

**UNIVERSITY OF ESWATINI**  
**FACULTY OF HEALTH SCIENCES**

**DEPARTMENT OF COMMUNITY HEALTH NURSING SCIENCE**

**MAIN EXAMINATION-SECOND SEMESTER**

**MAY 2019**

**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 scenario below and answer the questions that follow.**

Nurse K works as an occupational health nurse (OHN) at an oil refinery. The refinery employs 100 men, ages 22 to 69 years of old, and 52 women, ages 29 to 66 years old. Numerous chemicals are used to refine crude oil into products to be consumed by private citizens and industries. Some of the chemicals can be absorbed through the skin, while others are toxic when inhaled. Many high-temperature and high-pressure processes are also used. Some of the chemicals escape into the air. The workers are supposed to wear protective covers over their clothes and masks. However, the compliance rate in wearing the protective covers is 73%.

- a) Identify three (3) health risks that can be managed by coordinated efforts between the workers, the nurse, and the plant administration. [3 marks]
- b) Discuss two health risks for the female workers at the refinery that may not be a concern for the male workers. [6 marks]

1.2a) Identify and explain any five (5) key components of a logical framework in monitoring and evaluation. [10 marks]

- b) Describe any three (3) qualities of good indicators in monitoring of health programmes? [6 marks]

**TOTAL: 25 MARKS**

**QUESTION 2****2.1 Read the scenario below and answer the questions that follow.**

You are a nurse working at Mkhweni clinic. A 24 year old adult female comes to your clinic and on entry the patient is screened for TB and she screens positive on TB symptoms (presumptive TB patient). Patient reveals that she tested for HIV in 2018 and was reactive but not yet on ART. A sputum sample is collected on the spot and is sent to the laboratory for examination. On receipt of the sputum results they come back as "MTB detected/ Rif negative".

Plan: This patient is a TB/HIV co-infected patient and she has to be initiated on both treatments.

- a) What are the four (4) key signs and symptoms of TB that this client might have presented with? [4 marks]
- b) What is the preferred laboratory TB diagnostic test that was used to examine the sputum sample? [1 marks]
- c) Interpret the results. [2 marks]
- d) What is the preferred first line TB treatment regimen that will be used to treat this patient? [4 marks]
- e) Between the two (2) treatments which one should be prioritized, which one should follow and when? [4 marks]  
[15 marks]

**2.2 Read the scenario below and answer the questions that follow.**

Obesity is a lifestyle phenomenon that has reached epidemic proportions globally, and Eswatini has the second highest rate of obesity in Africa, after Seychelles. In 1997, 16.2% adult females were classified as either overweight or obese in Eswatini. This proportion increased at a rate of 2.56% annually to reach a proportion of 26.2%. This means that one in four females is obese, and therefore at risk for cardiovascular diseases, diabetes etc. On the contrary, obesity was reportedly decreasing amongst males from 8.7% in 1999 to 5.9% in 2016.

You are a Community Health Nurse working as a Technical Advisor for the Nutrition Council in a project whose mandate is to reduce the incidence of obesity among females in Eswatini. One of the interventions was the introduction of a compulsory one hour physical activity for women in the civil service. In implementing the programme, you note that the change in adopting physical activity is slower than you had hoped for, and most of those who attend the session are younger women.

**Use the Social Ecological model to explain the observation.** [10 marks]

**TOTAL MARKS 25****QUESTION 3**

**Read the scenario below and respond to the questions that follow.**

One family in a rural community is composed of seven (7) members, among which are 2 parents, 1 infant on infant formula, 1 under five-child, 1 teenager and 2 grandparents. The infant is skinny with reported episodes of diarrhoea. The child, however, presents with flaky rash and loss of muscle mass. There is one bread winner in this family, (the husband) who is working as a security guard. The grandparents are both hypertensive and diabetic on medication. A day may pass without food for this family; their source of water is a community river nearby.

- a) Write down one actual nutritional diagnosis based on the scenario given above. [3 marks]
- b) Teenager asks you; "should I take Vitamin A to boost my energy level?" How would you respond to the question? [3 marks]
- c) Recommend to the teenager, the proportion of meals she may take and justify your answer. [4 marks]
- d) As you inspect the grandfather, you see that he is emaciated. Discuss your nutritional advice to him? Be relevant to the setting given in the scenario. [12 marks]
- e) Describe the condition of the infant. [3 marks]

**TOTAL 25 MARKS**