

**UNIVERSITY OF ESWATINI**  
**FACULTY OF HEALTH SCIENCES**  
**GENERAL NURSING DEPARTMENT**  
**FINAL EXAMINATION, DECEMBER 2018**

**COURSE CODE: GNS 217**

**COURSE TITLE: HEALTH PROMOTION**

**TIME ALLOWED: 2 HOURS**

**MARKS: 75**

**INSTRUCTIONS:**

WRITE LEGIBLY

ANSWER ALL QUESTIONS IN THE ANSWER SHEET PROVIDED

START EACH NEW QUESTION ON A NEW PAGE

## Question 1 – PART A

Question 1 – 16: Answer all multiple choice and True or False questions by only writing a letter next to number on the answer sheet e.g. 25. A

1. Which of the following is not part of non-verbal communication?
  - A. Proximity-closeness/distance to each other
  - B. Tone of voice – must be pleasant and not monotonous
  - C. Orientation-position of person in relation to other people or object
  - D. Level such as differences in height between people – comfortable being at same level during communication
2. Which among the following is not a reason for evaluation?
  - A. To judge adequacy and relevance of the delivery of intervention
  - B. To assess the overall benefits of the intervention
  - C. It ensures systematic and logical approach to establishing priorities
  - D. To justify decisions to others
3. Social standing; tidiness; personality; concern with fashion – meaning e.g. casual or formal or seriousness of event/work is the type of communication expressed through\_\_\_\_
  - A. Proximity
  - B. Facial expression
  - C. Physical appearance
  - D. Orientation
4. Which of the following is not an enabler of communication?
  - A. Time
  - B. Money and material resources
  - C. Appropriate and accessible health services
  - D. Social and cultural gaps
5. Contradictory messages may occur as a result of all the following except:
  - A. Lack of emphasis by the health promoter
  - B. Individual health professional give different advice
  - C. Family, friends or neighbours contradict health promoters
  - D. 'the experts keep changing their minds' as information is updated

6. Risk Appraisal is an important technique of health promotion and it can be best described as:
- A. Information on how people help themselves
  - B. Information for reducing health risks and achieving results in communities
  - C. Information on communities allowing others to help them
  - D. Information supplied by individual about their health related practices, health habits, demographic characteristics, personal & family medical history
7. \_\_\_\_\_ means the ability to think clearly and coherently. A positive sense of purpose & underlying belief of one's own worth
- A. Emotional health
  - B. Physical health
  - C. Mental health
  - D. Social health
8. Which among the following is not a principle of health promotion?
- A. Peaceful
  - B. Empowerment
  - C. Participative
  - D. Equitable
9. All of the following are healthy lifestyle issues focused on the environment except:
- A. Clean safe water
  - B. Accident prevention
  - C. Air pollution
  - D. Availability of food & supplies
10. Social exclusion & marginalization occur as health inequality related to \_\_\_\_\_
- A. Health inequalities as a result of lifestyles
  - B. Health inequalities as a life course
  - C. Health inequalities as a consequence of psychosocial factors
  - D. Health inequalities as a result of material disadvantage
11. Which among the following models is associated with reducing morbidity & mortality; pop focus; increases medical interventions to prevent ill-health

- A. Empowerment
  - B. Behavior change
  - C. Social change
  - D. Medical
12. All of the following are barriers to communication related limited receptiveness EXCEPT:
- A. Mental handicap
  - B. Illness, tiredness or pain
  - C. Emotional distress
  - D. Myths and misconceptions

### **True or False questions**

Instructions: for the following True or False questions by only writing a letter next to number on the answer sheet e.g. 25. F - if T is correct or F if it is correct

13. During the initiation of a project there should be an agreement that project should take place and clarity of its aims and budget allocation. True or false
14. The purpose of a Gantt Chart is to track a programme to ensure its success. True or False
15. Planning enables reviewing progress and making changes to ensure a project or intervention proceeds as envisaged. True or False
16. In the origins of health promotion the "Personal services period" shift from disease had its emphasis on information and education to bring about change in personal habits and behaviour. True or False

### **PART B**

- a) List five activities that a health promoter can use to limit language barrier (5 marks)
- b) State four advantages of using group work as a teaching and learning tool (4 marks)

**25 MARKS**

## QUESTION 2

The health of people is influenced by many social factors or determinants. If an individual is healthy it can be attributed to what he/she personally does, the family, the community and society at large to improve their state of health.

Discuss the five social health determinants

- a) Physical environment (5 Marks)
  - b) Employment (5 Marks)
  - c) Gender (5 Marks)
  - d) Health services (5 Marks)
  - e) Social support networks (5 Marks)
- 25 MARKS**

## QUESTION 3

Health promotion practice is important for all nurses in all settings where they practice the nursing profession.

Briefly describe each of the following subtopics in not less than ½ a page each:

- a) Five purposes for assessing health needs (5 Marks)
- b) Describe five situations that may require one-to-one communication (5 Marks)
- c) Describe five reasons for evaluation (5 marks)
- d) Explain five reasons why schools are an ideal settings for health promotion (5 marks)
- e) Describe five characteristics of project planning (5 Marks)

**25 MARKS**