

SECTION A: (20 Marks)

1. **B. Kakamega County Referral Hospital**
2. **A. Specialized services to be provided at community level**
3. **A. Ability to read and write**
4. **B. Yellow**
5. **D. Non-biodegradable waste**
6. **D. Civil strife**
7. **C. Paternal child health and family planning**
8. **B. Education for all**
9. **C. Partnership with people**
10. **C. 1978**
11. **B. Availability**
12. **D. Be self-supporting and ready to receive allowances**
13. **D. It should provide an average of 30 outpatient services**
14. **C. Excreta**
15. **B. Affordability**
16. **C. Communities**
17. **B. Promotive service**
18. **A. Equity**
19. **B. Composting**
20. **B. National teaching and referral hospitals**

SECTION B: (40 Marks)

21. Definitions:

- **a) Community:** A group of people living in the same place or having a particular characteristic in common, often sharing social and cultural ties.
- **b) Health:** A state of complete physical, mental, and social well-being, not merely the absence of disease or infirmity. (4 Marks)

22. Four determinants of community health:

- Socioeconomic status
- Education
- Physical environment
- Access to healthcare (4 Marks)

23. Two types of human reservoirs:

- Asymptomatic carriers (individuals who carry pathogens without showing symptoms)
- Symptomatic individuals (those who exhibit signs of infection) (4 Marks)

24. Three purposes of disease prevention in a community:

- Reducing the incidence of diseases
- Minimizing complications and disabilities
- Promoting overall community health and well-being (3 Marks)

25. Four importance of community diagnosis:

- Identifying health problems within the community
- Understanding the health needs of the population
- Guiding the allocation of resources
- Formulating effective health interventions

Analysis of health status: Community diagnosis helps assess the prevalence of diseases, lifestyle factors, and barriers to health services. (4 Marks)

26. Four characteristics of health indicators:

- Validity (accurately measures what it intends to measure)
- Reliability (produces consistent results over time)
- Sensitivity (detects changes in health status)
- Relevance (pertains to the community's health needs) (4 Marks)

27. Four roles of the community in preserving healthy and safe environments:

- Participating in health education programs
- Engaging in environmental clean-up activities
- Advocating for policies that promote public health
- Collaborating with health professionals to address health issues (4 Marks)

28. Four classifications of drugs:

- Prescription drugs
- Over-the-counter (OTC) drugs

- Controlled substances
- Herbal or natural remedies (4 Marks)

29. Four goals discussed during the Alma-Ata declaration:

- Universal access to healthcare
- Health education for all
- Prevention and control of diseases
- Promotion of healthy lifestyles (4 Marks)

30. Five postnatal services offered in the maternal and child health clinic:

- Health education for mothers
- Monitoring of maternal and infant health
- Family planning services
- Nutritional support and counseling
- Immunization for infants (5 Marks)

SECTION C: (40 Marks)

31. Five components of community nutrition:

- **Assessment:** Evaluating the nutritional status of the community.
- **Planning:** Developing strategies to address nutritional needs.
- **Implementation:** Delivering nutrition programs and services.
- **Monitoring:** Tracking the effectiveness of nutrition interventions.
- **Evaluation:** Assessing outcomes to improve future nutrition programs. (20 Marks)

32.

a) Definition of primary health care:

Primary health care is essential health care that is universally accessible to individuals and families in the community, emphasizing prevention, health education, and community participation. (2 Marks)

b) Five levels of primary health care units:

- Community health units
- Health centers
- Dispensaries

- County hospitals
- National referral hospitals (4 Marks)

c) **Five elements of PHC added by the Kenyan Government:**

- Health promotion and education
- Disease prevention and control
- Community participation
- Integrated health services
- Multi-sectoral collaboration (5 Marks)

d) **Three main PHC strategies:**

- **Community participation:** Engaging community members in health decision-making and program implementation.
- **Intersectoral collaboration:** Working with various sectors (education, agriculture, etc.) to address health determinants.
- **Equity in health services:** Ensuring that all individuals have access to necessary health services, regardless of their socioeconomic status. (9 Marks)

33.

a) **Five natural methods of family planning:**

- Calendar method (tracking menstrual cycles)
- Basal body temperature method (monitoring temperature changes)
- Cervical mucus method (observing changes in cervical mucus)
- Withdrawal method (pulling out before ejaculation)
- Lactational amenorrhea method (relying on breastfeeding to delay ovulation) (10 Marks)

b) **Five side effects of oral contraceptives:**

- Nausea
- Weight gain
- Mood changes
- Breast tenderness
- Increased risk of blood clots (10 Marks)