

COMMUNITY HEALTH LEVEL 4

Provide Community Health Care

July/August 2023

SECTION A: (10 MARKS)

1. **C. Rehabilitation of a person suffering from stroke.**
 2. **B. Interviews from the mothers on their breastfeeding habits.**
 3. **A. For greater community capacity building.**
 4. **C. It affected a large number of countries simultaneously.**
 5. **B. Unsafe exercising methods in the gym.**
 6. **C. To detect changes in health practices.**
 7. **D. MUAC tape.**
 8. **B. Washing fruits with clean water before eating them.**
 9. **B. Specific, Measurable, Attainable, Realistic, Timely.**
 10. **C. Presence of competent experts.**
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SECTION B: (40 MARKS)

11. **Four types of home visits you can conduct:**
 - Health education visits.
 - Follow-up visits for chronic illness management.
 - Maternal and child health visits.
 - Emergency health visits. (4 Marks)
12. **Four possible causes of minor ailments within the community:**
 - Poor nutrition.
 - Lack of hygiene and sanitation.
 - Inadequate access to clean water.
 - Environmental factors (e.g., pollution). (4 Marks)

13. Four characteristics of the essential drugs and supplies box:

- Clearly labeled for easy identification.
- Lockable to ensure safety and security.
- Waterproof to protect contents from damage.
- Portable for easy transport during home visits. (4 Marks)

14. Three notifiable diseases in Kenya:

- Tuberculosis (TB).
- Cholera.
- Measles. (3 Marks)

15. Four disadvantages of using the interview method to collect data:

- Potential for interviewer bias.
- Time-consuming process.
- Difficulty in reaching a representative sample.
- Respondent discomfort leading to inaccurate responses. (4 Marks)

16. Five items contained in the mother and child booklet:

- Immunization records.
- Growth monitoring charts.
- Antenatal care visit records.
- Health education information.
- Nutritional guidelines. (5 Marks)

17. Four methods of preventing cholera in your community:

- Promoting handwashing with soap.
- Ensuring access to clean drinking water.
- Educating the community on safe food handling.
- Implementing proper sanitation and waste disposal practices. (4 Marks)

18. Four areas that need improvement to reduce challenges in maternal and newborn care:

- Access to skilled healthcare providers.
- Availability of essential medical supplies.
- Community health education on maternal health.

- Improved transportation for emergency cases. (4 Marks)

19. Four criteria used by community health volunteers to identify essential drugs:

- Efficacy of the drug for common diseases.
- Safety profile of the drug.
- Cost-effectiveness for the community.
- Availability and accessibility of the drug. (4 Marks)