



(University of Choice)

**MASINDE MULIRO UNIVERSITY OF
SCIENCE AND TECHNOLOGY
(MMUST)**

MAIN CAMPUS

UNIVERSITY EXAMINATIONS

2021/2022 ACADEMIC YEAR

SECOND YEAR SECOND TRIMESTER SPECIAL 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: 03/10/2022 DAY: MON TIME: 3PM-6PM

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. 

1. 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.
True/False
2. 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
3. Which facility is not among the recommended ones on top cruise ships?
 - a) Modern resuscitation and monitoring equipment.
 - b) Neonatal intensive care
 - c) X-ray
 - d) Comprehensive pharmacy
4. The International Health Regulations (2005) are policies that
 - a) Help curb health terrorism among travelers
 - b) Are legally binding international agreement to prevent the international spread of disease
 - c) To help travelers chose health insurance wisely
 - d) To help travelers access travel documents and easy travel booking
5. The marine crew health and welfare is enshrined in which document?
 - a) The Maritime Labour Convention 2006
 - b) CDC document
 - c) International Health Regulations (IHR) document
 - d) International Certificate of Vaccination and Prophylaxis document
6. A family of four is leaving in January for a 2-year stay in Chad. The family consists of a 46-year-old father, a 34-year-old mother who is 5 months pregnant, a 4-year-old boy, and a 2-year-old girl. They have learned of a meningitis epidemic that has just begun in Chad. Assuming that the epidemic strain is covered by an available vaccine, which members of the family should be vaccinated?
 - a) Father and mother only
 - b) Father, mother, and 4-year-old boy
 - c) Father and the two children
 - d) The entire family
7. Which one of the following is a Vaccine for diseases that are routine
 - a) Measles
 - b) Tetanus
 - c) Hepatitis B vaccine
 - d) Hepatitis A vaccine

8. 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

9. The major causes of dehydration in infant travelers are
 - a) Malaria
 - b) Hepatitis B
 - c) Restricted feeding while traveling
 - d) Diarrhoeal diseases

10. 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

11. International travel may require prophylactic medicines and vaccines. How long before departure should you see your doctor?
 - a) 4 to 6 weeks
 - b) 10 days
 - c) 5 days
 - d) 3 days

12. 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?
 - a) Every 15 minutes
 - b) Every 30 minutes
 - c) Every 2 to 3 hours
 - d) Every 4 hours

13. 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

14. Which of these beverages is not the safest to drink while traveling?
 - a) Carbonated bottled water
 - b) Canned soft drinks
 - c) Hot tea made with water that was boiled for 2 minutes
 - d) Fresh fruit juice

15. When was the latest revision of the International Health Regulations enter into force?
- On 15 June 2005 at the 58th World Health Organization
 - On 15 June 2007 at the 58th World Health Assembly
 - On 5th May 1969 for 194 countries across the globe, including all WHO Member States
 - In May 2014, by the World Health Organization
16. Most risks are categorized as:
- Primary, secondary, tertiary
 - Preventable, curable, avoidable
 - preventable, avoidable, manageable, or unexpected
 - Low risk and high risk
17. 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
18. Which of the following diseases are National governments required to report to the World Health Organization for maintenance of an infected area list?
- Meningococcal meningitis
 - Ebola hemorrhagic fever
 - Yellow fever
 - Human immunodeficiency virus
19. A traveler who develops sudden onset of watery diarrhea is required to
- take antibacterial drugs
 - to take antiviral drugs
 - to take oral rehydration solution
 - to take antacid
20. The most common cause of death among travelers to developing countries is
- Malaria
 - motor vehicle accidents
 - drowning
 - hepatitis A

Section B SAQ (20 marks)

1. Explain the effect of high altitude on the body (8 marks)
2. Explain the symptoms of Acute mountain sickness (8 marks)
3. Prepare a diabetic client for traveling (8 marks)
4. Describe prevention of malaria for travelers (8 marks)
5. Explain how to acquire and carry prescription drugs for preexisting conditions? (8 marks)

Section c LAQ (40 marks)

1. Discuss conditions for repatriation and medical treatment of travellers (20 marks)
2. Discuss the management and prevention of diarrhoea in travelers (20 marka)

