



KENYA MEDICAL TRAINING COLLEGE
FACULTY CLINICAL SCIENCES
DEPARTMENT OF CLINICAL MEDICINE
END OF SEMESTER EXAMINATION
DIPLOMA IN CLINICAL MEDICINE & SURGERY

PAPER: COMMUNITY HEALTH

CLASS: MARCH 2019 YEAR: 1st SEMESTER: 1

DATE: 25th July, 2019

TIME: 2 HOURS (2:00PM – 4:00 PM)

INSTRUCTIONS

1. This paper consists of:
 - Section 1 (20 Multiple Choice Questions)
 - Section 1 (20 Multiple True/ False Questions)
 - Section 2 (4 Short Answer Questions)
 - Section 3 (2 Long Answer Question)
2. Attempt **ALL** Questions
3. Write your **COLLEGENUMBER** on all the answer sheets provided and on the question paper.
4. Ensure that all examination answer scripts are handed in at the end of the examination
5. **DO NOT** write on the Question paper
6. Ensure you sign the examination register provided

EXAMINATION NUMBER AKM/20022/076

SECTION 1: MULTIPLE CHOICE QUESTIONS – (20 MARKS)

1. Not an objective of health education
 - a) Encourage people to adopt health lifestyles
 - b) Discourage people from accepting health problems when they occur
 - c) Help people achieve their health by their own action
 - d) Encourage people to change their attitudes towards their own health
2. Members should observe one of the following in group discussions
 - a) Not listen to what others say
 - b) Avoid criticism
 - c) Interrupt when others are speaking
 - d) Make any relevant remarks
3. A disadvantage of mass media as a method of health education is
 - a) Small audience is reached
 - b) Its non- efficient
 - c) Message is not individualized
 - d) Less expensive in the initial outlay
4. The best method of teaching hand washing to primary school children is
 - a) Lecture
 - b) Radio
 - c) Demonstration
 - d) Posters
5. Concerning billboards and posters
 - a) Humour and fear are introduced to hold attention
 - b) They should be long
 - c) The message should be ambiguous
 - d) No need of changing them frequently
6. One of the following elements of PHC was added by the Kenyan government
 - a) Provision of essential drugs
 - b) Equity
 - c) Mental health
 - d) Appropriate treatment of common disease
7. Obstacles to intersectoral collaboration include
 - a) Financial support
 - b) Lack of administrative support
 - c) Social political support
 - d) Interdisciplinary team work
8. The child's health card has the following information
 - a) Immunizations
 - b) Post natal history
 - c) Present pregnancy
 - d) Delivery

9. A monophasic oral contraceptive is
- Ovanon
 - Logynon
 - Nordette
 - Trinodial
10. Concerning tubal ligation
- Recommended for younger women
 - Ovaries are usually removed
 - The woman continuous to have regular menstrual periods
 - Can be reversible
11. The following is not PHC elements
- Health education
 - Decentralization of decision making
 - Provision of safe water
 - Adequate nutrition
12. Community based health care is
- Community driven health care
 - Health planned by county health management for the community
 - Applies to the top-bottom approach to health
 - Cabinet secretary prioritizes and plans for health
13. In health education the following are strategies involved except
- Education on prevailing health conditions
 - Motivational speaking
 - Technological application
 - Environmental adaptations
14. Natural birth control methods include
- Male and female condom
 - Billing method
 - Hormonal oral contraceptives
 - Contraceptive implants
15. Pregnancy carries a greater risk in the following categories of women except
- Women who take folic acid before and during pregnancy
 - In mother who drink or smoke
 - Mothers with short birth intervals
 - With the first child and any more than five
16. Millennium development goals drove progress the following important area which is not
- Access to improved source of water
 - Primary school enrolment
 - Income and poverty
 - Beyond zero campaign
17. One of the following is not the importance of fiber in diet
- Prevents obesity

- b) Slows digestion so that one does not feel hungry quickly
 - c) Reduces absorption of iron preventing haemosiderosis
 - d) Makes food bulky
18. In growth monitoring , community health workers need to
- a) Understand how growth and nutrition are linked
 - b) Understand weight charts
 - c) Teach mothers how to chart the growth chart
 - d) Be able to carry out growth monitoring activities
19. Growth monitoring activities include the following except
- a) Weighing routinely
 - b) Measuring health
 - c) Immunization
 - d) Measurement of mid upper circumference
20. One of the following is not the reason for milk being the best meal for children
- a) Easily stored in refrigerator
 - b) Its readily available
 - c) It has antibodies
 - d) Helps in bonding between mother and child

SECTION 2: MULTIPLE TRUE/FALSE QUESTIONS – (20 MARKS)

1. Functions of an MCH clinic are
 - a) Treatment of minor illnesses
 - b) Immunization and family planning
 - c) To calm children who refuse food at home
 - d) Health maintenance for post-menopausal women
 - e) Detection and management of health risks of mothers
2. Importance of maternal health records
 - a) They act as checklist for future observations
 - b) They help monitor the progress of labour
 - c) They can help the mother recognize danger signs
 - d) They can be used for teaching
 - e) They indicate possible risks and possible intervention
3. True about community based health care
 - a) Community should be mobilized to take care of their health
 - b) Active cooperation can be effective even without community participation
 - c) Community health volunteers are not necessary in a motivated community
 - d) The community must contribute to the services
 - e) Immunization services are only applicable in government facilities
4. Health protection activities to the community include
 - a) Use of specific nutrients
 - b) Health education
 - c) Protection against accidents

- d) Community mobilization
- e) Chemoprophylaxis
- 5. Principles of primary health care are
 - a) Equity
 - b) Growth monitoring
 - c) Immunization
 - d) Female literacy
 - e) Intersectoral action
- 6. Good nutrition is important in
 - a) Prevention of deficiency diseases
 - b) Healthy pregnancy and deliveries
 - c) Resistance to infectious diseases
 - d) Ability of workers to work well
 - e) Physical and mental development of adults
- 7. Fat soluble vitamins are
 - a) ABCD
 - b) ACEK
 - c) BCEK
 - d) ADEK
 - e) BECK
- 8. Importance of potassium as an electrolyte in the body include
 - a) Helps in carbohydrate metabolism
 - b) Muscle building
 - c) Organ and tissue repair
 - d) Helps in fat synthesis
 - e) Helps in protein synthesis
- 9. A child with vitamin A deficiency will show the following
 - a) Xerophthalmia
 - b) Bitot spots
 - c) Encephalopathy
 - d) Muscle tetany
 - e) Irregular heart functions
- 10. The role of a father in maternal child health include
 - a) Feed and clothe the family
 - b) Give rules that shall followed by each and every member of the family without fail
 - c) Make sure he has enough manpower in order to reduce the cost of labour in his farm
 - d) Understand the ill effects of short birth intervals
 - e) Have enough children who will take care of him in his old age
- 11. Diseases associated with thiamine deficiency
 - a) Pellagra
 - b) Peripheral neuritis
 - c) Beriberi

- d) Kwashiorkor
 - e) Rickets
12. Factors promoting good nutrition
- a) Good agricultural practices
 - b) Good economy
 - c) Healthy social and family life
 - d) Good education
 - e) Healthy environment
13. Factors influencing nutrition in individual and the community are
- a) Food productivity
 - b) Education
 - c) Health
 - d) Gender activism
 - e) Customs and beliefs
14. In growth monitoring checking weight must meet the following criteria
- a) The weighing scale must be accurate
 - b) The baby must be able to sit to avoid falling
 - c) Babies being weighed must wear the same amount of clothing each time
 - d) A baby should be accompanied by a chaperone
 - e) The baby scale platform must be safe and secure
15. The following are live vaccines
- a) BCG, polio and tetanus toxoid
 - b) BCG, measles and yellow fever
 - c) PCV₁₀, polio, and Rota virus
 - d) BCG, polio and yellow fever
 - e) Pentavalent, tetanus toxoid, yellow fever
16. Advantages of role playing are
- a) It provides concrete learning situations
 - b) Encourages use of problem solving skills
 - c) Requires learner participation
 - d) Group members are very shy
 - e) Intended content may not surface
17. The following are Socratic two way methods of health education
- a) Mass media
 - b) Posters
 - c) Group discussions
 - d) Demonstration
 - e) Symposium
18. Concerning field trips as a method of health education
- a) Cost is not prohibitive
 - b) Time is required to make advanced arrangements
 - c) Time required may not be available

- d) Its easy to find appropriate site
 - e) schedules are difficult to maintain
19. when planning for health education programme
- a) Identify the health problems and need of the community
 - b) Community leaders play no role
 - c) Prepare a neat lesson plan
 - d) Community members should not be given responsibility
 - e) Choose on a convenient venue
20. factors to consider a health teaching session is
- a) Avoid losing temper
 - b) Use simple language
 - c) Making fun of someone is encouraged
 - d) Presentations should be long
 - e) Always watch the audience for their response

SECTION 3: SHORT ANSWER QUESTIONS – (20 MARKS)

1. Outline five functions of a community
2. List five factors that keep a community together
3. Define the following terms
 - a) Health
 - b) Community
 - c) Community health
4. How do the following influence the health of an individual
 - a) Culture
 - b) Economic status
 - c) Environment
 - d) Genetic
 - e) Health facility

SECTION 4: LONG ANSWER QUESTIONS – (20 MARKS)

1. About health
 - a) List ten elements of primary health care in Kenya
 - b) Describe five factors that promote good nutrition in the community

(10 MARKS)
(10 MARKS)



MEDICAL TRAINING COLLEGE – ELDORET

FACULTY: CLINICAL SCIENCES
DEPARTMENT: CLINICAL MEDICINE & SURGERY
CLASS: MARCH 2020 CLASS -1ST YEAR
COURSE: COMMUNITY HEALTH

SEMESTER II. C.A.T



INSTRUCTIONS

1. Write your college admission number on the space provided above and on every sheet of paper used
2. Attempt all questions
3. This paper contains two (2) sections (i) Section A –SHORT ESSAY (ii) Section B- LONG ESSAY.
4. Do not use a pencil
5. Number all questions correctly

COMMUNITY HEALTH II

NUTRITION SECTION A

SECTION A(10MKS)

1. A 4-year-old child was born at term, with no congenital anomalies. She is now only 70% of normal body weight. On examination she shows dependent edema of the lower extremities as well as an enlarged abdomen with palpable fluid wave. Her desquamating skin shows irregular areas of depigmentation, and hyperpigmentation. Which of the following nutritional problems is most likely present in this child?
 - a. Marasmus
 - b. Scurvy
 - c. Vitamin toxicity
 - d. Niacin deficiency
 - e. Kwashiorkor
2. A 32-year-old man has a history of multiple and recurrent pulmonary infections since childhood. He also has noted foul smelling stools for the past 10 years. Laboratory studies show an elevated sweat chloride test. He has a quantitative stool fat of 10 g/day. A deficiency state involving which of the following nutrients is most likely to develop in this patient?
 - a. Vitamin B1
 - b. Vitamin D
 - c. Iron
 - d. Calcium
 - e. Folic acid
3. A 32-year-old man has a history of multiple and recurrent pulmonary infections since childhood. He also has noted foul smelling stools for the past 10 years. Laboratory studies show an elevated sweat chloride test. He has a quantitative stool fat of 10 g/day. A deficiency state involving which of the following nutrients is most likely to develop in this patient?
 - a. Vitamin B1
 - b. Vitamin d
 - c. Iron
 - d. Calcium
 - e. Folic acid
4. A 45-year-old woman has developed red, roughened skin in sun-exposed areas over the past 2 years. She also has a chronic, watery diarrhea. On physical examination she exhibits memory loss with confusion. These findings are most consistent with which of the following vitamin deficiencies?
 - a. Vitamin A
 - b. Thiamine
 - c. Niacin
 - d. Pyridoxine

c. Vitamin E

5. A 5-year-old child has complained of pain in his legs for the past year. On physical examination, there is bowing deformity of his lower extremities. Plain film radiographs of his lower legs show widened epiphyses and bowing of tibiae. Bone mineral density appears normal, consistent with failure of osteoid matrix formation. Which of the following vitamin deficiencies is this child most likely to have?
- A. D
 - B. E
 - C. C
 - D. B3
 - E. B6
6. A clinical study of diet in pregnancy is conducted. It is observed that pregnant women who do not get a diet that includes green, leafy vegetables develop a specific nutritional deficiency that affects their developing fetuses. Which of the following abnormalities is most likely to be found with increased frequency in these fetuses?
- A. Anencephaly
 - B. Diaphragmatic hernia
 - C. Low birth weight
 - D. Congenital cytomegalovirus
 - E. Neuroblastoma
7. A clinical study is performed involving dietary iron metabolism in adults. It is observed that intestinal absorption of iron can be enhanced in patients with iron deficiency anemia by supplementing their diet with another nutrient. Which of the following vitamins is most likely to have this effect?
- A. A
 - B. B1
 - C. C
 - D. D
 - E. E
8. A study is performed to determine dietary sources of vitamin A. It is observed that some commonly available foods have more vitamin A than others. Which of the following is most likely to provide the best source for vitamin A in the diet?
- A. Milk
 - B. Bread
 - C. Meat
 - D. Beer
 - E. Carrots
9. Treatment protocols for protein-energy, malnutrition begin with
- a. Immunization to enhance ability to fight infections
 - b. Weight bearing exercise
 - c. Replenishment of fluids followed by gradual increase in high quality protein and /or calories
 - d. Supplementation of the diet with a high protein/ high calorie drink
 - e. None of the above

10. Which of the following is **NOT** a nutrient but provides the body with empty calories?
- Alcohol
 - Fats
 - Milk
 - Fish

SECTION B (20MKS)

Indicate whether the following statements are true or false

- Protein is different from carbs and fats in that it contains which of the following?
 - Sulfur
 - Nitrogen
 - Phosphorous
 - Carbon
 - Hydrogen
- Which of the following is an appropriate use of vitamin?
 - An adult person in Eldoret taking vitamin D
 - A child who eats a balanced diet taking a multivitamin
 - A pregnant woman taking folic acid
 - An athlete taking 200% of the daily recommended iron
 - A Vegetarian taking vitamin c supplements
- Which statement is NOT true of vitamins?
 - vitamins do not provide energy
 - vitamins can be fat or water soluble
 - vitamins cannot be stored
 - most vitamins cannot be made by the body
- what are the three macronutrients?
 - Water
 - Vitamin
 - Fat
 - Proteins
 - Carbohydrates
 - Minerals

SECTION C (20MKS)

- The total amount of energy in a bowl of soup that contains 5g of protein, 2 g of fat, and 20 g of carbohydrate is _____ kcal.? (4mks)
- Mention two clinical symptoms of the following conditions
 - Iodine (2mks)
 - Vitamin A deficiency (2mks)
 - Iron deficiency (2mks)
- Describe a soft diet (2mks)
- Explain four principles of a well-planned diet (8mks)

Carbohydrate
Proteins

Protein
Vitamin
Carbohydrate

Fat 1g =
Protein 1g
Carbohydrate

80
18
2
11

SECTION D (30MKS)

1. Describe dietary modifications for the following conditions
 - a. Diabetes (5mks)
 - b. Glomerulonephritis (5mks)
 - c. Congestive Heart failure (5mks)
2. Describe five characteristics of a well-nourished person (5mks)
3. Discuss five factors influencing nutritional status of populations (10mks)



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DEPARTMENT OF CLINICAL MEDICINE
DIPLOMA IN CLINICAL MEDICINE AND SURGERY
YEAR 1, END OF SEMESTER 1 EXAMINATION
PAPER: COMMUNITY HEALTH I

DATE: 22nd March, 2021

TIME: 2 HOURS (2:00PM – 4:00 P.M)

INSTRUCTIONS

1. Attempt **ALL** Questions.
2. Write your **REGISTRATION NUMBER** on all the answer sheets provided and on the question paper.
3. Ensure that all examination answer scripts are handed in at the end of the examination.
4. Ensure you sign the examination register provided.
5. Any examination malpractices will be handled as per the College Examination Policy.

REGISTRATION NUMBER D/CM/20022/076

SECTION 1: MULTIPLE CHOICE QUESTIONS – 2(0 MARKS)

1. Which of the following is a component of biological environment?
 - a) Land
 - b) Soil
 - c) Bacteria
 - d) Rivers
2. The political environment includes:
 - a) Culture
 - b) Land
 - c) Developmental policies
 - d) Water resource
3. Which of the following is a Primary Health Care Characteristics?
 - a) Mental health
 - b) Acceptability
 - c) Dental health
 - d) Community rehabilitation
4. Selective Primary Health Care includes:
 - a) Health education
 - b) Mental health
 - c) Breast feeding
 - d) Appropriate technology
5. Ways of community sensitization include:
 - a) Social marketing
 - b) Health education
 - c) Exposure
 - d) All of the above
6. Which of the following MDG is directly aligned to health?
 - a) MDG 1
 - b) MDG2
 - c) MDG4 ✓
 - d) MDG 3
7. Which of the following SDG aims at ensuring health lives?
 - a) SDG1
 - b) SDG 6
 - c) SDG7
 - d) SDG8
8. According to World Health Organization which of the following is a determinant of health.
 - a) Social gradient
 - b) Family
 - c) Health
 - d) None of the above
9. Principles of health promotion involve.
 - a) Developing personal skills
 - b) Community participation ✓
 - c) Community mobilization
 - d) Community sensitization
10. Principles of health education include
 - a) Interest
 - b) Participation
 - c) Motivation
 - d) All of the above

11. The following is a Model of health education.
- a) Cognitive model
 - b) Health belief model
 - c) Precede proceed model
 - d) Social improvement model
12. Characteristics of a health community include:
- a) focuses on population and environmental factors that may impact people's health
 - b) Transmitting and sharing information, ideas and beliefs.
 - c) Producing and distributing services and goods
 - d) Protecting individual and group rights and welfare
13. About the social cultural subsystem in community health.
- a) It is made up of all the customs and beliefs
 - b) is made up of the development policies
 - c) it deals with evaluation of the health care delivery system.
 - d) It deals with the education of the community
14. Community health aims at?
- a) Availability and accessibility of health care facilities
 - b) Availability and accessibility of suitable educational,
 - c) Gainful occupational activities
 - d) Case/contact tracing and treatment
15. Which of the following is a Kenyan element of Primary Health Care?
- a) Health education
 - b) Family planning
 - c) Eye care
 - d) Immunization
16. About pillars of Primary Health Care.
- a) They are 10 in number
 - b) Encourage community participation
 - c) Are the same as element of PHC
 - d) They included in selective PHC
17. Community based health care advocates for which approach.
- a) Top-bottom approach
 - b) Bottom up approach
 - c) Side to side approach
 - d) Top to side approach
18. Importance of community sensitization include:
- a) To plan for various interventions
 - b) to implement the planned actions
 - c) Increases community's knowledge
 - d) To increase cohesion
19. Which of the following encourages community participation
- a) sustainable development
 - b) cooperation between project staff and community
 - c) social compatibility
 - d) political will
20. Ways of community sensitization include?
- a) Social marketing
 - b) Health education
 - c) Exposure
 - d) All of the above

SECTION 2: TRUE/FALSE QUESTIONS – (20 MARKS)

1. The following are principles of primary health care.
- Inter-sectoral action
 - Community participation
 - Affordability.
 - Decentralization
 - Accessibility
2. The following are not levels of disease prevention.
- Primary prevention
 - Secondary prevention
 - Tertiary prevention.
 - Pre modal.
 - Hand washing.
3. Which of the following is not geared towards achievement of NDG 3 'Promote gender equality and empower women'?
- Net attendance ratio in primary education.
 - Ratio of girls to boys in primary, secondary and tertiary education.
 - Adolescent birthrate.
 - Percentage of children under 5 sleeping under insecticide-treated bednets.
 - Percentage of population using an improved sanitation facility
4. Which of the following does not refer to accessibility as a characteristic of Primary Health Care?
- Distance from home.
 - Medical equipment.
 - Manpower.
 - Information.
 - Services.

SECTION 3: SHORT ANSWER QUESTIONS – (40 MARKS)

1. Define the following terms as used in community health.
- Health
 - Community health
 - Health education
 - Primary health care.
 - Community based Health care.
2. Discuss five factors influencing health of a community. (10marks)
3. List down ten Essential Services of community Health. (10marks)
4. Kenya vision 2030 is the country's new developments blue print covering the period 2008 to 2030. It aims to transform Kenya into a newly industrializing middle-income country providing a high quality life to all citizens by the year 2030. Discuss Economic as one the Kenya vision 2030 pillar. (10marks)

SECTION 4: LONG ANSWER QUESTIONS – (20 MARKS)

1. Discuss the Elements of primary health care.

(20marks)