

COMMUNITY HEALTH LEVEL 6

Coordinate Community Health Strategies

July/August 2023

SECTION A: (40 MARKS)

1. **Define the following concepts:**

- **a.) Community health guideline (2 Marks)**

A community health guideline is a set of recommendations designed to inform and direct health practices and policies within a community, ensuring that health services are delivered effectively and equitably.

- **b.) Community health units (2 Marks)**

Community health units are local health service delivery points that provide essential health services to the community, focusing on preventive, promotive, and basic curative care.

2. **State THREE areas community health volunteers require technical training to improve health service delivery (3 Marks)**

- Disease prevention and control.
- Health education and promotion.
- Data collection and management.

3. **Highlight FOUR roles of community health committee (4 Marks)**

- Mobilizing community members for health initiatives.
- Planning and coordinating health programs.
- Monitoring and evaluating health service delivery.
- Advocating for community health needs and resources.

4. **Identify FOUR areas of advocacy to promote health at the level of community health unit (4 Marks)**

- Access to healthcare services.
- Health education and awareness.
- Environmental health and sanitation.
- Policy development for health improvement.

5. Describe THREE guidelines used in selection of community health volunteers (3 Marks)

- Must have a genuine interest in community health.
- Should possess basic health knowledge or experience.
- Must be able to communicate effectively with community members.

6. Highlight FOUR criteria for determining type of health care services to be offered at the community (4 Marks)

- Community health needs assessment results.
- Availability of resources and facilities.
- Demographics and health status of the population.
- Government health policies and guidelines.

7. State FOUR tertiary level prevention measures offered at a community level (4 Marks)

- Rehabilitation services for chronic illnesses.
- Palliative care for terminal patients.
- Support groups for disease management.
- Counseling services for mental health issues.

8. Highlight FOUR services offered at community health units when carrying out health promotion (4 Marks)

- Health education workshops and seminars.
- Immunization campaigns.
- Nutritional counseling and support.
- Screening programs for early disease detection.

9. Give THREE special services provided by community health units (3 Marks)

- Maternal and child health services.
- Family planning services.
- Mental health support services.

10. Name FOUR attributes of a community health volunteer. (4 Marks)

- Compassionate and empathetic.
- Good communication skills.
- Reliable and committed.

- Culturally sensitive and respectful.

11. Highlight THREE challenges facing service delivery at community health units (3 Marks)

- Insufficient funding and resources.
 - Inadequate training of health volunteers.
 - Limited community awareness and participation.
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SECTION B: (60 MARKS)

12. In Shikalako community unit, there is low participation of community members in prevention of water sanitation and hygiene (WASH) program initiated by a USAID organization.

- **a.) Explain FIVE possible reasons for low community members' participation. (10 Marks)**
 - i. **Lack of Awareness:** Community members may not understand the importance of WASH programs.
 - ii. **Cultural Beliefs:** Traditional practices may conflict with modern WASH initiatives.
 - iii. **Resource Constraints:** Limited financial or material resources to engage in the program.
 - iv. **Poor Communication:** Ineffective messaging about the program's benefits.
 - v. **Community Disengagement:** Previous negative experiences with similar programs may lead to apathy.
 - **b.) As the Community Health Volunteer in Shikalako community unit, describe FIVE ways of promoting community participation in WASH program. (10 Marks)**
 - i. **Awareness Campaigns:** Organize educational sessions to inform the community about WASH benefits.
 - ii. **Involve Local Leaders:** Engage community leaders to advocate for participation.
 - iii. **Hands-on Workshops:** Conduct practical demonstrations on WASH practices.
 - iv. **Feedback Mechanisms:** Create channels for community input and suggestions.
 - v. **Incentives:** Offer incentives for participation, such as recognition or small rewards.
- 13. Roles of community health volunteers are to advocate for community health needs of their community units through outreach approach.**

- **a.) Describe FIVE importance of conducting outreach services in addressing community health needs. (10 Marks)**
 - i. **Increased Access:** Outreach services bring health services closer to underserved populations.
 - ii. **Health Education:** Provide vital health information directly to the community.
 - iii. **Early Detection:** Facilitate early diagnosis and treatment of health issues.
 - iv. **Community Engagement:** Foster relationships and trust between health providers and the community.
 - v. **Resource Mobilization:** Identify and mobilize local resources for health initiatives.
 - **b.) Explain FIVE ways in which community health volunteers contribute in prevention the spread of tuberculosis within their respective community units. (10 Marks)**
 - i. **Education and Awareness:** Inform the community about TB symptoms and prevention methods.
 - ii. **Screening and Referral:** Conduct screenings and refer suspected cases to health facilities.
 - iii. **Support for Adherence:** Assist patients in adhering to treatment regimens.
 - iv. **Community Mobilization:** Engage community members to participate in TB prevention programs.
 - v. **Monitoring and Follow-up:** Track cases and follow up with patients to ensure compliance with treatment.
14. **Prior to implementation of any health promotion program, it is essential to carry out community health needs assessment.**
- **a.) Define "health needs assessment". (2 Marks)**
A health needs assessment is a systematic process used to identify and evaluate the health needs of a community to inform health planning and resource allocation.
 - **b.) Describe FIVE importance of undertaking health needs assessment. (10 Marks)**
 - i. **Identifies Health Priorities:** Helps to pinpoint the most pressing health issues in the community.
 - ii. **Informs Program Development:** Guides the design of relevant health interventions.
 - iii. **Resource Allocation:** Ensures that resources are directed where they are most needed.
 - iv. **Engages the Community:** Involves community members in the health planning process.

- v. **Evaluates Outcomes:** Provides a baseline for measuring the impact of health programs.
- **c.) Explain FOUR data collection tools used by community health volunteers when conducting community health needs assessment. (8 Marks)**
 - i. **Surveys and Questionnaires:** Gather quantitative data from community members.
 - ii. **Focus Group Discussions:** Facilitate qualitative discussions to gain deeper insights.
 - iii. **Interviews:** Conduct one-on-one interviews for detailed information.
 - iv. **Observation Checklists:** Use checklists to assess community health facilities and practices.

15. **Effective communication is essential in health promotion.**

- **a.) Assess FIVE barriers to effective communication in the community. (10 Marks)**
 - i. **Language Differences:** Variations in language can hinder understanding.
 - ii. **Cultural Barriers:** Cultural beliefs may affect how health messages are received.
 - iii. **Low Literacy Levels:** Limited literacy can prevent comprehension of health information.
 - iv. **Misinformation:** Spread of incorrect information can lead to confusion.
 - v. **Lack of Trust:** Distrust in health providers may lead to reluctance in communication.
- **b.) As a community health worker, you are required to educate members on ways of improving their health. Describe FIVE elements you will incorporate in your training. (10 Marks)**
 - i. **Interactive Learning:** Use participatory methods to engage community members.
 - ii. **Clear Messaging:** Simplify complex health information for better understanding.
 - iii. **Practical Demonstrations:** Show practical applications of health practices.
 - iv. **Cultural Sensitivity:** Respect cultural beliefs and practices in health education.
 - v. **Follow-up Support:** Provide ongoing support and resources after training sessions.