



MAASAI MARA UNIVERSITY

**REGULAR UNIVERSITY EXAMINATIONS
2022/2023 ACADEMIC YEAR
FIRST YEAR FIRST TRIMESTER**

**SCHOOL OF PURE, APPLIED AND HEALTH SCIENCES
CERTIFICATE IN HEALTH CARE ASSISTANT PROGRAM**

**COURSE CODE: HCA 1101
COURSE TITLE: HEALTH AND HEALING: CONCEPTS
FOR PRACTICE**

DATE: ~~xxxx~~ APRIL, 2022

TIME: ~~xxxx~~

INSTRUCTION TO CANDIDATES

Section A: Multiple Choice Questions. Answer ALL Questions (20 Marks)

Section B: Short Answer Questions. Answer ALL Questions (20 Marks)

Section C: Long Answer Questions. Answer ALL questions. (30 Marks)

This paper consists of 5 printed pages. Please turn over.

PART A: MULTIPLE CHOICE QUESTIONS (20 MARKS)

1. The following statement describes what caring is;
 - A. The work or practice of looking after, displaying independence and concern for others on account of age or illness
 - B. The work or practice of looking after, displaying kindness and concern for others on account of age or illness
 - C. The work or practice of looking after, displaying kindness and concern for others on account of calamities, age or illness
 - D. The work or practice of looking after, providing treatment and financial support for others on account of age or illness

2. The following aspects represent the positive emotional and spiritual outcomes of caring to the patient.
 - A. Enhanced self-esteem, knowledge and coping
 - B. Enhanced self-esteem, trust and coping
 - C. Enhanced self-esteem, healing and coping
 - D. Enhanced trust, healing and self-care

3. Caring for older people is about offering support and encouragement with the goal of preserving which three aspects of dignity?
 - A. Independence, Helplessness and autonomy
 - B. Independence, dependency and social exclusion
 - C. Independence, individuality and autonomy
 - D. Pain, discomfort and dependence

4. The common site used for taking pulse on a patient is?
 - A. Brachial artery
 - B. Radial artery
 - C. Apical pulse
 - D. Temporal artery

5. Patients, relatives, and carers have expectations in relation to a patient's discharge from hospital. These may include which of the following?
 - A. Being safe, having the correct medications and discharge paperwork for any ongoing care
 - B. Feeling unsafe, correct discharge medication and discharge paperwork

- C. Not being communicated with, having a discharge summary and relevant discharge medication
 - D. Not feeling involved, informed or consulted
6. Interdependence as a concept used in health care, means?
- A. One entity influencing another in the achievement of a goal
 - B. More than one entity working together to achieve a shared goal
 - C. More than one entity counteracting to achieve a shared goal
 - D. One entity depending on the effort of another in order to achieve a shared goal
7. The following statement is TRUE regarding pain as experienced by older people;
- A. Older people are less likely to experience pain but more likely to complain or request medication
 - B. Older people experience pain more often but rarely require medication
 - C. Older people are more likely to experience pain but less likely to complain or request medication
 - D. Older people experience pain more often and they demand medication frequently
8. The most appropriate definition of health and well-being is?
- A. Holistically, the result of a combination of social, intellectual and emotional factors
 - B. Achievement of physical fitness and mental stability despite being challenged emotionally
 - C. Not merely the absence of disease or infirmity, but a state of complete physical, mental, spiritual and social wellbeing
 - D. Difficult to pin down as ideas about health and wellbeing change with time and vary between different cultures
9. Biopsychosocial model of health is a way of understanding how behavior , illness and disorders are affected by multiple factors. It?
- A. Implies that behavior, thoughts, feelings and their interactions may influence a physical state
 - B. States that biological factors are the most worthy of study and practice
 - C. Considers an individual has a disease which affects their physiological functioning
 - D. Has yet to improve upon traditional approach using the medical model
10. A person who is said to have achieved optimum health and wellbeing is?
- A. A 25-year-old female managing her psoriasis with the help of her heal care provider, so she only has occasional episodes of itchy scalp

- B. A 30-year-old male patient who uses a wheelchair, works and employ his own carers to live independently
 - C. A 77-year-old male who has had a stroke, is now healthy and lives in care home without free access to outside space
 - D. A 66-year-old, recently retired, has started with dementia but copes well using memory prompts within the home
- .
11. A Patient is being seen in a Diabetes clinic, during the interview, which comment most suggest psychological distress?
- A. "my leg hurts right here"
 - B. "I am so worried about my wife"
 - C. "I don't know how I'll get to my appointment"
 - D. "Why did I get this disease?"
12. Health is best described as a resource that allows a person to have:
- A. A social and spiritual life
 - B. A productive social and economic life
 - C. Economic wellbeing
 - D. Physical capacity
13. A person working as a health educator uses an approach that views health as related to:
- A. Pathological processes
 - B. Behavioural changes
 - C. Health screening
 - D. Minimizing complications
14. When can we say that we are not healthy
- A. When we feel good physically
 - B. When we are able to cope well with social pressure
 - C. When we have a positive outlook towards life
 - D. When we constantly suffer from headaches due to stressful life
15. The disorder or bad functioning of the mind or body which leads to departure of good health is:
- A. Physical disease
 - B. Health
 - C. Disease

- D. Infectious disease
16. Which of the following is not a dimension of health?
- A. Nutritional
 - B. Physical
 - C. Social
 - D. Mental
17. The characteristics of a person who is physically fit as compared to one who is not physically fit is?
- A. The heart rate returns to the resting state more quickly after physical activity
 - B. There is a greater difference between blood pressure reading when exercising and when at rest
 - C. The need for warming up major muscle groups before physical activity is reduced
 - D. Breathing reaches its maximum rate more quickly after beginning a physically strenuous activity
18. The high caloric needs and sleep requirements of adolescents are directly related to?
- A. Increased levels of physical activity beyond those of childhood
 - B. Increase in stress due to competing demands of school, family and peer groups
 - C. High rates of metabolic activity associated with growth and development
 - D. Elevated levels of testosterone or estrogen in the body
19. The term mortality refers to?
- A. Death
 - B. Illness
 - C. Health
 - D. Morbidity
20. The age group that tends to develop fears of injury, disease or death is?
- A. Infants
 - B. Toddlers
 - C. Preschoolers
 - D. School age children

PART B: SHORT ANSWER QUESTIONS

(20 MARKS)

1. State **FIVE (5)** characteristics of caring

(5 marks)

2. Explain **FIVE (5)** principles of human development (5marks)
3. Elucidate **FIVE (5)** common health conditions associated with ageing (5 marks)
4. Explain **FIVE (5)** reasons why self-building and self-caring is important for health care providers? (5 marks)

PART C. LONG ANSWER QUESTIONS

(30 MARKS)

1. Dignity in care means the kind of care, in any setting, which supports and promotes, and does not undermine, a person's self- respect.
 - a) State **FIVE (5)** common core principles of dignity (5marks)
 - b) Explain **FIVE (5)** factors that are related to how you can promote dignity in care settings? (10 marks)
2. Explain the meaning of "Human needs" (1 mark)
 - a) State **THREE (3)** types of needs in a needs' assessment (3 marks)
 - b) State **FIVE (5)** levels of human needs according to Maslow's theory? (5 marks)
 - c) Describe **THREE (3)** factors that affect needs and the meeting of needs in older adults (6 marks)

END