



(University of Choice)

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

SCHOOL OF NURSING, MIDWIFERY AND PARAMEDICAL SCIENCES

**UNIVERSITY EXAMINATIONS
2021/2022 ACADEMIC YEAR**

FIRST YEAR SECOND TRIMESTER EXAMINATIONS

**FOR THE DEGREE
OF
MASTERS OF SCIENCE IN ADVANCED NURSING PRACTICE**

COURSE CODE: NEC 8132

**COURSE TITLE: PREVENTIVE HEALTH ASSESSMENT: THEORY
AND PRACTICUM**

DATE: Monday 25th July, 2022

TIME: 11.30AM to 2.30PM

INSTRUCTIONS TO CANDIDATES

All Questions Are Compulsory

TIME: 3 Hours

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 2 Printed Pages. Please Turn Over. ►

1. Preventive health assessments are important for multiple reasons.
 - a. What is the significance of Preventive health assessments (9 marks)
 - b. Explain the components of Preventive health assessment (16 marks).

2. “People change health risk behavior when they are ready”. By use of trans-theoretical model, explain how one can use the model to assess client’s readiness to change, plan and deliver targeted interventions and assist the client move along the continuum towards successful, sustained behavior change? (25 marks)

3. A community health nurse decides to partner with the adult people in a community to prevent occurrence of the common ailments among this population;
 - a. Outline 5 most common health problems among the elderly population in Kenya
 - b. By use of examples, explain five needs assessment techniques that can be employed by the Nurse (25 marks)

4. With improving quality of life within the country, the ageing population is increasing in most Counties. Clear policies on the health of the elderly need to be developed by the government. As a community health nurse practitioner, you have been requested by the County Director of health to advise his/her office on prevention of osteoporosis, falls and dementia among the elderly population in the county. With reasons for every preventive strategy, describe the contents of your report (25 marks)