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DMI-ST. EUGENE UNIVERSITY

ZAMBIA

DIPLOMA IN REGISTERED NURSING

END SEMESTER EXAMINATION – DEC, 2022

PHN013 PUBLIC HEALTH NURSING

Semester: II

Time: 3:00 Hours

Max. Marks: 300

Part - A (50 x 1 = 50 Marks)

Answer All the Questions

1. Which one of the following is **NOT** a function of the community?
 - a. Maintenance of social control
 - b. Adapting to ongoing and expected change
 - c. Provision of mutual Aid
 - d. Formulating national policies
2. The following are types of communities **EXCEPT?**
 - a. Geographic community
 - b. Public community
 - c. Professional community
 - d. Virtual community
3. Which one of the following is **NOT** true about a virtue community?
 - a. A group of people interacting with each other by means of information technologies
 - b. Is a group of people with the same or related occupation
 - c. Range from the local clique to the global community cultures of today
 - d. These refer to communities of location
4. Community partnerships can be defined as.....
 - a. Working for the community by giving them free services
 - b. This is working together with others for a mutual benefit to achieve results by two or more organizations
 - c. Planning services for two organizations by the health institution
 - d. This is when Government shares responsibilities of the expenses of meeting the health needs of the people by sharing the cost.
5. is a procedure that is simple and economical in the removal of microorganisms from the hands

- a. Sterilization
 - b. Disinfection
 - c. High level disinfection
 - d. Hand washing
6. What does SMAG stand for?
- a. Small motherhood action groups
 - b. Safe motherhood action groups
 - c. Safe mothers action groups
 - d. Safe medications action groups
1. Which one of the following is an example of second level referral hospital?
- a. Kitwe university teaching hospital
 - b. Living stone central hospital
 - c. Kawambwa district hospital
 - d. St. Paul's general hospital
2. Which one of the following is a first level referral hospital
- a. Kitwe university teaching hospital
 - b. Living stone central hospital
 - c. Kawambwa district hospital
 - d. St. Paul's general hospital
3.is the physical, sexual or emotional maltreatment or neglect of a child or children
- a. GBV
 - b. Child abuse
 - c. Salination
 - d. Stress
4. Diseases which are easily transmitted from one person to another are collectively termed
- a. Measles disease
 - b. Public health
 - c. Communicable diseases
 - d. Controlled diseases
5. Refers to the conditions and measures necessary to ensure the safety of food from production to consumption
- a. Public health nursing

- b. Food hygiene
 - c. Food salination
 - d. Food safety
6. All of the following are aims of food hygiene **EXCEPT**.
- a. To prevent contamination of food by food poisoning bacteria.
 - b. To prevent multiplication of any food poisoning bacteria which get into food
 - c. To destroy any food poisoning bacteria in food via thorough cooking.
 - d. Cooking the food to make more palatable
7. Sources of food poisoning bacteria include all of the following **EXCEPT**
- a. The food
 - b. The food handlers
 - c. E. coli
 - d. The Environment
8. All of the following are problems associated with poor housing **EXCEPT**
- a. Over crowding
 - b. Drugs and substance abuse
 - c. Good sanitation
 - d. Road traffic accidents
9. External parasites include all of the following **EXCEPT**
- a. Tape worms
 - b. Lice
 - c. Chiggers
 - d. Cockroaches
10. A house fly can transmit both viral and bacterial diseases
- a. True
 - b. False
 - c. None of the above
 - d. B and C
11. The community diagnosis data is used for.....
- a. Monitoring
 - b. Evaluation
 - c. Purchasing items
 - d. Development

12. The following are types of ground water **EXCEPT**
- Borehole
 - Springs
 - Wells
 - Lakes
13. In 1978, the prevalence of HIV 1 was noticed in the USA among
- Injecting drug abusers
 - Gay male residents
 - Sex workers
 - Mine workers
14. President Mwanawasa declared HIV/AIDS a national emergence in the year.....
- 2002
 - 2003
 - 2004
 - 2005
15. is the term used to describe the number (copies/ml) of HIV RNA particles in the blood
- Viral copy
 - Viral Prevalence
 - Viral load
 - Viral Perseverance
16. A nursing speciality that focuses on the promotion, prevention and restoration of health within the context of a healthy working environment is called
- Public health nursing
 - Deontological health nursing
 - Occupational health nursing
 - Children's health nursing
17. is the application of a test to people who are asymptomatic for the purpose of classifying them with the likelihood of having a particular disease.
- Screening
 - Diagnosing

- c. Treating
 - d. Experimenting
18. Musculo-skeletal injuries include.....
- a. Tendonitis.
 - b. Sprain
 - c. A and B
 - d. All of the above
19. Service sector workers are prone to developing /experiencing
- a. Work place bullying
 - b. Obesity
 - c. Occupational stress
 - d. All of the above
20. A written document that acknowledges the effects of HIV and other related illnesses on the smooth operations of a company is called.....
- a. HIV operations manual
 - b. HIV treatment protocol
 - c. HIV workplace policy
 - d. HIV insurance plan
21. is a non-mutual relationship between organisms of different species where one organism lives at the expense of another organism
- a. Parasite
 - b. Parasitism
 - c. Vector
 - d. Vectorism
22. Intestinal worms are an example of
- a. External Vectors
 - b. Internal vectors
 - c. External parasites
 - d. Internal parasites
23. Is an example of a country where aids denialism is practiced and is embraced even by the government officials?

- a. Zambia
- b. Zimbabwe
- c. South Africa
- d. Democratic Republic of Congo

24. Refers to the conditions and measures necessary to ensure the safety of food from production to consumption
- a. Public health nursing
 - b. Food hygiene
 - c. Food salination
 - d. Food safety
25. The community diagnosis data is used for.....
- a. Monitoring
 - b. Evaluation
 - c. Purchasing items
 - d. Development
26. The following are types of ground water **EXCEPT**
- a. Borehole
 - b. Springs
 - c. Wells
 - d. Lakes
27.is a primary agent of socialization
- a. Family
 - b. Unit
 - c. Person
 - d. Society
28. Proper disposal of human excreta is of utmost importance in preventing..... In the community communities.
- a. Diarrhoeal diseases
 - b. Infections
 - c. Sicknesses
 - d. Health harzards
29.Are commonly used in peri-urban areas where little water is available.
- a. Ventilated improved pit latrines
 - b. Traditional pit latrines

- c. Flashable toilets
 - d. Dump latrines
30. Hazardous waste is harmful waste that potentially threatens public health with following nature **EXCEPT**
- a. Inflammable
 - b. Toxic
 - c. Reactive
 - d. Dangerous
30. Persons who are at risk for TB or who have reactive tuberculin skin tests without evidence of current disease prophylactically to prevent its development are offered
- a. Benzathine
 - b. Isoniazide
 - c. Paracetamol
 - d. Praziquantel
31. The process of helping a client to recognize and cope with stress is known as:
- a) Allaying anxiety
 - b) Legal advice
 - c) Counselling ✓
 - d) Formal advice
32. Home delivery is advisable for:
- a) Multiparous women with no problems ✓
 - b) Grand multiparous women without problems
 - c) Prime gravid women with no problems
 - d) Nulli Para with no problems
33. The name given to MCH services offered to population living within 12 km radius is:
- a) Static unit ✓
 - b) Mobile unit
 - c) Outreach unit
 - d) School health
34. Family Planning and Welfare Association was changed to Parenthood Association of Zambia in:

- a) 1979
- b) 1972
- c) 1980
- d) 1973

35. The first Central MCH Unit was established at the Ministry of Health in:

- a) 1956
- b) 1962
- c) 1969
- d) 1965

36. Which of the following is a correct dilution when chlorinating water for drinking?

- a) 0.01%
- b) 0.5%
- c) 0.001%
- d) 0.50%

37. All of the following are roles of the family **EXCEPT**

- a) Policy formulation
- b) Motivation of members
- c) Spending time together
- d) Socialisation of new members

38. A family is a social system composed of two or more people living together and **ONLY** related by blood

- a) True
- b) False
- c) A and B
- d) None of the above

39.is essential health care made universally accessible to the individuals and families in the community by means acceptable to them, through their full participation and at a cost that the community and country can afford'.

- a) Health
- b) Community participation
- c) Primary health care
- d) School health services

40. The ultimate goal of primary health care is better.....for all.
- a) Wealth
 - b) Health
 - c) Life
 - d) Finance
41. This refers to the methods, techniques, resources, equipment and personnel used to contribute significantly to solving health problems.
- a) Accessibility
 - b) Intersectoral collaboration
 - c) Appropriate technology
 - d) Affordability
42. One of the following is not a component of primary health care
- a) Health care
 - b) Political commitment
 - c) Community participation
 - d) Equity distribution of health services
43. aims to help school going children to live healthy lives. It involves increasing the children's knowledge and awareness, enabling them to take action to improve their healthy and ensuring that their circumstances allow them to make healthy choices.
- a) Health prevention
 - b) School health services
 - c) Primary prevention
 - d) Health promotion
44. Which of the following plasmodium causes most of the malaria cases in Zambia of about 98%?
- a) Knwolesi
 - b) Falciparum
 - c) Ovale
 - d) Vivax
45. Which organism causes Tuberculosis?
- a) Mycobacterium tubercle bacilli
 - b) Plasmodium falciparum

- c) Plasmodium Noresi
- d) Clostridium tetani

46 Is a health problem as measured by financial cost, mortality, and morbidity?

- a) Disease
- b) Problem
- c) Disease burden
- d) Health problem.

47. Which one of the following is not a component of school health services?

- a) Promotive services
- b) Preventive services
- c) Curative service
- d) Information education and communication (I. E. C)

48. is an example of a notifiable disease in Zambia.

- a) Confirmed STI
- b) Confirmed malaria
- c) Confirmed cholera
- d) Confirmed RTI

49 is the physical, sexual or emotional maltreatment or neglect of a child or children

- a) GBV
- b) Child abuse
- c) Salination
- d) Stress

50. Diseases which are easily transmitted from one person to another are collectively termed

- a) Measles disease

- b) Public health
- c) Communicable diseases
- d) Controlled diseases

Part - B (20 x 1 = 20 Marks)
Answer All the Questions

51. A study that is done to evaluate the outcome of therapeutic interventions in a community is called
52. The term referred from the entry of an infection to the time one begins to show signs and symptoms of the infection is called
53. A sudden rush of people all doing or wanting to do something at the same time is called
54. refers to the evaluation and categorization of the sick or wounded when there are insufficient resources for medical care of everyone at once.
55. One of the best method for making water safe to drink is
57. A person who is over or appears to be over eighteen years of age is called.....
58.means a person who is under or appears to be under eighteen years of age
59. Any person having, by reason of the death, illness, absence or inability of the parent or any other cause, the custody of a child is called.....
60.includes the father and mother of a child, whether legitimate or not
61. means any house, room, shed, hut, cave, tent, vehicle, vessel or boat or any other structure or place whatsoever, any portion whereof is used by any human being for sleeping or in which any human being dwells
62. Is a state of complete well-being physical, social and mental and not merely the absence or infirmity

63. is a method of identifying health problem in a community
64. is the basic method of purifying water.
65. This is any human made or natural event that causes destruction and devastation that cannot be relieved without assistance
66. Is the basic method of infection prevention in the community?
67. is a disease caused by protozoa parasites belonging to the genus plasmodium.
68. In HIV Testing and Counseling; Determine is used as a..... Test.
69. Diseases that originate from animals are generally referred to as.....
70. HIV 1 is said to have originated in southern Cameroon through the evolution ofvirus that affects chimpanzees.

Part – C (30 x 1 = 30Marks)

Answer All the Questions

Match the Items:

71..... Emergency	A. Is an occurrence, either natural or man-made, that causes human suffering and creates human needs that victims cannot alleviate without assistance
72.Triage	B. Any phenomenon that has potential to cause disruption or damage to people and their environment
73.Disaster	C. Refers to the evaluation and categorization of the sick or wounded when there are insufficient resources for medical care of everyone at once
	D. The process of promoting patient's rights of self-determination.

74..... Hazard	
75.....Advocacy	E. An incident that is immediately threatening to life, health, property or environment or an incident that has already caused loss of life, health detriments, property damage or environmental damage or it is an incident that has a high probability of escalating to cause immediate damage to life, health, property or environment.

Match the Items:

76. Family.....	A. Essential health care made universally accessible to individuals and family in the community.
77. Community.....	B. Preventive remedial or therapeutic services including instructions counselling and physical care.
78. Primary health care	C. State of complete physical, mental and social wellbeing and not merely the absence if infirmity.
79. Health care	D. Group of people living in a particular area having a common interest and belonging to the same organization.
80. Health	E. Group of people living together, may be related by blood or having the same source of origin.

Colors used in triage.

81.Yellow tags	A. Are used to label those who cannot survive without immediate treatment but who have a chance of survival.
	B. Are reserved for the "walking wounded" who will need

82.Red tags	medical care at some point, after more critical injuries have been treated.
83.Black tags	C. For those who require observation (and if possible later re-triage). Their condition is stable for the moment and, they are not in immediate danger of death.
84.White tags	D. Are used for the deceased and for those whose injuries are so extensive that they will not be able to survive the care that is available.
85.Green tags	E. Are given to those with minor injuries for whom a doctor's care is not required

86. In HIV Testing and Counseling; Determine is used as a..... Test.

87. Diseases that originate from animals are generally referred to as.....

88. HIV 1 is said to have originated in southern Cameroon through the evolution ofvirus that affects chimpanzees.

89. AIDS was first clinically observed in the year in the united states.

90..... Is the period from the time of infection until an antibody test is positive

91 is the state in which the worker is able to function at an optimum level of wellbeing.

92. Some individuals continue to dispute the connection between HIV and AIDS, the existence of HIV itself, or the validity of HIV testing and treatment methods, these claims, are known as

93. Immunization is an example of

94. involves actual treatment for the disease and is conducted primarily by health care practitioners

95. The are the remedial aspect of community health practice

96. Aluminium sulphate at the water treatment plant is also known as.....

97..... are services from medical, teaching and other professionals applied in or out of school to improve the health and well-being of children

98. Castrated bulls are referred to as

99. Snails in the life cycle of Schistosomiasis are the Host.

100. The letters PHC stand for.....

**Part - D (100 x 2= 200Marks)
Answer only two Questions**

THERE ARE THREE(3)QUESTIONS IN SECTION D.ANSWER TWO (2)QUESTIONS ONLY.QUESTON NUMBER(1) IS COMPULSORY.EACH QUESTION CARRIES 100 MARKS

101. a) What is Communication? (15 Marks)
b) Outline five (5) definitions in Communication (30 Marks)
c) Describe five (5) barriers in communication (30 Marks)
d) Outline five (5) methods and techniques which can be used to deliver information, education and communication to the community (25 Marks)

- 102.**
- a) Define public health nursing (5 Marks)
 - b) Draw a well labeled diagram of a VIP (20 Marks)
 - c) Explain the key components of PIIN (30 Marks)
 - d) Describe the components of the disease transmission process (30 Marks)
 - e) Explain at least five (5) principles of bag technique. (15 Marks)

103. There is a suspected outbreak of Cholera in Kanyama, you are one of the team members tasked to do an Epidemiological Study in that Community.

- a) Define the term Epidemiology (5 Marks)
- b) Outline the four principles of Epidemiology (30 Marks)
- c) How does Epidemiology contributes to the health status of the community (15 Marks)
- d) Explain the 4 types of community that you know (20 Marks)
- e) Outline the approaches to epidemiology (30 Marks)