



KISII UNIVERSITY
UNIVERSITY EXAMINATIONS

THIRD YEAR EXAMINATION FOR THE AWARD OF THE
DIPLOMA IN CLINICAL MEDICINE AND SURGERY
THIRD SEMESTER 2022/2023
[MAY-AUGUST, 2023]

CIMS 0378: COMMUNITY HEALTH

STREAM: Y3S3

TIME: 2 HOURS

DAY: WEDNESDAY, 9:00 – 12:00 PM

DATE: 26/07/2023

INSTRUCTIONS

1. Do not write anything on this question paper.

PART A: SHORT ESSAY QUESTIONS

There are six questions in this section; Attempt ALL questions

10 MARKS EACH

1. Enumerate five preventable causes of disease
2. Give two examples of each of the following;
 - a) Water borne infections (2 marks)
 - b) Water washed infections (2 marks)
 - c) Water based infections (2 marks)
 - d) Water related infections (2 marks)
 - e) Vector borne infections (2 marks)
3. Outline five types of leave that can be granted to a civil servant (10 marks)
4. Explain five benefits of disease screening (10 marks)
5. Using an illustration, explain Abraham Maslow's hierarchy of needs (10 marks)

6. a) Define team work (2 marks)
b) Give four advantages and disadvantages of teamwork (8 marks)

PART B: LONG ESSAY QUESTIONS

There are three questions in this section; Attempt ANY TWO questions

20 Marks each

1. Briefly discuss five (5) principles of primary health care (20 marks)
2. Discuss five (5) probability sampling techniques (20 marks)
3. a) Discuss control and prevention of diseases under the following; (15 marks)
 i. Interrupting transmission
 ii. Protecting susceptible host
 iii. Attacking the source
b) List five re-emerging communicable diseases (5 marks)

MULTIPLE QUESTIONS

Pick ONLY ONE correct answer

1. Which of the following is a more effective strategy in the control of infectious diseases;
a) Purchase of sophisticated medical equipment eg CT scan, MRI etc
b) Increased training of high-level staff eg neurosurgeons, oncologists etc
c) Adequate staffing and equipping of lower-level health facilities eg dispensaries and health centres
d) Using police and provincial administration officers in enforcing the public health act
2. Which of the following refers to the compulsive and harmful use of substances?
a) Drug rehabilitation
b) Drug prevention
c) Substance abuse
d) Substance dependency
e) Substance misuse
3. What is the process of gradually reducing the dose of a drug to manage withdrawal symptoms? a) Detoxification

- b) Rehabilitation
 - c) Medication-assisted treatment
 - d) Harm reduction
 - e) Tapering
4. Which of the following is a potential sign of drug or substance abuse?
- a) Increased social engagement
 - b) Improved academic performance
 - c) Neglecting responsibilities and relationships
 - d) Increased financial stability e) Enhanced physical health
5. What is the primary goal of drug prevention programs?
- a) Encouraging recreational drug use
 - b) Promoting the safe use of drugs
 - c) Educating about the risks and consequences of drug abuse
 - d) Providing access to drugs in a controlled environment
 - e) Supporting individuals in maintaining their drug addiction
6. What is the primary focus of disaster management?
- a) Eliminating all risks associated with disasters
 - b) Preparing for, responding to, and recovering from disasters
 - c) Assigning blame for the occurrence of a disaster
 - d) Preventing the occurrence of natural disasters
 - e) Developing contingency plans for every possible disaster scenario
7. Which of the following is an example of a natural disaster?
- a) Cyberattack
 - b) Terrorist attack
 - c) Earthquake
 - d) Industrial accident
 - e) Riot
8. What does the term "mitigation" refer to in the context of disaster management?
- a) Providing immediate assistance and support during a disaster
 - b) Restoring affected communities to their pre-disaster state
 - c) Assessing the risks and taking actions to reduce or prevent the impact of disasters
 - d) Learning from past disasters and implementing measures to avoid similar incidents in the future
 - e) Communicating important information to the public during a disaster
- 9. Which of the following is an essential component of disaster preparedness?**
- a) Identifying individuals responsible for causing the disaster
 - b) Developing evacuation plans and emergency kits
 - c) Assigning blame for the occurrence of the disaster

- d) Reacting quickly and instinctively during a disaster
- e) Allocating financial resources for post-disaster recovery efforts

11. About eradication of communicable diseases;

- a) Reduction to near zero of the incidence of infection in a defined geographical area
- b) Continued measures to prevent re-establishment of transmission are required
- c) It is reduced prevalence of a disease or condition
- d) It is the permanent reduction to zero of the worldwide incidence of infection

12. About elimination of communicable diseases;

- a) Reduction to near zero of the incidence of infection in a defined geographical area
- b) Continued measures to prevent re-establishment of transmission are no longer needed
- c) It is reduced prevalence of a disease or condition
- d) It is the permanent reduction to zero of the worldwide incidence of infection

13. Epidemics may occur due to;

- a) Due to increased immunity in the host
- b) Introduction of agent through new portals of entry
- c) Strengthening of public health systems
- d) Witchcraft

14. Extrinsic factors that determine occurrence of a disease include;

- a) Climate
- b) Age
- c) Sex
- d) Sexual behaviour

15. Risk factors to disease;

- a) Have no association to the outcome
- b) Have a strong association to the outcome in question
- c) Person characteristics eg being unmarried may itself be a risk factor
- d) Have no bearing on susceptibility to a disease

16. Which of the following has the greatest impact on health;

- a) Environmental degradation
- b) Height and weight
- c) Social cohesion

d) Income and poverty

17. Disease surveillance data;

- a) Is information for public health action
- b) Is confidential information that should only be available to the Ministry of Health
- c) Is generated only by trained surveillance officers
- d) Is only useful in communicable diseases

18. Emerging diseases;

- a) Include poliomyelitis
- b) Not found in European countries
- c) Confined to tropical countries
- d) May be caused by previously unknown disease agents

19. Re-emerging infectious disease;

- a) Have been known for some time, had fallen to low levels but now showing increased incidence
- b) May be caused by previously unknown disease agents
- c) Mainly found in West Africa and the Congo forest
- d) Are not of major public health interest

20. Disease outbreaks can be recognized through;

- a) From the unconfirmed rumours
- b) Only from ministry of health personnel
- c) Reports from affected individuals
- d) Only from police reports of people dying of mysterious illnesses

21. Which of the following is not a step in outbreak investigation;

- a) Quarantine all the suspected cases immediately
- b) Define a case and conduct case finding
- c) Tabulate and orient data: time, place, person
- d) Take immediate control measures

22. Which of the following is NOT a preventable cause of disease;

- a) Genetic predisposition
- b) Nutritional factors
- c) Biological factors
- d) Behavioural factors

23. Health promotion activity geared towards disease prevention;

- a) Immunization
- b) Protection against occupational hazards
- c) Chemoprophylaxis
- d) Environmental modifications

24. Diseases spread by droplet transmission;

- a) Measles
- b) Pneumoconiosis
- c) Lung cancer
- d) Food poisoning

25. In disease control, interrupting transmission involves;

- a) Reservoir control
- b) Personal protection
- c) Vector control
- d) Better nutrition

26. Attacking the source as a control measure;

- a) Treatment of cases and carriers
- b) Immunization
- c) Personal hygiene
- d) Disinfection and sterilization

27. Holoendemic disease;

- a) Expresses high level of infection late in life
- b) Never affects most the child population
- c) Adult population shows evidence of the disease much less commonly than children
- d) Sexually transmitted infection is an example

28. Control of a disease;

- a) Objective is to have no cases at all
- b) Has high cost compared to eradication
- c) Objective is to have low incidence
- d) Covers areas where the incidence of disease is low

29. Incubation period of a disease;

- a) From time of exposure to an infectious agent until signs and symptoms appear
- b) Time signs and symptoms appear to time of death or resolution

- c) Is the same in all bacterial diseases
- d) Is shorter if the dose of the disease causing organism is higher

30. Behavioural factor that may influence occurrence of disease;

- a) Pregnancy
- b) Fatigue
- c) Immunization status
- d) Smoking

TRUE/FALSE QUESTIONS

RESPOND TO EACH AS TRUE OR FALSE

1. Respond about mode of transmission of disease;

- a) STIs can be transmitted by droplet transmission
- b) Measles is airborne
- c) Malaria is through direct contact
- d) Cholera is through the bite of house fly
- e) Human papilloma virus through sexual intercourse

2. Vital statistics include;

- a) Births
- b) Deaths
- c) Divorces
- d) Marriages
- e) Separations

3. BCG vaccine;

- a) Is a live attenuated vaccine
- b) Is made from toxoids
- c) Is contraindicated in HIV
- d) Complications may occur if it is given intramuscular instead of intradermally
- e) Is useful in preventing severe forms of tuberculosis when given to immunodeficient adults

4. Strategies used in Kenya for prevention of malaria;

- a) Intermittent preventive therapy for pregnant women
- b) Intermittent preventive therapy for reproductive age women
- c) Mass treatment for the entire population in the country
- d) Prompt diagnosis and treatment of cases
- e) Provision of mosquito nets for fencing vegetable gardens

- 5. Community participation in the management of health services:**
- a) Permits the community to exercise control over local resource allocation
 - b) May be in the form of protest groups agitating for dialogue
 - c) Provides direct accountability to the local community
 - d) Maybe in the form of women's or youth groups
 - e) May be compromised by political alliances
- 6. Indirect causes of maternal mortality;**
- a) Sepsis
 - b) Unsafe abortion
 - c) Tuberculosis
 - d) AIDS
 - e) Malnutrition
- 7. In autocratic leadership;**
- a) People work under fear
 - b) Decision making is highly democratic
 - c) Employees feel and believe that their inputs are desired
 - d) The leader only assists where there are major problems
 - e) The leader has no trust in the subordinates
- 8. Objectives of the school health programme include;**
- a) Promoting the effective use of condoms and family planning pills
 - b) Promoting political empowerment of the youth
 - c) Promoting and maintaining the health of the school children
 - d) Promoting positive health behaviour among staff and students
 - e) Bringing up citizens who understand basic good health habits
- 9. Obstacles to implementation of primary health care;**
- a) Selective PHC Strategies
 - b) Resistance to Change
 - c) Lack of political will
 - d) Centralized Planning
 - e) Decentralization
- 10. Which of the following are notifiable diseases;**
- a) Dysentery
 - b) Ophthalmia neonatorum
 - c) Plague
 - d) Rabies
 - e) Neonatal tetanus

- 11. When investigating an outbreak it is necessary to develop a case definition using;**
- Signs and symptoms
 - Time period
 - Location
 - Laboratory results
 - Description by local political leaders
- 12. Once the data has been collected from outbreak investigation it should be oriented in terms of;**
- Who was infected
 - What do the cases have in common
 - Where were they infected
 - When were they infected
 - It may be useful to draw a map showing location of cases to detect clustering
- 13. When implementing and evaluating control measures for communicable disease it is essential to;**
- Prevent further exposure
 - Future outbreaks by eliminating or treating the source
 - Vaccinate the entire population to have 100% protection
 - Work with regulators, industry, and health educators to institute measures
 - Quarantine all those already infected
- 14. How communicable diseases are transmitted;**
- Airborne
 - Person to person
 - Bloodborne
 - Sexually
 - Vehicle-borne
- 15. Concerning prevention of diseases;**
- Includes actions aimed at eradicating, eliminating or minimizing the impact of disease and disability
 - Aims to retard the progress to a disease and disability
 - Can be primary, secondary and universal levels
 - Only primary level is important
 - Rehabilitation is not part of prevention
- 16. Successful disease prevention depends upon;**
- A knowledge of causation
 - Dynamics of transmission

- c) Identification of risk factors and groups
- d) Availability of prophylactic or early detection and treatment measures
- e) Only depends on high levels of immunization coverage in a country

17. Which of the following are correctly matched;

- a) Primary prevention – health promotion and specific protection
- b) Secondary prevention – health promotion and specific protection
- c) Secondary prevention – pre-symptomatic diagnosis and treatment
- d) Tertiary prevention - Disability limitation for early symptomatic disease
- e) Primordial prevention - Rehabilitation for late Symptomatic disease

18. Health promotion activities geared towards disease prevention include;

- a) Immunization
- b) Protection against occupational hazards
- c) Health education
- d) Environmental modifications
- e) Lifestyle and behavioural changes

19. Diseases spread by droplet transmission;

- e) Acute bronchiolitis
- f) Pneumonia
- g) Severe acute respiratory syndrome
- h) Pulmonary tuberculosis
- i) Food poisoning

20. In disease control, interrupting transmission involves;

- e) Environmental hygiene
- f) Personal hygiene
- g) Vector control
- h) Disinfection
- i) Treatment of cases and carriers

21. Attacking the source as a control measure, includes;

- e) Treatment of cases and carriers
- f) Isolation
- g) Surveillance of suspects
- h) Notification
- i) Supervision and Rehabilitation

22. Health seeking behaviour can be influenced by;

- a) Physical distance
- b) Socio-economic factors
- c) Attitude of health workers

- d) Cultural beliefs
- e) Religion

23. Roles of a clinical officer include;

- a) Participate in identification of training needs assessments
- b) Participate in design of educational programs in health care
- c) Training other health workers and students
- d) Identifying training needs and opportunities for professional development
- e) Participate in health education programs in communities

24. You are planning to visit a religious leader to talk about the community's health needs. You need to do the following;

- a) Prepare some general questions to ask
- b) Dress appropriately
- c) Have basic understanding about the religious denomination/sect
- d) Summon him to the health centre for grilling
- e) Inform the police to accompany you so that he obeys what you have to tell him/her

25. Curative services include;

- a) Treatment of the sick at the health facility or at home
- b) Follow-up of patients after discharge from the hospital
- c) Deworming of school children
- d) Pap smear
- e) Health talk on compliance to anti-retroviral therapy

26. A level 5 hospital can be converted to a level 6 teaching and referral hospital by;

- a) The governor
- b) Changing the sign post
- c) The county assembly
- d) Expanding the infrastructure and services offered, proper staffing and having legal backing
- e) Rebranding of stationery such as receipts and files

27. A community health worker;

- a) Must be a leader of a women's group
- b) Must be selected by the chief
- c) Is selected by the community with the assistance of the local health workers
- d) Is a junior civil servant
- e) Must have a minimum of college education

28. The requirements of positive supervision;

- a) Understand individual personalities with differing needs and ambitions
- b) Be tough and dictatorial so as to get respect from people you supervise
- c) Have a working knowledge of staff duties
- d) Should be disciplined before calling for the workers discipline

- e) Supervise with ulterior motives

29. Management skills include;

- a) Fighting skills – in case you are attacked by subordinates
- b) Fire fighting skills – to tackle fire outbreaks in the organization
- c) Technical skills
- d) Human skills
- e) Drama skills

30. Advantages of teamwork;

- a) Facilitates equitable distribution of resources.
- b) Enhances unity.
- c) Laxity
- d) Domination by some
- e) Reduces interdepartmental conflict