

CHUKA



UNIVERSITY

## UNIVERSITY EXAMINATIONS

### FIRST YEAR EXAMINATION FOR DIPLOMA IN NUTRITION AND DIETETICS

**HNDS O172 PRINCIPLES OF PRIMARY HEALTHCARE**

**STREAMS: HNDS (DIPLOMA) Y1S2**

**TIME: 2 HOURS**

**DAY/DATE : .....**

**.....**

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#### **INSTRUCTIONS:**

1. Do not write anything on the question paper.
2. Mobile phones and any other reference materials are NOT allowed in the examination room.
3. The paper has three sections. Answer ALL questions in Sections I and II and III.
4. All your answers for Section I (MCQs) should be on one page.
5. Number ALL your answers and indicate the order of appearance in the space provided in the cover page of the examination answer booklet.
6. Write your answers legibly and use your time wisely

#### **SECTION ONE (Answer ALL QUESTIONS )**

1. Devolution of in health a country
  - A. Improve the quantity and quality of health care delivery to the people close to their door step
  - B. Reproductive health
  - C. Food sanitation
  - D. Prevent and control communicable diseases
2. The dimensions of health include all of the below except
  - A. Spiritual
  - B. Mental
  - C. Socio-cultural
  - D. Socio-environmental
3. The purpose is to limit the incidence of disease by controlling causes and risk factors
  - A. Primordial prevention
  - B. Primary prevention
  - C. Secondary prevention
  - D. Tertiary prevention
4. Which of the following is needed for good physical and mental health?
  - A. Good nutrition and proper rest
  - B. Regular exercise and recreations
  - C. Work in accordance with health conditions

- D. All the above
5. Each SDG is supported by a set of Targets specific objectives that are associated with that Goal. How many Targets are there in total?
- A.99
  - B.1,016
  - C.169
  - D.51
6. The International Conference (Alma Ata) on Primary Healthcare was held at the former USSR capital of
- A. Waziristan
  - B. Turkistan
  - C. Afghanistan
  - D. Kazakhstan
7. Safe food supply and proper nutrition is:
- A. Essentials/Elements of primary health care
  - B. Goal and objective of primary health care
  - C. Basic requirement of primary health care
  - D. Basic principle of primary health care
8. The Sustainable Development Goals (SDGs) recognize that all countries must stimulate action in the following key areas.
- A. People, planet, prosperity, peace and partnership
  - B. People, planet, prosperity, plants and planning
  - C. People, planet, prosperity, plants and partnership
  - D. People, planet, prosperity, peace and planning
9. Disease an illness mean the same thing.
- A, True
  - B. False
10. Primary prevention aims to prevent the onset of ill health.
- A. True
  - B. False

**(10 marks)**

**SECTION TWO (Answer ALL QUESTIONS)**

1. Define the following terms **(5 marks)**
- a) Community
  - b) Primary Health Care
  - c) Mental health
  - d) Community based healthcare
  - e) Community participation
2. Explain five principles of primary healthcare. **(5 marks)**
3. Explain three types of community participation. **(3 marks)**
4. List the levels of health facilities in Kenya according KEPH. **(6 marks)**
5. State six functions of the National Government in the health sector. **(6 marks)**
6. Mention five functions of the County Governments in the health sector. **(5 marks)**

**(30 marks)**

**SECTION THREE**

1. Discuss the role of Nutrition Officers in Primary Healthcare. **(15 marks)**
2. Discuss the challenges facing Kenya in the implementation of Primary Healthcare. **(15 marks)**

**(30 marks)**