



# **GRE TSA UNIVERSITY - THIKA**

## **UNIVERSITY EXAMINATIONS SEPTEMBER – DECEMBER 2021 SEMESTER**

### **DIPLOMA IN PUBLIC/COMMUNITY HEALTH**

**COURSE CODE: DIPH 061**

**COURSE TITLE: HEALTH EDUCATION AND PROMOTION**

**DATE: 16 NOVEMBER 2021**

**TIME: 3:00 PM – 6:00 PM**

#### **INSTRUCTIONS TO CANDIDATES**

1. SECTION A IS **COMPULSORY**.
2. SECTION B: ANSWER ANY OTHER **THREE** QUESTIONS.
3. **DO NOT** WRITE ANYTHING ON THIS QUESTION PAPER AS IT WILL BE AN EXAM IRREGULARITY.
4. ALL ROUGH WORK SHOULD BE AT THE BACK OF YOUR ANSWER BOOKLET AND CROSSED OUT.

**CAUTION:** *All exam rooms are under CCTV surveillance during the examination period.*

## SECTION A: COMPULSORY

### MULTIPLE CHOICE QUESTIONS [1-5]

[ONE MARK EACH]

1. Which of the following is not a verbal form of communication?
  - A. Gestures
  - B. Postures
  - C. Movements
  - D. Speech
2. The Communication process during health education involves the following EXCEPT
  - A. Channel
  - B. Message
  - C. Demonstration
  - D. Feedback
3. Community groups who monitor changes in water and air quality are examples of
  - A. Information dissemination
  - B. Health risk appraisal and wellness assessment
  - C. Lifestyle and behaviour change
  - D. Enforcement groups
4. Which of the following approaches is most effective in helping patients with type 2 diabetes to lose weight?
  - A. a. Advocate the American Diabetes Association's 1800-calorie diet for all patients.
  - B. Recommend daily exercise and decreased food intake.
  - C. Suggest substituting healthy ingredients for meals and snacks based on the patient's cultural heritage and personal preferences.
  - D. Refer patients to a dietician for all their diet-related inquiries.
5. Which one of the following is not true in regard to physical health of an individuals
  - A. All the body parts should be there.
  - B. They can read and write
  - C. All of them are in their natural place and position.
  - D. None of them has any pathology.

**SHORT ANSWER QUESTIONS: [ANSWER ALL QUESTIONS]**

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1. Differentiate the following terms as used in Health Education and Promotion
  - a) Health Education and Health Promotion [2 Marks]
  - b) Andragogy and Pedagogy [2 Marks]
2. State any three objectives of Health Education [3 Marks]
3. Elucidate two examples of social determinants of health [2 Marks]
4. List any six principles of Health Education [3 Marks]
5. Elucidate four barriers to effective health communication [2 Marks]
6. Highlight any three principles of health education [3 Marks]
7. Highlight three Attributes of good IEC materials [3 Marks]
8. Describe any three Approaches to Health Education [3 Marks]
9. Elucidate three factors to be considered in the Prioritization of health needs [3 Marks]
10. Outline any two teaching aids for people with Visual Impairment [2 Marks]
11. Outline any three Characteristics of Microteaching: [3 Marks]
12. List any four Principles of Andragogy [2 Marks]
13. Outline any four characteristics of good teaching aids [2 Marks]

**SECTION B**

**[CHOOSE ANY THREE QUESTIONS]**

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**QUESTION ONE**

- a) Discuss any four Health Communication Channels [8 Marks]
- b) Discuss the Health Belief Model as used in health education [12 Marks]

**QUESTION TWO**

- a) Explain five activities a teacher can apply to improve a child's learning process [10 Marks]
- b) Discuss five teaching aids that can help a health worker in teaching [5 Marks]
- c) Explain five advantages of using Visual Aids in Health Education [5 Marks]

**QUESTION THREE**

- a) Discuss any four factors affecting Health Seeking Behaviours [8 Marks]
- b) Discuss any three Applications of Health Education in Disease Control [12 Marks]

**QUESTION FOUR**

- a) Discuss the steps involved when giving a Health Talk [10 Marks]
- b) Discuss any four application of Pedagogical Approaches in health education [10 Marks]