



(University of Choice)

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

MAIN CAMPUS

UNIVERSITY EXAMINATIONS

2022/2023 ACADEMIC YEAR

FIRST YEAR SECOND TRIMESTER EXAMINATION

FOR THE DEGREE

OF

BACHELOR OF SCIENCE IN MEDICAL SOCIAL WORK

COURSE CODE: NMS 126

**COURSE TITLE: HEALTH EDUCATION AND DISEASE
PREVENTION TECHNIQUES AND STRATEGIES**

DATE: 13/04/2023 DAY: THUR TIME: 11:30 AM-2:30PM

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

This Paper Consists of 6 Printed Pages. Please Turn Over. 

SECTION A (MCQs) (20 marks)

1. Actions of disease prevention normally begin
 - a) Before disease occurrence
 - b) Before disease contraction
 - c) Either before appearing of signs and symptoms, or shortly after appearance
 - d) Either after signs and symptoms of the disease occurrence, or after cessation of

2. In **credibility** as a principle of health education
 - a) The message communicated is perceived as trustworthy
 - b) Is the act of taking part in passing the message
 - c) Is the credibility/position of the person/source of the message
 - d) Message from only a few people is perceived credible

3. Which one of the following is not a required communication skill in counseling?
 - a) Analytic skills
 - b) Intervention skills
 - c) Observation skills
 - d) Influential skills

4. Identify a communication barrier among the following
 - a) Relationship building
 - b) Looking direct in the eye of a client
 - c) Prompting the client
 - d) Initiate a solution to the client's problems

5. Which one of the following theorist developed a theory on cognitive development in children?
 - a) Erick Erickson
 - b) Jean Piaget
 - c) Karl Marx
 - d) Auguste Comte

6. Which of the following is not a determinant of learning?
 - a) Needs of the educator
 - b) Needs of the learner
 - c) Readiness to learn
 - d) Preferred learning styles for processing information

7. Which of the following is not a benefit of technology to students?
 - a) Promotes easy access to information
 - b) Promotes educator dependent learning
 - c) Promotes independent learning
 - d) Promotes cooperative learning

8. Which of the following is a method applied to secondary disease prevention?
 - a) Mass treatment and campaigns
 - b) Provision of prosthetic devices
 - c) Regular medical check-ups
 - d) Recreational facilities

9. Which of the following is not a principle of health education?
 - a) Comprehension
 - b) Credibility
 - c) Intelligent quotient
 - d) Leader

10. In evaluation, the long-term changes that may have occurred as a result of health education interventions is
 - a) Process evaluation
 - b) Impact evaluation
 - c) Continuous evaluation
 - d) Summative evaluation

11. Which of the following is a model of health promotion?
 - a) Collective action model
 - b) Parallel teaching model
 - c) Alternative action model
 - d) Team work model

12. Which one of the following is a health education intervention?
- a) Carrying out a “heart-to-heart run” to donate funds for heart surgeries
 - b) County government public awareness on use of masks in prevention of COVID – 19
 - c) Human rights group demonstration on gender violence
 - d) Protection of water sources
13. Which one of the following is a silent primary responsibility of a health educator?
- a) Assess
 - b) Diagnose
 - c) Plan
 - d) Implement
14. Economic stability is underdeterminants of learning.
- a) Social
 - b) Physical
 - c) Economical
 - d) Psychological
15. Which of the following processes characterizes the level of disease prevention known as tertiary prevention?
- a) prevention of disease before its biological onset
 - b) prevention of disease progression and additional disease complications after overt clinical disease occurs
 - c) prevention of clinical illness through the early and asymptomatic detection and remediation of certain disease conditions
 - d) prevention of illness through appropriate individual and group behavior modification designed to minimize infection risk
16. Fetal alcohol syndrome is associated with which of the following:
- a) Phenylketonuria
 - b) Leukemia
 - c) Hepatitis
 - d) Mental retardation

17. Sender/audience/message/medium; what kind of messages will work in the best possible way?

- a) Messages from celebrities
- b) Messages from people in white coats
- c) Messages from a pharmacist
- d) Messages with a simple point told in a straightforward way

18. What is the main objective in Educational Technology?

- a) Orient
- b) Facilitate
- c) Integrate
- d) Evaluate

19. The two main strategies used in health education are:

- a) Lectures and workshops
- b) Interpersonal & mass media
- c) Didactic & Socratic
- d) Interest & motivation

20. Who based on sensorimotor, preoperational, concrete operational, and formal operational as cognitive stages of childhood development in his theory?

- a) Jean Piaget
- b) Erik Erikson
- c) Sigmund Freud
- d) Stack Sullivan

Section B (SAQs) (40 marks)

1. Describe **three (3)** types of instructional materials **(6 marks)**
2. State the **Five (5)** key principles that guide health promotion strategies **(5 marks)**
3. State the **five (5)** components of communication **(5 marks)**
4. Describe the primary stage of diseases prevention **(8 marks)**
5. Explain **eight (8)** activities of secondary disease prevention **(8 marks)**
6. State any **eight (8)** uses of technology in health education **(8 marks)**

Section C (LAQs) (40 marks)

1. Discuss the process of counseling **(20 marks)**
2. Discuss the incorporation of **six (6)** steps in designing of a health education lesson plan **(20 marks)**