

BINDURA UNIVERSITY OF SCIENCE EDUCATION

FACULTY OF SCIENCE AND ENGINEERING

DEPARTMENT: HEALTH SCIENCES

AUG 2024

PROGRAMME

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STUDENT REGISTRATION NUMBER

.....

COURSE CODE HS102 (1): HEALTH EDUCATION

DURATION: 2 HOURS

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. Regarding gender based violence, the most consistent predictor (s) of attitudes supporting the use of violence against women is a person's :

- | | |
|-------------------------------|---------|
| a) Age | (T) (F) |
| b) Beliefs about gender roles | (T) (F) |
| c) Cultural background | (T) (F) |
| d) Socio-economic | (T) (F) |
| e) Intergenerational | (T) (F) |

2. Indicate whether the following statements are True or False. Regarding contraception and contraception;
- a) A woman can always calculate the 'safe' time during her menstrual cycle when she can have vaginal intercourse and be protected from pregnancy (T) (F)
 - b) The Progestogen only pill is less effective than the combined pill (T) (F)
 - c) If you forget a contraceptive pill you should use a condom as well if you have sex within the next seven days. (T) (F)
 - d) Oral contraceptives may reduce heavy and painful periods (T) (F)
 - e) Oral contraceptive has a positive effect on acne (T) (F)
3. Indicate whether the following statements are True or False; Regarding sexually transmitted infections (STIs):
- a) Condoms are the most effective safeguard against the spread of STIs (T) (F)
 - b) STIs can be spread through kissing (T) (F)
 - c) Women are more likely to get STIs than men (T) (F)
 - d) If you are in a monogamous relationship, you cannot get an STI. (T) (F)
 - e) You can tell if someone has genital warts because you can see them (T) (F)
4. Indicate whether the following statements are True or False;
- a) In post exposure prophylaxis (PEP), antiretroviral therapy (ART) should be taken for 1 month (T) (F)
 - b) HIV screening is mandatory for all pregnant mothers in Zimbabwe (T)(F)
 - c) Terminal illness is a good reason for deferring antiretroviral treatment (ART) (T)(F)

- d) Long-acting injectable cabotegravir (CAB-LA) is used in post-exposure prophylaxis (PEP) for HIV prevention. (T) (F)
- e) Nutritional interventions for HIV positive people should start as soon as they are symptomatic (T) (F)
5. Indicate whether the following statements are True or False; The following infections are risk factors for cancer of the cervix
- a) HIV (T) (F)
- b) Human papilloma virus (T) (F)
- c) Herpes Zoster (T) (F)
- d) Chlamydia (T) (F)
- e) Herpes simplex virus (T) (F)
6. Indicate whether the following statements are True or False; The following are usual characteristics of a cancerous breast lump
- a) Movable (T) (F)
- b) Painful to touch (T) (F)
- c) Irregular edges (T) (F)
- d) Can only be detected by a mammogram (T) (F)
- e) Hard (T) (F)
7. Indicate whether the following statements are True or False; The following diseases have the same signs and symptoms as Ebola
- a) Flu (T) (F)
- b) COVID-19 (T) (F)
- c) Malaria (T) (F)
- d) Typhoid fever (T) (F)
- e) Dysentery (T) (F)
8. Indicate whether the following statements are True or False; Regarding diabetes mellitus:
- a) About 75% of people with diabetes mellitus (DM) have high blood pressure (T) (F)

- b) Blood pressure is the force of blood pressing against walls of the veins (T) (F)
- c) DM in pregnancy usually disappear after pregnancy (T) (F)
- d) Eating cakes and sugary foods is a risk factor for DM type 2 (T) (F)
- e) Illicit drugs such as cocaine can cause high blood pressure (T) (F)

9. Indicate whether the following statements are True or False; Regarding diarrhoeal diseases:

- a) Diarrhea that starts suddenly, often with vomiting and within 4 to 8 hours of eating, is a common feature of food poisoning (T) (F)
- b) Sugary foods can worsen diarrhea (T) (F)
- c) Mass vaccinations is very effective in managing an outbreak (T) (F)
- d) A weak solution of jik can be used to wash vegetables and fruits (T) (F)
- e) All suspected cases of infectious diarrheal diseases such as cholera should be reported to health care providers (T) (F)

10. Fill in the gaps with the correct answer. Regarding drug and substance abuse;

- a) A condition whereby someone feels like he/she cannot function without the use of the drug/substance that he is used to is called
- b) is a term that describes the emotional or mental components of substance use disorder, such as strong cravings for the drug/substance and failure to concentrate.
- c) The body of the person who is using a drug becomes used to the drug so much that he/she requires a higher dose of the drug to get the same effects as before. This is called
- d) A naturally occurring chemical (which is associated with feelings of pleasure) that the drugs cause the brain to release in large amounts causing a euphoric state is called.....
- e) is when someone who has been using drugs/substances is overpowered by the urge to use drugs

SECTION B (Carries 50 marks)

Answer ALL questions on a separate sheet provided

1.

- a) Explain the three (3) types of communication in relationships
(6 Marks)
- b) i) Define assertiveness in communication (3 Marks)
ii) Discuss ways of improving your assertiveness in communication
(7 Marks)
- c) Distinguish between health and unhealthy responses to conflict in relationships
(10 Marks)

2.

- a) Outline the reasons why youths turn to drug and substance abuse
(10 Marks)
- b) Discuss strategies that can be used to help a friend or relative with substance use disorder
(15 Marks)

END OF PAPER