



(University of Choice)

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

MAIN CAMPUS

SCHOOL OF NURSING MIDWIFERY AND PARAMEDICAL SCIENCES

**UNIVERSITY EXAMINATIONS
2021/2022 ACADEMIC YEAR**

**FOR THE DEGREE OF BACHELOR OF SCIENCE IN SOCIAL
WORK**

COURSE CODE: NMS 127

COURSE TITLE: NON-COMMUNICABLE AND LIFESTYLE DISEASES

DATE: 21ST APRIL 2022

TIME: 11:30 – 2:30 PM

INSTRUCTIONS TO CANDIDATES

All questions in the three sections (A, B and C) are compulsory

DURATION: 3 Hours

Answer all questions on the booklet provided

MMUST observes ZERO tolerance to examination cheating

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NMS 127: NON-COMMUNICABLE AND LIFESTYLE DISEASES

SECTION A - MULTIPLE CHOICE QUESTIONS

(20 Marks)

Instructions: Choose the most appropriate answer

1. Use of cannabis Sativa products results in
 - A. Altered perception, thoughts and feelings
 - B. Depressed brain activity and feelings of calmness
 - C. Stimulation of nervous system, increased alertness and activity
 - D. Suppressed brain function and relief in pain

2. Risk for coronary heart disease may increase with high intakes of
 - A. Coconut oil
 - B. Coconut
 - C. Red palm oil
 - D. Animal fats

3. Which of these is a major risk factor in developing skin cancer?
 - A. Ionizing radiation
 - B. Air pollution
 - C. Microorganisms
 - D. Impaired skin integrity

4. Which of the following best explains how cancer cells can spread around the body?
 - A. Cancer cells are specialized cells that can invade other tissues
 - B. Their DNA remains undamaged when they are transformed, so they can travel around the body
 - C. They can be carried in the blood
 - D. Spread fast on touch

5. Which of the following is a possible effect of a mother's smoking on an unborn baby?
 - A. Increased risk of birth defects
 - B. Increased mass at birth
 - C. Protection against asthma following the birth of the baby
 - D. All the above

6. Which of the following is a major cause of type 2 diabetes?
 - A. Too little sugar in the diet, lowering blood sugar
 - B. Obesity
 - C. Too vigorous exercise, causing a reduction in carbohydrate in the body
 - D. Genetics, hereditary factors passed from parents

7. Which of these is a common risk factor for heart disease?
 - A. Having low blood pressure.
 - B. Obesity.
 - C. Exercising regularly.
 - D. Genetics

8. In coronary heart disease, what builds up on the wall of the coronary arteries?
 - A. Cholesterol.
 - B. Platelets.
 - C. Plasma.
 - D. Thrombus

9. What is the long-term effect of excessive alcohol use?
 - A. Blurred vision.
 - B. Liver damage.
 - C. Pale skin.
 - D. Mental illness

10. Which cancer treatment can cause the loss of hair?
 - A. Immunotherapy
 - B. Radiotherapy
 - C. Chemotherapy
 - D. Immunotherapy and radiotherapy

11. When addressing students on the importance of adopting a healthy lifestyle in order to prevent obesity. Which level of prevention is being done:
 - A. Primordial prevention
 - B. Primary prevention
 - C. Secondary prevention
 - D. Tertiary prevention

12. Which of the following depresses the brain activity and produces feelings of calmness and relaxation
 - A. Morphine
 - B. Valium
 - C. Amphetamines
 - D. Hashish

13. The effect of opiates is
 - A. Reduction in anxiety and tension
 - B. Lowering of blood pressure and breathing rate
 - C. Numbing of pain-causing drowsiness, lethargy, and feeling of wellbeing
 - D. None of the above

14. Amphetamines are central nervous stimulants whereas Barbiturates are:
 - A. CNS stimulants
 - B. CNS depressants
 - C. No effects on CNS
 - D. Hallucinogens

15. A long-term user of cocaine may well develop symptoms of other psychological disorders, such as:
- A. Major depression
 - B. Social phobia
 - C. Eating disorders
 - D. All of the above
16. Alcohol Dependence is supported specifically by evidence of tolerance effects and withdrawal symptoms that develop within:
- A. 1-2 hours of restricted consumption
 - B. 3-6 hours of restricted consumption
 - C. 4-12 hours of restricted consumption
 - D. 12-24 hours of restricted consumption
17. Following withdrawal after extended heavy drinking over a number of years, the drinker may experience:
- A. Delirium tremens (DTs)
 - B. Saccadian Dysrhythmia
 - C. Homeostasis
 - D. Leptocurtic reaction
18. Pneumoconiosis is caused by:
- A. Prolonged exposure to dust
 - B. Prolonged exposure to heat
 - C. Prolonged exposure to harsh detergents
 - D. Prolonged exposure to cold
19. Diseases of civilization is also referred to as:
- A. Non-communicable diseases
 - B. Lifestyle diseases
 - C. Diseases as a result of development
 - D. Diseases for the rich.
20. Diseases that last more than 1 year and requires medical attention is referred to as:
- A. Acute diseases
 - B. Chronic diseases
 - C. Communicable diseases
 - D. Non-communicable diseases

SECTION B: SHORT ANSWER QUESTIONS

(40 Marks)

Instructions: Answer all Questions

1. Distinguish between the following terms with examples

- a. Non-communicable diseases and communicable diseases

(4 Marks)

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- b. Modifiable and non-modifiable risk factors (4 Marks)
 - c. Western disease paradigm and Diseases of affluence (4 Marks)
 - d. Substance abuse and Drug abuse (4 Marks)
2. State FIVE (5) characteristics of non-communicable diseases (5 Marks)
 3. Outline the metabolic risk factors as prioritized by the World Health Organization (4 Marks)
 4. A student comes to seek advice on a healthy lifestyle, his current weight is 85Kgs with a height of 158 centimetres. Calculate the BMI and describe the health talk you will provide based on his BMI (7 marks)
 5. Explain the types of injuries that may occur thus impair the health of an individual (8 Marks)

SECTION C: LONG ANSWER QUESTIONS

(40 Marks)

Instructions: Answer all questions

1. Describe factors contributing to the burden of NCDs in low and middle-income countries. (20 Marks)
2. Describe the prevention and control strategies of non-communicable diseases (20 Marks)