

UGANDA MARTYRS UNIVERSITY
SCHOOL OF ARTS AND SOCIAL SCIENCES
DEPARTMENT OF DEVELOPMENT STUDIES
BACHELOR OF ARTS IN SOCIAL DEVELOPMENT AND COUNSELLING(BSDC)
NKOZI & MASAKA CAMPUSES

YEAR II: 2023/2024

End of Semester I Examination

BSDC2203: PUBLIC HEALTH

Date: Monday, 11th December 2023

Time: 9:30am-12:30pm

Instruction

Answer only four questions. Start each question on a fresh page

Question 1: (25 marks)

List the methods of

- a) Natural Family Planning. (3 marks)
- b) Artificial Family Planning. (4marks)
- c) One of the factors leading to failure to realize manageable families is poor access to contraceptives. What are some of the factors limiting access to contraceptive in Uganda (8 marks)
- d) Discuss the economic importance of Family Planning in national development. (10 marks)

Question 2: (25 marks)

1. In the process of conducting a community needs assessment, you find that only 33% of mothers exclusively breast feed their children up six months. You have been newly employed to head a nutrition project and you are fully aware of the effects this may have on the survival of these children.

- a) Outline the measures you would propose to support and promote breast feeding in this community? (10 marks)
- b) During your lectures, you learnt that there may be pregnant women with special needs that may warrant special consideration. Give five examples of these (5 marks)
- c) State 5 advantages of breastfeeding for each of the following

- | | |
|-----------------|-------------|
| i) the mother | (2.5 marks) |
| ii) the baby | (2.5 marks) |
| iii) the father | (2.5 marks) |
| iv) the country | (2.5 marks) |

Question 3: (25 marks)

- a) What does “waste management” mean to you? (2 marks)
- b) Giving relevant examples, how would you classify of waste (8 marks)
- c) You are newly employed as the community development officer in one of the urban centers in Uganda. You realize that poor waste management leading to environmental pollution is one of the problems faced by the community.



- d) Based on the idea of waste management hierarchy (most to least favored), what strategies would you consider to address the waste burden (8 marks)
- e) What could be the dangers associated with environmental pollution? (6 marks)

Question 4 (25 marks)

- a) What is health education? (2 marks)
- b) Why is health education key to improving individual and community health? (6 marks)
- c) Davis is a Social worker supporting community health initiatives in your area. He is doing health education activities — but not planning them. What points would you want to talk about to convince him that planning health education activities would be helpful? (5 marks)
- d) Discuss the process you advise that he takes while planning for a health education activity? (12 marks)

Question 5: (25 marks)

- a. What is your personal define the term “health”? (3 marks)
- b. What do you think makes Health Care (clinical practice) and Public Health different? (6 marks)
- c. With relevant examples, explain conditions referred to as “Determinants of Health”? (10 marks)
- d. How is the knowledge of social determinants of health helpful in you work as a mental health counselor? (6 marks)

Question 6: (25 marks)

- a) Basing on your community, what is the understating of the term “public health”. (5 marks) b) In reference to any five public health services, what do you think can be done to improve health standards in your area? (10 marks)
- b) As a newly appointed community development officer, you feel community health is a very important issue if sustainable development is to be achieved. You are invited to address local stakeholders about the issue. On one page, write your speech for the planned gathering to convince them to streamline community health in development planning? (10 marks)

Question 7: (25 marks)

The Primary Health Care Concept (PHC) concept was introduced at the 1978 Alma Ata conference in an attempt to address the inappropriateness of the health structures inherited by developing countries to tackle their predominant health problems.

- a) How would you define primary health care (3 marks)?
- b) Successfully implementation of primary health care hinges on four main principles. With appropriate examples, briefly explain the importance of considering each of these principles when implementing primary health care activities (12 marks)
- c) Uganda decided to implement the selective Primary health care model to address the major health problems affecting the most vulnerable populations especially children. Briefly explain the strategy adopted to implement this model (10 marks)

SUCCESS