



MAASAI MARA UNIVERSITY

REGULAR UNIVERSITY EXAMINATIONS

2023/2024 ACADEMIC YEAR

SECOND YEAR THIRD TRIMESTER

**SCHOOL OF PURE, APPLIED AND HEALTH
SCIENCES**

DIPLOMA IN FOODS, NUTRITION AND DIETETICS

COURSE CODE: DND 2301

**COURSE TITLE: COMMUNICABLE AND NON-
COMMUNICABLE DISEASES**

DATE: 13TH DECEMBER, 2023

TIME: 1100-1300 HRS

INSTRUCTION TO CANDIDATES

Section A: Multiple Choice Questions. Answer ALL Questions

Section B: Short Answer Questions. Answer ALL Questions

Section C: Long Answer Questions. Answer Question ONE and any other ONE question.

This paper consists of 6 printed pages. Please turn over.

SECTION A: MULTIPLE CHOICE QUESTIONS (20 MARKS). SELECT THE CORRECT ANSWER.

1. Measles is an immunisable disease, koplik spots are seen in which phase of measles infection?
 - A. Prodromal period
 - B. Incubation period
 - C. Rash period
 - D. Convalescent period
2. Chemutai Songok has been diagnosed with cancer stage three, which of the following cancer affects both male and female worldwide?
 - A. Cancer of the pancreas
 - B. Cancer of the lungs
 - C. Buccal mucosa cancer
 - D. Colo – rectal cancer
3. NON Communicable diseases has become a major concern in developing countries, what is the preferred public health approach to control non communicable diseases?
 - A. Shift the population curve of the risk factors by population based approach.
 - B. Focus on high risk individuals
 - C. Treatment of identified cases
 - D. Individual disease based vertical programmes
4. The following dietary change is not recommended in high risk cardiovascular group?
 - A. LDL cholesterol less than 100mg/dl
 - B. Avoid alcohol
 - C. Saturated fat intake of 7% of total calories
 - D. Salt intake less than 5 grams
5. A nurse is caring for client with high blood pressure in a medical ward, what does tracking of blood pressure implies?
 - A. BP increase with age
 - B. BP decreases with age
 - C. BP of hypotensive become hypertensive
 - D. BP of hypotensive remain hypotensive
6. The following is the effective prophylactic measure for cholera?
 - A. Mass prophylaxis
 - B. Vaccination

- C. Health education
 - D. Administration of azythromycin
7. HIV virus attacks the immune system, which is our body natural defence against illness; the virus destroy which type of white blood cells?
- A. B lymphocytes
 - B. T Helper cells
 - C. Natural killer cells
 - D. Monocytes
8. Rheumatoid arthritis is a chronic progressive and disabling autoimmune disease affecting which joints?
- A. Ball and socket joints
 - B. Saddle joints
 - C. Synovial joints
 - D. Cartilagenous joints
9. _____ is a disease outbreak that spread across countries or continents and affects more people and takes more lives.
- A. Epidemic
 - B. Pandemic
 - C. Endemic
 - D. Sporadic
10. The following are examples of zoonotic diseases which one is not?
- A. Rabies
 - B. Brucellosis
 - C. Cholera
 - D. Lyme disease
11. The Nurse is caring for patient with wheezing. The following are predisposing factors of Asthma EXCEPT?
- A. Genetics
 - B. Certain environmental exposure
 - C. Certain respiratory infections
 - D. Lack of excercise
12. Gout is a type of inflammatory arthritis that develops in people who have high levels of ?
- A. Creatine
 - B. Purines
 - C. Uric acid
 - D. Cholesterol

13. Herpeszoster also known as shingles is a viral syndrome caused by reactivation of the varicellorzoster virus affecting the following common sites;

- A. Trigeminal nerve and facial nerve
- B. Facial nerve and abducen nerve
- C. Olfactory nerve and vagus nerve
- D. Oculomotor nerve and olfactory nerve

14. Osteoarthritis is most common form of joint disease affecting people all over the world. This condition affects the joints by?

- A. Swelling and pain
- B. Pain and tenderness
- C. Pain and stiffness
- D. Swelling and stiffness

15. The following disease is characterised by decreased bone mass and microarchitectual deterioration of bone tissue, leading to bone fragility?

- A. Osteoarthritis
- B. Rheumatoid arthritis
- C. Gout
- D. Osteoporosis

16. Inflammatory bowel disease encompasses which of the following?

- A. Diverticulitis and ulcerative colitis
- B. Ulcerative colitis and crohns disease
- C. Intestinal ischaemia and crohns disease
- D. Diverticulitis and crohns disease

17. The following are major complications of diarrhea from any cause?

- A. Dehydration and electrolyte imbalance
- B. Anaemia and dehydration
- C. Hypovolemic shock and electrolyte imbalance
- D. Hpovolemic shock and dehydration

18. Mumps is the most common acute swelling of the salivary glands in children. which is the causative organism?

- A. Epstein-Barr virus
- B. Paramyxo virus
- C. Herpes zoster virus
- D. Cytomegalovirus

19. Cervical cancer is an abnormal growth of cells that starts in the cervix .Which is the causative microorganism?

- A. Herpes zoster virus
- B. Giardiasis

- C. Human papillomavirus (HPV)
 - D. Genital herpes
20. The following disease is transmitted by feacal oral route?
- A. Chicken pox
 - B. Poliomyelitis
 - C. Tuberculosis
 - D. Measles

SECTION B: SHORT ANSWER QUESTIONS (40 MARKS). ANSWER ALL QUESTIONS.

1. Regarding tuberculosis
 - (a) List four signs and symptoms of Tuberculosis? (2 Marks)
 - (b) State four preventive measures of Tuberculosis? (4 Marks)
2. Explain four modes of transmission of communicable diseases? (4Marks)
3. Regarding communicable diseases,
 - (a) Explain three levels of controlling communicable diseases? (3 Marks)
 - (b) State four ways of protecting susceptible host? (4 Marks)
4. Explain four risk factors for development of pneumonia? (4 Marks)
5. State four signs and symptoms of cervical cancer? (4Marks)
6. Diarrhea is usually defined as the passage of three or more loose stool per day;
 - (a) List four signs of some dehydration in a child? (2 Marks)
 - (b) Explain management of some dehydration in children? (4 Marks)
7. Explain six (6) risks factors for development of type 2 diabetes. (6 Marks)
8. State three differences between benign and malignant tumors? (3 Marks)

SECTION C: LONG ANSWER QUESTIONS (40 MARKS).QUESTION ONE IS COMPULSORY, THEN CHOOSE EITHER QUESTION 2 OR 3.

1. Mr keshe, 60 years old man has been admitted at Narok County Referral Hospital with a diagnosis of malaria:
 - (a) List four species of parasite plasmodium? (2Marks)
 - (b) Describe the key stages of plasmodium life cycle? (8Marks)
 - (c) Describe prevention of malaria? (10 Marks)

2. Human immunodeficiency virus (HIV) is the virus that affects the body immune system;

(a) Explain the three stages of HIV infection? (4 Marks)

(b) Discuss modes of transmission of HIV? (6 Marks)

(c) Explain the combined prevention of HIV in Kenya? (10 Marks)

3. During a clinical placement at Narok county referral Hospital, a client presented with obesity;

(a) Discuss the risk factors of obesity? (10 marks)

(b) Discuss the prevention of obesity? (10 Marks)

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