



(University of Choice)

MASINDE MULIRO UNIVERSITY OF SCIENCE AND TECHNOLOGY (MMUST)

**UNIVERSITY EXAMINATIONS
2023/2024 ACADEMIC YEAR**

THIRD YEAR SECOND TRIMESTER EXAMINATIONS

FOR THE DEGREE OF BACHELOR OF SCIENCE IN NURSING

COURSE CODE: NCN 322

COURSE TITLE: HEALTH PROMOTION

DATE: MONDAY, 8TH APRIL 2024

TIME: 3PM-6PM

INSTRUCTIONS TO CANDIDATES

All Questions Are Compulsory

TIME: 3 Hours

MMUST observes ZERO tolerance to examination cheating

SECTION I:

MULTIPLE CHOICE QUESTIONS

1. Which of the following statement best describes health?
 - a) A relative state of being
 - b) The total state of physical and psychological wellbeing
 - c) The state of functioning well physically, mentally, socially and spiritually
 - d) Being free from sickness or infirmity

2. The following are ethical issues in public health **EXCEPT**?
 - a) Beneficence
 - b) Non-involvement
 - c) Non-maleficence
 - d) Autonomy

3. Three of the following are social determinants of health **EXCEPT**?
 - a) Early childhood development
 - b) Social exclusion
 - c) Unemployment
 - d) Exposure

4. Which of the following charters defined health promotion as 'the process of enabling people to increase control over, and to improve, their health'?
 - a) Charter of the United Nations (1945)
 - b) Tokyo Charter (1946)
 - c) Ottawa Charter (1986)
 - d) None of these

5. The level of prevention that occur when a defect/disability is permanent or inevitable is;
 - a) Primary prevention
 - b) Secondary prevention
 - c) Tertiary prevention

- d) Quarterly prevention
6. The type of crisis that occurs as a toddler moves from preschooler and scholar age is;
- a) Situational crisis
 - b) Developmental crisis
 - c) Family crisis
 - d) Sickness crisis
7. Which one of the following conditions can be managed by regular exercise?
- a) Diabetes Type II
 - b) Obesity
 - c) Hypertension
 - d) All the above
8. Which of the following is not a multilateral government agency?
- a) WHO
 - b) UNICEF
 - c) Red Cross
 - d) The World Bank
9. The ability of a person to function at optimal level is primarily dependent on
- a) Inner resource of the person
 - b) Considerable expert nursing care
 - c) High quality medical treatment
 - d) A solid treatment system
10. Which exercise would you majorly recommend for adolescence
- a) Competitive sports which improve ability and coordination
 - b) Strengthening exercise which are important to muscles and bone structures
 - c) Aerobic exercise, which lowers cardiovascular function
 - d) Bodybuilding exercise which raises cardiovascular function

11. The health promotion to give to an obese girl is;

- a) Increasing sedentary activity
- b) Being aware of food intake by giving a daily log
- c) Developing external control
- d) Eating high caloric snacks

12. Most persuasive and effective media system for communication is?

- a) Mass media
- b) Interpersonal communication
- c) Folk media
- d) Printed media

13. Primary level prevention includes;

- a) Immunization programs
- b) Rehabilitation measures
- c) Preventing progression of a disability
- d) Treating diseases

14. The type of intervention level that focus on social action and social planning to create new setting (organization, network, partnerships) to produce change in organization redistribute resources that affect health is;

- a) Individual intervention level
- b) Organization intervention level
- c) Community action intervention level
- d) Institutional change intervention level

15. The approach of health promotion that encourage individuals to take responsibility for their own health and choose healthier lifestyles is;
- a) Medical approach
 - b) Behavior approach
 - c) Educational approach
 - d) Empowerment approach
16. The model/ theory whose fundamental building blocks are attitudes and subjective norms is.
- a) Theory of Reasoned Action
 - b) Social Cognitive theory
 - c) Interaction model of client health behavior
 - d) Relapse prevention model
17. Which of the following is WHO health promotion movement?
- a) Assist government in strengthening health services
 - b) Fosters activities in the field of mental health
 - c) Stimulate work on the prevention and control of epidemic and endemic
 - d) All of the above
18. Characteristics of health information include all the following except
- a) Realistic
 - b) Cheap
 - c) Accessible
 - d) Measurable
19. The type of law created over years by a series of judicial decisions is
- a) Common law
 - b) Constitutional law
 - c) Statutory law
 - d) Societal law

20. _____ refers to the application of consumer-oriented marketing techniques in the design, implementation and evaluation of programmes aimed towards influencing behaviour change.

- a) Health education
- b) Social marketing
- c) Consumer health
- d) All of the above

21. Which of the following statements is **correct**?

- a) Health promotion can refer to any event, process or activity that facilitates the protection or improvement of the health status of individuals, groups, communities or populations.
- b) The objective of health promotion is to prolong life and to improve quality of life.
- c) Health promotion practice is often shaped by how health is conceptualized.
- d) All of these

22. This approach to health promotion is based on the assumption that humans are rational decision-makers, this approach relies heavily upon the provision of information about risks and benefits of certain behaviours.

- a) Behavior change approach
- b) Community development approach
- c) Biomedical approach
- d) None of these

23. This approach to health promotion aims to improve and promote health by addressing socioeconomic and environmental determinants of health within the community.

- a) Behavior change approach
- b) Community development approach
- c) Biomedical approach
- d) None of these

24. Which of the following statements reflect the precontemplation stage of the behavior change model?
- a) "I stopped using butter on my sandwiches to help lower my cholesterol."
 - b) "I think I will join a fitness club next month because exercise is going to reduce my risk of having a heart attack."
 - c) "I don't think I can change my cholesterol levels with my diet. High cholesterol runs in my family."
 - d) "I don't worry about my cholesterol anymore. It has been controlled well with a low fat diet and exercise plan for 6 months."
25. The nurse educator planning a smoking cessation program understands that the most basic type of health promotion program is
- a) Utilizing a variety of media for information dissemination
 - b) Conducting health risk surveys
 - c) Providing counseling for lifestyle and behavior change
 - d) Facilitating environmental control programs
26. The nurse reviewing the use of drugs, cigarette and smoking is an example of?
- a) Information dissemination
 - b) Health risk appraisal and wellness assessment
 - c) Lifestyle and behavior change
 - d) Environmental control program
27. The clinic nurse who guides client's development in effective problem solving and decision making begins by;
- a) Health history, health risk assessment, and health beliefs review
 - b) Emphasizing teaching self-care activities
 - c) Identifying health goals and behavior change options
 - d) Asking the client to re-order priorities

28. When developing health promotion plans with clients, the nurse educator should take the role of;
- a) Advisor
 - b) Counselor
 - c) Resource person
 - d) All of the above
29. Before implementing the behavior change plan, the client should
- a) Decide who can help them succeed and how to contact them
 - b) Set up a follow-up contact in a few months
 - c) Decide whether the behavior change goals were met
 - d) All of the above e. None of the above
30. Which of the following is a criticism of the behaviour change approach to health promotion?
- a) It is unable to target the major causes of ill health.
 - b) The choice of which behaviour to target lies with 'experts' whose task it is to communicate and justify this choice to the public.
 - c) The behaviour change paradigm does not address the many variables other than cognitions that influence human actions.
 - d) All of these
31. Which of the following is a characteristic of the community development approach to health promotion?
- a) Improving individual attitudes and beliefs are key to successful health promotion.
 - b) There is a close relationship between individual health and its social and material contexts, thus are relevant when developing initiatives for change.
 - c) Individuals need to change personal behaviour rather than to change the environment to promote health.
 - d) all of these

32. The clinic nurse who refers a client with Multiple Sclerosis to a support group and provides information about community resources for counseling is conducting activities in the level of;
- a) Primary prevention
 - b) Secondary prevention
 - c) Tertiary prevention
 - d) Focused prevention
33. A home health nurse who provides skin care and repositioning of a client on bedrest is conducting activities in;
- a) Health promotion
 - b) Health protection
 - c) Health prevention
 - d) Rehabilitation
34. "Readiness for enhanced self-concept" is best described as a;
- a) Psychological diagnosis
 - b) Wellness diagnosis
 - c) Spiritual diagnosis
 - d) Health perception diagnosis
35. After developing a behavior change plan with a 50-year-old woman who wants to decrease cardiac risk, the nurse helps the client by;
- a) Anticipating and planning for barriers
 - b) Discussing environmental and interpersonal factors that support positive change
 - c) Provide reinforcement for the client's efforts to change lifestyle
 - d) All of the above
36. To promote the client's committing to the behavior change goals, the nurse
- a) Encourages client to change her goals to what most people do
 - b) Asks her to sign a formal, written behavioral contract

- c) Discusses the negative consequences that will occur if client doesn't follow through
- d) None of the above

37. TANNA HILL'S model of health promotion has three components which one is not

- a) Health Education
- b) Health Promotion
- c) Health Prevention
- d) Health Management

38. The most popular media for mass education for general public is?

- a) Television
- b) Radio
- c) Newspaper
- d) Internet

39. Primary level prevention includes;

- a) Immunization programs
- b) Rehabilitation measures
- c) Preventing progression of a disability
- d) Treating diseases

40. This approach focuses on improving health through policies that affect the health of all the inhabitants of a particular place, rather than individuals.

- a) Intergenerational health approach
- b) Population health approach
- c) Multi-faceted health approach
- d) Whole-group health approach

41. What were the three ways to nurture health proposed in the Ottawa Charter?

- a) Control, empowerment and funding
- b) Control, arbitration and enabling

- c) Advocacy, funding and policy
- d) Advocacy, mediation and enabling

42. What is the health public policy?

- a) A program to increase political investment in health
- b) A financial incentive program to encourage health seeking behaviours
- c) Creation of a supportive environment to enable people to lead healthy lives
- d) Creation of increased investment in health by the private sector

43. Which WHO meeting left to the shift in the power from health care providers to health care consumers and communities?

- a) Health for All by the Year 2000
- b) Alma Ata
- c) First International Health Promotion Conference
- d) Australian Better Health Commission

44. What did the Fourth International Health Promotion Conference decide needed to be done about the effects of health promotion policy and practice?

- a) Dissemination of evidence of the effects on health and health equity
- b) Collection and review of the evidence of the effect of health promotion
- c) Provide infrastructure to collect evidence on the outcome of health promotion
- d) All of the above

45. Community development is a process based on;

- a) Having the health professionals direct the community towards the desired social change
- b) Providing programs to the community to drive the social change
- c) Using social marketing directed at bringing about change in the community
- d) Having the people draw on resources and actively drive the social change

46. Which of the following is an organisational outcome of an empowerment program?

- a) Motivation to act
- b) Interest in social capital
- c) Sustainability
- d) Increased transparency

47. Community engagement is a process where health workers engage with communities:

- a) On health or social issues affecting them and the processes that will tackle the issues
- b) In making decisions related to health policy and planning for the community
- c) Who are making decisions related to well-being of themselves and the community
- d) Making meaningful decisions related to care and treatment of themselves and the community

48. Benefits that accrue from working in partnership include:

- a) Community exclusiveness
- b) Shared resources, knowledge and skills
- c) Form relationships for the short-term
- d) Decreased efficiency A health promotion activity on bullying in the workplace is planned and carried out in a workplace.

49. Which characteristic of practices that involve the community is this an example of?

- a) Community participation
- b) Use of a setting approach
- c) Consultation and discussion
- d) Partnership

50. Barriers to community development in health include:

- a) Active participatory mechanisms
- b) Support from groups with healthy investments
- c) Long-term funding of the program
- d) Community expectations of service deliverers

51. Primary health care focuses on;

- a) Providing early diagnosis and treatment
- b) Performing health surveillance measures
- c) Exploring the relationship between determinants of health
- d) Reducing inequity and improving effects of disadvantage

52. Which of the following best describes the principles that underlie the social health model?

- a) Individualized technologies and responsibilities
- b) Separation of health from the environment and spiritual beliefs
- c) Reduction of individual risk factors and individual or community-based education
- d) Reduction of inequity and empowerment with individuals and communities

53. The health educator offering weight control and exercise programs is an example of;

- a) Information dissemination
- b) Health risk appraisal and wellness assessment
- c) Lifestyle and behavior change
- d) Environmental control program

54. Distributing stress management pamphlets and presenting a poster exhibit at a health fair is an example of;

- a) Information dissemination
- b) Health risk appraisal and wellness assessment
- c) Lifestyle and behavior changed
- d) Environmental control program

55. The government can be involved in health promotion strategies through...

- a) Subsidies and legislation
- b) Legislation and taxation
- c) Taxation and subsidies.
- d) Legislation, taxation and subsidies

56. Information and discussion about child health and safety issues are appropriate for health fairs, including locations at;
- a) Clinics
 - b) Schools
 - c) Churches
 - d) All of the above
57. Which of the following best describes the principles that underlie the social health model?
- a) Individualized Technologies and responsibilities
 - b) Separation of health from the environment and spiritual beliefs
 - c) Reduction of individual risk factors and individual or community-based education
 - d) Reduction of inequity and empowerment with individuals and communities
58. Legislation enacted by the Federal Government with the aim of reducing health-related risk factors, such as increasing taxation on harmful products, has been due to:
- a) Public health advocacy
 - b) Primary care
 - c) Health education
 - d) Product manufactures
59. Understanding of health determinants is essential for:
- a) Primary health care interventions and assessment
 - b) Effective programs to enable people to maintain good health
 - c) Organisation of health services in regions or cities
 - d) Acute care service provision
60. Health equity refers to the:
- a) Right to fair distribution of health services
 - b) Disparities in health status among individuals
 - c) Discrimination inherent in health care
 - d) Statistical differences in health between groups

SECTION II:

SHORT ANSWER QUESTIONS (40 MARKS)

1. Explain three authoritarian mode of intervention according to Beatties 1991 model **(6 Marks)**
2. State 4 Ps in social marketing in health promotion **(4 Marks)**
3. State 6 challenges facing health promotion in Kenya **(6 Marks)**
4. State four approaches in health promotion **(4 Marks)**

SECTION III:

LONG ANSWER QUESTIONS (40 MARKS)

1. Describe the activities of school health program **(20 Marks)**