



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

**MAIN CAMPUS
MAIN EXAM**

**UNIVERSITY EXAMINATIONS
2021/2022 ACADEMIC YEAR**

**THIRD YEAR SECOND TRIMESTER MAIN EXAMINATIONS
FOR THE DEGREE
OF
BSC. HUMAN NUTRITION AND DIETETICS**

**COURSE CODE: HND 312
COURSE TITLE: PRIMARY HEALTH CARE**

DATE: 29/04/2022

TIME: 8.00 - 10.00 AM

INSTRUCTIONS TO CANDIDATES

Answer all questions in SECTION A and B
Answer only TWO questions in SECTION C
Read additional instructions under various sections

TIME: 2Hours

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 5 Printed Pages Please Turn Over

HND 312: PRIMARY HEALTH CARE

**SECTION A: ANSWER ALL QUESTIONS; EACH QUESTION CARRIES ONE MARK
(10 MARKS)**

1. What distinguishes primary health care from primary care?
 - A. Focuses on primary, secondary, and tertiary interventions.
 - B. Works with a multidisciplinary framework.
 - C. Planning and operation of services is centralized.
 - D. Provision of interventions specific to the health need.

2. Primary prevention is concerned with _____
 - A. Treatment of existing disease or illness.
 - B. Preventing disease or illness occurring.
 - C. Maintaining current health status.
 - D. Delaying the progression of an existing disease or illness.

3. The key elements the World Health Organization sees as necessary to achieve better health for all include;
 - A. Increasing stakeholder participation.
 - B. Reducing use of collaborative models.
 - C. Centralizing and standardizing health service delivery.
 - D. Decreasing inclusion in health care coverage.

4. _____ is a major projected health impact of climatic change related to the effects of drought
 - A. Fires and reduced biodiversity.
 - B. Malnutrition and water shortages.
 - C. Reduced cold-related mortality.
 - D. Increased inland migration

5. Comprehensive primary health care is characterized by activities that work to change;
 - A. Social and political determinants of illness.
 - B. Economic and education wellbeing.
 - C. Health status in communities, regions, or cities.
 - D. All the above.

6. Primary health care is usually practiced in _____
 - A. Community health services and NGOs.
 - B. Community and acute care clinics.

- C. Health education units.
 - D. Traditional health services and NGOs.
7. Which of the following best defines a health policy?
- A. Statements by public authorities about how to solve a problem.
 - B. Formal statement by a public authority to tackle a specific problem.
 - C. Actions developed by governments or public authorities to tackle a specific problem.
 - D. Formal statement by the government that defines priorities and actions in response to health needs.
8. What precipitated the need for the Nairobi Call for Action?
- A. Decreased need to manage communicable diseases.
 - B. Narrowing of gender equity issues.
 - C. Widening inequities in health, in and between counties.
 - D. Reduction in global migration and conflict.
9. Which WHO meeting led to the shift in the power from health care providers to health care consumers and communities?
- A. Health for All by the year 2000.
 - B. Alma Ata.
 - C. First International Health Promotion Conference.
 - D. Australian Better Health Commission.
10. What policy improvements could result from using universal health coverage approach to policy development in Kenya
- A. Improved population health and decreased equity.
 - B. Improved population health, equity, and policy outcomes.
 - C. All policies for all county governments are developed by an overarching committee.
 - D. Each county government develops their policies separately.

SECTION B: ANSWER ALL FIVE (5) QUESTIONS; EACH QUESTION CARRIES 6 MARKS EACH (30 MARKS)

11. List six principles of primary health care (6 marks)
12. Describe three roles of the nutritionist in primary health care (6 marks)

13. Explain six reasons why immunization is important for children (6 marks)
14. Discuss six global causes of maternal mortality (6 marks)
15. Is the bottom-up or the top-down approach appropriate for health management at the community level? (1 mark) Justify your answer (5 marks)

SECTION C: ANSWER ANY TWO (2) QUESTIONS; EACH QUESTION CARRIES 15 MARKS EACH. (30 MARKS)

16. Discuss the challenges of primary health care in Kenya and suggest strategies to alleviate them (15 marks)
17. You are the County Health and Nutrition Officer in Kakamega County. Describe the process of identifying community health and nutrition needs amongst children below 5 years and how you will solve them (15 marks)
18. You have been appointed minister of health, suggest actions and strategies you will apply to strengthen PHC based health systems in the country to attain Universal health Coverage (UHC) (15 marks)