



MACHAKOS UNIVERSITY

University Examinations for 2020/2021

SCHOOL OF HEALTH SCIENCES

DEPARTMENT OF PUBLIC AND COMMUNITY HEALTH

SECOND/FOURTH YEAR FIRST SEMESTER EXAMINATION FOR

BACHELOR PUBLIC HEALTH

HPH 201/HPH- 401: HEALTH PROMOTION

DATE: 9/8/2021

TIME: 8:30 – 10:30 AM

INSTRUCTIONS:

This paper consists of two sections A and B

Section A is compulsory

Section B choose any two (2) questions

SECTION A: COMPULSORY (30 MARKS)

Specific Instructions

- This section has one question
- The question is **COMPULSORY**
- The question is **30 marks**

QUESTION ONE (30 MARKS)

Answer all questions

- Differentiate between Health Promotion and Health Education. (3 marks)
- Describe six (6) responsibilities of a health educator. (3 marks)
- Is it necessary to promote health practices in the modern day? Explain. (3 marks)
- Describe possible challenges in community dialogue. (3 marks)
- Outline three (3) objectives of Health Education. (3 marks)
- Giving relevant examples for each, differentiate between learning methods and health learning materials. (3 marks)

- g) Outline six (6) instances where the mass media can be used in health promotion. (3 marks)
- h) Handling people in a group requires patience and politeness. Explain three (3) ways you would ensure a group discussion proceeds on well. (3 marks)
- i) Zahara is a Health Education practitioner. During visits she educates the families by showing them demonstrations on how to prevent malaria. Explain three (3) features of an effective demonstration that Zahara should follow during her health education activities (3 marks)
- j) Outline three (3) guidelines for developing new or adapting existing IEC materials for health promotion activities. (3 marks)

SECTION B

Specific Instructions

- **This Section has four (4) questions**
- **Answer any two (2) questions**
- **Each question is 20 marks**

QUESTION TWO (20 MARKS)

- a) As a Public Health officer, you have identified FGM as a recurrent health issue in your community. Using the community action cycle, discuss how you will address this problem. (15 marks)
- b) Objectives are behavioral in nature and should be SMART. Explain. (5 marks)

QUESTION THREE (20 MARKS)

- a) You have been invited as a guest speaker to the weekly health education event at the Machakos level 5 Hospital, to give a talk on Personal Hygiene. Draw up a lesson plan for the activity. (15 marks)
- b) Explain the Health promotion priority action areas identified in the Ottawa Charter (5 marks)

QUESTION FOUR (20 MARKS)

- a) The county health department is preparing IEC materials for an upcoming HIV/AIDS health promotion activity. You have been asked to develop a poster on condoms use.
- i. Explain some of the considerations in the preparation of the poster (5 marks)
 - ii. Make a poster sketch appropriate for the activity (5 marks)
- b) Describe the principles of Health promotion (10 marks)

QUESTION FIVE (20 MARKS)

- a) You have just had a one on one session with a 26-year-old mother. Having just completed an evaluation of her 6-year-old, you present TWO (2) options for investigation. The mother shies away from making a firm decision and answers you vaguely. She seems to speak in circles, almost dancing around the choice, even after hearing all the information needed to decide which care path to follow. You know that she has finished high school, and note impatiently that you have already spent an hour with her. The following week she returns. You worry about the length of the visit and falling behind with other patients. To your surprise, she is decisive. She confides, with some prompting, that she discussed treatment options with her husband and mother-in-law, and together they have arrived at the best solution. She can now confidently pursue the investigation of her child's condition. Discuss how culture is likely to have influenced this mothers' decision. (10 marks)
- b) Discuss the approaches in Health Promotion. (10 marks)