



**NAMIBIA UNIVERSITY
OF SCIENCE AND TECHNOLOGY**

FACULTY OF HEALTH AND APPLIED SCIENCES

DEPARTMENT OF HEALTH SCIENCES

QUALIFICATION: BACHELOR OF SCIENCE IN HEALTH INFORMATION SYSTEMS MANAGEMENT	
QUALIFICATION CODE: 07BHIS	LEVEL: 7
COURSE CODE: PHP 721S	COURSE NAME: PUBLIC HEALTH PRACTICE
SESSION: JUNE, 2019	PAPER: THEORY
DURATION: 3 HOURS	MARKS: 100

FIRST OPPORTUNITY EXAMINATION QUESTION PAPER	
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INSTRUCTIONS	
<ol style="list-style-type: none">1. Answer ALL the questions.2. Write clearly and neatly.3. Number the answers clearly.4. Begin each question on a separate sheet of paper.	

PERMISSIBLE MATERIALS

1. NONE

THIS QUESTION PAPER CONSISTS OF 5 PAGES (INCLUDING THIS FRONT PAGE)

SECTION A (35 MARKS)

QUESTION 1

(10 MARKS)

Evaluate the following statements/phrases and select the most appropriate answer by choosing from the given possibilities. Write the appropriate letter next to the number of the statement/phrase in the ANSWER BOOK.

- 1.1 Which 'ring' of the Dahlgren and Whitehead model contains determinants that offer most opportunities for local authorities on primary prevention of Non Communicable Diseases (NCD's)? (1)
- A. age sex and hereditary factors
 - B. social and community networks
 - C. living and working conditions
 - D. general socio-economic, cultural and environmental factors
- 1.2 Climate-sensitive diseases includes the following diseases: (1)
- A. Cholera
 - B. Dengue fever
 - C. Plague
 - D. All of the above
- 1.3 The primary goal of public health is to: (1)
- A. Treat the infected individuals
 - B. Protect the identity of those who have died from an infectious disease
 - C. Safeguard and promote health
 - D. All of the above
- 1.4 Which of the following can be classified as secondary prevention: (1)
- A. Highly Active Antiretroviral Therapy (HAART) for the mother
 - B. Shelter homes for developmentally challenged
 - C. Fitness programs for heart attack patients
 - D. Highly Active Antiretroviral Therapy (HAART) for the child.
- 1.5 The World Health Organization re-defined the meaning of health. What was included in the new definition of health? (1)
- A. Biomedical technology
 - B. Mental health
 - C. The disability index
 - D. Social well being

- 1.6 A health system relies on institutional based sources of data to enable policy makers to make informed decisions regarding health. Which of the following is NOT one of them? (1)
- A. Individual records
 - B. Demographic Health Survey
 - C. Case reporting
 - D. Service records
- 1.7 The strengths of population approach to disease prevention includes the following EXCEPT: (1)
- A. Equitable
 - B. Cost effective
 - C. Behaviorally acceptable
 - D. Large potential for population
- 1.8 There are five series core competencies that provide the foundation of public health. Which of the following is NOT one of them? (1)
- A. Communication
 - B. Laboratory
 - C. Prevention effectiveness
 - D. None of the above
- 1.9 Which essential public health service does NOT serve policy development as a core function of public health? (1)
- A. Mobilization of community partnerships to identify and solve health problems
 - B. Research for new insights and innovative solutions to health problems
 - C. Linking people to needed health services
 - D. All of the above
- 1.10 Evaluation measures:
- A. The timeliness of a program's activities
 - B. The outcomes and impact of a program's activities
 - C. How well the program was implemented
 - D. All of the above

QUESTION 2**(25 MARKS)**

As a public health specialists, we are tasked with improving population health through various public health interventions. However, before we come up with these interventions, it is important to know the state of our population's health.

- 2.1 Define public health? (2)
- 2.2 Explain the concept of health promotion using appropriate examples? (3)
- 2.3 Compare and contrast public health with clinical medicine using appropriate examples. (10)
- 2.4 Briefly, describe ten essential public health services. (10)

SECTION B (25 MARKS)**QUESTION 3****(15 MARKS)**

As a public health advisor/consultant, you were hired through UNICEF to evaluate and document the Health Extension Workers Programme in Namibia. The aim is to assess programmatic achievements and constraints by reviewing the existing conceptual framework and overall system, as well as the management structure, supervision mechanism and governance. In addition, findings will provide an in-depth understanding of the progress and challenges and identify areas for improvement.

- 3.1 Define the concept of evaluation. (2)
- 3.2 Justify with clear examples the importance of evaluating the Health Extension Workers programme. (3)
- 3.3 Summarize the standards you should consider in ensuring effectiveness of program evaluation. (4)
- 3.4 Describe in detail the process or steps you would take in evaluating this public health programme. (6)

QUESTION 4**(10 MARKS)**

- 4.1 Discuss any two population based sources of health information with reference to their strengths. (4)
- 4.2 Mention six building blocks of the health system. (6)

SECTION C (40)

QUESTION 5

(20 MARKS)

The health of individuals and populations depends on a number of factors. The Dahlgren and Whitehead Model on the main determinants of health provides a framework of the broad categories of factors that influence health.

- 5.1 Using the sub-headings below, explain by giving appropriate examples how each of them promote and or restrict to health.
- 5.1.1 Employment. (5)
- 5.1.2 Build environment. (5)
- 5.2 Discuss in detail, the impact of climate change on human health. (10)

QUESTION 6

(20 MARKS)

Baby dumping remains a growing social problem in Namibia. On monthly basis, about 13 bodies of newborn babies are discovered in human waste flushed toilets. Following a motion of baby dumping in Namibia in the National Assembly recently, the Ministry of Health and Social services was advised to develop of a policy on abortion legalization. As a public health expert with experience in policy development and analysis, you were requested to assist with this process.

- 6.1 What is a health policy? (2)
- 6.2 Elaborate on the steps you would take when developing a public health policy. (8)
- 6.3 Identify the key stakeholders groups you will engage and write short notes in relation to their interest and involvement in the policy issue. (10)

TOTAL MARKS: 100