



(University of Choice)

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

STAR ANNEX

**UNIVERSITY EXAMINATIONS
2023/2024 ACADEMIC YEAR
END OF SECOND YEAR EXAMINATIONS**

**FOR THE DEGREES
OF
BACHELOR OF SCIENCE IN NURSING**

COURSE CODE: NCD 232

**COURSE TITLE: MANAGEMENT OF COMMUNITY HEALTH
PROGRAMS**

DATE: Monday 8th April 2024 TIME: 8 a.m. to 11a.m.

INSTRUCTIONS TO CANDIDATES

1. Question Enter your examination number and course code in the space provided in the answer sheet
2. All questions are compulsory.
3. For Part One MCQ, write the correct answer in the answer sheet provided
4. Each MCQ is 1 mark
5. For Part Two, Short answer questions, answer each question following each other in the correct sequence
6. For part three, Long Answer questions, answer each subsections following each other

MMUST observes ZERO tolerance to examination cheating

SECTION A; MULTIPLE CHOICE QUESTIONS (60 marks)

1. What is the primary role of an occupational health nurse in the workplace?
 - a. Providing first aid treatment to injured employees
 - b. Administering vaccines to prevent infectious diseases
 - c. Assessing workplace hazards and developing safety protocols
 - d. Managing employee benefits and payroll
2. What is the secondary role of an occupational health nurse in the workplace?
 - a. Providing first aid treatment to injured employees
 - b. Administering vaccines to prevent infectious diseases
 - c. Assessing workplace hazards and developing safety protocols
 - d. Conducting health screenings in the workplace
3. Which of the following is an example of a physical hazard in the workplace?
 - a. Excessive noise levels
 - b. Discrimination and harassment
 - c. Inadequate training programs
 - d. Confined spaces without proper ventilation
4. Which of the following is an example of an administrative control measure for managing workplace hazards?
 - a. Providing personal protective equipment (PPE)
 - b. Installing machine guards
 - c. Rotating employees through different job tasks
 - d. Implementing engineering controls
5. In the hierarchy of controls, which approach is considered the most effective in preventing workplace injuries and illnesses?
 - a. Administrative controls
 - b. Personal protective equipment (PPE)
 - c. Engineering controls
 - d. Hazard elimination or substitution

6. The level of risk of a disaster depends on
 - a. Nature of the hazard
 - b. Vulnerability of the elements which are affected
 - c. Economic value of the elements which are affected
 - d. All of the above
7. The extent to which a community, structure, services or geographic area is likely to be damaged or disrupted by the impact of particular hazard is termed as
 - a. Capacity
 - b. Vulnerability
 - c. Risk
 - d. Hazard assessment
8. Which of the following is a man-made disaster?
 - a. Terrorism
 - b. Major fire
 - c. Pollution
 - d. All of the above
9. Vulnerability analysis comes in which part of the Disaster Management Cycle
 - a. Mitigation
 - b. Preparedness
 - c. Response
 - d. Recovery
10. Which of the following groups of people is more vulnerable in the event of disaster?
 - a. Men, boys, old people
 - b. Men, women, boys
 - c. Women, children, old people
 - d. None of the above
11. Which injury has the highest incidence rate among occupational injuries and illnesses that result in days away from work?
 - a. Sprains

- b. Broken bones
 - c. Cuts
 - d. Carpal tunnel syndrome
12. A line operator in a manufacturing facility comes in to the on-site clinic reporting numbness in his hands after excessive exposure to the toxin benzene. Applying the epidemiologic triad to this scenario, which is the host?
- a. Line operator
 - b. Manufacturing facility
 - c. Benzene
 - d. Hands
13. Which exemplifies a physical hazard?
- a. Infectious agents
 - b. Hazardous drug and toxin exposures
 - c. Electric and magnetic fields
 - d. Sexual harassment
14. A newly hired health and safety officer works for a large manufacturing facility. One of the officer's first jobs is to conduct a complete survey of the workplace to determine what hazards are present, the location of entries and exits, the availability of emergency equipment, and potential trouble spots. Which interventions should the officer implement to accomplish this goal?
- a. Ergonomics
 - b. Occupational health history
 - c. Root cause analysis
 - d. Workplace walk-through
15. All of the following are TRUE about disasters EXCEPT
- a. A disaster may be domestic or international
 - b. A disaster may be caused by nature or have human origins
 - c. A disaster always receives widespread media coverage.
 - d. A disaster may have a known and gradual onset
16. Disasters frequently result in all of the following EXCEPT

- a. Damage to the ecological environment
 - b. Displacement of populations
 - c. Destruction of a population's homeland
 - d. Sustained public attention during the recovery phase
17. Responsibility for securing the scene, preserving life and treating the wounded is the responsibility of:
- a. First responders
 - b. Mental health professionals
 - c. Social workers who specialize in crisis management
 - d. All citizens
18. Effective hazard management largely rely on
- a. Government agencies
 - b. Emergency responses
 - c. Pre-disaster planning
 - d. Volcanoes
19. Which of the following is seasonally related hazard?
- a. Earthquake
 - b. Volcanic eruption
 - c. Terrorist attack
 - d. None of the above
20. The level of harm by a hazard is governed by
- a. Magnitude of the hazard
 - b. Frequency of the hazard
 - c. Intensity at the impact point
 - d. All of the above
21. 1. A third-grade student's family has recently experienced stressful events. The parents have been unemployed for six months and one of the student's young siblings has a health impairment. The parents have exhibited periods of depression. The school nurse should be alert to the fact that these factors are likely to influence the student's development most significantly in which of the following areas?

- a. receptive language
 - b. higher-order thinking
 - c. social relationships
 - d. motor development
22. 2. A school nurse who works in a primary school believes that many students and families in the district would benefit from resources available through family health and human services agencies. Which of the following strategies is likely to be most effective for the school nurse to use to facilitate families' use of these resources?
- a. requesting that health and human services agencies maintain a sign-up sheet at the school for families to request assistance
 - b. asking health and human services agencies to provide information that the nurse can share and discuss with all families
 - c. educating students about the types of support their families are eligible to receive through health and human services agencies
 - d. providing relevant health and human services agencies with contact information for families who appear to be in the greatest need
23. Which of the following approaches is likely to be most effective for a school nurse to use in working with families in a respectful and nondiscriminatory manner?
- a. Being professional and sensitive to factors related to socioeconomic, ethnic, and cultural backgrounds
 - b. Attempting to discover pertinent characteristics of families' backgrounds before meeting with them
 - c. Acknowledging obvious differences in background right away and using humor to put families at ease
 - d. Remaining friendly and curious while asking specific questions about families' backgrounds and living situations
24. A high school student has a seizure disorder that is characterized by frequent absence seizures. Which of the following statements accurately describes the most important implication of this condition for the student's learning?
- a. The student's ability to regulate his or her mood and behavior may be diminished due to a limited attention span.
 - b. Additional reinforcement may be needed to ensure the student maintains focus on personal and academic interests.

- c. The student may be at risk for low academic achievement due to gaps in concentration and missed information.
 - d. Additional social support may be needed to facilitate positive peer relationships for the student.
25. Which of the following statements accurately describes a research-supported reason why school nurses are advised to keep on hand a nonspecific order of epinephrine medication, in addition to the epinephrine stocked for individual students?
- a. A significant number of epinephrine administrations to students are for allergies unknown at the time of anaphylaxis.
 - b. Epinephrine administrations by teachers or other lay people are often ineffective on the first dose; school nurse-administered second doses are often needed.
 - c. In addition to treating anaphylaxis, epinephrine can also be used in heart-related emergencies involving asystole.
 - d. Because epinephrine deteriorates over time, the shelf life of epinephrine auto-injectors is typically only one year; therefore, backup supplies are needed.
26. In the development of Individualized Healthcare Plans (IHP) school nurses carry out comprehensive assessments of students. Nurses review past and current educational and medical records, interview family members and primary care providers, complete physical examinations, and evaluate self-care skills and needs. Which of the following additional types of assessment would be most useful in developing an IHP that addresses the educational implications of a student's health impairment?
- a. Observing the student unobtrusively in a variety of school settings
 - b. Evaluating the student's care in terms of how the student's daily health needs compare to those of other students
 - c. Checking tentative diagnoses of possible learning problems with colleagues
 - d. Making a home visit to assess family capacity for assisting the student with his or her illness or condition
27. What is emphasized as a crucial element of the School Health Policy, important for dignity, gender equality, and the human rights of women and girls?
- a. Physical education
 - b. Menstrual Hygiene Management (MHM)
 - c. Nutrition programs
 - d. Mental health awareness

28. According to the Kenya school health policy, a holistic understanding of Menstrual Hygiene Management (MHM) requires addressing all of the following except:
- a. Awareness and knowledge about menstruation
 - b. Availability of adequate WASH infrastructure
 - c. Provision of safe and hygienic management of menstrual waste
 - d. Access to information on myths and misconceptions around menstruation
29. Which ministry is mandated to facilitate the provision of safe menstrual products to girls and provide devices for safe & hygienic management of menstrual waste in primary and secondary schools in Kenya?
- a. Ministry of Agriculture
 - b. Ministry of Education
 - c. Ministry of Environment
 - d. Ministry of Health
30. Who is responsible for ensuring the functioning, use, maintenance, and cleanliness of WASH facilities in schools, zones, and sub-counties according to the policy?
- a. Teachers' Union
 - b. Parents' Association
 - c. Board of Management (BOM) of the various schools
 - d. Subcounty health department
31. Which education management structures are responsible for prioritizing WASH facilities and allocating adequate resources as per the Basic Education Act 2013?
- a. Regional Education Boards
 - b. County Education Boards
 - c. National Education Committee
 - d. Local School Boards
32. Benchmarks are important components of a student's Individualized Education Program (IEP) primarily because of their usefulness in:
- a. clarifying expectations for the student's academic performance.
 - b. identifying the student's preferred learning styles and modalities.
 - c. monitoring the student's shorter-term progress toward longer-term educational goals.

- d. establishing the student's current level of knowledge and skill in various developmental domains.
33. A student with a health impairment is receiving therapy from a psychologist at a local medical center. The school nurse would like to consult with the psychologist. Which of the following steps should the nurse take to facilitate consultation?
- a. inviting the psychologist to a meeting with the student's parent at the school to compare information about the student
 - b. requesting that the student's parent set up a meeting between the nurse, the psychologist, and the parent
 - c. telling the student's parent that psychologist reports would be beneficial and asking the parent to pass updates along
 - d. asking the student's parent for written permission to exchange information with the psychologist
34. A middle school student has multiple disabilities, including cerebral palsy and an intellectual impairment. The student uses a wheelchair and an electronic communication board. The student currently attends a special education classroom and receives related services from the school nurse, the speech-language pathologist, and the occupational therapist. Which of the following statements describes an important principle that the student's team should keep in mind when providing instruction related to self-help skills (dressing, eating, bathing)?
- a. Each of the student's service providers should be exclusively responsible for providing instruction in specific functional tasks.
 - b. Practice in functional tasks should take place primarily in settings where the student will perform those tasks in daily life.
 - c. Functional tasks should be initially presented to the student in the special education classroom to the greatest extent possible for the student's comfort.
 - d. A variety of functional tasks should be presented to the student each day so that the student remains physically engaged and motivated to learn.
35. The school nurse checks the emergency care plan on file that outlines steps to take if the student exhibits signs of hypoglycemia. According to current standards of school nursing practice, which of the following actions is most appropriate to take first in response to a hypoglycemic reaction in a conscious student?
- a. administering warm clear fluids or diet soda in sips
 - b. administering a quickly digestible protein source and monitoring the student for 15 minutes
 - c. administering insulin according to the dose specified in the student's insulin schedule

- d. administering glucose tabs or a fast-acting carbohydrate such as juice, cake gel, or candy
36. The school nurse would like to collaborate with the student's junior school teachers in managing his health-care needs. Which of the following strategies is the most appropriate way of involving teachers in a health care plan for this student?
- a. suggesting to teachers that they buy and store healthful snacks in the classroom in case of an acidosis or hypoglycemic reaction
 - b. increasing teachers' understanding of diabetes, signs of early insulin reaction, and what to do if symptoms appear
 - c. asking teachers to designate a private corner or place in the classroom where the student can test and record his blood levels
 - d. developing a protocol and training course for teacher administration of medication in emergencies
37. Which of the following is the primary focus of occupational health nursing?
- a. Preventing workplace accidents
 - b. Treating common colds among employees
 - c. Promoting the health and safety of workers in their work environment
 - d. Conducting office ergonomic assessments
38. Which one is not a role of an occupational health nurse in workplace injury management?
- a. Administering first aid and emergency care
 - b. Filing paperwork for workers' compensation claims
 - c. Conducting workplace hazard assessments
 - d. Providing counseling services to injured employees
39. What is the purpose of occupational health surveillance?
- a. Monitoring employees' social media activity during work hours
 - b. Assessing workplace productivity levels
 - c. Identifying and managing workplace health hazards
 - d. Promoting healthy eating habits among employees
40. Which organization sets guidelines and standards for occupational health nursing practice in Kenya?
- a. Nursing Council of Kenya
 - b. Occupational Safety and Health Administration (OSHA)

- c. National Nurses Association of Kenya
 - d. Ministry of health and sanitation
41. What is the primary goal of workplace health promotion programs overseen by occupational health nurses?
- a. Enhancing employee morale
 - b. Reducing healthcare costs for employers
 - c. Promoting employee well-being and preventing occupational injuries and illnesses
 - d. Increasing workplace stress levels
42. Which of the following activities falls within the scope of practice for an occupational health nurse?
- a. Performing routine dental cleanings
 - b. Administering vaccinations to employees
 - c. Conducting psychotherapy sessions
 - d. Diagnosing and treating chronic medical conditions
43. What is the purpose of ergonomic assessments conducted by occupational health nurses?
- a. Assessing the level of health of a company employees
 - b. Identifying and mitigating workplace hazards related to musculoskeletal injuries
 - c. Evaluating employee job satisfaction levels
 - d. Ensuring compliance with environmental regulations
44. What is the primary focus of health promotion and wellness programs in the workplace?
- a. Encouraging employees to work overtime
 - b. Improving employee physical and mental well-being
 - c. Increasing workplace competition among employees
 - d. Enhancing workplace safety measures
45. How do occupational health nurses contribute to the management of workplace stress?
- a. By decreasing workload and performance expectations
 - b. By implementing relaxation techniques and stress management programs
 - c. By responding to employee concerns about stress
 - d. By promoting coping mechanisms such as alcohol consumption

46. Which of the following is considered a vulnerable population in healthcare?
- a. Young adults aged 25-30
 - b. Individuals with high income levels
 - c. Pregnant women
 - d. Athletes
47. Health promotion activities for vulnerable populations aim to:
- a. Maximize profits for healthcare organizations
 - b. Address health disparities and improve overall well-being
 - c. Exclude certain groups from accessing healthcare services
 - d. Provide unnecessary medical interventions
48. Which of the following is an example of a vulnerable population?
- a. College students living on campus
 - b. Elderly individuals living in nursing homes
 - c. Professional athletes
 - d. Corporate executives
49. What factors do not contribute to vulnerability in healthcare?
- a. Socioeconomic status
 - b. Access to comprehensive health insurance
 - c. Limited access to healthcare services and resources
 - d. Good physical and mental health
50. Health promotion programs tailored to vulnerable populations should prioritize:
- a. cultural beliefs and practices
 - b. Providing one-size-fits-all interventions
 - c. Addressing social determinants of health
 - d. Focusing on medical treatments
51. Vulnerable populations may face increased risks of health disparities due to:
- a. Access to high-quality healthcare facilities

- b. Advocacy for Social, economic, and environmental risks
 - c. Excessive government regulations
 - d. Low levels of education
52. What role do community health workers play in health promotion for vulnerable populations?
- a. They perpetuate health disparities
 - b. They provide culturally sensitive outreach and support to underserved communities
 - c. They focus on providing medical treatments to individuals
 - d. They advocate for stricter healthcare eligibility criteria
53. What is the primary focus of health promotion for homeless populations?
- a. Promoting luxury lifestyle choices
 - b. Addressing immediate medical needs
 - c. Providing access to stable housing and healthcare services
 - d. Addressing mental health concerns
54. According to the Constitution of Kenya 2010, what is emphasized as a right for every Kenyan?
- a. Right to free education
 - b. Right to access health care goods
 - c. Right to the highest attainable standard of health
 - d. Right to own property
55. Which approach is highlighted in Kenya Vision 2030 to promote an efficient and high-quality healthcare system?
- a. Expanding private healthcare facilities
 - b. Shifting focus from preventive to curative care
 - c. Devolution of funds and management to communities and counties
 - d. Increasing taxation to support healthcare service delivery
56. What is the function of the Community Health Assistant (CHA)?
- a. Providing community-based counselling and care
 - b. Managing health center finances
 - c. Overseeing community health services
 - d. Conducting community research

57. What is one of the key areas of action identified in the Kenya Health Sector Strategic Plan (KHSSP) 2018 – 2023 to strengthen community health?
- a. Establishment of a special fund for private healthcare providers
 - b. Recruitment of more specialists in urban areas
 - c. Strengthening links with community facilities and creating a conducive work environment for health workers
 - d. Introduction of user fees for healthcare services
58. What has been a challenge in financing community health in Kenya
- a. Over-allocation of resources to community health
 - b. Lack of legislative support for community health financing
 - c. Reliance solely on government
 - d. Limited funding and unclear financing mechanisms
59. How many households makes up a community health unit (CHU)
- a. 100
 - b. 1000
 - c. 50
 - d. 5000
60. What is the expected role of Community Health Committees (CHCs) in the leadership and governance of community health services?
- a. Oversee all national healthcare policies
 - b. Implement preventive health programs
 - c. Execute leadership and oversight functions in CHUs
 - d. Manage distribution of family planning commodities

SECTION B; SHORT ANSWER QUESTIONS (20 marks)

1. Define the following terms (8 marks)
 - i. Disaster
 - ii. Ergonomist
 - iii. Mitigation
 - iv. Hazard
2. State any four policies that guide delivery of community health service delivery in Kenya (4 marks).
3. Outline any 4 factors that influence the success of an Occupational Health Nursing program (4 marks).
4. Define any 4 roles of a Sub- County public health nurse (4 marks)

SECTION III; LONG ESSAY QUESTIONS (20 MARKS)

1. A disaster is a serious disruption of the normal functioning of a community that warrants an extra ordinary response by a multidisciplinary team which may include community health nurses. Discuss the roles of a community health nurses in each phase of the disaster response (20 Marks)