

INSTRUCTIONS: Answer all the questions in the booklet provided

SECTION I: MULTIPLE CHOICE QUESTIONS (20 MKS)

1. The family is a unit of community health nursing practices because?
  - a) The family as a group generates, prevents, tolerates or corrects health problems within its membership
  - b) Health problems of family are interlocking
  - c) The family is a product of time and place
  - d) Health decisions and action in personal care are made in the family
  
2. The nurse is assessing Muteti's family for stress and coping. You determine that this is a family in crisis because?
  - a) The family is addressing all the stressors with the resources it has
  - b) Family resources are overwhelmed and there is great social support
  - c) Coping capabilities of the family are inadequate though there is external help
  - d) The family's resource and coping abilities are unmanaged
  
3. You are using the Rogers model to guide the community navigate through the mental health issues. Which phases of this model would you apply?
  - a) Diagnosis; group emphasis and discussion of implementation
  - b) Problem awareness; creation of interest and adoption of strategies that work
  - c) Unfreezing; moving and refreezing
  - d) Diagnosis; maintaining change and termination of the relationship
  
4. The following is not a pillar of community health;
  - a) Ascertain the nature and extent of disease in the community
  - b) Integrated health services
  - c) Use of locally available resources
  - d) Involvement of the local population
  
5. A community health project outcome is different from impact in that it is?
  - a) The external effect of the inputs of the activities
  - b) The internal effect of the inputs of the activities
  - c) The ultimate effect of the activity
  - d) The product resulting from conducting an activity
  
6. A genogram is a useful tool for community health nurse because it?
  - a) Provides directions for gathering data about neighborhoods
  - b) Charts the ecological system of a family's neighborhood
  - c) Diagrams family relationships over three or more generations

- d) Diagrams the connections between the family and other systems
7. Characteristics of a health disaster include?
- a) Scope and intensity of impact is known
  - b) Speed of onset is predictable
  - c) Duration of impact is unknown
  - d) There is a certain length of forewarning
8. Which of the following vaccine is at more risk of losing its potency due to freezing;
- a) Tetanus toxoid
  - b) OPV
  - c) Hepatitis B vaccine
  - d) Measles
9. The most ideal contraceptive method for a lactating mother is?
- a) Combined oral contraceptive pills
  - b) IUCD
  - c) Lactation amenorrhea
  - d) Barrier methods
10. Limitations of spermicides include all the following except?
- a) User-independent
  - b) Each application is effective for only 1-2 hours
  - c) User must engage in intercourse immediately after application
  - d) Effectiveness depends on willingness to follow instructions
11. The nurse should be aware that the following is not a role of the Unit of Vaccines and Immunization Services (UVIS)?
- a) Monitoring and evaluation
  - b) Advocacy and Resource Mobilization
  - c) Capacity strengthening
  - d) Supply of vaccines and the cold chain system
12. When applying the nursing process to community health, the nurse should ?
- a) Conduct an assessment focused on the client's presenting problem
  - b) Coordinate interventions with the primary care provider
  - c) Examine criteria that are limited to the clients immediate response
  - d) Include outcome measures that involve mitigation and elimination of the contributing factors
13. A transect walk in community diagnosis is carried out during?
- a) Community inventory
  - b) Pre-testing of the tools

- c) Implementation of the survey
  - d) Recruitment of data collectors
14. The nurse should be able to identify which health concerns in a family at Duvall's stage V?
- a) Well baby care, prenatal education and counseling
  - b) Sibling rivalry, sex education
  - c) Drug abuse, unwanted pregnancy
  - d) Parenting, child development counseling

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

15. Concerning Community based health care;
- a) Households and communities take an active role in their health
  - b) Capacity building of the community is not its focus
  - c) Health interventions are relevant to the perceived need of the community
  - d) Community health workers are the change agents
16. Concerning school health:
- a) Contributes to personal health care of the school health population
  - b) Improves health of the family and the community at large
  - c) Contributes to the improvement of the physical environment to the school
  - d) Provides emergency care and treatment to families
17. Hill's stress theory;
- a) C factors- shared beliefs and perceptions
  - b) A factors- family resources and social support
  - c) B factors- family crisis
  - d) X factors- family stressors

## SECTION II: SHORT ANSWER QUESTIONS (40 MKS)

1. Describe four (4) preparations that you would make before community entry when conducting community diagnosis (8 Marks)
2. Describe four components of the school health programme that a community health nurse can implement (8 mks)
3. State the key steps that you would follow when counseling a family planning client (8 mks)

4. Community health nurses are increasingly being involved in delivery of home based care as the demand for these services increase. Describe four (4) home based care models that you would utilize in delivery of nursing interventions in the community **(8 mks)**
5. Discuss four (4) areas that community health nurses can participate and deliver nursing interventions in during the disaster response phase **(8 mks)**

### SECTION III: LONG ANSWER QUESTIONS (40 MKS)

1. Mr.Mwala who is the main provider has lost his job. As a result, the family will have to move from the suburbs to a neighborhood that they can afford. In addition, the family will have to sell some of the electronic gadgets such as the phones and televisions to facilitate the move. Further, Mr. Mwala's wife will have to contribute towards sustenance of the family. However, the adolescent children have resisted moving to affordable schools and sale of their phones.
  - a) Explsin four (4) types of change that Mr. Mwala's family is experiencing **(8 mks)**
  - b) State four (4) reasons which contribute to resistance to change **(4 mks)**
  - c) Describe four (4) strategies that you would apply to manage the resistance to change in this family **(8 mks)**
2. Vaccines have played a key role in primary prevention of diseases. As a community health nurse, you have been charged with the responsibility of increasing immunization coverage among the under five children and 10-year old girls. Of great concern in the target community is the low immunization coverage
  - a) Explain any three (3) vaccine classes that are crucial for the under five children **(6 mks)**
  - b) Describe the process of social mobilization to ensure increased coverage of the Human Papilloma Virus (HPV) vaccine among the 10-year-old girls **(10 mks)**
  - c) Explain any two (2) key contraindications to childhood vaccines **(4 mks)**