

BINDURA UNIVERSITY OF SCIENCE EDUCATION

FACULTY OF SCIENCE AND ENGINEERING

OCT 2023

DEPARTMENT: HEALTH SCIENCES

PROGRAMME

STUDENT REGISTRATION NUMBER

COURSE CODE: PC 004 (3): INTRODUCTION TO HEALTH EDUCATION

DURATION: 2 HOURS

TOTAL MARKS: 100

INSTRUCTIONS TO CANDIDATES

Answer all questions

Section A (Carries 50 Marks)

Indicate whether the following statements are True (T) or False (F) by ENCIRCLING (T) or (F) with a pen on the question paper provided

1. Indicate whether the following statements are true (T) or false (F).

- a) An example of secretory diarrhoea is typhoid (T) (F)
- b) Unsafe drinking water must be treated with 500mls of Jik in 20 litres of water and left to sit overnight (T) (F)
- c) Nose bleeding can be a complication of cholera (T) (F)
- d) A person who has typhoid might have a rose-coloured rash (T) (F)
- e) Drinking contaminated water can lead to dysentery (T) (F)

2. The following are principles of Antiretroviral Therapy

- a) Freedom from serious side effects (T) (F)
- b) Ease of administration (T) (F)
- c) Maximum and durable suppression of the replication of the virus (T) (F)
- d) Restoration and preservation of the immune system (T) (F)
- e) Improving the quality of people living with HIV and AIDS (T) (F)

3. Indicate whether the following statements are true (T) or false (F).

Cotrimoxazole prophylaxis is given to:

- a) Babies born by an HIV positive mother (T) (F)
- b) Survivors of rape within 72 hours (T) (F)
- c) Health workers exposed to contaminated body fluids within 3 days (T) (F)
- d) People living with HIV and AIDS (PLWHA) (T) (F)
- e) Prevent mother to child transmission of HIV (T) (F)

4. Indicate whether the following statements are true (T) or false (F).

The following are principles of Primary Health Care

- a) Community participation (T) (F)
- b) Equitable distribution of resources (T) (F)
- c) Appropriate technology (T) (F)
- d) Promotive preventive approach (T) (F)
- e) Health education (T) (F)

5. Indicate whether the following statements are true (T) or false (F)

- a) Cancer of the bladder is a complication of bilharzia (T) (F)
- b) Bilharzia increases the chances of HIV infection (T) (F)

- c) Drinking contaminated water can lead to bilharzia (T) (F)
- d) Intestinal perforation is a complication of bilharzia (T) (F)
- e) The bilharzia parasite hosts are the snail and human (T) (F)

6. Indicate whether the following statements are true (T) or false (F).

- a) An HIV-infected person requires an additional protein intake of 10 -15% compared to someone not infected with HIV (T) (F)
- b) Vitamins and trace minerals are important in building a strong immune system (T) (F)
- c) Indigenous foods are processed foods and are not recommended for People living with HIV and AIDS (PLWHA) (T) (F)
- d) Good and adequate nutrition prevents replication of HIV in PLWHA (T) (F)
- e) Fatty and sugary food helps prevent diarrhoea in PLWHA (T) (F)

7. Indicate whether the following statements are true (T) or false (F). The following statements are components/elements of Primary Health Care

- a) Equitable distribution of resources
- b) Health workforce development
- c) Local disease control
- d) Public Health Education
- e) Accessible Treatment

8. Indicate whether the following statements are true (T) or false (F). The following symptoms indicate that an HIV positive person is in WHO Clinical stage 2

- a) Herpes zoster, within last 5 years (T) (F)
- b) Pulmonary Tuberculosis (PTB) (T) (F)
- c) Herpes simplex viral infection (T) (F)
- d) Candidiasis of the esophagus (T) (F)
- e) Kaposi sarcoma (T) (F)

9. Indicate whether the following statements are true (T) or false (F). Regarding malaria prophylactic treatment

- a) Several drugs used for the treatment of malaria can also be taken as prevention. (T) (F)

- b) The prophylactic effect begins immediately upon starting the drugs. (T) (F)
- c) The prophylactic drugs are taken daily at a higher dose than would be used for treatment of malaria. (T) (F)
- d) Use of prophylactic drugs is practical for full-time residents of malaria-endemic areas. (T) (F)
- e) Use of prophylactic drugs where malaria-bearing mosquitoes are present may encourage the development of partial immunity. (T) (F)

10. Indicate whether the following statements are true (T) or false (F). Species of *Schistosoma* that can infect humans include the following:

- a) *Schistosoma manzoni* (T) (F)
- b) *Schistosoma intercalat* (T) (F)
- c) *Schistosoma haemabium* (T) (F)
- d) *Schistosoma japanium* (T) (F)
- e) *Schistosoma mekongi* (T) (F)

SECTION B (Carries 50 Marks)**INSTRUCTIONS**

Answer **ALL** questions.

Explain the following:

1. a) Role of the government in HIV and AIDS management [15 Marks]

b) Benefits of good and adequate nutrition for people living with HIV and AIDS [10 Marks]

2. a) Describe the stages of typhoid infection and the symptoms that accompany each stage [15 Marks]

b) Explain how typhoid can be controlled and prevented in the community [10 Marks]

END OF PAPER