)

1.22 Child survival strategies focus on the health of the children from.....

- A. Birth to school going age.
- B. Birth to 1 year
- C. Birth to 2years
- D. Birth to five years (1)

1.23 ..... is a prerequisite for effective community-oriented practice and should be considered throughout the process

- A. Community safety
- B. Personal safety
- C. Community Involvement
- D. Community partnership (1)

1.24 The health of the school child is first and foremost the responsibility of .....

- A. Teacher
- B. School administration
- C. Parents
- D. School health nurse (1)

1.25 Most of the guidelines and standards that address health issues are developed by....

- A. United Nation Children Fund
- B. Save The Children International
- C. World Health Organization
- D. World Vision International (1)

**[TOTAL MARKS=25]**

## **QUESTION 2**

- 2.1 Describe five (5) basic elements that are incorporated in Community health practice. (5 marks)
- 2.2 Central to all five dimensions of health is the spiritual health. Nurses have to apply spiritual health as they care for clients. Explain five (5) strategies that can be used to promote spiritual health. (5 marks)
- 2.3 One of the strategies to achieve Sustainable Development Goals is through universal Health coverage. Explain the concept "universal health coverage". (5 marks).
- 2.4 Early attempts at implementing Primary Health Care did not achieve desired outcomes. Describe any five (5) current concerns of Primary Health Care Reforms (5 marks)
- 2.5 Describe the role of a school health nurse in provision of school health services. (5 marks)

**[TOTAL MARKS=25]**

## **QUESTION 3**

- 3.1 You have been posted at Zavala clinic in the Lubombo region. In your monthly patient data entry book, you observe a high number of excreta related diseases. Discuss the action you would take in order to control this problem. (6 marks)
- 3.2 Explain how back to back ventilation contributes to the spread of tuberculosis. (2 marks)
- 3.3 Explain the sanitary precautions required to control the spread cholera outbreak during an outbreak. (6 marks)
- 3.4 Describe three (3) characteristic behaviours of the house fly (*Musca domestica*) that make it a high risk to spread of diseases. (6 marks)
- 3.5 Baphalali Red Cross is one of the organizations that complement the government in service provision. Explain five (5) functions of this organization. (5 marks)

**[TOTAL MARKS=25]**