



# MERU UNIVERSITY OF SCIENCE AND TECHNOLOGY

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## UNIVERSITY EXAMINATIONS 2022/2023

FIRST YEAR, THIRD SEMESTER SPECIAL/SUPPLEMENTARY EXAMINATION FOR  
DEGREE OF BACHELOR OF SCIENCE IN NURSING

### NND 3136: COMMUNITY HEALTH NURSING I

**DATE: OCTOBER 2023**

**TIME: 3 HOURS**

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**INSTRUCTIONS:** *Answer all questions in the booklet provided*

Ensure that all your answers are properly numbered

Section A: Multiple Choice Questions (MCQs): Write the correct answer on the space provided in the answer booklet.

Section B: Short Answer Questions-Answer questions following each other on the answer booklet

section C: Long Answer Questions-Answer the questions on the answer booklet.

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### SECTION A (MULTIPLE CHOICE QUESTIONS (20 MARKS))

1. Primary prevention of disease is cost effective and is different from tertiary and secondary prevention of disease because it:
    - a) Consist of activities that check the incident of disease by treating those who are ill
    - b) Identifies disease outbreak in good time and lessens suffering
    - c) Consists of activities that prevent disease from occurring
    - d) Consists of activities that detect diseases and ensure prompt hospitalization of those who are sick
  2. The following is characteristics of the health illness continuum;
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MUST is ISO 9001:2015 and



ISO/IEC 27001:2013 CERTIFIED

- a) There is a distinct boundary between health and illness
  - b) Always dynamically changing
  - c) Health does not mutually transform under definite conditions
  - d) Health and illness cannot be present at the same time on one individual
3. Mechanism of action of hormonal contraceptives include all the following except;
- a) Suppress ovulation
  - b) Reduce sperm transport in the fallopian tubes
  - c) Change endometrial making implantation likely
  - d) Thicken cervical mucus
4. The nurse should put which vaccines at the bottom of the KEPI refrigerator?
- a) Pneumococcal vaccine
  - b) BCG
  - c) Tetanus toxoid
  - d) Polio vaccine
5. The following factor does not hinder community involvement in health intervention implementation
- a) Current political atmosphere
  - b) Community awareness
  - c) Level of inter-sectoral collaboration
  - d) Dependency syndrome
6. The following are pillars of primary health care except?
- a) Social justice and equity
  - b) Inter sectoral collaboration
  - c) Appropriate technology
  - d) Community involvement
7. The following is not a Socratic method of health education
- a) Interview
  - b) Task force
  - c) Brain storming
  - d) Lectures
8. The following are roles of the nurse in the implementation of the KEPI programme except?
- a) Capacity strengthening



- b) Offer immunization services
  - c) Organize static and outreach immunization services
  - d) Maintain the cold chain system
9. Nurses provide health education because
- a) It appeals to the emotions of the people to change
  - b) It involves provision and presentation of health facts
  - c) It motivates people to adopt and maintain healthy practices and lifestyles
  - d) It is a passive and sporadic/periodic process that helps to adopt good health practices
10. The nurse should create awareness about the aims of health promotion that include all of the following except?
- a) Advocacy for factors that enable good health
  - b) Enabling people to achieve their fullest health potential
  - c) Focuses on public health policies
  - d) Emphasis is an individual
11. Health promotion;
- a) Enables people to increase control over their health
  - b) Is concerned with changes in people's knowledge and skills
  - c) Develops a sense of responsibility form improvement of their health
  - d) Develops scientific knowledge, altitudes and skills on health matters
12. Which of the following statement is incorrect?
- a) IUCDs predispose to frequent infections
  - b) Condoms are protective against pelvic inflammatory diseases
  - c) Oral contraceptive pills protect against candida infections
  - d) Female condoms protect against STDs and HIV
13. Nurses should be careful to avoid health propaganda because
- a) It is casual process of passing health misinformation
  - b) It informs and motivates families to utilize health interventions
  - c) It appeals to the emotions of the people hence scaring them to change behavior positively
  - d) Develops a sense of responsibility for health improvement
14. Which one of the following is a characteristic of primary health care;
- a) Health education



- b) Expanded program on immunization
- c) Disease control
- d) Accessibility of health care services to the community

**For question 15, 16 and 17, indicate if the statements are True (T) or False (F) in the booklet provided (1/2 mk each)**

15. Inactivated vaccines

- a) Have the major and minor antigen components
- b) Used in trouble or triple doses to increase antigenic potency
- c) Diphtheria vaccine belongs to this class
- d) Are more effective than live attenuated vaccines

16. Health promotion activities include;

- a) Rehabilitation
- b) Environmental sanitation
- c) Prompt treatment
- d) Provision of adequate housing

17. Pender's Health Promotion Model;

- a) Identifies Individual characteristics and experiences
- b) Focuses Behavior-specific cognitions and affect that determine health
- c) Behavioral outcomes are crucial in a community's health
- d) Nurses actions can modify the variables crucial in causing ill health

**SECTION B (SHORT ANSWER QUESTIONS (40 MARKS))**

1. Explain four (4) pillars of community health that must be in place for implementation of universal health coverage. (8 Marks)
2. Describe four (4) strategies of health promotion according to the Ottawa charter. (8 Marks)
3. Explain the roles of any four (4) key stakeholders who are critical for full functionality of the health care system in Kenya. (8 Marks)
4. Describe the levels of disease prevention that are applicable in community health nursing. (8 Marks)



5. Explain the mechanisms of action for the implanon contraceptives. (8 Marks)

**SECTION C (LONG ANSWER QUESTIONS (40 MARKS))**

1. Immunization are crucial for achievement of herd immunity in the target community.
  - a) Explain the concept of herd immunity and immunization. (4 Marks)
  - b) Tabulate the mandatory vaccines for a child born in Kenya. (16 Marks)
2. Mrs. Omondi is newly married and has never used any form of contraceptives. She is seeking family planning services at the dispensary where you work. Describe the process of counselling Mrs. Omondi and include two contraceptive methods that you would recommend for her. (20 Marks)

