

INDEX NUMBER:..... STUDENT'S SIGNATURE:.....

HOLY FAMILY NMTC – BEREKUM

MIDSEMESTER EXAMINATION RM 19

PUBLIC HEALTH NURSING

TIME ALLOWED: 20 MINUTES.

- 1. The first International Conference on Health promotion was held on which date?**
 - A. 21st November 1986
 - B. 20th November 1978
 - C. 21st November 1978
 - D. 20th December, 2000
- 2. This definition of Health Promotion: "the science and art of helping people change their lifestyle to move toward a state of optimal health" is accredited to:**
 - A. The American Journal of Health Promotion
 - B. World Health Organization
 - C. The Joint Committee of Health Education and Promotion
 - D. Ignnatavicius & Workman (2006)
- 3. A planned process that combines a variety of educational experiences, and facilitates voluntary adaptations or establishment of behaviour conducive to health is commonly referred to as:**
 - A. Health protection
 - B. Health education
 - C. Disease prevention
 - D. Health promotion
- 4. Behaviour change is the result of interaction between personal factors and environmental factors. What theory of behavior change is this statement?**
 - A. Health belief model
 - B. Social learning theory
 - C. Cognitive behavior theory
 - D. PEN Model
- 5. Which of the theories of behaviour change is based on the idea that health education is a dynamic process involving the individual, family and community, and behaviours are divided into positive or beneficial, exotic and negative?**
 - A. Health belief Model
 - B. Social learning theory
 - C. cognitive behavior theory

6. The stage in the behaviour changes where the person tries to consider whether to practice what has been taught is referred to as:

- A. Awareness
- B. Contemplation
- C. Intention
- D. Pre-awareness

7. The equal rights, responsibilities and opportunities of women and men girls and boys is commonly refer to as.....

8. An unequal treatment or perceptions of individuals based on their gender is referred to as.....

9. The actions adopted by a health promoter to minimize future hazards to health and hence inhibit the establishment of (environmental, economic, social, behavioral, cultural) known to increase the risk of disease is known as.....

10. State TWO (2) objectives of early diagnosis - 2marks

I.....

II.....

11. State the THREE (3) main triad of health promotion - 3marks

I.....

II.....

III.....

12. Identify FOUR (4) biological determinants of health - 4marks

I.....

II.....

III.....

IV.....

13. Mention Two 2 examples of gender inequality

I.....

II.....