



(University of Choice)

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

MAIN CAMPUS

UNIVERSITY EXAMINATIONS

2023/2024 ACADEMIC YEAR

SECOND YEAR FIRST TRIMESTER EXAMINATIONS

FOR THE DEGREE

OF

BACHELOR OF SCIENCE IN MEDICAL SOCIAL WORK

COURSE CODE: NRS 125

**COURSE TITLE: HEALTH EDUCATION & DISEASE PREVENTION
TECHNIQUES AND STRATEGIES**

DATE: MONDAY, 8TH APRIL 2024

TIME: 3PM – 6PM

INSTRUCTIONS TO CANDIDATES

THIS PAPER CONSIST OF THREE SECTIONS: A, B AND C

ANSWER ALL QUESTIONS

TIME: 3 HOURS

MMUST observes ZERO tolerance to examination cheating

SECTION A: MULTIPLE CHOICE QUESTIONS (MCQs) 20 MARKS

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 these
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. None of these
3. This approach to health promotion is synonymous with health education as it aims to increase individuals' knowledge about the causes of health and illness.
 - a. Behaviour change approach
 - b. Community development approach
 - c. Biomedical approach
 - d. None of these
4. Which of the following is a characteristic of the community development approach to health education?
 - 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
5. In -----method of health education people learn by exchanging their views and experiences:
 - a. Symposium
 - b. Work shop
 - c. Role play
 - d. Group discussion

6. Health education help in desirable change in ...
- a. Knowledge
 - b. Attitude
 - c. Practice change
 - d. All the three levels
7. is the first step in planning a health education programme.
- a. Assessing the needs
 - b. Identifying community resources
 - c. Selecting content
 - d. Lesson plan
8. Different speakers presenting series of speeches on a selected subject in
- a. Symposium
 - b. Brain storming
 - c. Role play
 - d. None of these
9. Disadvantage of individual approach is
- a. Low reachability
 - b. Decreased effectiveness
 - c. Inadequate feed back
 - d. None of these
10. The following involve health promotion model, EXCEPT;
- a. Health education
 - b. Health Protection
 - c. Health prevention
 - d. Treatment of Diseases
11. This approach to health education aims to improve and promote health by addressing socio-economic and environmental determinants of health within the community.
- a. Behavior change approach
 - b. Community development approach
 - c. Biomedical approach
 - d. None of these

12. The effectiveness of communication in health education is evaluated by
- Team work
 - Feed back
 - Interpersonal communication skills
 - Questionnaire
13. which one is NOT a component of educational approach in health education?
- Motivation
 - Communication
 - Decision making
 - Teamwork
14. Behaviour change is....?
- A process of working with individuals, families and communities through different communication channels to promote positive health behaviors
 - A process of working with individuals, communities and societies to develop communication strategies to promote positive behaviors
 - To promote active participation of the people in planning, construction and operational stages of environmental improvements.
 - Inform the public about the health services that are available in the community, and how to use them
15. Health Education is
- Any combination of learning experiences designed to help individuals and communities improve their health, by increasing their knowledge or influencing their attitudes
 - The degree to which people are able to access, understand, appraise and communicate Information
 - An intellectual acquaintance with facts, truth, or principles gained by sight, experience, or report.
 - The ability to do something well, arising from talent, training, or practice
16. The following are types of health promotion programs EXCEPT?
- Health appraisal wellness assessment programs
 - Lifestyle and behavioral change programs
 - Worksite wellness program
 - Women movement program
17. In -----method of group teaching there is no discussion by experts.
- Panel discussion
 - Symposium
 - Group discussion
 - None
18. is an essential tool of community health.
- Health education

- b. Philosophy
- c. Psychology
- d. None

19. In method speakers sit and discusses a given problem in front of a group or audience.

- a. Symposium
- b. Group Discussion
- c. Seminar
- d. Panel discussion

20. 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

SECTION B: SHORT ANSWER QUESTIONS (SAQs); 40 MARKS

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|---|-----------|
| 1. Explain 4 Approaches in Health Education | (4 Marks) |
| 2. State 4 Principles of Health Promotion | (4 Marks) |
| 3. State 4 Good Communication Techniques | (4 Marks) |
| 4. Explain 4 Models of Health Education | (4Marks) |
| 5. State 4 Determinants of Health | (4 Marks) |

SECTION C: LONG ANSWER QUESTIONS (LAQs); 40 MARKS

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| 1. Counselling is the Key element in Health Education; | |
| a. Define Counselling | (1 Marks) |
| b. Explain 3 Aim of counselling basis of the needs of the client | (6 Marks) |
| c. Explain 6 Elements of Counselling | (13 Marks) |