

**UGANDA MARTYRS' UNIVERSITY (UMU)**  
**FACULTY OF HEALTH SCIENCES (FHS)**  
**BPHP 2212: INTRODUCTION TO NON-COMMUNICABLE DISEASES**  
**(NCD)**

**END OF SEMESTER II EXAMINATION**  
**BACHELOR OF PUBLIC HEALTH \_HEALTH PROMOTION**

**Date: Friday 26/07/2019**

**Time: 9:00am – 12:00pm**

**Instruction:**

- 1) Answer four (4) questions in all, from both Sections A and B. **Question 1** of Section A and **Question 2** of Section B are compulsory.
- 2) Write your registration number clearly

**SECTION A [Compulsory] – 45marks**

**Case Scenario** – Use this scenario to answer the questions that follow

Mary [Not real name] is a 52year old woman and has lived with fistula (complication following difficult child birth) for over 35years. She did not attend school at all and cannot read or write. She was forced to marry an older man when at the age of 15 as She was walking home from fetching water one evening, two men grabbed her and forced her into a house where one man raped her repeatedly for four days.

In her culture, when a girl spends a night [and has had sex] with a man, she cannot go back to her family. She has to get married to him, otherwise She brings shame to herself and her family. It is in this way that Mary became a second wife of Hassan [Not real name] – a middle-aged man in

her village. She was 15 years old when she became pregnant. Later on, when labour pain started, her husband took her to her mother-in-law who called a Traditional Birth Attendant (TBA) to assist her. Labour was painful and took a long time without any progress. The TBA and her mother-in-law told her to be a brave woman and tolerate pain, sometimes they would pinch and slap her, forcing her to push harder. The baby was too big to pass through her small and underdeveloped birth canal.

After one and half hour of struggling, they decided to take her to the nearby dispensary – about 6 kilometers away. Her husband carried her on a bicycle but at times she had to walk as the path was very rough and there were a few hills. They also had to cross a river by a canoe. Eventually, they reached the dispensary. At the dispensary, the nurse was kind enough and tried to help her as much as possible but after about 12 hours of struggling, the nurse gave up and issued a referral letter to the district hospital, which was more than 40 kilometers away.

As there was no ambulance and the husband had no money to hire a private car, with support from a few friends, her husband put her in a basket [tenga] and put her on a bicycle and started the journey to the hospital. After walking about three (3) hours or so, they saw a charcoal truck. They approached the driver who agreed to carry them to town where she finally reached the district hospital. She gave birth by Caesarean Section (operation) four hours after arrival at the hospital. The baby was already dead on delivery. Mary survived, only to find out after three (3) days that she was constantly leaking urine [fistula] and she could not control it.

Three (3) months after returning home, her husband divorced her, saying that he could not live with a woman who was constantly wet and smelling. She went to live with her uncle where she experienced a lot of stigma; she could not work because of pain and frequent illness and no one wanted to employ her because of her condition. She did not know that treatment existed until two



years ago when she learnt from a neighbor that her condition could be treated. She did not have money to pay for transport and medical cost. However, through support by an NGO called CCBRT, her fistula was successfully repaired after leaking urine for 35 years.

**Questions 1:** ✓

As a public health professional with background training in Non-Communicable Diseases (NCD) from Uganda Martyrs' University;

- a) Define and explain the terms: violence [Use WHO perspective], Gender and Gender-Based Violence (GBV)– **10marks**
- b) Violence exerts both human and economic toll on nations and costs economies many billions of US dollars each year. With reference to the case scenario, briefly explain the costs associated with violence – **8marks**
- c) Using your knowledge on typology of violence and violent acts, which one is exhibited in this scenario? Explain – **3marks**
- d) Discuss the Multifaceted responses to prevent violence– **10marks**
- e) Discuss the factors which make women more vulnerable to GBV – **14marks**

- low edu  
- ~~the~~ Lack power  
- cultural beliefs  
- men take alcohol  
- Lack of awareness about their rights  
- Religion - man head of family

## SECTION B – 55marks

### ✓ Question 2: [Compulsory]

- a) Discuss the global and national [Uganda] burden of Non-communicable diseases (NCD)  
– 5marks
- b) Explain why Uganda Healthcare System is not well positioned to reduce the burden of NCD – 5marks
- c) Briefly discuss the risk factors for NCD – 5marks

### Question 3:

United Nation (UN) Member States formally adopted the global monitoring framework as part of a comprehensive "Omnibus" Resolution at the 66th World Health Assembly in May 2013. It has **9 global targets** and **25 indicators**. This now forms the WHO Global Monitoring Framework for NCDs. Explain these global targets – 20marks

### Question 4: ✓

- a) Explain what Diabetes Mellitus (DM) is – 12marks
- b) From public health perspective, how can DM be prevented or delayed? – 08marks

### Question 5: ✓

- a) Explain what Hypertension is – 8marks
- b) As a public health professional, list and explain the risk factors associated with development of primary hypertension – 12marks

### Question 6:

Other than DM, hypertension or Violence/GBV; name and discuss one Non-Communicable Disease (NCD) of your choice – 20marks