



**NAMIBIA UNIVERSITY  
OF SCIENCE AND TECHNOLOGY**

**FACULTY OF HEALTH AND APPLIED SCIENCES**

**DEPARTMENT HEALTH SCIENCES**

<b>QUALIFICATION:</b> BACHELOR IN ENVIRONMENTAL HEALTH SCIENCES	
<b>QUALIFICATION CODE:</b> 08BOHS	<b>LEVEL:</b> 5
<b>COURSE CODE:</b> CHP512S	<b>COURSE NAME:</b> COMMUNITY HEALTH PROMOTION
<b>SESSION:</b> NOVEMBER 2019	<b>PAPER:</b> THEORY
<b>DURATION:</b> 3 HOURS	<b>MARKS:</b> 100

<b>FIRST OPPORTUNITY EXAMINATION PAPER</b>	
<b>EXAMINER(S)</b>	MR JOSHUA HIDINWA
<b>MODERATOR:</b>	Dr LARAI AKU-AKAI

<b>INSTRUCTIONS</b>
<ol style="list-style-type: none"><li>1. Answer ALL the questions.</li><li>2. Write clearly and neatly.</li><li>3. Number the answers clearly.</li></ol>

**THIS QUESTION PAPER CONSISTS OF 6 PAGES** (Including this front page)

## SECTION A

### QUESTION 1

[10 marks]

Choose the correct answer.

- 1.1 The message should be: [1]
- A. obvious, to the point, correct, suitable, significant, untimely.
  - B. understandable, short, precise, inappropriate, unrelated and long.
  - C. clear, concise, accurate, appropriate, relevant and timely.
  - D. to the point, correct, suitable, significant, untimely.
  - E. appropriate, relevant and timely.
- 1.2 Communication can be defined simply as a process of sending a message from: [1]
- A. the Sender to the receiver and the receiver responding to the message.
  - B. Communicator, receiver, communicator to the receiver.
  - C. the sender of receiver, sender, receiver and responder to the message.
  - D. The responder reply according to the message.
  - E. The two way communication by two people.
- 1.3 The below are some of the communication components, namely: [1]
- A. The receiver, sender/transmitter/source, the message/information/feedback.
  - B. The message/ environment, channel/medium, the receiver/person.
  - C. The response/feedback, the situation/environment/condition/atmosphere
  - D. The sender and receiver/transmitter/source, the message/information.
  - E. The channel/medium, source/ the receiver/person receiving the message
- 1.4 Which one of the following is not a health facility: [1]
- A. Hospitals
  - B. Home, School, Mobile clinics
  - C. Clinics
  - D. Community clinic
  - E. School health
- 1.5 One of the main functions of primary health care is to reduce the mobility amongst children that is caused by the six target diseases like: [1]
- A. Measles, Tetanus, Malaria, HIV/AIDS, Cancer, Scabies.
  - B. Measles, Tetanus, Tuberculosis, Whooping cough, Polio, Diphtheria.
  - C. Tuberculosis, Whooping Cough, Small Pox, Chicken Pox, Bilharzia.
  - D. Polio, Diphtheria, Jaundice, Cholera, Diarrhea, Pneumonia.
  - E. Polio, Tuberculosis, Jaundice, Cholera, Diarrhea, Pneumonia.

- 1.6 Primary health care consist of: [1]
- A. Simple and effective measures in terms of cost, techniques and organization which are easily accessible to the people requiring relieve from pain and suffering.
  - B. Simple and effective measures with techniques and health organization which are easily accessible to the people requiring relieve from pain and suffering.
  - C. Simple and effective measures in human capacity as well as resources, which are easily accessible to the people requiring relieve from pain and suffering.
  - D. Simple and methods measures in human capacity as well as resources, which are easily accessible to the people requiring relieve from pain and suffering.
  - E. Simple and effective measures in human capacity as well as resources, which are easily accessible to the people requiring relieve from pain and suffering.
- 1.7 The following is an example of Primary Health Care concept: [1]
- A. Made universally accessible to individuals and families.
  - B. Made universally appropriate to individuals and families.
  - C. Made universally acceptable to individuals and families.
  - D. Made universally available to individuals and families.
  - E. Made universally availability to individuals and families.
- 1.8 Primary prevention can be provided by a combination mainly: [1]
- A. People activities and the environment in which they live.
  - B. The environment in which they live.
  - C. Aimed at health care, people and the environment in which they live.
  - D. Keeping in mind that people can make their own choices.
  - E. Aimed at people and the environment in which they live.
- 1.9 The role of environmental health practitioners in primary health care include: [1]
- A. Give health education on good medical distribution in order to prevent diseases.
  - B. Give health education on health issues like communication of diarrhoeal diseases.
  - C. Give health education on health issues like personal hygiene, good housekeeping in order to prevent diarrhoeal diseases.
  - D. Education on prevent diarrhoeal diseases and health issues like personal hygiene.
  - E. Give health education on personal hygiene health issues for diarrhoeal diseases.

- 1.10 Which of the following statement does not include the role of environmental health practitioners: [1]
- A. Prevent pollution to minimise respiratory problems.
  - B. Prevent water pollution in order to avoid water related diseases.
  - C. Prevention and control of locally endemic disease.
  - D. Prevention of water, pollution of related diseases.
  - E. Prevent water pollution in order to avoid water related diseases.

## QUESTION 2

[10 marks]

Match the statement in column A to the corresponding concept(s) in column B.

COLUMN A	COLUMN B	Marks
2.1. Self-reliance.	A. Disease or ill health is often due to poverty.	[1]
2.2. Outbreak of Diseases.	B. Transforming attitudes from being passive to being active participants.	[1]
2.3. Poor health status.	C. Use additional learning material.	[1]
2.4. Factors harming Health.	D. Simplicity is the key to successful.	[1]
2.5. Human behaviour.	E. A health worker should be able to provide.	[1]
2.6. The quality of life.	F. Health education should be participatory and aimed at encouraging	[1]
2.7. The kind of advice.	G. To promote health and to prevent.	[1]
2.8. Drawings and Illustrations.	H. Disease, infirmity or disability is among the major factors that contribute.	[1]
2.9. Health education.	I. It assists people to understand themselves and recognize their health status.	[1]
2.10 Objectives of health education.	J. To promote health and increase wellbeing.	[1]
	K. Number of norms that define how an individual occupying a particular status is expected to act.	[1]
	L. The family exercises a great deal of control on social and sexual behavior of the adult and the child.	[1]

### QUESTION 3

[10 marks]

3. Indicate if the following is True or False:

- 3.1. No development of human being can take place without an acceptable level of health. [1]
- 3.2. People should be involved in activities they feel are worthwhile. [1]
- 3.3. Individuals in the community do not need to be empowered in order to develop. [1]
- 3.4. The community makes plans to improve certain identified prioritized needs. [1]
- 3.5. Empowerment and capacity building imply that community members actively participate in these processes. [1]
- 3.6. A community who is in a poor state of health will always be described as developed in the true sense of the word. [1]
- 3.7. Health education is not based on prevailing health problems [1]
- 3.8. People are being developed when they are herded like animals into new ventures. [1]
- 3.9. Simplicity is the key to successful health education. [1]
- 3.10. A community does not have to assess their own needs [1]

[SECTION A TOTAL =30]

### SECTION B

#### QUESTION 4

[10 marks]

- 4.1 Describe the concept of Primary Health Care according to Alma Ata Conference's definition. [10]

#### QUESTION 5

[20 marks]

- 5.1 Discuss the basic principles of Community Development. [10]
- 5.2 Outline the role of Health Care Professionals in developing the community. [10]

[SECTION B TOTAL =30]

## **SECTION C**

### **QUESTION 6**

**[20 marks]**

- 6.1 Elaborate on the different levels of prevention. [10]
- 6.2 Classify of health Indicators. [10]

### **QUESTION 7**

**[20 marks]**

**Choose between question 7.2 and 7.3.**

- 7.1 Discuss constraints to application of the principles of Community Health in relation to Community Development. [10]
- 7.2 Explain the key steps you would follow in planning a presentation to communicate a health message in your community. [10]
- 7.3 Discuss the steps you need to follow in planning, implementation and evaluation of a health education programme that you need to carry out in Katutura community. [10]

**[SECTION C TOTAL =40]**

**Good Luck!!**