



Kasarani Campus
Off Thika Road
Tel. 2042692 / 3
P. O. Box 49274, 00100
NAIROBI
Westlands Campus
Pamstech House
Woodvale Grove
Tel. 4442212
Fax: 4444175

KIRIRI WOMEN'S UNIVERSITY OF SCIENCE AND TECHNOLOGY
UNIVERSITY EXAMINATION, 2024/2025 ACADEMIC YEAR
FIRST YEAR, SECOND SEMESTER EXAMINATION
FOR THE CERTIFICATE IN COMMUNITY DEVELOPMENT AND SOCIAL WORK
CDS 205: COMMUNITY HEALTH

Date: 11TH APRIL 2024

Time: 2:30PM-4:30PM

INSTRUCTIONS TO CANDIDATES

ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS

QUESTION ONE (30 MARKS)

Miss Debrah, a CDS student at KWUST University, was involved in a Turkana County-based project funded by the United Nations International Children's Emergency Fund (UNICEF) in order to hone her nutrition knowledge and abilities. She once went to the Kakuma Refugee Camp for a nutritional status assessment outreach. Debrah watched as UNICEF workers cared for nursing moms. Getting their BMI, or body mass index, measured. Their malnourished infants were being checked for vitamin shortages. In order to assess their cholesterol levels, blood samples from the nursing moms were also collected. The value of breastfeeding was also emphasized at the outreach Debrah attended.

- i. Highlight FIVE importance of community nutrition as an element of primary health care (PHC). (5 Marks)
- ii. Explain the concept 'Nutritional Status assessment'. (2 Marks)
- iii. Identify THREE vulnerable groups in nutrition attended to at the aforementioned outreach and explain the factors that lead to their vulnerability. (6 Marks)
- iv. Illuminate on FIVE unique qualities of breast milk that helps in keeping babies healthy that are likely to have been underscored during the outreach. (5 Marks)
- v. Providing evidence highlight THREE nutritional status assessment methods used during the outreach. (6 Marks)
- vi. Outline THREE phases/stages of human milk production that are likely to have been explained to the lactating mothers at the outreach. (6 Marks)

QUESTION TWO (20 MARKS)

The 1978 Alma Ata declaration on primary healthcare (PHC) under the theme: Health for All was envisioned to be realized by the year 2000. 45 years down the line owing to seemingly unsurmountable challenges particularly in the developing world the realization of PHC has been described by public health commentators as a dream and not reality.

- a) Highlight any FOUR principles of primary health care (PHC) dream. (8 Marks)
- b) Outline any FOUR challenges that faces the realization of the PHC dream that would favour the argument that the Alma Ata declaration on primary healthcare (PHC) was a dream and not reality. (8 Marks)
- c) 'Health for Health' slogan at the Alma Ata conference was geared towards realizing healthy communities globally. Outline any FOUR characteristics of a healthy community. (4 Marks)

QUESTION THREE (20 MARKS)

- a) Describe the THREE levels of disease prevention. (6 Marks)
- b) Highlight any THREE methods of waste disposal. (6 Marks)
- c) Outline the FOUR modifiable risk factors associated with non-communicable diseases (NCDs) as articulated by the World Health Organization (WHO). (8 Marks)

QUESTION FOUR (20 MARKS)

- a) You have been attached with St John Ambulance at one of their Nairobi branches. On the first day of your assignment, you are introduced to the content First Aid Kit. Unpack the kit to your colleagues after the assignment. (6 Marks)
- b) In sub-Saharan African Health care many of community health emerging issues and trends in disease manifestation are increasingly overwhelming systems. Highlight SIX emerging issues and trends of community health importance. (6 Marks)
- c)
 - i. Outline FOUR reasons why health promotion is conducted in a community. (4 Marks)
 - ii. Highlight FOUR importance of exclusive breastfeeding by mothers in first six months after delivery. (4 Marks)

QUESTION FIVE (20 MARKS)

- a) Human immunodeficiency virus (HIV) is an infection that attacks the body's immune system leading to the acquired immunodeficiency syndrome (AIDS). The World Health Organization (WHO) warns societies of behaviours and conditions that put people at greater risk of contracting HIV. Explain FOUR risk factors that predispose people to contracting HIV. (8 Marks)
- b) Male circumcision is possibly as old as the existence of mankind. However, over the last two decade of HIV/AID prevention and owing to its associated health benefits male circumcision has dominated global health discourses a great deal, with many health promotion programs in support of it being initiated. Outline any FOUR health benefits of male circumcision. (4 Marks)
- c) Outline any FOUR major categories of family planning that an individual intending to family plan can chose from. (8 Marks)