



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 1105
COURSE TITLE: CARING FOR INDIVIDUALS
EXPERIENCING COMMON HEALTH CHALLENGES**

DATE: 17/4/2022

TIME: 1430-1630 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 ONLY ONE Question.

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

SECTION A: MULTIPLE CHOICE QUESTIONS

1. The treatment of sickle cell anemia includes the following EXCEPT

- A) Maintain adequate hydration
- B) Administer analgesics as prescribed
- C) Administration of antivirals
- D) Administration of hydroxyurea

2. Scabies is a parasitic skin disorder caused by an infestation of *Sarcoptes scabiei* (itch mite). Characterized by excessive pruritus

- A) True
- B) False

3. Aplastic anemia is caused by a deficiency of circulating erythrocytes resulting from

- A) lack of vitamin B 12
- B) Arrested development of cells within the bone marrow
- C) Lack of iron
- D) lack of folate

4. Causes of acute kidney injury include the following except

- A) Prerenal
- B) Midrenal
- C) Intrarenal
- D) Postrenal

5. The function of the gastro intestinal tract include:

- A) To process blood substances
- B) Absorb the products of digestion into the blood
- C) Secrete unabsorbed materials
- D) Detoxication

6. Predisposing factors or causes of peptic ulcer disease include the following except

- A) Stress
- B) Smoking
- C) Infection with *H. pylori*.
- D) Age

7. Asthma is a chronic inflammatory disorder marked by airway inflammation and hyperresponsiveness to a variety of stimuli or triggers for example

- A) Animal waste
- B) Cockroaches
- C) Hot water
- D) Sand

8. Calculate the TBSA (Total Burns Surface Area) for a patient who sustained injuries on the entire front chest, entire back, groin and entire left leg.
- A) 56%
 - B) 54%
 - C) 55%
 - D) 57%
9. The management of burns include the following except
- A High protein diets
 - B Traction
 - C Daily wound cleaning
 - D Give iron supplements
10. green stick fractures are common in which age group
- A) Old age
 - B) 15- 18 years
 - C) Middle age
 - D) Children
11. O.R.I.F in full is
- A) Open Reducing Internal Fixing
 - B) Open Reduction Inside Fixation
 - C) Open Reduction Internal Fixation
 - D) Open Reduction Internal Fixing
12. otitis media is common in children because
- A) They are small
 - B) Their eustachian tube is short and horizontal
 - C) Their eustachian tube is short and vertical
 - D) Because their eustachian tube is short and diagonal
13. A cataract is the
- A) Opacity of the lens
 - B) Opacity of the pupil
 - C) Opacity of the iris
 - D) Opacity of the retina
14. The following factors affect temperature except
- A) Exercise B) Age C) Illness D) Obesity
15. Which of the following is NOT a component of foundations of care?
- A). Exercise B). Elimination needs C). Fluids and electrolytes D). Treatment

In each of the following questions state if TRUE or FALSE from number 16 to 20

16. The kidneys play a major role in regulating fluid and electrolyte balance and excrete the largest quantity of fluid. (True or false)
17. Severe diarrhea results in the loss of large quantities of fluids and electrolytes. (True or false)
18. Normal blood pressure-120/80mmhg and above (True/ False)
19. Anemia is the increase in the oxygen carrying capacity of the blood (True/False)
20. Sickle cell anemia is not common in the African American people (True/False)
22. Which of the following is a non-pharmacological management of hypertension
A) Regular exercise program B) Insulin and Metformin C) Metformin D) Insulin
23. The signs and symptoms of pulmonary tuberculosis include the following EXCEPT
A. Weight loss
B. Low-grade fever
C. Night sweats
6. Persistent cough less than 3 weeks
24. The signs and symptoms of Asthma include
A) Weight loss B) Wheezing C) Night sweats D) Coughing more than 3 weeks
25. type 1 diabetes melitus is
A) Non-insulin dependent
B) Insulin dependent
C) Insulin non-dependent
D) medicine dependent
26. the signs and symptoms of diabetes melitus include
A) hypomonoglycaemia
B) hypergloglycaemia
C) Hypogloglycaemia
D) Hyperglycaemia
27. Risk factors for eye problems include the following **except**
A) Age B) Infection C) Gender D) Congenital
28. the following is not a type of fracture
A) Spiral B) Avulsion C) Oblique D) Transvice
30. Oedema is a manifestation of
A) Fluid volume deficit
B) Fluid volume excess
C) Fluid volume normal

D) Fluid volume arrears

31. Constipation can be prevented by taking the following **except**

A) Eating whole grains and fresh fruit and vegetables

B) Drinking adequate fluid intake

C) Reduced fluid and fiber

D) Physical activity

32. The risk factors for developing deep venous thrombosis (DVT) include

A) Venous stasis

B) Hypercoagulability disorders

C) Following surgery

D) Dehydration

33. The following are measures use in the transmission and prevention of COVID -19 **except**

A) Droplet precautions

B) Maintaining 5 feet of social distancing

C) Handwashing and use of hand sanitizer

D) Wearing masks

34 Risk factors for otitis media include

A) Swimming

B) High immunity

C) Good breastfeeding technique

D) Long eustachian tube

35. Treatment of fractures include

A) Traction B) ORIF C) Walking D) External fixation

36. Calculate the TBSA of a patient who sustained burns entire face, entire both lower legs, front entire chest and entire right hand

A) 73% B) 72% C) 75% D) 78%

37. The causative microorganism for cholera is

A) *Vibrio cholerae* bacteria

B) *Vibrio cholerae* virus

C) *Vibrio cholerae* fungi

D) *Vibrio cholerae* mononucleosis

38. Which of the following is not a sign and symptom of COVID-19

A) Fever or chills

B) Cough

C) Shortness of breath or difficulty breathing

D) Wheezing

39. The prevention of pneumonia includes

- A) Immunizations
- B) Avoid oxygen
- C) Encourage dry dusting
- D) Smoke exposure

40. the management pneumonia include the following except

- A) Administer oxygen as prescribed.
- B) Give Anti-TB drugs
- C) Place the client in a semi-Fowler's position
- D) Provide a high-calorie, high-protein diet with small frequent meals.

SECTION B: SHORT ANSWER QUESTIONS (15 MARKS)

1. State the Functions of kidneys (5 MARKS)
2. State and explain briefly the Nonpharmacological interventions/ lifestyle changes in the management of hypertension (5 Marks)
3. State and explain briefly measures in prevention and control of COVID-19 (5 Marks)

SECTION C: LONG ANSWER QUESTIONS. (15 MARKS)

Select and answer only **ONE QUESTION** of your choice

1. Diabetes melitus is a disease caused by lack or insufficient insulin production
 - a) list and explain briefly the risk factors of diabetes melitus (5Marks)
 - b) Explain the detailed management of diabetes mellitus (10 Marks)

2. a) Cholera is caused by a bacteria called (1Mark)
 - b) Describe the characteristics of the diarrhea and vomiting in cholera (1Mark)
 - c) Explain the management prevention and control measures of a cholera outbreak
(13 Marks)

3. Tuberculosis is a highly contagious communicable disease caused by Mycobacterium tuberculosis.
 - a) List and explain the signs and symptoms or clinical manifestations of TB (5 marks)
 - c) Explain the management and client education of the hospitalized client with TB
(10 Marks)

//END//