



FACULTY OF APPLIED AND HEALTH SCIENCES
DEPARTMENT OF ENVIRONMENT & HEALTH SCIENCES
UNIVERSITY EXAMINATION FOR:
BACHELOR OF SCIENCE IN MEDICAL LABORATORY SCIENCE
BMLS /YEAR 4/SEMESTER 2
ACM 4101: PRINCIPLES OF COMMUNITY HEALTH
END OF SEMESTER EXAMINATION
SERIES: November 2024
TIME: 2HOURS
DATE: Pick Date NOV 2024

Instructions to Candidates

You should have the following for this examination

-Answer Booklet, examination pass and student ID

This paper consists section A and B

ANSWER ALL THE QUESTIONS

Circle the correct answer in section A.

SECTION A: MULTIPLE CHOICE QUESTIONS (30MARKS)

1. Which one of the following is NOT an objective of community organization?
 - A. Learn about common problems
 - B. Plan the kind of action needed to solve the problem
 - C. Never to act as issues presented
 - D. Identify problems as their own
 - E. Implement ways to solve their problems.

2. A dispensary is classified as what level of care?

- A. Primary
- B. Secondary
- C. Tertiary
- D. Intermediate
- E. None of the above

3. The following are advantages of home visits EXCEPT?
- A. It allows the health provider to provide care to a greater number of people.
 - B. It allows sharing of experience among people with similar health problems.
 - C. It provides an opportunity to do first hand appraisal of the home situation.
 - D. It develops the family initiative in providing for health needs of its members.
 - E. It provides an excellent opportunity to implement planned health care.
4. Which of the following is an importance of community diagnosis?
- A. It helps to find the common problems or diseases, which are troublesome to the people and are easily preventable in the community.
 - B. Community diagnosis can be a pioneer step for betterment of rural community health.
 - C. It is a tool to disclose the hidden problems that are not visible to the community people but are being affected by them.
 - D. It helps to access the group of underprivileged people who are unable to use the available facilities due to poverty, prevailing discriminations or other reasons.
 - E. All the above
5. The process of community diagnosis involves five stages which one is NOT?
- A. Initiation/Planning
 - B. Data collection
 - C. Data analysis
 - D. Diagnosis and dissemination
 - E. Home visiting

6. The following are missions of community diagnosis EXCEPT?

- A. Admitting patients at a facility of their choice
- B. Evaluate the health resources, services, and systems of care within the community
- C. Assess attitudes toward community health services and Health related issues
- D. Identify priorities, establish goals, and determine courses of action to improve the health status of the community
- E. Establish an epidemiologic baseline for measuring improvement over time.

7. Which of the following are goals of outreach?

- A. Enhance Community Awareness
- B. Increase the visibility of program
- C. Broaden community support
- D. Engage new partners/ stakeholders
- E. All the above

8. The following are basic components of community health practice EXCEPT?

- A. Prevention of health problems
- B. Treatment of disorders
- C. Rehabilitation
- D. Financial support
- E. Evaluation

9. One of the innovations of Kenya Essential Package for Health (KEPH) is

- A. The recognition of Kenyan household and communities to take charge of improving their own health
- B. Introduction of primary referral facilities
- C. Introduction of secondary health facilities
- D. Introduction of tertiary health facilities.
- E. Involving other sectors to give support

10. The greatest emphasis in community health care is
- A. Primary prevention
 - B. Secondary prevention
 - C. Tertiary prevention
 - D. Rehabilitation
 - E. Treatment of minor illness
11. An example of appropriate technology includes
- A. All traditional providers of health care
 - B. Use of herbal medicines and indigenous healing methods
 - C. Exclusion of western technologies
 - D. Experimental healing modalities
 - E. All the above
12. An important factor that you will consider when you prepare the family health plan is
- A. Gather data from the health center
 - B. Identify needs and problems as seen accepted by the family
 - C. Identify needs and problems gathered and recognized by the health service provide.
 - D. Identify needs as expressed by the health service provide assigned in the area where family reside
 - E. None of the above
13. Intersectoral coordination is necessary because
- A. Community needs may not be primarily medical in nature
 - B. Other agencies may respond better to the local problem
 - C. Health resources are generally inadequate
 - D. Enhance community participation
 - E. All the above.
14. The principle unique of primary health care is
- A. Empowerment of the people
 - B. Holistic health care delivery
 - C. Teamwork among health professionals

- D. socialization of health care
 - E. Complete autonomy in local health efforts
15. Indicators of social and mental health includes.
- A. Environmental indicators
 - B. Socio-economic indicators
 - C. Health policy indicators
 - D. Indicators of quality of life
 - E. All the above
16. Basic health services mean that
- A. There is provision for referral services to higher level of health care
 - B. There are the services without the need of specialist
 - C. These are provided by both medical and paramedical personnel
 - D. They are only services paid for
 - E. All the above
17. The features of a community include
- A. location, population, social systems
 - B. people, location, geographical area
 - C. population, families, location
 - D. Social system, community members, families
 - E. Families, location, social system
18. The modern concept of health refers to Optimum Level of Functioning (OLOF) of individuals, families, and communities, which is influenced by the ecosystem through a myriad of factors. EXCEPT?
- A. Behavioral (culture, habits, mores, ethnic customs)
 - B. Teamwork among health professionals.
 - C. Socio-economic (employment, education, housing)
 - D. Political (safety, oppression, people, empowerment)
 - E. Hereditary (genetic endowment, familial, racial)

19. Functions of community health include the following EXCEPT?
- A. Control of communicable disease.
 - B. Environmental sanitation.
 - C. Mental and child health.
 - D. location, population, social systems
 - E. Laboratory services.
20. In order for you to conduct home visiting successfully, you need to have the following skills:
- A. Good technical skills and knowledge of preventive and therapeutic measures
 - B. Good communication skills and teaching ability
 - C. Good leadership skills and rational thinking to make sound judgment.
 - D. Good counseling skills and an understanding of human relations
 - E. All the above.
21. Best group to identify and prioritize community health problems
- A. Health workers
 - B. Community residents
 - C. Social workers
 - D. Community leaders
 - E. All the above.
22. The following measures have the greatest impact on community health. EXCEPT?
- A. Provision of social services
 - B. Provision of portable water supply
 - C. Immunization
 - D. Medical care of the sick
 - E. Basic laboratory services and provision of essential drugs
23. The key point of primary health care is
- A. Increase budgetary allocation on health

- B. High technology at all levels of health care
- C. Community participation
- D. Increase information dissemination through mass media
- E. Health worker participation

24. Which of the following policies have guided the development of primary health care in Kenya?

- A. Free- for-all concept
- B. District For Rural Focus develop
- C. Right to emergency services
- D. Centralization of health services
- E. Community diagnosis

25. Which is true of primary care services Kenya

- A. They provide basic outpatient and disease prevention services
- B. Comprises of community units focusing on individual families and communities
- C. They provide basic outpatient and disease prevention services
- D. They form the community referral system
- E. They are carried out by individual

26. The term 'community health' is also referred to all these EXCEPT?

- A. Population medicine
- B. Acute medicine
- C. Public health
- D. Preventive medicine
- E. Community Health promotion

27. Disadvantages of home visiting includes.

- A. Home visits consume a lot the health provider time and energy as well as transport fuel (petrol or diesel) or bus fare.
- B. Unforeseen events may occur during home visits, which will interfere with planned activities.

- C. The patient's family may not accept the service provider due to various factors such as cultural or religious differences, personal characteristics of the health provider and the patient or to some extent, socio-economic status of the service provider and the patient.
- D. Confusion of the nurse's role in a community where there may be a lack of knowledge and understanding of the role of the community health provider.
- E. All the above

28. The following are basic requirements for Sound Primary Health Care EXCEPT?

- A. Emergency
- B. Adequacy
- C. Accessibility
- D. Acceptability
- E. Affordability

29. Level one service activities include

- A. Communicable disease control: HIV/AIDS, STI, TB, malaria, epidemics
- B. First aid and emergency preparedness/treatment of injuries/trauma
- C. IEC for community health promotion and disease prevention
- D. Adolescent reproductive health
- E. All the above

30. The following information would provide insight into the needs of the target community:

- A. Demographic data,
- B. Prevailing attitudes and policies of the legal authorities
- C. Risk assessment data for other STDs and drug use
- D. homelessness statistics
- E. All the above

SECTION B:

(ANSWER ONLY TWO QUESTIONS)

QUESTION TWO

- A. State five advantages of ensuring community participation in a community program (5marks)
- B. Outline the phases and activities in each phase involved in home visiting (15marks)

QUESTION THREE

- A. Define the following terms as used in community health (6marks)
 - I. Primary health care
 - II. Family health
 - III. Home visit
 - IV. Community
 - V. Community diagnosis
 - VI. Health
- B. Primary health care shifts the emphasis of health care to the people themselves and their needs, reinforcing and strengthening their own capacity to shape their lives.
 - i) Outline the pillars of primary health care (4marks)
 - ii) Describe the Basic Requirements for Sound Primary Health Care (10marks)

QUESTION FOUR

Discuss the Human development index and the effects of development on community health. (20 Marks)

QUESTION FIVE;

- A) Discuss community health strategy giving examples (10 Marks)
- B). Explain the challenges and barriers in achieving Universal Health Coverage and Sustainable development goals at the community level: (10 Marks)

