



MACHAKOS UNIVERSITY

University Examinations for 2022/2023 Academic Year

SCHOOL OF AGRICULTURE, ENVIRONMENT AND HEALTH SCIENCES

DEPARTMENT OF HEALTH SCIENCES

THIRD YEAR FIRST SEMESTER EXAMINATION FOR

BACHELOR OF SCIENCE IN PUBLIC HEALTH

HPH 308: NON COMMUNICABLE DISEASES

DATE:

TIME:

INSTRUCTIONS:

This paper consists of two sections A and B

SECTION A

Specific Instructions

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

QUESTION ONE (30 MARKS)

- Identify three features that make hypertension a non-communicable disease. (3 marks)
- Mr. Tajebe, a 65-year-old man, was diagnosed with diabetes two years ago. Currently, his illness is only managed by diet. What type of diabetes does he have? Explain the reason for your answer (2 marks)
- Identify lifestyle modifications that can lower the risk of developing cardiovascular illnesses (2 marks)
- Specify the diagnosis options for:
 - Immunodeficiency disorders (3 marks)
 - Congenital anomalies (3 marks)
- Explain stages of cancer development with particular reference to cervical cancer. (4 marks)

- f) Differentiate between allergic asthma and non-allergic asthma. (2 marks)
- g) Psychotherapy is a better option for treating mental health conditions. Justify. (2 marks)
- h) Suggest possible ways to treat splits or cracks in the lining of the anal opening. (3 marks)
- i) Give specific justifications as to why watchful waiting or active surveillance would be a preferred prostate cancer treatment (3 marks)
- j) My 12-year-old son experiences nasal congestion, runny nose, and itching depending on how many peanuts consumed at a baseball game. Detail the safety measures that can be taken in light of the experiences (3 marks)

SECTION B:

Specific Instructions

- **This section has four (4) question**
- **Answer any two (2) questions**

Each question is 20 Marks

QUESTION TWO (20 MARKS)

- a) Suggest prevention messages on stress response syndromes you would present to youth group leaders in your community during next year's Mental Health Day. (10 marks)
- b) You are required to produce a poster on reducing the risk of developing Type 2 diabetes. Discuss on the points your poster should focus on (10 marks)

QUESTION THREE (20 MARKS)

- a) Discuss key intervention strategies that can be used to help ensure that every child is born without birth defects/anomalies. (10 marks)
- b) Discuss the various myths associated with palliative care when recommended for cancer patients. (10 marks)

QUESTION FOUR (20 MARKS)

- a) Discuss the challenges of life experienced by women on or after cervical cancer treatment (10 marks)
- b) Advice on specify legislative and regulatory measures that can be put in place in Kenya today to reduce tobacco use and exposure (10 marks)

QUESTION FIVE (20 MARKS)

- a) Discuss the role of County governments in promoting health and reducing risk factors for non-communicable diseases (10 marks)
- b) Discuss areas of research regarding the development, prevention and management of non-communicable diseases (10 marks)