

UNIVERSITY OF ESWATINI
FACULTY OF HEALTH SCIENCES
GENERAL NURSING SCIENCE DEPARTMENT
FINAL EXAMINATION, NOVEMBER 2019

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

**THIS PAPER IS NOT TO BE OPENED UNTIL THE INVIGILATOR HAS GRANTED
PERMISSION**

QUESTION 1

Answer multiple choice and True or False questions by only writing a letter next to number on the answer sheet e.g. 27. A

1. Which of the following is/are fundamental conditions and resources for health care applicable to healthy public policies?
 - A. Peace
 - B. Food
 - C. Social justice, and quality working conditions
 - D. All of the above
2. 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
3. All of the following are genetic/biological determinants of health EXCEPT:
 - A. Sex
 - B. Inherited conditions such as Haemophilia
 - C. Occurrence of Tuberculosis
 - D. Age
4. Self-efficacy is a concept that is applicable in:
 - 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
5. Which social determinant has a direct influence on chances of employment, income levels, type of employment, literacy level and health status among the following?
 - A. Housing
 - B. Education
 - C. Social Network
 - D. Physiological

6. All the following are social determinants related to interaction of gender and health EXCEPT:
- A. Life expectancy
 - B. The roles and occupation
 - C. Healthy seeking behaviors
 - D. Social networks
7. The Ottawa Charter key area that is concerned with individual capacitation to change behaviour is:
- A. Building healthy public policies
 - B. Reorienting health services
 - C. Developing personal skills
 - D. Creating supportive environments
8. The Theory of reasoned behaviour is concerned with which among the following attributes?
- A. Perceptions and thoughts
 - B. Attitudes and social norms
 - C. Contemplation
 - D. What others say and what I can be able to do
9. The Ottawa Charter Key areas encompass the following goals of Health promotion EXCEPT:
- A. To go upstream & have impact on socio-economic and environmental determinants of health
 - B. To emphasize treatment rather than prevention
 - C. To focus on population health
 - D. To build capacity in communities and individuals

10. Which one among the following Ottawa charter key areas focuses on liveable neighbourhoods?
- A. Strengthening community actions
 - B. Reorienting health
 - C. Creating supportive environments
 - D. Building healthy public policies
11. Which among the following are **NOT** pre-requisites of Health?
- A. Peace and language proficiency
 - B. Income and a stable eco-system
 - C. Shelter, Education and food
 - D. Sustainable resources and Social justice
12. Which ethical principle used in health promotion is characterized by the obligation not to harm patients or clients and where there is doubt – precaution must prevail?
- A. Beneficence
 - B. Justice
 - C. Respect for persons
 - D. Non-maleficence
13. This ethical principle refers to people's capacity to choose freely for themselves and be able to direct their own lives
- A. Maleficence
 - B. Autonomy
 - C. Right to information
 - D. Justice
14. This theory is used to predict health behaviour. It states that one's health behaviour is influenced by certain perceptions. Which model is this?
- A. Beattie's Model
 - B. Trans-theoretical model
 - C. Health belief model
 - D. Ecological Model

15. Which of the following is **NOT** related to non-verbal communication?

- A. Story-telling
- B. Direction of gaze and eye contact
- C. Proximity
- D. Facial expression

For the following questions 16 – 25 only write True if the response is correct OR False if it is incorrect NOT the whole statement in your answer sheet e.g. 28.False

16. Certain ethnic groups are at higher risk to certain diseases due to certain factors like cultural practices, lifestyles.

17. To enable entails to intervene differing interests in society for the pursuit of health.

18. Health promotion is marred with politics that are sometimes contradictory

19. Health does not differ along professional definitions and also does not vary according to culture and age.

20. Political, economic, social, cultural, environmental behavioural and biological factors can all favour health or be harmful to it.

21. Health promotion recognizes health and its maintenance as a major social investment and challenge.

22. Addressing the overall ecological issues of our ways of living is important in health promotion.

23. Communication is a fundamental part of health promotion.

24. Health promotion can be offered in settings such as Community hospitals, Specialty hospitals, Community health centres, Physician offices, Clinics, Rehabilitation centres, Skilled nursing, Long term care facilities.

25. The workplace approaches target individual lifestyles and behaviour within work settings and the workplace and its organization and culture.

25 MARKS

QUESTION 2

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

Describe each of the following subtopics in not less than ½ a page;

- A. You are the Programme Manager for the Eswatini Programme on Immunization, you realize that the uptake of immunization services is declining compared to the past two years. You decide to address this issue.

State five (5) new or existing projects you would implement in order to increase the uptake of immunization services provide one example for each project. (10)

- B. Describe five Health promotion changes that should be evaluated (5)
- C. Describe five health services that can be offered in a school setting focusing on the pupils. (5)
- D. Describe five barriers for prisons as settings for health promotion. (5)

25 MARKS

QUESTION 3

Health Education is necessary in health promotion.

- A. Describe five (5) scenarios where one to one communication is ideal and give one example for each. (5)
- B. Explain five (5) things that a facilitator needs to do to make a group work well (5)
- C. State five (5) advantages and five (5) disadvantages of video tapes (5)
- D. Discuss the five (5) principles of teaching that a health promoter should observe (10)

25 MARKS