



*(University of Choice)*

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

**SCHOOL OF NURSING MIDWIFERY AND PARAMEDICAL SCIENCE UNIVERSITY  
MAIN UNIVERSITY EXAMINATIONS  
2022/2023 ACADEMIC YEAR**

**BACHELOR OF SCIENCE IN GLOBAL COMMUNITY HEALTH AND PREVENTIVE  
TRAVEL MEDICINE  
SECOND YEAR SECOND TRIMESTER**

**COURSE CODE: NCG 227      COURSE TITLE: TRAVEL AND FLIGHT MEDICINE**

**DATE: WEDNESDAY 12<sup>TH</sup> APRIL 2023**

**TIME: 3PM-6PM**

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**INSTRUCTIONS TO CANDIDATES**

All questions are compulsory

Mobile phones not allowed in the examination room

**DURATION: 3 Hours**

MMUST observes ZERO tolerance to examination cheating

This paper consists of five (5) printed pages. Please turn over.

**PART I: MULTIPLE CHOICE QUESTIONS –MCQs (20 MARKS)**

1. According to International Health Regulations, national governments must report which of the following diseases to the World Health Organization (WHO) for maintenance of an infected area list?
  - A. Meningococcal meningitis
  - B. Ebola hemorrhagic fever
  - C. Yellow fever
  - D. Human immunodeficiency virus
2. . International travel may require prophylactic medicines and vaccines. How long before departure should you see your healthcare provider?
  - a) 4 to 6 weeks
  - b) 10 days
  - c) 5 days
  - d) 3 day
3. 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
4. . According to International Health Regulations, national governments must report which of the following diseases to the World Health Organization (WHO) for maintenance of an infected area list?
  - a) Meningococcal meningitis
  - b) Ebola haemorrhagic fever
  - c) Yellow fever
  - d) Human immunodeficiency virus
5. The term "morbidity" is used to describe
  - a) Recovery rates after an illness
  - b) Death rates
  - c) Illness rates
  - d) Time of illness to recovery
6. A traveller with chronic obstructive pulmonary disease and who are oxygen-dependent wishes to take a long-distance flight. Which of the following statements regarding oxygen use aboard commercial aircraft is correct?
  - a) Airlines are required to provide oxygen without prior notification.
  - b) Airlines are prohibited from providing oxygen for medical use aboard aircraft except in an emergency.
  - c) Individuals who are oxygen-dependent at sea level should not fly on commercial airlines.
  - d) Arrangements for oxygen use must be made with the airline several days in advance of a flight.
7. Malaria chemoprophylaxis should always be recommended to travellers who are going for a 2-week visit to oceans or beaches in which of the following countries?

**PART III LONG ANSWER QUESTIONS LAQ(40 MARKS)**

1. Discuss the five keys to safer food according to World Health Organization (WHO) (20Marks)

2. a Explain the three (3) syndromes of high altitude medicine and their clinical manifestations (13 marks)

2c) Explain the seven (7) Major tasks of the World Health Organisation under the International Health Regulations (2005) (7Marks)

- a) Kenya
  - b) Morocco
  - c) Thailand
  - d) Fiji
8. Pregnant women are contra indicated from cruise ship travel at what gestation?
- a) 20 weeks
  - b) 18 weeks
  - c) 15 weeks
  - d) 24 weeks
9. Pre travel health consultation should be undertaken how many weeks prior to travel
- a) 1-2 weeks
  - b) 3-4 weeks
  - c) 4-6 weeks
  - d) 6-8 weeks
10. The drug of choice for rapid Ascent is
- a) Acetazolamide
  - b) Dexamethasone
  - c) Furosemide
  - d) Betamethasone
11. For international travel ,how many doses of yellow fever vaccine are required
- a) 1
  - b) 2
  - c) 3
  - d) 4
12. Which vaccine is not contraindicated in pregnancy
- a) Measles ,Mumps and Rubella (MMR)
  - b) Varicella vaccine
  - c) Influenza vaccine
  - d) Tetanus toxoid vaccine
13. Food must reach what temperature when cooking to ensure it is safe to eat
- a) 40 degrees Celsius
  - b) 30 degrees Celsius
  - c) 70 degrees Celsius
  - d) 60 degrees Celsius
14. In food safety what is referred to as danger zone
- a) 4-50 degrees Celsius
  - b) 5-60 degrees Celsius
  - c) 6-70 degrees Celsius
  - d) 8-80 degrees Celsius
15. Which of the following vaccinations is contraindicated for a traveller who has the Acquired Immunodeficiency Syndrome (AIDS) and a CD4 count of  $200/\text{mm}^3$  (normal range  $400/\text{mm}^3$  -  $1500/\text{mm}^3$ )?
- a) Japanese B encephalitis
  - b) Hepatitis A

- c) Pneumococcal
  - d) Varicella
16. Travel medicine can be categorised into
- a) Prevention(vaccination and travel)
  - b) Assistance (dealing with repatriation)
  - c) Wilderness medicine (high altitude medicine )
  - d) All of the above
17. Which of the following vaccine is not categorised as routine type
- a) Diphtheria
  - b) Tetanus
  - c) Typhoid
  - d) Polio
18. Most travel related illnesses are preventable by
- a) Immunizations
  - b) Prophylactic medications
  - c) Pre travel health education
  - d) All of the above
19. In which year did the international Health Regulations (IHR 2005) come into force?
- a) 2005
  - b) 2006
  - c) 2007
  - d) 2008
20. The drug of choice for motion sickness?
- a) Paracetamol
  - b) Promethazine
  - c) Fansider
  - d) Brufen

**PART II SHORT ANSWER QUESTIONS-SAQ (40MARKS)**

1. State any four (4) major points to keep in mind when planning a trip or expedition:(4Marks)
2. What five (5) factors are considered before undertaking a medical disembarkation and evacuation in a cruise ship?(5Marks)
3. Outline 5 pre travel health consultation details collected from a traveller (5 Marks)
4. State five (5) factors which may determine the risks to which a traveller may be exposed to? (5Marks)
5. Explain six (6) situations in which a Traveller may be advised to have a medical examination on their return from a trip (6 marks)
6. Explain 3 categories of immunization for international travellers (6marks)
7. State four(4) main uses of International Health Regulations (IHR) (8marks)