



(University of Choice)

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

MAIN CAMPUS

UNIVERSITY EXAMINATIONS

2021/2022 ACADEMIC YEAR

SECOND YEAR FIRST TRIMESTER EXAMINATION (SPECIAL)

FOR THE DEGREE

OF

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

COURSE CODE: NCG 215

**COURSE TITLE: NON-COMMUNICABLE AND LIFESTYLE
DISEASES**

DATE: 03/10/2022 DAY: MON TIME: 8AM – 11AM

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

Section A, MCQ questions 1-20 (20 marks)

1. Lifestyle diseases include
 - a) obesity tuberculosis
 - b) type 2 diabetes, Malaria
 - c) atherosclerosis, heart disease
 - d) stroke HIV/Aids

2. Harmful or undesired effect of therapeutic agents are
 - a) adverse effects
 - b) communicable
 - c) non systematic
 - d) all of the above

3. Anthracosis is a type of pneumoconiosis acquired from inhaling
 - a) Anthrax dust
 - b) Carbon dust
 - c) Erupting volcano dust
 - d) Bauxite dust

4. Prolonged exposure of tissue to freezing temperatures causes tissue damage known as
 - a) Thermal stroke
 - b) Frostbite
 - c) Cold burns
 - d) Anoxia

5. The term used for pneumoconiosis form inhalation of cotton dust is
 - a) Byssinosis
 - b) Siderosis
 - c) Cottoniosis
 - d) Cottoisis

6. The best example of common products that cause chemical burns are:
 - a) Jik, kerosene, washing detergents
 - b) Car battery acid, bleach, ammonia
 - c) Hot water, hot cooking oil
 - d) Bleach, petroleum, plasticizers

7. Which of the following is not a type of cardiovascular disease?
 - a) Stroke
 - b) Atherosclerosis
 - c) Cancer
 - d) High blood pressure

8. Drug dependence means
- a) when the drug is stopped, one experiences physical and psychological symptoms of withdrawal
 - b) addiction
 - c) having a powerful, compulsive urge for use
 - d) used as food
9. Which one of the following is not a risk factors for NCDs?
- a) Behavioral
 - b) Air
 - c) Environmental
 - d) Economic
10. Use of cannabis products results in
- a) Altered perception, thoughts and feelings
 - b) Depressed brain activity and feeling of calmness
 - c) Stimulation of nervous system, increased alertness and activity
 - d) Suppressed brain function and relief in pain
11. Which of the following is the best definition of a non-communicable disease?
- a) Catching diseases
 - b) Chronic diseases
 - c) A genetic disease
 - d) A disease that cannot be transferred from person to person
12. A chemical known as Hydrofluoric acid is locally found in
- a) Glass polishing and mineral refining
 - b) Bleach and refrigerants
 - c) Vinegar, glacial acetic acid
 - d) Bleach and refrigerants
13. Which of the following is not a type of inherited disorder?
- a) Single gene inheritance
 - b) Allelology inheritance
 - c) Chromosome abnormalities
 - d) Mitochondrial inheritance
14. Car batteries are the common source of ----- chemical
- a) Acetic acid
 - b) Sulfuric acid
 - c) Sulfurous acid
 - d) Hydrofluoric acid

15. What is a therapeutic agent?
- a) Compounds with a beneficial and desirable effect when consumed or applied
 - b) Drugs used in treatment with beneficial side effects
 - c) An authorized drug that acts as an alternative
 - d) Drugs with adverse side effects
16. Which one of the following is not a Non-Communicable disease?
- a) Chlamydia
 - b) Osteoarthritis
 - c) Osteoporosis
 - d) Alzheimer's disease
17. Which one of the following is the odd one out among actions to prevent the development of a lifestyle disease?
- a) Do not smoke
 - b) Exercise
 - c) Have a low fat diet
 - d) Sedentary lifestyle
18. Which of the following is a communicable disease?
- a) Pneumoconiosis
 - b) Hepatitis
 - c) Peptic ulcer
 - d) Osteoporosis
19. Long-term exposure to chemicals such as silica dust, engine exhausts, tobacco smoke, and lead (among others) have been shown to increase risk of
- a) heart disease, stroke, and high blood pressure
 - b) heart disease, stroke, and byssinosis disease
 - c) Psychosis, stroke, and high blood pressure
 - d) Intolerance, addiction and withdrawal syndrome
20. Trench foot can best be described as a result of
- a) Injuries sustained from falling into a trench
 - b) Blister formation on foot immersed in hot fluid of 60 to 85° c
 - c) Exposure of foot to wet cold of temperatures between 5 to 8° c
 - d) A dry gangrene of foot exposed to dry cold of temperatures between - 2 to +8° c

Section B, SAQ (40 marks)

1. Discuss any 2 two eating disorders. (8 marks)
2. Explain the first aid management of caustic burns (8 marks)
3. State eight signs and symptoms of opioid withdrawal (8 marks)
4. State **eight (8)** types of mechanical injuries (8 marks)
5. Discuss the course of genetic disorder (8 marks)

Section CLAQ (40 marks)

1. Discuss chemical injuries injuries (20 marks)
2. Discuss the prevention and control of non-communicable diseases (20 marks)

