

**TECHNICAL UNIVERSITY OF MOMBASA**

**FACULTY OF APPLIED AND HEALTH SCIENCES**

**DEPARTMENT OF ENVIRONMENTAL AND HEALTH SCIENCES**

UNIVERSITY EXAMINATION OF DEGREE

BACHELOR OF SCIENCE COMMUNITY HEALTH (BSCH15J )

**APH 4305: NON –COMMUNICABLE AND LIFE STYLE DISEASES**

END OF SEMESTER EXAMINATION **SERIES** DECEMBER 2015 PAPER TWO

MARKING SCHEME

QUESTION 1

- a. GDM is a condition in which women without previously diagnosed diabetes have high blood glucose levels during their pregnancy. GDM affects about 4% of all pregnant women
- b. Lower-income countries generally have lower capacity for the prevention and control of noncommunicable diseases. 1. lack of NCD services covered by health insurance in low-income countries. 2. Inadequate health insurance coverage to provide universal access to essential NCD interventions. 3. Lack of comprehensive approach in all sectors, including health, finance, foreign affairs, education, agriculture, planning and others, to work together to reduce the risks associated with NCDs, as well as promote the interventions to prevent and control them
- c. Four other non communicable disease list four more NCD  
autoimmune diseases  
osteoporosis,  
Alzheimer's disease,  
cataracts,
- d. Cardiovascular disease (CVD) is a general term that describes a disease of the heart or blood vessels . 1. The cardiovascular diseases involving the blood vessels are known as vascular diseases: Coronary artery disease (also known as coronary heart disease and ischemic heart disease); Peripheral arterial disease – disease of blood vessels that supply blood to the arms and legs Cerebrovascular disease – disease of blood vessels that supply blood to the brain (includes stroke) Renal artery stenosis Aortic aneurysm
- e. Cervical Cancer: Risk Factors  
Human papilloma virus infection (HPV)  
Smoking  
Immune Deficiencies  
Poverty  
No access to PAP screening

#### Family history of cervical cancer

- f. Rheumatism or rheumatic disorder is an umbrella term for conditions causing chronic, often intermittent pain affecting the joints and/or connective tissue
- g. It is mainly characterized by inflammation of the lining, or synovium, of the joints. It can lead to long-term joint damage, resulting in chronic pain, loss of function and disability. RA affects the joints of the hands and feet and tend to occur equally on both sides of the body. This is a distinguishing factor from other forms of the disease. Rheumatoid Arthritis is a chronic systemic disease that affects the joints, connective tissues, muscle, tendons, and fibrous tissue. It tends to strike during the most productive years of adulthood, between the ages of 20 and 40, and is a chronic disabling condition often causing pain and deformity. is more common in women and in developed countries. Within 10 years on onset, at least 50% of patients in developed countries are unable to hold down a full-time job

#### QUESTION 2

- a. Noncommunicable diseases (NCDs), is a medical condition or disease that is non-infectious or non-transmissible. Can also refer to chronic diseases which last for long periods of time and progress slowly. 4 main types of noncommunicable diseases are 1. cardiovascular diseases 2. Cancers 3. Chronic respiratory diseases 4. Diabetes
- b. Risk factors for Cardiovascular disease high blood pressure (hypertension) smoking high blood cholesterol diabetes lack of exercise being overweight or obese a family history of heart disease ethnic background
- c. CVDs be prevented by making lifestyle changes, such as eating healthily, exercising regularly and stopping smoking. Addressing one risk factor, such as giving up smoking, will bring important health benefits, but to significantly reduce your risk of developing CVD

#### QUESTION 3

- a. Type 2 diabetes associated with a ten-year-shorter life expectancy. Associated with a two to four times the risk of cardiovascular disease, including ischemic heart disease and stroke; A 20-fold increase in lower limb amputations, and increased rates of hospitalizations. Type 2 diabetes is the largest cause of non traumatic blindness and kidney failure It has also been associated with an increased risk of cognitive dysfunction and dementia through disease processes such as Alzheimer's disease and vascular dementia. Other complications include acanthosis nigricans, sexual dysfunction, and frequent infections
- b. Age, weight, c-peptide, family history, ketosis, insulin treatment, antibodies
- c. Metabolic" refers to the biochemical processes involved in the body's normal functioning

#### QUESTION 4

- a. The major rheumatic disorders currently recognized, Back pain, Ankylosing spondylitis Bursitis/Tendinitis, Capsulitis, Neck pain, Osteoarthritis, Palindromic rheumatism has been theorized to be a form of rheumatoid arthritis
- b. Rheumatic diseases which are caused by autoimmunity include: Relapsing polychondritis systemic lupus erythematosus rheumatoid arthritis (also gout, inflammatory arthritis, pseudogout) juvenile arthritis Sjögren syndrome scleroderma, Polymyositis , Dermatomyositis , Behçet's disease, Reactive arthritis, Psoriatic arthritis
- c. Osteoporosis is a disease characterized by low bone mass and structural deterioration of bone tissue, leading to bone fragility and an increased susceptibility to fractures of the hip, spine, and wrist
- d. Complex etiology or causes, Long latency period, Prolonged cause of illness, Non contagious in origin non communicable, Functional impairment or disability, Multiple risk factors

#### QUESTION 5

- a. Cancer , cardiovascular diseases, diabetes, chronic respiratory diseases .Four shared modifiable risk factors are alcohol, tobacco, inactivity, unhealthy diet
- b. Chronic disease of the airways that may cause
  - i. Wheezing
  - ii. Breathlessness
  - iii. Chest tightness
  - iv. Nighttime or early morning coughingEpisodes are usually associated with widespread, but variable, airflow obstruction within the lung that is often reversible either spontaneously or with treatment.
- c.
- d. Describe ways of preventing asthma 8 marks