



# TECHNICAL UNIVERSITY OF MOMBASA

*Faculty of Applied & Health Sciences*

## DEPARTMENT OF ENVIRONMENT AND HEALTH SCIENCES

UNIVERSITY EXAMINATION OF DEGREE OF  
BACHELOR OF SCIENCE COMMUNITY HEALTH  
(BSCH 13M )

### ACM 4304 DRUG AND SUBSTANCE ABUSE

SPECIAL/SUPPLEMENTARY EXAMINATIONS

**SERIES:** JULY, 2014

**TIME:** 2 HOURS

#### INSTRUCTIONS TO CANDIDATES:

- This paper consists of **FIVE** questions
  - Answer question **ONE (COMPULSORY)** and any **TWO** questions
  - This paper consists of **TWO PRINTED** pages
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#### QUESTION 1 (COMPULSORY)

- a) Define the following terms as used in substance abuse.

Drug abuse                   (1 mark)  
Chemical dependence       (1 mark)  
Poly drug use               (1 mark)  
Drug addiction               (1 mark)

- b) State **FOUR** means of drug administration and give **ONE** example in each                   (4 marks)
- c) Identify the risk factors associated with adolescent drug use.                                       (4 marks)
- d) Explain the long term effects of cocaine in an individual.                                       (4 marks)
- e) Explain the process of systematic desensitization in stopping drug abuse or dependence.                                       (5 marks)

- f) “Alcohol has been and still is among the substances mainly abused in Kenya. The law proceeds on the premise that alcohol consumption is not illegal. Briefly explain the **THREE** statutes that govern manufacture, sale and consumption of alcohol. **(3 marks)**
- g) Explain the common elements of relapse prevention in drug abuse treatment techniques. **(4 marks)**
- h) Outline **FOUR** situations when drugs are commonly taken. **(2 marks)**

## QUESTION 2

The 2009 NACADA survey indicated that consumption of heroin and cocaine is on a steady rise in Kenya especially in Nairobi and Coast Province among intravenous Drug Users (IDU’S).

Consumption of cocaine in Coast Province is mainly in Mombasa and is irrespective of social demographic characteristics. By using the above statement:

- a) Describe the characteristics of injecting drug users (IDU’S) **(7 marks)**
- b) Explain the effects of injecting drugs. **(6 marks)**
- c) State **FOUR** drug injecting sites. **(2 marks)**

## QUESTION 3

Discuss Jellinek’s phases of alcoholism. **(20 marks)**

## QUESTION 4

- a) Valium is a depressant used to relieve nervousness, tensions and induce sleep. Explain its:
- (i) Short term effects. **(5 marks)**
  - (ii) Long term effects **(5 marks)**
- b) Describe **THREE** simple types of drugs in the community and give **ONE** example in each case. **(10 marks)**

## QUESTION 5

- a) Name **FOUR** types of depressant drugs commonly used in Kenya. **(6 marks)**
- b) Describe the above drugs under the following heading **(14 marks)**
- (i) Medical use
  - (ii) Short term effects
  - (iii) Overdose
  - (iv) Health risks.