

COMMUNITY HEALTH LEVEL 5

Conduct Community-Based Health Care

July/August 2023

SECTION A: (20 MARKS)

1. **C. Fear of being stereotyped**
 2. **A. Behavioral factors**
 3. **B. Secondary**
 4. **C. Adequate information for couples regarding the different methods**
 5. **B. To enhance the capacity of individuals, families and communities to cope with their health needs**
 6. **A. Contact tracing**
 7. **D. Recognizing all changes in growth trends**
 8. **B. Manager**
 9. **A. The Signs and symptoms of TB**
 10. **B. Efficiency**
 11. **D. Provide guidelines for improving the quality of care**
 12. **B. A program to immunize persons exposed to infectious disease with immunoglobulin G within two weeks of exposure**
 13. **D. Survey a random sample of older adults in a neighboring community for benchmarking**
 14. **B. Under 5-year-old children**
 15. **C. To change health-seeking behaviors**
 16. **B. Infant mortality rate**
 17. **B. Provide a setting that is private and safe for disclosure**
 18. **D. Organized community efforts**
 19. **A. All patients should be considered as being at risk of HIV infection**
 20. **B. To mobilize the people to resolve community health problems**
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SECTION B: (40 MARKS)

21. Enumerate FIVE community-based health care services you will provide in your community. (5 Marks)

- Maternal and child health services.
- Immunization programs.
- Health education and promotion.
- Disease screening and prevention.
- Nutritional support and counseling.

22. State FOUR personnel eligible to provide integrated community case management (ICCM) services in your area of jurisdiction. (4 Marks)

- Community health workers.
- Nurses.
- Clinical officers.
- Medical assistants.

23. Describe FOUR strategies that the Ministry of Health (MoH) is employing in the prevention of HIV/AIDS transmission in Kenya. (4 Marks)

- Promoting safe sex practices through education and condom distribution.
- Providing antiretroviral therapy (ART) for those living with HIV.
- Implementing routine testing and counseling services.
- Engaging in community outreach programs to raise awareness.

24. Identify THREE signs a community member who is suffering from an alcohol and substance abuse disorder is likely to manifest. (3 Marks)

- Withdrawal symptoms when not using substances.
- Neglect of responsibilities and interests.
- Physical health deterioration (e.g., liver damage, weight loss).

25. Mention FOUR classes of psycho-active drugs that have increased risk of being abused by youths in the community. (4 Marks)

- Stimulants (e.g., cocaine, methamphetamine).
- Depressants (e.g., alcohol, benzodiazepines).
- Hallucinogens (e.g., LSD, psilocybin).
- Opioids (e.g., heroin, prescription painkillers).

26. Outline THREE groups at high risk of contracting HIV/AIDS in Kenya. (3 Marks)

- Sex workers.
- Men who have sex with men (MSM).
- Intravenous drug users (IDUs).

27. Examine FOUR risk factors contributing to the increase in TB cases in Kenya. (4 Marks)

- Poor living conditions and overcrowding.
- Inadequate access to healthcare services.
- High prevalence of HIV/AIDS.
- Drug resistance due to incomplete treatment.

28. State FIVE disease control programs that you can carry out at your health care unit. (5 Marks)

- Malaria prevention and control.
- Tuberculosis screening and treatment.
- HIV/AIDS awareness and testing.
- Vaccination programs.
- Nutrition and maternal health programs.

29. Identify FOUR causes of childhood illnesses and mortality in your community unit. (4 Marks)

- Malnutrition.
- Poor sanitation and hygiene.
- Vaccine-preventable diseases.
- Lack of access to healthcare services.

30. State FOUR diagnostic tests that health workers use in identification of diseases within the community. (4 Marks)

- Rapid diagnostic tests for malaria.
- Tuberculin skin test (TST) for TB.
- Blood tests for HIV.
- Urinalysis for urinary tract infections.

SECTION C: (40 MARKS)

31. Mental illnesses are health conditions involving changes in emotions, thinking, or behavior; however, people have different perspectives of mental health in the community.

- **a) Describe FIVE misconceptions of mental illness. (5 Marks)**

- i. Mental illness is a sign of weakness.
- ii. People with mental illness are violent or dangerous.
- iii. Mental illness is not a real medical condition.
- iv. Individuals can just "snap out of it" without help.
- v. Mental illness only affects a small portion of the population.

- **b) Expound on FIVE etiological factors for mental illness. (15 Marks)**

- i. **Genetic Factors:** Family history of mental illness increases the risk.
- ii. **Biological Factors:** Imbalances in brain chemistry can lead to mental disorders.
- iii. **Environmental Stressors:** Trauma, abuse, or significant life changes can trigger mental health issues.
- iv. **Psychosocial Factors:** Poor social support and isolation can contribute to the development of mental illness.
- v. **Substance Abuse:** Use of drugs and alcohol can exacerbate or lead to mental health problems.

32. The latest report from Centers for Disease Control and Prevention (CDC) revealed that there are higher incidences of Malaria outbreak among children under the age of five years in Sema community.

- **a) Describe FIVE signs and symptoms of Malaria. (5 Marks)**

- i. Fever and chills.
- ii. Headaches.
- iii. Nausea and vomiting.
- iv. Muscle pain and fatigue.
- v. Anemia due to hemolysis of red blood cells.

- **b) Citing examples, explain the THREE levels of disease prevention in relation to Malaria prevention. (9 Marks)**

- i. **Primary Prevention:** Use of insecticide-treated bed nets (ITNs) to prevent mosquito bites.
- ii. **Secondary Prevention:** Early diagnosis and treatment of malaria cases to prevent complications.

- iii. **Tertiary Prevention:** Providing treatment and rehabilitation for severe malaria cases to reduce mortality.
- **c) Demonstrate THREE circumstances under which a community health volunteer can refer a malaria patient from the community to the linked health facility. (6 Marks)**
 - i. If the patient exhibits severe symptoms such as seizures or difficulty breathing.
 - ii. If the patient does not respond to initial treatment after 48 hours.
 - iii. If the patient has underlying health conditions that complicate malaria treatment.
- 33. **As a community health assistant, you have been tasked to develop psycho-active drugs demand reduction strategies in your community health unit.**
 - **a) Explain FIVE factors promoting high demand for psycho-active drugs. (10 Marks)**
 - i. **Peer Pressure:** Influence from friends and social circles to experiment with drugs.
 - ii. **Stress and Trauma:** Use of drugs as a coping mechanism for emotional pain.
 - iii. **Availability:** Easy access to psycho-active substances in the community.
 - iv. **Lack of Awareness:** Insufficient education on the risks and consequences of drug use.
 - v. **Cultural Acceptance:** Societal norms that may condone or promote drug use.
 - **b) Describe FIVE psycho-active drugs demand reduction methods that can be implemented in your Community Health Unit. (10 Marks)**
 - i. **Education Programs:** Conduct workshops and seminars to raise awareness about the dangers of drug use.
 - ii. **Counseling Services:** Provide support for individuals struggling with substance abuse.
 - iii. **Community Mobilization:** Engage community leaders to advocate for drug-free initiatives.
 - iv. **Rehabilitation Programs:** Establish programs for recovery and reintegration of individuals with substance use disorders.
 - v. **Policy Advocacy:** Work with local authorities to implement stricter regulations on drug availability and use.