



FACULTY	FACULTY OF HEALTH SCIENCES AND VETERINARY MEDICINE		
DEPARTMENT	SCHOOL OF NURSING AND PUBLIC HEALTH DEPARTMENT: COMMUNITY AND MENTAL HEALTH		
SUBJECT	ADVANCED HEALTH PROMOTION PAPER 1		
SUBJECT CODE	APH 4840		
DATE	NOVEMBER 2024		
DURATION	3 HOURS	MARKS	100

NOVEMBER FIRST OPPORTUNITY EXAMINATION

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INSTRUCTIONS

1. This paper consists of 6 pages, including the front page.
2. Work in an orderly way and present your work as neatly as possible.
3. **Answer all four (4) questions**
4. Number your questions correctly and clearly.
5. Marks are allocated in full marks.

UNIVERSITY OF NAMIBIA EXAMINATIONS

QUESTION 1

1.1 Match the statements in column A with the concepts in column B.

(25)

Column A	Column B
1.1.1 The factors combined to affect the health of individuals and communities.	A. health equity
1.1.2 It is a systematic collection of comprehensive data about their problems and needs.	B. Point prevalence rate
1.1.3 Consists of recurring ideas and actions which the patient performs without, or against his/her will and is unable to control.	C. Client-Centered counselling
1.1.4 False beliefs which the patient holds so firmly that they cannot be shaken by reasoned argument.	D. Attack rate
1.1.5 An interim strategy for disease control in developing countries.	E. Acute dystonia
1.1.6 This approach strongly emphasizes personal growth and interpersonal goals.	F. Multi-disciplinary health team
1.1.7 Promote social responsibility for health.	G. Schizophrenia
1.1.8 It aimed at re-orientating health services.	H. Obsessive compulsive phenomena
1.1.9 Measures the disease frequency at a given time.	I. Passive participation
1.1.10 The attainment of the highest level of health for all people where everyone has a fair and just opportunity.	J. Assessment
1.1.11 Abnormal involuntary, irregular movements of the body parts.	K. Delusion
1.1.12 This condition is treated with beta-blockers.	L. Selective PHC
1.1.13 Spasms of the large muscles at the neck, back, eyes and jaw- Occurs with the first 24 to 48 hours of commencement of medication.	M. Purpose of epidemiology

1.1.14 Focus on holistic approach and interaction of everyone involved.	N. Ottawa conference
1.1.15 Identification and evaluation of the efficacy of methods to be used in controlling diseases.	O. Incidence rate
1.1.16 A ratio in which the numerator is included in the denominator.	P. Bottom-Up Approach
1.1.17 The proportion of an at-risk population that contracts the disease during a specified time interval.	Q. Jakarta Declaration
1.1.18 Mistaken a shadow in the room when awakening in the middle of the night and conclude that a robber has broken into the house.	R. Macroscopic model
1.1.19 When people are told what is done or to be done.	S. Neuroleptic Malignant Syndrome
1.1.20 Is the science and art of preventing disease, prolonging life and promoting physical health and efficiency thru organized community efforts for sanitation of the environment, the control of community infections.	T. Key Social Determinants
1.1.21 A process, which continues over time, covers all aspects of life and lifestyle. Involves change and progress.	U. Proportion
1.1.22 A life-threatening, neurological disorder most often caused by an adverse reaction to treatment.	V. Hyperkinesia
1.1.23 This condition includes dry eyes and other eye symptoms.	W. Tardive Dyskinesia
1.1.24 Focus on curative care.	X. Public Health
1.1.25 Emphasizes grassroots involvement and decision-making, starting at the community level and involving community members in all stages of the development process.	Y. Xerophthalmia
	Z. Illusion
	AA. Omphalitis
	BB. Microscopic model
	CC. Development

QUESTION 2

2.1 Teamwork must address the total health care needs of the community and improve the health and well-being of the community.

Discuss the pre-requisite for effective teamwork. (6)

2.2 Explain the importance of intersectoral collaboration. (9)

2.3 Differentiate between the following epidemiological concepts:

2.3.1 Enzootic and Endemic diseases. (2)

2.4 Identity the key elements of disease surveillance. (4)

2.5 As a Primary Health Care supervisor in your district, you received five newly graduated registered nurses that will be deployed at the local clinics. During the orientation of these new staff members, one of the items on the agenda was teaching them about Health Information System.

What will you tell them about the factors that hinder the effective management of the Health Information System? (4)

[25]

QUESTION 3

3.1 Select the correct answer that is most appropriate to the following statements:

3.1.1 Which one of the following is not the principle of community development? (1)

- a) Mutual involvement of govt and people.
- b) Community cooperation.
- c) Projects must be relevant to the needs.
- d) Profit for the community and NGOs.

3.1.2 Common resources for the community include: (1)

- a) Human resources
- b) Labour,
- c) Skills,
- d) Gesture

3.1.3 The 4 Cs of community participation include the following except? (1)

- a) Collaboration with stakeholders
- b) Continued support in funding
- c) Contribution in activities
- d) Compliance to interventions

3.1.4 This forms part of the levels of participation. (1)

- a) Passive participation
- b) Power control
- c) Non-collaborative empowerment
- d) Minimal use of technology

3.1.5 Importance of collaboration consists of these components except? (1)

- a) Avoid duplication
- b) Ensures sustainability
- c) Promote efficiency
- d) Reduce dissemination of information

3.2 You are working at a local Primary Health Care facility where final-year undergraduate students are allocated. You realised that some of your colleagues have limited knowledge about neuroleptics and you decided to conduct an in-service training session where you also included the final year students.

What advise will you give during the session regarding the principles of neuroleptic treatment?

(5)

3.3 A patient at the primary facility you are working with was recently diagnosed with Schizophrenia and just received her medication from the pharmacy but did not receive any health education from the attending Pharmacist.

What will you tell the patient regarding the occasional side effects that she may experience from the medication?

(5)

3.4 Evaluate how the social determinants of health influence the wellbeing of a person.

(5)

3.5 Analyse the Obstacles that can hinder community participation.

(5)

[25]

QUESTION 4

4.1 Critically discuss the pre-requisites for effective community participation. (15)

4.2 You are working at your local clinic as a specialized registered Primary Health Care nurse. You were called by a 2nd year student who is working at the screening room to assist with a patient in her room who came in complaining of headaches and is telling the student that she is God and want the student to accompany her to go and wake up the dead at the local mortuary. You took over the management of this patient.

4.2.1 What will you include in your interview during the assessment of this patient? (5)

4.2.2 What will be your possible nursing diagnosis of the patient? (1)

4.3 Explain the strategy for the implementation of PHC. (4)

[25]

Total: 100