



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

MAIN CAMPUS
SCHOOL OF NURSING MIDWIFERY AND PARAMEDICAL SCIENCES

UNIVERSITY EXAMINATIONS
SECOND TRIMESTER 2023/2024 ACADEMIC YEAR

FOR THE DEGREE OF BACHELOR OF PARAMEDIC SCIENCE

COURSE CODE: NPP 327
COURSE TITLE: EMS PARAMEDIC AND PUBLIC HEALTH

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. 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 the above
2. 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. Public Health Global Charter (1986)
3. At which stage of the natural history of the disease is primary prevention intended to work:
 - A. Stage of susceptibility
 - B. Stage of pre-symptomatic (sub-clinical) disease
 - C. Stage of clinical disease
 - D. Stage of disability or death
4. Which model provides a structured approach to address health issues at the community level, emphasizing collaboration, assessment, planning, and implementation.
 - A. Socio-ecological model
 - B. PATCH model
 - C. PERI model
 - D. PRECEDE-PROCEED model
5. The services provided to people of all ages who need health care assistance within their own communities is referred to as:
 - A. Community-based health care
 - B. Community diagnosis
 - C. Community needs assessment
 - D. Community self-reliance
6. Which model emphasizes continuous improvement.
 - A. Socio-ecological model
 - B. PATCH model
 - C. PERI model
 - D. PRECEDE-PROCEED model

7. 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.
8. 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.
9. How do screening tools like pap smears align with the concept of secondary prevention in health determinants?
 - A. Pap smears identify genetic predispositions to disease.
 - B. Pap smears are a form of primary prevention in health care.
 - C. Pap smears detect abnormalities early to prevent progression of disease.
 - D. Pap smears are used to treat existing cervical cancer.
10. What are examples of primordial prevention strategies in public health policy?
 - 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
11. According to the World Health Organization (WHO), health is described as:
 - A. A state of complete physical, and mental well-being
 - B. The absence of disease or infirmity
 - C. Complete social well-being
 - D. The ability to perform routine tasks without physical restriction
12. How do rehabilitation programs, like cardiac rehabilitation, serve as tertiary prevention in health determinants?
 - A. They provide education on lifestyle changes to prevent further issues.
 - B. They focus on primary prevention by vaccinating against diseases.
 - C. They offer immediate treatment to manage acute health conditions.
 - D. They help patients regain function and prevent further health decline.
13. Loss of an anatomical structure such as loss of the limbs is referred to as:
 - A. Disability
 - B. Impairment
 - C. Handicap
 - D. None of the above

14. Which leadership style prioritizes the needs of the team and community above the leader's own interests?
- A. Participatory Leadership
 - B. Collective Leadership
 - C. Visionary Leadership
 - D. Servant Leadership
15. What is the core function of public health:
- A. Assessment
 - B. Policy Development
 - C. Assurance
 - D. All the above
16. The aggregation of cases grouped in place and time that are suspected to be greater than the number expected, even though the expected number may not be known is referred to as:
- A. Outbreak
 - B. Pandemic
 - C. Cluster
 - D. Endemic
17. The process that brings together various societal factions to address critical issues such as health crises, social problems, or environmental challenges is referred to as:
- A. Community needs assessment
 - B. Community Diagnosis
 - C. Community mobilization
 - D. Community participation
18. A dynamic process that involves the direct involvement of community members in decision-making, planning, and action is referred to as:
- A. Community needs assessment
 - B. Community Diagnosis
 - C. Community mobilization
 - D. Community participation
19. Which of the following is a physical determinant of health:
- A. Industrial development
 - B. Health care system
 - C. Community organization
 - D. Lifestyle behaviour
20. 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.

SECTION B: SHORT ANSWER QUESTIONS

(40 Marks)

Instructions: Answer all Questions

1. Distinguish between participatory leadership and collective leadership giving example of each: (4 Marks)
2. Outline the significance of conducting descriptive study during an outbreak. (4 Marks)
3. Explain the four types of rehabilitations giving example of each? (8 Marks)
4. Explain the three main strategies applied in the prevention and control of communicable diseases (6 Marks)
5. Kefinco is a neighborhood with a high crime rate and a lack of community cohesion, how will you apply the Locality Development Model proposed by Rothman to solve the above issues in Kefinco? (8 Marks)
6. Explain how the social determinants of health play a crucial role in shaping complete mental well-being, as outlined by the World Health Organization (WHO). (10 Marks)

SECTION C: LONG ANSWER QUESTIONS

(40 Marks)

Instructions: Answer all questions

1. The department of metrological has announced imminent El Niño rainfall that may cause flooding. You have been redeployed to Budalangi to prepare the community on the floods anticipated in the area. Discuss how you will conduct Disaster and Emergency preparedness in the area. (20 Marks)
2. There has been a surge in the number of Sexually Transmitted Diseases at MMUST following a surveillance report. You have been invited as a guest speaker to talk to students regarding this health issue. Describe how you will use the Health Belief Model to influence behaviour change among the students (20 Marks)