



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

MAIN CAMPUS
SCHOOL OF NURSING MIDWIFERY AND PARAMEDICAL SCIENCES

UNIVERSITY EXAMINATIONS
SECOND SEMESTER 2023/2024 ACADEMIC YEAR

**FOR THE DEGREE OF BACHELOR OF SCIENCE IN SOCIAL
WORK**

COURSE CODE: NMS 321
**COURSE TITLE: COMMUNITY WORK MODELS IN HEALTH
SETTING**

DATE: 8TH APRIL 2024

TIME: 3PM – 6PM

INSTRUCTIONS TO CANDIDATES

All questions in the three sections (A, B and C) are compulsory.

DURATION: 3 Hours

Answer all questions in the booklet provided.

MMUST observes ZERO tolerance for examination cheating.

SECTION A - MULTIPLE CHOICE QUESTIONS

(20 Marks)

Instructions: Choose the most appropriate answer

1. How does community work navigate challenges when geographic boundaries and common interests diverge?
 - A. Leveraging technology to facilitate virtual gatherings and decision-making.
 - B. Focusing on overarching goals that benefit all community members.
 - C. Restricting community work to only those with shared geographic proximity.
 - D. Prioritizing the interests of the majority over individual divergences.
2. How do psychological characteristics like language and traditions influence community work within geographical boundaries?
 - A. Language barriers can hinder effective communication in community projects.
 - B. Shared traditions foster a sense of belonging, aiding collaborative efforts.
 - C. Psychological characteristics have no impact on community work.
 - D. Diverse traditions within a community can lead to conflicting interests.
3. How does community work address systemic inequalities to ensure social justice for marginalized groups?
 - A. By providing equal access to community resources for all.
 - B. Through advocacy and policy change to address systemic barriers.
 - C. By organizing social events to foster community spirit.
 - D. Offering free community workshops on various topics.
4. How does community work navigate power imbalances to ensure equitable participation in decision-making processes?
 - A. By enforcing top-down decisions to maintain control.
 - B. Through capacity-building workshops for marginalized groups.
 - C. By prioritizing the voices of the most influential community members.
 - D. Using standardized policies that apply to all without customization.
5. How is a community defined?
 - A. A collection of people with a common goal
 - B. A group of people in a specific geographical area
 - C. A community is defined by its common interest or goal
 - D. All of the above
6. What is the distinct feature of a community?
 - A. Group of people
 - B. Common place
 - C. Interaction among members
 - D. All of the above
7. What are needs in the context of community assessment?
 - A. Gaps in services based on individual feelings
 - B. Criteria-based gaps
 - C. Universal survival needs
 - D. Equity-based gaps

8. What are resources in the context of community assessment?
 - A. Gaps in services based on individual feelings
 - B. Criteria-based gaps
 - C. Universal survival needs
 - D. Things that can improve community life
9. Physical health is concerned with:
 - A. The ability to express emotions in the appropriate way
 - B. Anatomical integrity and physiological functioning of the body
 - C. One's values and beliefs
 - D. The ability to perform routine tasks without physical restriction
10. Human Biology as a determinant of health refers to:
 - A. Physical factors such as climate and rainfall
 - B. Availability of health services
 - C. Factors genetically transmitted from parents to offspring
 - D. Factors outside the human body
11. How do social determinants influence the "complete mental well-being" aspect of WHO's health definition?
 - A. Social support networks enhance coping mechanisms.
 - B. Access to education fosters better health literacy.
 - C. Economic stability allows for healthier lifestyle choices.
 - D. Environmental conditions can directly impact stress levels.
12. Emotional health is related to:
 - A. The ability to perform routine tasks without physical restriction
 - B. Anatomical integrity and physiological functioning of the body
 - C. The ability to express emotions in the appropriate way
 - D. One's values and beliefs
13. What are expressed needs?
 - A. Gaps in services based on individual feelings
 - B. Gaps in services based on similar actions
 - C. Gaps in services based on agreed-upon criteria
 - D. Gaps in services based on equity
14. What are relative needs?
 - A. Gaps in services based on individual feelings
 - B. Gaps in services based on similar actions
 - C. Gaps in services based on agreed-upon criteria
 - D. Gaps in services based on equity
15. How do socioeconomic factors influence an individual's ability to maintain optimal physical health?
 - A. Access to healthcare services shapes physical health outcomes.
 - B. Socioeconomic status does not impact physical health significantly.
 - C. Physical health is solely determined by genetics, not socioeconomic factors.
 - D. Higher-income allows for better nutrition and health resources.

16. How does chronic stress influence the expression of emotions and impact long-term emotional health?
- A. Chronic stress can lead to emotional numbness.
 - B. Chronic stress enhances emotional expression and resilience.
 - C. Chronic stress often results in heightened emotional awareness.
 - D. Chronic stress disrupts normal emotional responses, affecting health.
17. How do socioeconomic factors intersect with environmental determinants to influence individual and community health outcomes?
- A. Socioeconomic status shapes access to healthy environments.
 - B. Environmental factors override socioeconomic influences on health.
 - C. Lifestyle choices are unaffected by socioeconomic and environmental factors.
 - D. Healthcare organizations determine the impact of the environment on health.
18. How does spiritual health influence the coping mechanisms during chronic illness recovery?
- A. Enhances resilience and provides a sense of purpose during recovery.
 - B. Determines the genetic predisposition to certain chronic illnesses.
 - C. Increases the financial resources available for treatment.
 - D. Improves the physical symptoms of the chronic illness directly.
19. How do lifestyle choices like smoking, unsafe sex, and poor diet directly affect individual health outcomes?
- A. Increased risk of chronic diseases and infections
 - B. Improve overall well-being and longevity
 - C. Have no significant impact on health
 - D. Only affects mental health, not physical health
20. What are examples of primordial prevention strategies in public health policy in the preventive model?
- A. Implementing taxation on sugary drinks to reduce consumption
 - B. Creating educational programs on the benefits of a balanced diet
 - C. Establishing a national healthcare system to treat diseases
 - D. Promoting safe driving through the enforcement of speed limits

SECTION B: SHORT ANSWER QUESTIONS

(40 Marks)

Instructions: Answer all Questions

1. Outline at least FOUR distinguishing features between Compliance and Adherence

(4 Marks)

2. State any SIX factors that contribute to the population health of a community

(6 Marks)

3. Explain how you will conduct motivational interviewing to assist a patient who has diabetes and struggles with diet changes (10 Marks)
4. There has been a rise in sexually transmitted infections (STIs) among students at MMUST. Using the health belief model, explain how you can influence change of sexual practices among the students (10 Mark)
5. Surveillance reports have noted the surge in the number of cholera outbreaks in the Kefinco community. Using the FOUR levels of prevention in the prevention model, explain how you will be able to tackle this issue in the community (10 Marks)

SECTION C LONG ANSWER QUESTIONS

(40 Marks)

Answer all questions in the section

1. Describe how you will apply the chronic health model in managing clients with Diabetes in the Baba Ndogo community (20 Marks)
2. Mr. X has not been compliant with the treatment therapy for Tuberculosis (TB) infection. You have been assigned to him to develop a plan on adherence model to his treatment plan. Describe the components of the AIDES adherence model and how you will apply it in this context. (20 Marks)