



**JARAMOGI OGINGA ODINGA UNIVERSITY OF SCIENCE AND TECHNOLOGY
SCHOOL OF HEALTH SCIENCES**

**UNIVERSITY EXAMINATION FOR DIPLOMA IN COMMUNITY HEALTH AND DEVELOPMENT
2ND YEAR 1ST SEMESTER 2018 ACADEMIC YEAR**

KISII CAMPUS

COURSE CODE: HDC 2213

COURSE TITLE: HEALTH EDUCATION AND PROMOTION

EXAM VENUE: ROOM 10 STREAMS: (Dip. Comm Health &Dev)

DATE: DECEMBER , 2018 EXAM SESSION:

TIME: 1.5 HOURS

Instructions:

- 1. Answer all questions in section A and any other 2 questions in Section B.**
- 2. Candidates are advised not to write on the question paper**
- 3. Candidates must hand in their answer booklets to the invigilator while in the examination room**

SECTION A (Answer all questions in this section compulsory)

1 Define the following terms used in health education and promotion (4 mks)

- (i) Behaviour (ii) Freedom (iii) receny ((iv) Reinforcing Factors

2 List some examples of reinforcing factors (2mks)

3 Mention some of qualities of a good CHDO that are associated with health education and promotion (2mks)

5 In a table of high risk and low risk of health effects, fit the following activities :

Hand washing* Young children defecating in the compound*Traditional pit latrine*Designated place for defecation*VIP latrine* Defecation in the open*Cat method of faeces disposal (2mks)

6 (a) In health education and promotion , what is the “vicious circle of poverty” (1mk)

- (b) Mention any two Solutions of Vicious Circle of Poverty (1mk)

7 **Primary prevention, secondary prevention, tertiary prevention** are all levels of prevention used in community health . Use them to fit in the following statements (3mks)

- (i) The Chdo who does Blood Pressure screening and related health education

- (ii) The community health educator who teaches proper body mechanics for bending and lifting

(iii) The community health officer who refers a client with Multiple Sclerosis to a support group and provides information about community resources for counseling

8 Name the stages of the Trans theoretical Model (3mks)

- 9 (a) Mention any 4 determinants-of-health (2mks)

- (b) Examples of any 4 physical determinants of health (2mks)

10 What are three main purposes (i.e. areas of influence) for health advocacy in day-to-day practice(3m

11 Give three examples of health education activities you could do as a community health extension Practitioner at community level to improve the health of your local community? (3mks)

12 Which of the following statements correctly refer to **basic features of health education** and which are *false*? In each case, state what is correct or incorrect. (2mks)

AA -*Health education is solely concerned with giving people information about health issues.*

AB -*Good health education begins with diagnosis of the health problems of a community.*

AC --*Community participation is optional in health education. Most of the time it is not required.*

AD -*Using a mix of media in health education increases the chances of your health messages being understood and acted upon.*

SECTION B(Answer any two questions)

1 Think and briefly describe some of the health education activities that would be wasted if you as CHDO has not first found out about community needs and interests during the first encounter (15mks)

2 (a) With relevant examples narrate how overloading a particular group of people with facts and figures might put them off and at the end intended outcome not realized (5mks)

(b) Community health development officers can be employed in a number of specified places .Describe any three possible areas of employment and in each case describe the activities they will be expected to perform (5mks)

(c) Describe the goals of health education (5mks)

3 Assume that you are conducting a health education session among the antenatal women from your district who are thinking about what they should eat during pregnancy. What mechanisms do you think may be important to use in order to reinforce the messages to your audience? How do you think you might help to motivate them? (15mks)

4 Sanitation promotion describes a number of different activities that make up an effective approach to improving sanitation. State all these activities and describe how they help improve community health (15mks)