

BINDURA UNIVERSITY OF SCIENCE EDUCATION

FACULTY OF SCIENCE AND ENGINEERING

DEPARTMENT: HEALTH SCIENCES

PROGRAMME
.....STUDENT REGISTRATION NUMBER
.....

COURSE CODE HS102 (3): HEALTH EDUCATION

DURATION: 2HOURS

TOTAL MARKS: 100 MARKS

INSTRUCTIONS TO CANDIDATES

Section A (Carries 50 Marks)

Answer ALL questions

Indicate whether the following statements are True or False by encircling True (T) or False (F) using a BLUE/BLACK pen.

1. Indicate whether the following statements are True (T) or False (F).
regarding active listening in counselling:

- a) Repeating what the speaker has said verbatim sounds insincere or unintelligent. (T) (F)
- b) Paraphrasing shows that you are comprehending the meaning of the speaker's message (T) (F)
- c) Your breathing can be part of your message to the person you are talking to (T) (F)
- d) Seek to be understood before you seek to understand (T) (F)

- e) A counselor can finish sentences for the client if they understand
where his/her narration is going (T) (F)

2. Indicate whether the following statements are True (T) or False (F).

Combined oral contraceptives;

- a) Contain progesterone (T) (F)
- b) Contain oestrogen (T) (F)
- c) Stop the release of the egg (T) (F)
- d) Reduce heavy and painful periods (T) (F)
- e) Thickens the mucus in the cervix (T) (F)

3. Indicate whether the following statements are True or False. Regarding diabetes mellitus:

- a) Most people with diabetes can feel their blood sugar getting high (T) (F)
- b) People with diabetes can eat as many fruits as they want (T) (F)
- c) People with diabetes cannot eat candy and other sugary foods (T) (F)
- d) Cutting all fat from the diet may prevent diabetes (T) (F)
- e) If a person is stressed out, his/her blood sugar may rise (T) (F)

4. Indicate whether the following statements are True or False. Voluntary medical male circumcision reduces the risk of contracting the following sexually transmitted infections (STIs):

- a) Syphilis (T) (F)
- b) Human papilloma virus (T) (F)
- c) Gonorrhea (T) (F)
- d) Chlamydia (T) (F)
- e) HIV (T) (F)

5. Indicate whether the following statements are True or False.

- a) High blood pressure increases the risk of kidney disease (T) (F)
- b) Diabetes mellitus increases the risk of kidney disease (T) (F)
- c) Diabetes mellitus increases the risk of blindness (T) (F)

- d) Stroke is a direct complication of uncontrolled sugar (T) (F)
- e) Secondary hypertension has no identifiable cause for most adults (T) (F)

6. Indicate whether the following statements are True or False. The following are effects of salt hence it is a culprit in high blood pressure:

- a) It causes build up in the body, adding stress on the heart (T) (F)
- b) It takes away oxygen from the blood, hence the heart has to work harder (T) (F)
- c) Salt deposits can build up on the walls of the arteries causing blockage and pressure on the heart (T) (F)
- d) Interferes with the body's absorption of cholesterol (T) (F)
- e) It hardens the blood vessels hence affecting their tone (T) (F)

7. Indicate whether the following statements are True or False. The following are risk factors for breast cancer:

- a) Age (T) (F)
- b) Gender (T) (F)
- c) Having more than three (3) children (T) (F)
- d) Starting monthly periods (menarche) after 12 years (T) (F)
- e) Having your first child after the age of 30 years (T) (F)

8. Indicate whether the following statements are True or False. The following are symptoms of complicated malaria:

- a) Anaemia (T) (F)
- b) Fever $\geq 37.5^{\circ}\text{C}$ (T) (F)
- c) Mild headache (T) (F)
- d) Coca cola urine/black water fever (T) (F)
- e) Coma (T) (F)

9. Indicate whether the following statements are True or False. Regarding HIV infection:
- a) Window period is the change from an HIV negative status to an HIV positive status (T) (F)
 - b) Undetected=untransmittable scientifically applies to prevention of mother to child transmission (T) (F)
 - c) Antiretroviral therapy (ART) should be given to babies born to HIV positive mothers for 2-6 weeks. (T) (F)
 - d) Lack of education in women puts them at risk of contracting HIV (T) (F)
 - e) Oil based lubricants are the best for the prevention of condom breakage during sexual intercourse (T) (F)

10. Fill in the gaps with the correct answer.

- a)is understanding who we are in terms of gender
- b) In Circles of Sexuality, flirting, seduction and rape are components of
- c) According to Sternberg's Triangular Theory of love, love with intimacy and commitment only is called
- d) In Circles of Sexuality, if a 25-year-old man makes a 12-year-old girl to watch porn, this is an example of
- e) The use of various devices, drugs, sexual practices or surgical procedures to prevent conception or pregnancy is called

SECTION B (Carries 50 marks)

Answer ALL questions on a separate sheet provided

1.

a) Outline the risk factors for drug and substance abuse among youths
(5 Marks)

b) Discuss how family values affect an individual's sexuality.
(20 Marks)

2. a) Outline the difference between primary and secondary hypertension
(3 Marks)

b) Discuss the lifestyle changes to be adopted to manage the modifiable risk factors for lifestyle diseases
(22 marks)

END OF PAPER