

**102105T4COH**

**COMMUNITY HEALTH LEVEL 5**

**HE/OS/CH/CR/02/5/A**

**CONDUCT COMMUNITY-BASED HEALTH CARE**

**July/August 2023**



**TVET CURRICULUM DEVELOPMENT, ASSESSMENT AND CERTIFICATION  
COUNCIL (TVET CDACC)**

**WRITTEN ASSESSMENT**

**TIME: 3 HOURS**

**INSTRUCTIONS TO CANDIDATE**

1. This paper has three sections **A**, **B** and **C**.
2. You are provided with a separate answer booklet.
3. Marks for each question are as indicated.
4. Do not write on the question paper.

**This paper consists of 8 printed pages**

**Candidates should check the question paper to ascertain that all pages  
are printed as indicated and that no questions are missing**

**SECTION A: (20 MARKS)**

**Answer all questions in this section. Each question carries one Mark**

1. \_\_\_\_\_ is the reason why people living with HIV/AIDS are reluctant to reveal their HIV status.
  - A. Economic barriers
  - B. Ignorance
  - C. Fear of being stereotyped
  - D. Lack of knowledge
2. Which of the following factors greatly determines the spread of infectious diseases in a community?
  - A. Behavioral factors
  - B. Knowledge factors
  - C. Political factors
  - D. Psychological factors
3. Isolation of a patient with COVID 19 belongs to which level of disease prevention?
  - A. Primary
  - B. Secondary
  - C. Intermediate
  - D. Tertiary
4. Freedom of choice is one of the policies of the Family Planning Program. Which of the following illustrates this policy?
  - A. Information dissemination about the need for family planning
  - B. Support of research and development in family planning methods
  - C. Adequate information for couples regarding the different methods
  - D. Encouragement of couples to take family planning as a joint responsibility
5. Select the primary goal of community health assistant from the following statements.
  - A. To support and supplement the efforts of the medical profession in the promotion of health and prevention of diseases
  - B. To enhance the capacity of individuals, families and communities to cope with their health needs

- C. To increase the productivity of the people by providing them with services that will increase their level of health
  - D. To contribute to national development through promotion of family welfare, focusing particularly on mothers and children
6. To determine the possible source of a sexually transmitted infection, which of the following methods may be undertaken by the assistant community health assistants?
- A. Contact tracing
  - B. Community survey
  - C. Mass screening tests
  - D. Interview suspects
7. \_\_\_\_\_ should be considered by a community health care provider when evaluating the nutritional status of a child.
- A. Observing difference in body weight
  - B. Recognizing the downward trend of the graph
  - C. Comparing the present body weight to previous
  - D. Recognizing all changes in growth trends
8. \_\_\_\_\_ is the description of the role of the health care worker when planning for client care, leading a staff conference, and supervising a new staff member.
- A. Advocate
  - B. Manager
  - C. Collaborator
  - D. Researcher
9. Which of the following information is provided to a Tuberculosis Bacillus (TB) patient during counseling?
- A. The Signs and symptoms of TB
  - B. Advise on meal timings
  - C. Genetics predisposing the patient to TB
  - D. Risk of TB treatment adherence
10. When a community health assistant determines if the available resources were maximized in implementing health activities, he is evaluating\_\_\_\_\_.
- A. Effectiveness

- B. Efficiency
  - C. Adequacy
  - D. Appropriateness
11. To \_\_\_\_\_ is the primary purpose of establishing standards in community health.
- A. Describe and measure health care outcomes.
  - B. Evaluate the performance of health care professionals.
  - C. Implement current nursing skills and knowledge.
  - D. Provide guidelines for improving the quality of care.
12. Which of the following programs is an example of secondary prevention?
- A. A community-wide nutrition program at fast-food establishments
  - B. A program to immunize persons exposed to infectious disease with immunoglobulin G within two weeks of exposure
  - C. Alcoholics Anonymous
  - D. An exercise program for persons who have had a stroke
13. Choose among the following, the effective way to assess the health care needs of older adults in a community.
- A. Conduct personal interviews with local health care and social services professionals.
  - B. Rely on intuitive impressions obtained from working with older persons.
  - C. Review demographic data from the most recent census.
  - D. Survey a random sample of older adults in a neighboring community for benchmarking.
14. Malnutrition is one of the community health problem in developing countries. Which population is more susceptible to Protein Energy Malnutrition (PEM)?
- A. Pregnant women and the elderly
  - B. Under 5-year-old children
  - C. Below 6 months-year-old babies
  - D. School age children
15. Which of the following is an objective of health education program in the community?
- A. To change social status
  - B. To change moral standards
  - C. To change health-seeking behaviors

- D. To change economic status
16. \_\_\_\_\_ is a sensitive index in determining the general health condition of a community.
- A. Crude death rate
  - B. Infant mortality rate
  - C. Maternal mortality rate
  - D. Fetal death rate
17. When taking a medical history, which of the following approaches would be the best way to develop patient's trust?
- A. Confront a patient with targeted questions about his/her behaviors in a direct manner.
  - B. Provide a setting that is private and safe for disclosure.
  - C. Always include family members in these conversations.
  - D. Be persistent in your questioning of the patient.
18. Amongst the concerns of a community health worker are; the prevention of diseases, prolonging of life and promoting physical health. This can be achieved through \_\_\_\_\_ approach.
- A. Use of epidemiological tools and vital health statistics
  - B. Determine the spread and occurrence of the disease
  - C. Political empowerment and socio-economic assistance
  - D. Organized community efforts
19. Which of the following statements is correct regarding identifying patients at risk of HIV infection?
- A. All patients should be considered as being at risk of HIV infection.
  - B. Homosexual patients should be highly considered at risk of HIV infection.
  - C. Patients who use intravenous drugs should be more considered at risk for HIV infection.
  - D. A monogamous heterosexual woman is not considered at risk of HIV infection
20. A Community health care provider takes an active role in encouraging community participation. What is the primary goal of community participation?
- A. To educate the people regarding community health problems
  - B. To mobilize the people to resolve community health problems
  - C. To maximize the community's resources in dealing with health problems

D. To assess the knowledge of the community about lifestyle behaviors

**SECTION B: (40 MARKS)**

**Answer all questions in this section**

21. As a community health assistant, enumerate FIVE community-based health care services you will provide in your community. (5 Marks)
22. State FOUR personnel eligible to provide integrated community case management (ICCM) services in your area of jurisdiction. (4 Marks)
23. Describe FOUR strategies that the Ministry of Health (MoH) is employing in the prevention of HIV/AIDS transmission in Kenya. (4 Marks)
24. Identify THREE signs a community member who is suffering from an alcohol and substance abuse disorder is likely to manifest. (3 Marks)
25. Psycho-active drugs have increased risk of being abused by youths in the community, mention FOUR classes of these drugs. (4 Marks)
26. Outline THREE groups at high risk of contracting HIV/AIDS in Kenya. (3 Marks)
27. There has been an increase in the incidences of TB cases in Kenya. Examine FOUR risk factors contributing to this increase. (4 Marks)
28. State FIVE disease control programs that you can carry out at your health care unit. (5 Marks)
29. Identify FOUR causes of childhood illnesses and mortality in your community unit (4 Marks)
30. State FOUR diagnostic tests that health workers use in identification of diseases within the community. (4 Marks)

**SECTION C: (40 MARKS)**

**Answer any two questions in this section**

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)
  - b) Expound on FIVE etiological factors for mental illness. (15 Marks)
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)
  - b) Citing examples, explain the THREE levels of disease prevention in relation to Malaria prevention. (9 Marks)
  - 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)
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)
  - b) Describe FIVE psycho-active drugs demand reduction methods that can be implemented in your Community Health Unit. (10 Marks)

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