



**MASINDEMULIROUNIVERSITY OF  
SCIENCE AND TECHNOLOGY  
(MMUST)**

**MAIN CAMPUS**

**UNIVERSITY EXAMINATIONS**

**2021/2022 ACADEMIC YEAR**

**SECOND YEAR SECOND TRIMESTER EXAMINATION**

**FOR THE DEGREE**

**OF**

**BACHELOR OF SCIENCE IN GLOBAL HEALTH AND TRAVEL  
MEDICINE**

**COURSE CODE: NCG 227**

**COURSE TITLE: TRAVEL AND FLIGHT MEDICINE**

**DATE: 22/04/2022 DAY: FRID TIME: 8AM – 11AM**

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**INSTRUCTIONS TO CANDIDATES**

**THIS PAPER CONSIST OF THREE SECTIONS A, B AND C**

**ANSWER ALL QUESTIONS**

**TIME: 3 HOURS**

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 5 Printed Pages. Please Turn Over.



SECTION A: 20 MCQS (20 MARKS)

1. If you become ill while traveling abroad, where should you call for help?
  - a) Your physician
  - b) U.S. Embassy
  - c) Nearest hospital
  - d) Your health insurance company
  
2. Which one of the following is a destination diseases Vaccine?
  - a) Measles
  - b) Tetanus
  - c) Bacillus Calmette Guerin
  - d) Hepatitis A vaccine
  
3. The leading foreign travellers' diseases is
  - a) Skin disorder
  - b) Diarrheal illness
  - c) Respiratory infection
  - d) Acute mountain sickness
  
4. Identify a key obligation for state parties
  - a) Implement appropriate measures recommended by WHO
  - b) Designate or establish policies supporting public travelling
  - c) Monitoring of travelers' vaccination
  - d) Keeping records of travelers and their itinerary
  
5. The major causes of dehydration in infant travelers are
  - a) Malaria
  - b) Hepatitis B
  - c) Restricted feeding while traveling
  - d) Diarrhoeal diseases
  
6. A gram negative bacteria that causes a unique type of pneumonia among travellers is
  - a) Norovirus
  - b) Legionella
  - c) Mycobacterium tuberculosis
  - d) Bacilli anthracis
  
7. Risk is evaluated on a gradient from
  - a) Low risk to high risk
  - b) 0 to 10
  - c) 1 to 10
  - d) No risk, through to low, medium, and high risk

8. Which one of the following is not a travel related risk?
- Season of travel
  - Itinerary
  - Reason of travel
  - Emergency treatment parks
9. Blood clots can develop in the lower leg during extended travel by air or motor vehicle. How often should you move around to keep your circulation normal?
- Every 15 minutes
  - Every 30 minutes
  - Every 2 to 3 hours
  - Every 4 hours
10. Which of these beverages is not the safest to drink while traveling?
- Carbonated bottled water
  - Canned soft drinks
  - Hot tea made with water that was boiled for 2 minutes
  - Fresh fruit juice
11. When did the latest revision of the International Health Regulations entered into force?
- On 15 June 2005 at the 58th World Health Organization
  - On 15 June 2007 at the 58th World Health Assembly
  - On 5<sup>th</sup> May 1969 for 194 countries across the globe, including all WHO Member States
  - In May 2014, by the World Health Organization
12. Most risks are categorized as:
- Primary, secondary, tertiary
  - Preventable, curable, avoidable
  - preventable, avoidable, manageable, or unexpected
  - Low risk and high risk
13. To prepare oral rehydration salts locally
- Mix 3 teaspoons of sugar plus a half level teaspoon of salt in half litre of safe water
  - Mix 6 teaspoons of sugar plus a one teaspoon of salt in half litre of safe water
  - Mix 6 teaspoons of sugar plus a 6 level teaspoons of salt in one litre of safe water
  - Mix 3 teaspoons of sugar plus 3 level teaspoons of salt in one litre of safe water

14. Which of the following diseases are National governments required to report to the World Health Organization for maintenance of an infected area list?
- a) Meningococcal meningitis
  - b) Ebola hemorrhagic fever
  - c) Yellow fever
  - d) Human immunodeficiency virus
15. A traveler who develops sudden onset of watery diarrhea is required to
- a) take antibacterial drugs
  - b) take antiviral drugs
  - c) take oral rehydration solution
  - d) take antacid
16. The most common cause of death among travelers to developing countries is
- a) Malaria
  - b) Motor vehicle accidents
  - c) Drowning
  - d) Hepatitis A
17. All travelers must have Travelers' medical kit containing, malaria treatment, hypertension drugs, and diabetic drugs in case they fall sick while traveling. The kit must have a doctor's prescription.
- a) True
  - b) False
18. Vaccinations work by protecting the body to a germ or parts of germs of the disease it will protect against
- a) True
  - b) False
19. Live-attenuated vaccines are
- a) **Inactivated vaccines use the killed version of the germ that causes a disease**
  - b) Weakened (or attenuated) form of the germ that causes a disease
  - c) Toxoid vaccines use a toxin (harmful product) made by the germ that causes a disease
  - d) mRNA vaccines make proteins in order to trigger an immune response

20. Which facility is not among the recommended ones on top cruise ships?
- Modern resuscitation and monitoring equipment.
  - Neonatal intensive care
  - X-ray
  - Comprehensive pharmacy
21. The International Health Regulations (2005) are policies that
- Help curb health terrorism among travelers
  - Are legally binding international agreement to prevent the international spread of disease
  - To help travelers chose health insurance wisely
  - To help travelers access travel documents and easy travel booking

**SECTION B: SAQ (40 MARKS)**

- State **8 (eight)** key obligations for the state parties (8 marks)
- Advise the crew on alternative of oral rehydration salts reconstitution and amount administration per age group. (8 marks)
- Explain the necessary facilities on top cruise ships (8 marks)
- Explain how to acquire and carry prescription drugs for preexisting conditions? (8 marks)
- State 8 (eight) factors to consider during evacuation in cruise ship (8 marks)

**SECTION C: LAQS (40 MARKS)**

- Discuss the prevention of foodborne diseases among travellers (20 marks)
- As global health care personnel in a port health center, you are required to sit on the management board. Advise the board on Pre-travel requirements for the crew on travel medicine consultation (20 marks)