



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

**UNIVERSITY EXAMINATIONS
2023/2024 ACADEMIC YEAR**

SECOND YEAR SECOND TRIMESTER EXAMINATIONS

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

COURSE CODE: NCN 223

COURSE TITLE: COMMUNITY HEALTH NURSING II FAMILY
HEALTH

DATE: Monday 8th April, 2024

TIME: 8.00am. – 11.00.am.

INSTRUCTIONS TO CANDIDATES

Answer ALL questions in this paper.

TIME: 3 Hours

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 8 Printed Pages. Please Turn Over. ►

MULTIPLE CHOICE QUESTIONS (60 MARKS)

1. Which of the following does not come under the major stages of development in children?
 - A. Prenatal
 - B. Childhood
 - C. Teenage
 - D. Adult
2. How many stages are there in Jean Piaget's theory of cognitive development?
 - A. 6
 - B. 4
 - C. 5
 - D. 3
3. Changes in family dynamics that occur because of one member developing a chronic illness often depend upon:
 - a. The race of the family
 - b. The availability of medical treatment
 - c. The quality of family relationships that existed before the illness occurred
 - d. The economic status of the family
4. Why do community/public health nurses focus on families?
 - A. Families will understand the higher cost of care if they are active participants.
 - B. Improving the health of a family improves the health of a community.
 - C. Nurses find such a focus much easier than trying to focus on the community.
 - D. Nurses allow family members to receive respite by providing this type of care.
5. A community/public health nurse is visiting a family for the first time. Which of the following should be the priority action for the nurse?
 - A. Assessing how the family is adjusting to the illness of the sick family member
 - B. Clarifying what insurance or third-party payer is reimbursing this care
 - C. Determining the problem or reason for the referral
 - D. Establishing a relationship with the family
6. What is the primary goal of case management of families?
 - A. To work to maximize the family's self-care capabilities
 - B. To ensure the care is given in the most cost-effective manner possible
 - C. To coordinate all of the community agencies involved in care of the family
 - D. To focus on communication, counseling, and teaching
7. A community/public health nurse is conducting a family assessment. Which source of data would be most helpful?
 - A. Information from other cooperating health care agencies
 - B. Input from other professional health care providers
 - C. Observation and interaction with the family members
 - D. Review of family members' charts and medical record data
8. A nurse met with a client before hospital discharge to make arrangements to visit the client at home. Why would the nurse visit the clients home when the assessment could be completed while the client is still in the hospital?
 - A. The client may not realize all of the assistance that is needed until he or she returns home.
 - B. The client needed time to consider the community resources that would be used in the future.
 - C. The nurse wanted to include family and environmental conditions in the assessment.
 - D. The nurse wanted to ask the client questions in a private setting.
9. When a client's wife asked whether the nurse would like a tour of the yard and her gardens, the nurse agreed immediately. Considering the limited time; the nurse had to spend with the family, why did the nurse agree to tour the gardens?

- A. Accepting the invitation encourages the wife to speak privately to the nurse.
 - B. Completing the environmental assessment will assist with drawing a genogram.
 - C. Examining of the environment helps identify potential health or safety problems.
 - D. Touring the grounds allows the nurse to learn more about the family.
10. A nurse asked quite a few questions about what each family member did during the day, including school, work, and recreation outside the home. What was the nurse accomplishing by asking these questions?
- A. Assessing the community environment for possible community-wide problems
 - B. Creating a picture of the family's relationships with outside agencies and resources
 - C. Looking for topics the nurse might have in common with a family member
 - D. Seeking an appropriate topic around which to establish rapport
11. After a family and a nurse discussed the family needs, they began to discuss what each member of the family might be willing to contribute. Which of the following would be the most important variable in determining the probable success of the plan?
- A. What is involved in the plan
 - B. When the plan is scheduled to be implemented
 - C. Where the plan will be implemented
 - D. Who agreed to implementing the plan?
12. A community/public health nurse is teaching a family about how to care for an ill member of the family. Upon which family member should the nurse focus on teaching?
- A. Teach the family member with the most resilience and competence to do what must be done to ensure that it gets done.
 - B. Teach the ill member what must be done because he or she is responsible for his or her own care.
 - C. Teach the weakest family member what must be done because that will strengthen his or her position in the family.
 - D. Teach the wife or mother what must be done because caring for others is a female role and expectation.
13. A community/public health nurse is providing care in the home of a family with children. The father returned from the physician during the nurses visit and reported that the physician wanted several diagnostic tests performed. The father believed that the physician had looked quite serious. Which of the following actions would be most appropriate for the nurse?
- A. Assisting both parents with recognizing and meeting their childrens needs
 - B. Discussing illness management skills with the father and mother
 - C. Sharing literature about hospice and family needs at the end of life
 - D. Helping the family deal with anxiety and uncertainty
14. The nurse has suggested that a family make several changes to make the care for their technology-dependent child easier, more effective, and even faster. However, the family took no action. Which of the following would explain the lack of response by the family?
- A. The family did not like the nurses suggestions but were too polite to tell the nurse.
 - B. The family did not really understand the nurses suggestions.
 - C. The family lacked the resources necessary to implement the nurses suggestions.
 - D. All families have a tendency to resist change, even if it is helpful.
15. Which of the following actions best demonstrates the use of summative evaluation?
- A. Explaining the goals of blood glucose control and the diabetic diet plan
 - B. Asking a diabetic client what he ate for the last three meals to see whether it fits the diet plan
 - C. Reviewing the daily blood glucose levels each week with a diabetic client
 - D. Quizzing a diabetic client about his current diabetic medications before discharge
16. A visual representation of family patterns across a minimum of 3 generations is a:
- A. An ecomap
 - B. A genogram
 - C. A family tree
 - D. Culture map

17. A visual representation of family relationships, communication patterns, and support systems outside immediate family boundaries
- A. An ecomap
 - B. A genogram
 - C. A family tree
 - D. Culture map
18. What type of a family allows a woman to marry more than one man?
- A. Polygyny
 - B. Polyandry
 - C. Monogamous
 - D. Primitive
19. The family plays an important role in the socialization of the young generation: In this regard the family is an agency of:
- A. Primary socialization
 - B. Secondary socialization
 - C. Primary and secondary socialization
 - D. Tertiary socialization
20. A multigenerational family in which each generation has one or very few members. Is called:
- A. An extended family
 - B. Modified extended family
 - C. Bean pole family
 - D. Classic extended family
21. When a family spends a Saturday night playing card games, they are fulfilling which basic function of the family?
- A. Reproduction
 - B. Regulation of sexual behavior
 - C. Regulation of cultural practices
 - D. Socialization
22. The text points out that adding a family member is stressful because doing so involves
- A) intimacy.
 - B) family boundary changes.
 - C) an ambiguous loss.
 - D) demoralization.
23. Which theoretical perspective views the family as a living thing, with each component influencing all of the others?
- A) family development
 - B) interactionist
 - C) family systems
 - D) conflict
24. -----is a state of tension that arises when demands test or tax a family's capabilities.
- A) Family competition
 - B) Family failure
 - C) Family pressure
 - D) Family stress
25. Something must happen to cause family stress or to precipitate a family crisis. That something is what social scientists call a
- A) precondition.
 - B) Dysfunction
 - C) structural threat.
 - D) stressor.

26. Dealing with the experience of a family who is trying to adjust to sending the youngest child off to college illustrates which theoretical perspective?
- A) interactionist
 - B) family systems
 - C) family development
 - D) conflict
27. The text identifies three distinct phases of family crisis. Which of the following is NOT one of these?
- A) the event that causes the crisis
 - B) the period of disorganization that follows the crisis
 - C) the high point of the crisis
 - D) the reorganizing or recovery phase after the family reaches a low point
28. Which of the following is included in the examples of everyday family stressors?
- A) being stuck in traffic on long commutes to work
 - B) death of a spouse
 - C) kidnapping
 - D) bankruptcy
29. In addition to pertussis vaccination, which vaccine when given to pregnant women has been shown to reduce the likelihood of disease in their infants up to three months of age.
- A. Hepatitis B
 - B. Influenza
 - C. Measles
 - D. Meningococcal B
30. What is the value of growth monitoring?
- A. It is a way of getting mothers to bring their children to a clinic.
 - B. It may be the first sign of illness or malnutrition.
 - C. It is only of value if children need to be admitted to hospital.
 - D. It is only helpful in children under 2 years of age.
31. What is a growth curve?
- A. The shape of a child's body.
 - B. The position of a child's weight on a centile chart.
 - C. A line joining two size measurements on a growth chart.
 - D. A measure of population increase as childhood mortality rate falls.
32. The puberty growth spurt:
- A. Is earlier in boys than girls.
 - B. Is earlier in well-nourished children.
 - C. Usually lasts for 5 years.
 - D. Usually starts at 13 years in girls.
33. What is the best management of obesity?
- A. A strict diet containing no fat.
 - B. A change in eating and lifestyle behaviour.
 - C. Only eating twice a day by missing breakfast.
 - D. Avoiding carbohydrates and protein foods at the same meal.
34. Which of the following is a social change during adolescent period?
- A. Self- exploration and evaluation
 - B. Muscles develop
 - C. Relationships tend to be oriented from parents to peers
 - D. Both A and C
35. What approach is likely to be the most effective in managing challenging behaviors in early childhood?
- A. Addressing behaviours after they occur and providing consequences
 - B. Developing and implementing effective classroom rules proactively
 - C. Ignoring challenging behaviors to avoid drawing attention to them
 - D. Seeking assistance from parents or administrators only when issues escalate

36. Which of the following play a role in the development of moral values in a child?
 Prayer assembly
 Proper socialization
 Intellect
 All the above
37. Communication to families means:
 A. Encouraging effective passing of messages to families
 B. Ensuring that they understand the message the way you want them to know it
 C. Ensuring that all family members participate in all family conversations
 D. Encouraging each family member to use a language that all understand.
38. The major part of unfreezing in change by force field theory is:
 A. Implementing the change
 B. Stabilizing the change
 C. Identifying the change forces
 D. Evaluating the change
39. Which of the following theories suggest that life descended from a common ancestor?
 A. Darwin's theory of evolution – the premise
 B. Theory of sex communism
 C. Darwin's theory of evolution - natural selection
 D. Matriarchal theory
40. The third stage of cognitive development is the:
 A. Pre-operational stage
 B. Concrete operational stage
 C. Sensory motor stage
 D. Formal operational stage
41. At what stage of family development is a family with teenage children is the:
 A. Second stage
 B. Sixth stage
 C. Fifth stage
 D. Seventh stage
42. Which of the following women should be considered as special targets for family planning?
 A. Those who have two children or more
 B. Those with medical conditions such as anemia
 C. Those younger than 20 years and older than 35 years
 D. Those who just had a delivery within the past 15 months
43. What would be your message to adolescents as the best method control measure of HIV
 A. Being faithful to a single sexual partner
 B. Using a condom during each sexual contact
 C. Avoiding sexual contact with commercial sex workers
 D. Making sure that one's sexual partner does not have signs of AIDS
44. Intervention by the community health nurse as a change agent should:
 A. Start and go through all the five stages in accomplishing a change in behavior
 B. Be tailored to the stage at which the client is encountered
 C. Encourage the client to change immediately
 D. Focus on a group rather than on an individual.
45. Change is an important concept in community health nursing. What is the correct sequence of the steps in which change occurs according to force field theory?
 A. Diagnosis , assessment and maintenance
 B. Developmental change, spontaneous change and planned change
 C. Unfreezing, moving and refreezing

- D. Unfreezing, freezing and refreezing
46. MOST influential factors affecting nutritional habits among children and adolescents are:
- Ethnic
 - Socio-economic factors
 - Racial and cultural
 - All of the above
47. Health promotion action is all the following except:
- Initiate curative programs in a community
 - Re-orient health services to offer other promotive services other than the original clinical and curative services.
 - To build healthy public policy
 - Create supportive environments
48. A family health nurse conducts counseling with the aim of:
- Giving good advice to family members
 - Helping members identify their problems
 - Empathizing with family members
 - Identifying family problems
49. The best place to nurse the elderly is in:
- Nursing homes where there is medical and nursing care needed at this stage of development
 - The home of one of their own children so that they can be cared for
 - Their own home with family.
 - The home of one of their own homes, they will have formed support groups
50. You are in a client's home to attend to a delivery. Which of the following will you do first?
- Set up a sterile area
 - Put on a clean gown and apron
 - Cleanse the client's vulva with soap and water
 - Note the interval, duration and intensity of labor and contractions
51. In preparing a primi gravida for breastfeeding, which of the following will you do?
- Tell her that lactation begins within a day after delivery
 - Teach her nipple stretching exercises if her nipples are everted
 - Instruct her to wash her nipples before and after each breastfeeding
 - Explain to her that putting the baby to breast will lessen blood loss after delivery
52. Which immunization produces a permanent scar?
- DPT
 - BCG
 - Measles vaccination
 - Hepatitis B vaccination
53. A mother brought her 10-month old infant for consultation because of fever which started 4 days prior to consultation. To determine malaria risk, what will you do?
- Do a tourniquet test
 - Ask where the family resides
 - Get a specimen for blood smear
 - Ask if the fever is present everyday
54. Family health nursing is best carried out to clients in a home setting because:
- A home is the natural habitat of the client, so the nurse can observe some factors and resources that can assist in nursing strategy
 - The community health nurse can feel comfortable after walking for a long distance
 - The family gets attached to the nurse, and it becomes easier for them to do as the nurse instructs for their own health benefit
 - All of the above
55. Family developmental tasks are:

- a. Tasks parents perform so that their growing children can be socialized
 - b. Expected activities performed by members at each developmental stage of a family
 - c. Health functions of a family by each member, both children and adults
 - d. Tasks passed on to family members by their older kin
56. According to Orem's theory, the family's positive response to illness is an action of:
- a. Self care agency
 - b. Self care deficit
 - c. Self care demand
 - d. Partially compensatory
57. When giving care to the family, the nurse should use the Family Nursing Process because:
- a. It is based on a scientific approach
 - b. The process is different for the family and for the community
 - c. The nurse gets to enter the client's home in order to observe all flaws the resulted in ill health
 - d. Families are enlightened enough and want to know that they are receiving professional nursing care
58. When crisis occur, families require to:
- a. Change their normal behaviour pattern and to psychologically deal with the new occurrence
 - b. Enquire from the older members of the family how to deal with the situation
 - c. Immediately call the community health nurse in their nearest health centre
 - d. All of the above
59. Major causes of mortality and morbidity among adolescents is:
- a. HIV and STI infections
 - b. Suicide
 - c. Injuries
 - d. Substance abuse
60. Which of the following is an example of a family transition?
- A. An unpredictable crisis, such as a hurricane
 - B. A family crisis, such as the kidnapping of a child
 - C. An outside stressor, such as war
 - D. The birth of a baby

SHORT ANSWER QUESTIONS (20 MARKS)

1 The family structure has changed much in this modern world from the traditional forms of families. Discuss two major reasons for this family and household diversity. (10 Marks)

2. Health Seeking Behavior

- a). What is the definition of health seeking behavior? (2 Marks)
- b). Highlight any four main factors that affect health seeking behavior (8 Marks)

LONG ANSWER QUESTIONS (20 MARKS)

- 1. Describe the role of home visits in health promotion and disease prevention