



MAASAI MARA UNIVERSITY

REGULAR UNIVERSITY EXAMINATIONS

2022/2023 ACADEMIC YEAR

FIRST YEAR SECOND TRIMESTER

**SCHOOL OF PURE, APPLIED AND HEALTH SCIENCES
DIPLOMA IN FOOD, NUTRITION AND DIETETICS**

COURSE CODE: DND 1204

**COURSE TITLE: PRINCIPLES OF PRIMARY HEALTH
CARE**

DATE: 18/4/2023

TIME: 0830-1030 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 question.

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

PART A: COMPULSORY MULTIPLE CHOICE QUESTIONS (20 MARKS)

1. Some of the essentials of primary health care as outlined in the Alma -Ata Declaration are;
 - a) Essential drug supply, safe motherhood , mental health
 - b) Dental health , health education , safe water supply and sanitation
 - c) Essential drug supply , health education , treatment of common diseases
 - d) Family planning , essential obstetric care ,essential drug supply
2. The common conditions addressed in the primary health care elements include;
 - a) Eye condition , protein energy ,malnutrition , anemia , infection
 - b) worms , acute respiratory infection , skin disease , diarrhea
 - c) skin diseases, dental conditions , sexual transmitted infections, acute respiratory infections
 - d) diarrhea diseases , worms , anemia, dental condition
3. The advantages of community based health care include;
 - a. increasing health care demand, reducing the gap between health care needs and health care resources
 - b. reducing the gap between health care needs and health resources , enhancing government support
 - c. lowering the needs of health care, enhancing government support
 - d. filling gaps between health needs and health resources , lowering needs for health care
4. Equity in primary health care means
 - (a)Equal distribution of available resource
 - (b) Distribution of resources according to political applications
 - (c)Providing equal information and guidelines on use of available resources
 - (d) Fair and reasonable distribution of available resources
5. Primary prevention of diseases involved
 - a) immunization, screening , healthy diet
 - b) early treatment , immunization, healthy habits
 - c) Regular medical check-up, immunization , early treatment
 - d) Healthy diet , early treatment , immunization
6. The basis for “Health for All” strategy
 - a) medicine and public health
 - b) Primary health care
 - c) Higher quality of life for citizens

d) Industry , agriculture ,education and housing

7. A primary health care aimed at mobilizing the human potential of the entire community by making use of available resources;

- a) Multisectoral approach
- b) Manpower development
- c) Community participation
- d) Decentralization

8. The act of liaising with other ministries and non-government agencies on provision of health care as referred as

- a) Multi professional approach
- b) Multi-disciplinary collaboration
- c) Intersectoral collaboration
- d) Team approach

9. The principles of primary health care includes

- a) Participation of appropriate technology affordable
- b) Appropriate technology, manpower development. Equity
- c) Sociomobilization,multidisciplinary, participation
- d) Acceptability ,man power development integration

10. The area covered by the (CHWS) community health workers is determined by some of the following

- a) population density , level of training
- b) The frequency and severity of health problem amount of remuneration
- c) Amount of remuneration , family size
- d) The distance between homes , population density

11. The latest additional element to the Primary Health care (PHC) element include

- a) Dental health, community based rehabilitation
- b) Treatment and prevention of common diseases
- c) Essential drug control, mental health
- d) HIV/AIDS prevention, malaria control, community based rehabilitation

12. The role of a family in the implementation of mental health includes

- a) Ensure mental health policy is implemented
- b) Adopting practices that promote good mental health program
- c) Provide transfer for mobile community based mental health care
- d) Support mental health care program

13. Bottom up approach means that organization of health care is done by?

- a) The donor agents and government representation
- b) Community members and its leaders
- c) Community and government representation
- d) Donor agents and community leaders

14. A community is defined as

- a) Individuals and groups living within certain boundaries
- b) Groups of people sharing common health problems
- c) Families sharing common cultural problems
- d) Groups of people sharing common problems

15. The purpose of Bamako initiative was

- a) strengthen the services of health workers
- b) Lighten the services of health workers
- c) Aid community members have self- sustainable pharmacies
- d) Enable community members to have income generational activities in diverse aspect

16. The term community mobilization is synonymous with

- a) community participation
- b) community empowerment
- c) community sensitization
- d) community devolution

17. Self-reliance in a community can be achieved by

- a) Providing the community with resources from the government and making them accountable
- b) Providing the community with skills to utilize the available resources
- c) Giving the community information on available resources from the donor agencies and making community responsible on the project
- d) Constructing structures for the community and providing them with enough resources to maintain them

18. Some of the elements of primary health care in sequence

- a) Health education, diseases control, immunization
- b) Health education, diseases control, nutrition
- c) Immunization, drug supply, nutrition
- d) Health education, family planning, sanitization

19. The primary health care was commissioned in the year

- a) 1980

- b) 1979
- c) 1978
- d) 1976

20. Comprehensive primary health care is characterized by activities that work to change .Which one is NOT?

- a) Social and political determinants of illness
- b) Economic and educational well-being
- c) Health status in the communities, regions or cities
- d) Independent nature

PART B-ANSWER ALL QUESTIONS (40 MARKS)

1. State five principles of primary health care (5 marks)
2. Define the following terms
 - (a) primary health care (2 marks)
 - (b) decentralization Decision making (2marks)
 - (c) immunization in primary health care (2 marks)
3. Describe the concept of Bamako initiative in primary health care (5 marks)
4. State six elements of primary health care (6 marks)
5. (a) State five advantages of community participation (5 marks)
(b) Explain the role of nutrition in cancer prevention in relation to primary health care (6 marks)
6. (a) Define the term Community Based Health Care (CBHC) (1 mark)
(b) State Six (6) Special features which makes Community Based Health Care different from medical care (6marks)

PART C- LONG ESSAY QUESTIONS

ANSWER ONLY TWO QUESTIONS. QUESTION 1 IS COMPULSORY.

1. Nutrition students in clinical experience in the community within their catchment area were asked to apply skills learned in primary health care (PHC) to meet their objectives during their orientation.
 - a) State four (4) major pillars of primary health care (PHC) (4MKS)
 - b) Discuss each primary health care (PHC) mention above (8MKS)

- c) Based on ministry of health (MOH) on PHC Delivery model from National structure ,Describe aspect of initiating a nutritional program targeting children under five years within the catchment area(8 marks)
2. Nutrition student in placement was asked by clinician in charge to give health talk about community awareness on utilization of health facility
- (a) Define community awareness (2 marks)
- (b) Describe actors involved in creating awareness within the community (12 marks)
- (c) State 6 factors which influence the degree of community involvement (6 marks)
3. Students were asked about preventive programs at the end of a lecture unit.
- (a) List four (4) preventive programs that were introduced through primary health care strategy (2 marks)
- (b) Explain four (4) achievements of primary health care (8 marks)
- (c) Discuss challenges faced in primary health care implementation (10 marks)

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