



# **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**

**COURSE CODE: HCA 1103  
COURSE TITLE: LIFESTYLE AND CHOICES**

**DATE: 19/4/2023**

**TIME: 1430-1730 HRS**

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## **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 5 printed pages. Please turn over.*

### **MULTIPLE CHOICE QUESTIONS (20 MARKS)**

1. Individuals in which of the following categories need 9 to 12 hours of sleep each night?
  - A. School-aged children
  - B. Preschoolers
  - C. Toddlers
  - D. Teenagers
2. When a person has a poor diet and poor eating habits, he or she is likely to have
  - A. Decreased risk for infection
  - B. Improved wound healing
  - C. Increased risk for accidents and injuries
  - D. Decreased risk of acute and chronic diseases
3. A decrease in the amount of water in body tissues is
  - A. Bradycardia
  - B. Dehydration
  - C. Diaphoresis
  - D. Edema
4. A chronic condition in which the person cannot sleep or stay asleep all night is?
  - A. Insomnia
  - B. Sleep deprivation
  - C. Sleep walking
  - D. Somnolence
5. Which of the following is a licit drug that affects the central nervous system and can trigger anxiety, agitation, and insomnia?
  - A. Tobacco
  - B. Caffeine
  - C. Alcohol
  - D. Marijuana
6. Exercise should be avoided for 2 hours before sleep because
  - A. It requires energy
  - B. People usually feel good after exercise
  - C. It causes the release of substances in the bloodstream that stimulate the body
  - D. The person tires after exercise
7. Which one of these is NOT an etiologic factor in burnout?
  - A. Perfectionism and compulsiveness
  - B. Denial of personal vulnerability
  - C. Instant gratification
  - D. Guilt
8. The following are symptoms of burnout, EXCEPT?
  - A. Over-identification or over-involvement
  - B. Feelings of cynicism and detachment from the job
  - C. Overwhelming craving to make a career move
  - D. A sense of ineffectiveness and lack of accomplishment
9. The Healthcare assistant should take measures to prevent emotional exhaustion. What function do emotions serve?
  - A. Distance us from our goals and needs
  - B. Guide our decision-making
  - C. Damage relationships

- D. Motivate us generally
10. Cognitive functioning involves multiple abilities. Which of the following is NOT a cognitive function?
- A. Intuition
  - B. Problem-solving
  - C. Exercise
  - D. Language
11. The MyPlate symbol helps individuals make wise food choices by the following, EXCEPT?
- A. Avoiding over-sized portions
  - B. Making at least half of your grains whole grains
  - C. Drinking pasteurized milk
  - D. Choosing low-sodium foods
12. Which nutrient supplies the body with its most basic form of energy?
- A. Carbohydrates
  - B. Vitamins and minerals
  - C. Protein
  - D. Fat
13. When a person has a poor diet and poor eating habits, he or she is likely to have
- A. Decreased risk for infection
  - B. Improved wound healing
  - C. Increased risk for accidents and injuries
  - D. Decreased risk of acute and chronic diseases
14. When the body tissues swell with water, what organ has to work harder?
- A. Kidneys
  - B. Liver
  - C. Heart
  - D. Lungs
15. The micronutrient that is WRONGLY matched with its role is?
- A. Zinc: Involved in wound healing
  - B. Iodine: Part of thyroxine and growth hormone
  - C. Sodium: Nerve impulse transmission and muscle contraction
  - D. Copper: Synthesis of hemoglobin
16. Which of the following is INCORRECT regarding nutrition education for adolescents?
- A. Limit the amount of total fat intake to less than 30% of the total energy intake
  - B. Iron requirements are at their highest during adolescence
  - C. Zinc is important for growth and sexual maturation
  - D. Eat plenty of calcium-rich foods
17. The movement experts who improve quality of life through hands-on care, patient education, and prescribed movement are known as?
- A. Podiatrists
  - B. Occupational therapists
  - C. Physical therapists
  - D. Orthopedic specialist
18. The biologic dimension of internal variables that affect the health status of individuals includes?
- A. Developmental level
  - B. Self-concept
  - C. Lifestyle choices

- D. Spiritual beliefs
19. The alteration in body function, with a reduction of capacities or a shortening of the normal life span is BEST described as?
- A. Acute illness
  - B. Illness
  - C. Chronic illness
  - D. Disease
20. Large amounts of this vitamin are produced by gastrointestinal bacteria; bile salts are required for its absorption; and it is stored in the liver. What does this BEST describe?
- A. Vitamin D
  - B. Vitamin K
  - C. Vitamin A
  - D. Vitamin E

**SHORT ANSWER QUESTIONS (30 MARKS)**  
**ANSWER ALL QUESTIONS**

1. Ruby, a female client is 162 centimeters tall and weighs 78 kilograms.
  - a) Calculate the Body Mass Index. Interpret the result (1.5 Marks)
  - b) Calculate the ideal body weight range for Ruby. (1.5 Marks)
  - c) Based on the results above, what advice would you share with Ruby on weight management? (3 Marks)
2. Outline four (4) reasons why breastfeeding and breast milk are important. (4 Marks)
3. Discuss the health wheel. (8 Marks)
4. Regarding sleep,
  - a) State four (4) benefits of sleep. (4 Marks)
  - b) List four (4) factors contributing to poor sleep. (2 Marks)
5. a) Older adults experience cognitive decline. Explain. (2 Marks)  
b) What would you teach older adults on how to improve their cognitive health? (4 Marks)

**LONG ANSWER QUESTIONS (30 MARKS)**

**QUESTION ONE IS COMPULSORY, THEN CHOOSE EITHER QUESTION 2 OR 3.**

1. Discuss the vitamin B complex. Be sure to include its name, benefits, food sources, and associated deficiencies. (15 Marks)
2. The Key competencies distinguish students who are prepared for more complex life and work environments in the 21st century. Discuss the significance of the 4C's of 21<sup>st</sup> Century learning for the Healthcare assistant student. (15 Marks)
3. Compassion fatigue in health care is a misunderstood problem.
  - a) Describe the two main elements of compassion fatigue. (5 Marks)
  - b) What impact does compassion fatigue have on patient care? (2 Marks)
  - c) Discuss four (4) ways healthcare assistants can prevent compassion fatigue. (8 Marks)

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