



THE CATHOLIC UNIVERSITY OF EASTERN AFRICA

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MAIN EXAMINATION

SEPTEMBER –DECEMBER 2021

SCHOOL OF NURSING

REGULAR PROGRAMME

NUR 201: COMMUNITY HEALTH NURSING 1

Date: DECEMBER 2021	Duration: 3 Hours
INSTRUCTIONS: i) All questions are compulsory	
ii) Indicate the answers in the answer booklet provided	

PART -I: MULTIPLE CHOICE QUESTIONS (MCQs)

(20 MARKS):

- The following are functional coping strategies in a family in crisis
 - Normalizing, emotional distancing
 - Family myth, family group reliance
 - Seeking social support, Joint problem solving
 - Joint problem solving, authoritarianism
- The conceptual framework that views the family as a whole with boundaries that are affected by the environment is the:
 - Role theory
 - Developmental theory
 - Structural functional theory
 - Systems theory
- The role of a community health nursing as a counselor is best defined as:
 - Evaluate outcome of health education
 - Assist client to evaluate alternative solutions

- c) Evaluate the outcome of nursing intervention
 - d) Determine the need and appropriateness for a referral
4. When working with families, the nurse may view the family as context or client. Which one of the following examples demonstrates the view of the family as context?
- a) The client's ability to understand and manage his or her own dietary needs
 - b) The family's ability to support the client's dietary and recreational needs
 - c) The adjustment of the client and family to changes in diet and exercise
 - d) The family's demands on the client based on his or her role performance
5. The purpose of conducting a community assessment includes:
- a) Determining strengths, weakness, needs, and resources
 - b) Satisfying one's curiosity about a particular place
 - c) Making travel in the community easier in the future
 - d) Looking for one particular client family you will be visiting
6. The nurse makes a home visit to a client living in a nuclear family system. In assessing the roles and power structure of the family, the nurse should specifically ask the client:
- a) "Who decides where to go on vacation?"
 - b) "What type of health care insurance do you have?"
 - c) "How many people live in your home?"
 - d) "What types of activities do you and your family like?"
7. An indicator of success in community organizing is when people are able to:
- a) Participate in community activities for the solution of a community problem
 - b) Implement activities for the solution of the community problem
 - c) Plan activities for the solution of the community problem
 - d) Identify the health problem as a common concern
8. "The process of enabling people to increase control over and improve their health" describes which of the following concepts?
- a) Health promotion
 - b) Empowerment

- c) Health protection
 - d) Health education
9. "I will sign up for weight control program because it helped me years ago, and I can go with my friend". In which of the following theory can you associate this statement?
- a) The Transtheoretical Theory
 - b) Theory of Reasoned Action
 - c) Health Belief model
 - d) Health Promotion Model
10. When planning care for a patient and using the concept of family as patient, the nurse:
- a) Includes only the patient and his or her significant other
 - b) Considers the developmental stage of the patient and not the family
 - c) Understands that the patient's family will always be a help to the patient's health goals
 - d) Realizes that cultural background is an important variable when assessing the family
11. Which of the following Family Planning Methods contains only hormonal contraceptives?
- a) Norplant Implants, Copper IUDs, Combined Oral Contraceptives
 - b) Fertility Awareness Based, Norplant Implants, Combined Oral Contraceptives
 - c) DMPA injectable, Combined Oral Contraceptives, Norplant Implants
 - d) Lactational Amenorrhea, Fertility Awareness Based, Copper IUDs
12. A client tells the nurse that she plans to use the rhythm method of birth control. The nurse is aware that the success of the rhythm method depends on the:
- a) Age of the client
 - b) Frequency of intercourse
 - c) Regularity of the menses
 - d) Range of the client's temperature
13. Why is it important to discuss with client the **effectiveness** of family planning methods?

- a) To show advantages and disadvantages for each method
 - b) To explain how well a FP method prevents pregnancy
 - c) To inform the client of any side effect before they choose and start a method
 - d) To provide instructions on what client can do if they make a mistake
14. When the community health nurse refers patients to appropriate resources and monitors and coordinates the extent and adequacy of services to meet family health care needs, the nurse is functioning in the role of:
- a) Advocate
 - b) Counselor
 - c) Collaborator
 - d) Case manager
15. Health inequities is a term used to describe
- a) Systematic and avoidable differences in health status
 - b) Random differences in the distribution of health and illness
 - c) Unavoidable differences in the receipt of health services
 - d) The natural gradient of health in a population
16. Which of the following nursing actions is most likely to bring about change based on the social determinants of health?
- a) Talking about the effects of social determinants on community health
 - b) Providing clients with a list of health resources in their community
 - c) Including questions on income and social support in community needs assessments
 - d) Working with disadvantaged groups to improve their health and social conditions
17. The main similarity between individual and community assessment is
- a) The focus on population groups
 - b) The time required to carry out the process
 - c) The steps of the process
 - d) The components or details of the process

18. The conceptual framework that views the family as a whole with boundaries that are affected by the environment is the:

- a) Developmental theory
- b) Structural functional theory
- c) Role theory
- d) Systems theory

19. Which of the following populations are of special concern to community health nurses?

- a) School-aged children and youth
- b) Mothers and infants
- c) People who are vulnerable
- d) The whole population

20. Which action directly builds relationships and partnerships?

- a) Using collaboration and effective communication with all community levels and governments
- b) Using systematic processes to collect and document actions, plans, and evaluation
- c) Using a variety of knowledge sources to inform community groups about appropriate actions
- d) Using organizational skills to demonstrate ways that the health of the community could improve

PART-II: SHORT ANSWER QUESTIONS (SAQs)

(40 MARKS):

1. Describe a healthy community **(3marks)**
2. Outline five (5) areas that are included in the family assessment **(5marks)**
3. Describe the three (3) levels and focuses proposed for family nursing practice **(6marks)**

4. Outline the six (6) stages of change as described in the Trans theoretical Model **(6marks)**
5. State four (4) factors motivating change in the health care system **(4marks)**
6. Outline four (4) differences between community health care setting and traditional settings **(4marks)**
7. Explain the three (3) levels of disease prevention **(6marks)**
8. State six (6) broad determinants of health **(6marks)**

PART III: LONG ANSWER QUESTIONS (LAQs) (40 MARKS)

1. Mrs. Pao para 2+0, comes to the family planning clinic with complaints of missing threads two months after insertion of intra-uterine contraceptives device (IUCD)
 - a. Explain the mechanism of action of IUCD **(4marks)**
 - b. State any other four complications of IUCD other than missing threads **(4marks)**
 - c. Describe the management of Mrs. Pao till the problem is resolved **(12marks)**
2. You are developing a health education program on HIV in your county.
 - a. State any eight (8) Principles of health education **(8marks)**
 - b. Using Health Belief Model (HBM) concepts, describe how you will organize the health messages to increase screening and adherence to HIV medication **(12marks)**

END