



# THE CATHOLIC UNIVERSITY OF EASTERN AFRICA

**A. M. E. C. E. A**

P.O. Box 62157

00200 Nairobi - KENYA

Telephone: 891601-6

**REGINA PACIS INSTITUTE OF HEALTH SCIENCES**

**MAIN EXAMINATION**

**SEPTEMBER – DECEMBER 2019 TRIMESTER**

**FACULTY OF SCIENCES**

**DEPARTMENT OF NURSING**

**REGULAR PROGRAMME**

**NUR / UNUR 201: COMMUNITY HEALTH NURSING I**

**Date: DECEMBER 2019**

**Duration: 3 Hours**

**INSTRUCTIONS: Answer ALL Questions**

**PART -I: MULTIPLE CHOICE QUESTIONS (MCQs)**

**20 MARKS:**

**Instructions: Answer all the questions in all the sections.**

- Q1. A 22 year old male client wants to start an exercise program, but he says he doesn't have the time or money to attend a fitness club. The nurse recognizes the behavior-specific cognitions and affect variable of:
- a) Perceived barriers to action
  - b) Interpersonal influences
  - c) Perceived self-efficacy
  - d) Situational influences
- Q2. Which statement reflects the maintenance stage of the behavior change model?
- a) I make low fat choices when I eat at home, but it is a little more difficult to find low fat meals when I dine out.
  - b) I am learning more about low fat substitutions and am trying them with my favorite recipes.
  - c) I quit my diet a few weeks ago, and I plan to start it again after the holidays.
  - d) I need to eat lots of fatty foods because I have a high metabolism.
- Q3. The health educator who teaches proper body mechanics for bending and lifting is conducting activities in the level of:
- a) Primary prevention
  - b) Secondary prevention
  - c) Tertiary prevention

- d) Focused prevention
- Q4. A nursing discipline which focuses on the community as a whole and the health status of individuals as an aggregate is:
- a) Community-oriented nursing
  - b) Community health nursing
  - c) Public health nursing
  - d) School health nursing
- Q5. A home-based community health nurse who provides skin care and repositioning of a client on bed-rest is conducting activities in:
- a) Health promotion
  - b) Health protection
  - c) Health prevention
  - d) Rehabilitation
- Q6. A health educator offering weight control and exercise programs is an example of:
- a) Health risk appraisal and wellness assessment
  - b) Environmental and lifestyle control program
  - c) Information dissemination and utilization
  - d) Lifestyle and behavior change
- Q7. The most common causes of diarrhea in infants and children is:
- a) Vibrio cholera
  - b) Rota virus
  - c) E.Coli
  - d) Salmonella
- Q8. A nurse planning a smoking cessation clinic for adolescents in high schools is providing which of the following?
- a) Community-oriented care
  - b) Community-based care
  - c) Secondary care
  - d) Tertiary care
- Q9. A good health triad does not include:
- a) Physical Status
  - b) Social Status
  - c) Mental Staus
  - d) Economic status
- Q10. Approach of health promotion that aims to improve and promote health by addressing socioeconomic and environmental determinants of health within the community is.
- a) Community development approach
  - b) Lifestyle modification approach

- c) Behaviour change approach
- d) Biomedical approach

- Q11. The main focus of the Health Promotion approach is:
- a) Helping people achieve higher levels of well-being
  - b) It focuses on behavior change mechanisms for smokers.
  - c) It focuses on examining client health behaviors.
  - d) It focuses on behavioral intention.
- Q12. Children who live in a home where violence takes place between their parents are more likely to be abused themselves due to:
- a) Problems with substance abuse
  - b) Strain of economic resources
  - c) Lack of social support
  - d) Lack of physical support
- Q13. The clinic nurse who refers a client with Multiple Sclerosis to a support group and provides information about community resources for counseling is conducting activities in the level of
- a) Primary prevention
  - b) Secondary prevention
  - c) Tertiary prevention
  - d) Focused prevention
- Q14. Which of the following is the most prominent feature of community health nursing?
- a) The community health nurse functions as part of a team providing a public health nursing service
  - b) It involves providing home care to sick people who are not confined in the hospital
  - c) Services are provided free of charge to people within the catchment area
  - d) Community health nursing focuses on preventive, not curative services
- Q15. The leading cause of poor health globally is:
- a) Cardiovascular disease
  - b) Infectious diseases
  - c) Smoking
  - d) Poverty
- Q16. Prevent complications is included in which level of prevention?
- a) Primary
  - b) Primordial
  - c) Secondary
  - d) Tertiary

- Q17. While providing care to a family at a local center, the community health nurse contacts the local department of social services to help the family attain assistance with health insurance coverage. The nurse is acting in which role?
- a) Educator
  - b) Advocate
  - c) Leader
  - d) Clinician
- Q18. The health status of the people is greatly affected and determined by:
- a) Psychological factors
  - b) Behavioral factors
  - c) Socioeconomic factors
  - d) Political factors
- Q19. A clinic treating a child for otitis media is an example of which of the following?
- a) Community-oriented care
  - b) Community-based care
  - c) Public health care
  - d) Tertiary health care
- Q20. An indicator of success in community organizing is when people are able to:
- a) Participate in community activities to solve community's problem
  - b) Plan activities for the solution of the community problem
  - c) Implement activities for the solution of the community problem
  - d) Identify the health problem as a common concern

**Part II: SHORT ANSWER QUESTIONS (SAQ)**

**40 MARKS:**

- Q1. Describe six (6) of the social determinants of health **(8 marks).**
- Q2. Explain four (4) of the major roles of community health nursing **(8 marks).**
- Q3. Describe the Travis's illness-wellness continuum model **(4 marks).**
- Q4. Describe four (4) Principles of health promotion **(8 marks).**
- Q5. Outline four (4) key differences between health promotion and disease prevention **(8 marks).**
- Q6. Outline four benefits of family planning to the child **(4 marks).**

**PRAT III: LONG ANSWER QUESTIONS (LAQ)**

**40 MARKS:**

- Q1. As community health nurse, you have been appointed to assess the general health status of primary school children. Explain how you will assess the general health status of primary school children **(20 marks).**
- Q2. Describe the application of the Health Belief Model for controlling the burden of cardiovascular disease (CVDs) in the community **(20 marks).**

**\*END\***