



(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 SOCIAL WORK -FIRST YEAR SECOND TRIMESTER-

COURSE CODE: NMS 127

COURSE TITLE: NON-COMMUNICABLE AND LIFESTYLE DISEASES

DATE: FRIDAY 14TH APRIL 2023

TIME: 8AM-11AM

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. Contributing factors for causation of cardiovascular disease are (1 mark)
 - a) Genetic, Alcohol, Air pollution Diabetes,
 - b) Genetic, Obesity, Congenital heart
 - c) Water pollution, Obesity Diabetes,
 - d) Genetic, Tobacco, Alcohol and Physical inactivity
2. The infection by which organism can cause cervix cancer*
 - a) H Pylori
 - b) Hepatitis B
 - c) Human Papilloma Virus
 - d) Human Immunodeficiency Virus
3. Which of the following is a risk factor for developing non-communicable diseases?
 - a) Age
 - b) Gender
 - c) Blood type
 - d) Height
4. Which of the following is a non-communicable disease that affects the lungs?
 - a) Cancer
 - b) Diabetes
 - c) Asthma
 - d) Alzheimer's disease
5. Which of the following is a non-communicable disease that affects the brain?
 - a) Alzheimer's disease
 - b) Cancer
 - c) Diabetes
 - d) Cardiovascular disease
6. Which of the following is a non-communicable disease that affects the kidneys?
 - a) Cancer
 - b) Diabetes
 - c) Chronic kidney disease
 - d) Asthma
7. Which type of diabetes is typically diagnosed in children and young adults?
 - a) Type 1
 - b) Type 2

- c) Pancreatic cancer
 - d) Leukemia
15. Which of the following can help prevent workplace accidents?
- a) Training employees on safety procedures
 - b) Ignoring safety regulations
 - c) Encouraging employees to work faster
 - d) Not providing personal protective equipment
16. What is the recommended amount of physical activity for adults to help prevent obesity?
- a) 30 minutes of moderate-intensity activity most days of the week
 - b) 60 minutes of moderate-intensity activity most days of the week
 - c) 90 minutes of moderate-intensity activity most days of the week
 - d) 120 minutes of moderate-intensity activity most days of the week
17. Which of the following is a recommended dietary intervention for preventing and treating obesity?
- a) Eating a diet high in processed foods
 - b) Eating a diet high in fruits and vegetables
 - c) Skipping meals to reduce calorie intake
 - d) None of the above
18. What is the difference between overweight and obesity?
- a) Overweight is a BMI of 25 to 29.9, while obesity is a BMI of 30 or higher.
 - b) Overweight is a BMI of 30 or higher, while obesity is a BMI of 25 to 29.9.
 - c) Overweight and obesity are the same thing.
 - d) None of the above.
19. Which of the following foods should be limited in a healthy diet to prevent obesity?
- a) Fruits and vegetables
 - b) Whole grains
 - c) Processed foods high in sugar and fat
 - d) Lean protein sources
20. What is the recommended amount of sleep per night to reduce the risk of obesity?
- a) 4-5 hours
 - b) 6-7 hours
 - c) 8-9 hours
 - d) 10-11 hours

SHORT ANSWER QUESTIONS-SAQ (40 MARKS)

1. Explain six(6) types of obesity (12 marks)

- c) Type A
 - d) Type X
8. What is the main cause of Type 2 diabetes?
- a) A lack of insulin
 - b) An autoimmune disorder
 - c) Genetics
 - d) Lifestyle factors such as obesity and inactivity
9. What is diabetes?
- a) A disease that affects the pancreas
 - b) A condition that affects the kidneys
 - c) A disorder that affects the liver
 - d) A condition that affects the heart
10. Which of the following is a risk factor for type 2 diabetes?
- a) Being physically active
 - b) Having a healthy diet
 - c) Being overweight or obese
 - d) All of the above
11. What is the primary treatment for type 1 diabetes?
- a) Diet and exercise
 - b) Oral medications
 - c) Insulin injections
 - d) None of the above
12. Which of the following cancers is most commonly associated with human papillomavirus (HPV) infection?
- a) Cervical cancer
 - b) Colon cancer
 - c) Lung cancer
 - d) Skin cancer
13. Which of the following is a risk factor for breast cancer?
- a) Male gender
 - b) Childbirth before age 30
 - c) Physical activity
 - d) Alcohol consumption
14. Which of the following cancers is often associated with prolonged exposure to sunlight?
- a) melanoma
 - b) Lung cancer

2. State five (5) signs and symptoms of mood disorders (5 marks)
3. State five (5) characteristics of chronic diseases (5marks)
4. State five (5) human causes of road traffic accidents (5 marks)
5. State five (5) risk factors for hypertension (5 marks)
6. State four (4) treatment modalities/options for cancers (4marks)
7. State five (5) ways in which cancers can be prevented (5marks)

LONG ANSWER QUESTIONS-LAQs (40MARKS)

1. Discuss five (5) major determinants of health giving relevant examples in each (20marks)
2. a) Explain 4 types of diabetes (12 marks)
2 b state Eight(8) ways in which diabetes can be prevented/controlled (8 marks)