



University of Choice)

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

**UNIVERSITY EXAMINATIONS  
2023/2024 ACADEMIC YEAR  
FIRST YEAR, THIRD TRIMESTER MAIN EXAMINATIONS  
FOR THE DEGREE  
OF  
BACHELOR OF SCIENCE IN PHYSIOTHERAPY**

**COURSE CODE: HCM 236**

**COURSE TITLE: PRIMARY HEALTH CARE**

**DATE: 6<sup>TH</sup> DECEMBER 2023**

**TIME: 8:00AM- 10:00AM**

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**INSTRUCTIONS TO CANDIDATES**

**Answer all Questions**

Sec A: 20 Multiple Choice Questions (MCQ) (1x20=20 Marks)

Sec B: 8 Short Answer Questions (SAQ) (8x5=40 marks)

Sec C: 2 Long Answer Questions (LAQ) (2x20=40 marks)

**TIME: 2 Hours**

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 4 Printed Pages. Please Turn Over.

**SECTION A: MULTIPLE CHOICE QUESTION (20 Marks)**

**Choose only one best answer in each question .**

1. The following are elements of community development policy , except ;-
  - a) Government financing
  - b) Empowerment
  - c) Social justice
  - d) Inclusivity
  - e) Human rights
2. Kenya defined their PHC package to prioritize access to free or low cost PHC as a pathway to UHC. which of the following is not in the PHC package and scope of services under the National Hospital Insurance Fund which is the main purchaser?
  - a) Maternal care and reproductive health services
  - b) Advanced laboratory tests
  - c) Treatment of sexually transmitted infections
  - d) Physiotherapy
  - e) Health education , wellness and counselling
3. The following should be considered before choosing finance and payment models that advance the country's PHC service delivery except?
  - a) Funding model should be based on line-item budgets
  - b) Determine the objectives for PHC services
  - c) Create the right incentives to ensure well managed across levels of care.
  - d) Create the right incentives to ensure seamless access across levels of care.
  - e) Identify financing and payment models that will support the vision.
4. The following statement best describes health ;-
  - a) A state of being biologically well and physically capable
  - b) A state of complete physical , mental , emotional and social wellness
  - c) The state of being well with no mental or physical incapacities
  - d) The state of suffering from no diseases as per a series of physical examinations and laboratory tests .
  - e) A state of being able to carry out ones normal activities with no constraints.
5. which of the following initiatives was held in the year 1978, as the first international declaration underlining the importance of primary health care?
  - a) The ouagadougou declaration
  - b) The alma ata declaration
  - c) The bamako initiative
  - d) The united nations global meeting
  - e) Paris declaration
6. The following are key components in the alma ata declaration , except:-
  - a) Health is a fundamental human right.
  - b) Calls for all governments to work together towards global health.
  - c) Effective national and international action to develop and implement primary health care
  - d) Identified PHC as the key to the attainment of the goal of health for all.

- e) Identified the European countries as the well-off countries, that should donate to the developing countries.

7. The following are important skills that a good community worker has to possess, except:-

- a) Health education
- b) Medication administration
- c) Data entry
- d) Treatment planning
- e) Medicare knowledge

8. A conference held in Nairobi in 1987, that recommended the introduction of safe motherhood initiative that was aimed to combat maternal mortality by half, adopted the following principles except :-

- a) Family planning
- b) Antenatal care
- c) Safe abortions
- d) Access to trained birth attendants
- e) Provision of maternity requirement for both mother and baby.

9. Which of the following statements regarding the cause of maternal mortality is correct?

- a) Obstetric haemorrhage 25%
- b) Unsafe abortions 20%
- c) Eclampsia 12%
- d) Infection 15%
- e) Obstructed labor 9%

10. The following are roles of fathers in the ante-natal care, except:-

- a) Remaining faithful to ensure their partners don't contract an STI.
- b) Encourage their partners to attend ANC
- c) Support and encourage women throughout pregnancy
- d) Encourage mothers on the method of delivery they find the best
- e) Ensure partner takes medication

11. Which of the following is not a danger sign in labor?

- a) Pain that is increasing in intensity and radiating to the back area
- b) Labor pains that last for more than 12 hours
- c) 1 episode of convulsions
- d) Loss of consciousness
- e) Excessive bleeding during and after delivery

12. Geraldine is a 45-year-old man, who was attacked at night, injured on the abdomen, had intra-abdominal bleeding and a splenectomy had to be done during surgery, in order to save his life, which of the following vaccinations is recommended for Geraldine?

- a) Meningococcal and haemophilus vaccine
- b) Tetanus toxoid and malaria vaccine
- c) Malaria vaccine and MMR
- d) Yellow fever and hepatitis B vaccine
- e) BCG and polio vaccine

13. The first Mtp set out policies, reforms, agendas and programmes that the Kenyan government was committed to implement during the 2008-2012 period. Their key objective included all of the following except ?

- a) Reduce the under 5 mortality rate.
- b) Reduce the proportion of inpatient malaria fatality
- c) Reduce the number of cases of tuberculosis
- d) Reduce the number of cases of pneumonia
- e) Reduce the maternal mortality rate

14. Which of the following investigations is not part of the ANC profile during the first visit of a pregnant mother in Kenya?

- a) VDRL
- b) Urinalysis
- c) Haemoglobin level
- d) Malaria
- e) Blood group and rhesus factor

15. Which of the following is a maternal risk factor of mother to child transmission of HIV during the antenatal period ?

- a) Mothers taking ARVs
- b) Vitamin A deficiency
- c) Invasive fetal monitoring
- d) Placental disruption
- e) Protected sex with multiple partners

16. Which of the following is not a part of the recommended vaccines for health care workers ?

- a) Influenza
- b) Typhoid vaccine
- c) Hepatitis B
- d) COVID vaccine
- e) Tetanus toxoid

17. The cold chain management process includes all the following except ;-

- a) Packaging
- b) Transportation
- c) Administering the vaccines
- d) Tracking
- e) Delivery of products safely

18. Which of the following statements is correct ?

- a) All HIV asymptomatic babies should not receive the measles and BCG vaccines
- b) All HIV asymptomatic babies should receive the BCG vaccine at month 3 of life
- c) All HIV symptomatic babies should not receive the live attenuated vaccines for a period of time
- d) Preterm and low birth weight babies receive the BCG and OPV vaccines on the first day of life

- e) A pregnant woman should not be vaccinated with rabies ; even after exposure
19. Mary is a 14month old baby who came to hospital presenting with pain at the joint areas and hand swelling, after a series of examinations , it was established that mary has sickle cell diseased , which of the following is a recommended vaccine for known sicklers, according to the immunization guidelines ?
- a) Yellow fever
  - b) Seasonal influenza
  - c) Malaria vaccine
  - d) Tetanus vaccine
  - e) Cholera vaccine
20. All of the following are examples of pregnancies termed as high risk pregnancies , except:-
- a) A mother who has had 3 miscarriages in the past 2 years
  - b) A 15year old female
  - c) A 40year old female
  - d) A mother with a history of PPRM
  - e) A mother who had an elective cs on her previous delivery

**SECTION B :SHORT ANSWER QUESTION**

**(5x8=40 mks)**

**ANSWER ALL QUESTIONS**

1. List down the 9 pillars of primary health care
2. State down 5 key components (objectives) of the Bamako initiative
3. Describe 5 roles of community health worker
4. State 5 activities that take place in the 2nd Anc visit , of pregnancy
5. Faith has just delivered a healthy baby boy in the labour wing , what are the danger signs to look out for in faith after the delivery
6. State down 5 danger signs during labor
7. List down the dos when using the ice lined refrigerator in the cold chain system
8. State the vaccines that are recommended for cancer patients

**SECTION C: ANSWER ALL QUESTIONS**

**(40 mks Each )**

1. Discuss the 17 components in the sustainable development goals
2. Daniel is a fourth year student at mmust, who needs to carry out a community diagnosis as part of his study curriculum. Discuss how daniel would carry outh the community diagnosis

