



Year 2020-2021	Subject: Family and community health nursing
Fourth year	First term exam
Date:21/2/2021	Total Marks 100 marks
Time Allowed: 3 Hours	Prof .Dr/Gehad Abo Elmatty, Assist .Dr/Nagia Geida -Dr./ Mai Elghare ap

Part I 10 marks

Part I: Read Each of The Following Statements and Check Either (T) For True Or (F) For False (10 Grades)

1	About 50% of people dying from non-communicable diseases in low- and middle-income countries are aged less than 60 years	T	F
2	Invasiveness defined as in ability to penetrate the cell.	T	F
3	Virulence of disease means disease severity and in ability to enter and move through tissue.	T	F
4	Coagulation is addition of a chemical coagulant as sulfur.	T	F
5	Comprehensive community assessment not provides general health profile of the community	T	F
6	A good referral system decreases the efficiency of the health system by maximizing the appropriate use of health care facilities	T	F
7	Infective dose it means number of organisms needed to initiate infection	T	F
8	Attitudes and behaviour are often best understood in the context of their history, social relations, and culture	T	F
9	Natural habitat of the organism that is where they not reside and multiply.	T	F
10	Man is the reservoir of the diseases that is less dangerous to humans than to other species.	T	F
11	Around the world non communicable diseases affect women and men almost not equally.	T	F
12	Ventricular fibrillation is a very rapid regular heartbeat that can cause a heart attack and death.	T	F
13	Outreach programs are fixed clinics that provide care for rural community.	T	F
14	Living organisms as molds & mites are sources of indoor water pollution.	T	F
15	Intermittent period of illness occasionally disseminate the infectious organism	T	F
16	Total deaths from diabetes are projected to rise by more than 50% in the next 2 years	T	F
17	Split referral is a refereed for complete care for a limited period	T	F
18	Valid is one characteristics of the ideal indicators	T	F
19	The appropriate size of classroom is 5 x 8 meters.	T	F
20	Bed rest for about ten weeks for all types of diphtheria except in nasal diphtheria	T	F

Read the following statements carefully then choose the correct answer:

1- Which steps in the following consider the major functions of the community nursing?	
A- Health teaching role	B- Care provider role
C- Administrative role	D- Collaborator role
2- Incubation period of disease means:	
A- No sign and symptoms	B- Mild signs and symptoms
C- Moderate signs and symptoms	D- Sever signs and symptoms
3- What is the main demography group of the urban population?	
A- Infants	B- Adolescents
C- Women	D- Elderly
4- Social indicators one from parts of community assessment it include all the following Except?	
A- Literacy Rate	B- Transportation system
C- Housing conditions	D- Sex ratio
5-All of the following are consider the mode of escape from reservoir Except?	
A- Gastrointestinal tract	B- Genito-urinary tract
C- Open lesions	D- Mucous membrane
6-Community health nurse is a community-based practice. Which best explains this statement?	
A- The service is provided in the natural environment of people	B- The nurse has to conduct community diagnosis to determine nursing needs and problem
C- The service are based on the available resources within the community	D- Priority setting is based on the magnitude of the health problems identified
7. Communicability Period of diphtheria means:	
A- Several hours before onset of the disease until organism disappear from the respiratory tract.	B- Several hours after onset of the disease until organism disappear from the respiratory tract
C- Several hours before and after onset of the disease until organism disappear from the respiratory tract	D- Non above
8- Nursing assessment of sore throat include all the following Except?	
A- Exudates membrane on tonsils and may be the pharynx.	B- Difficulty to swallow
C- Swelling of the neck.	D- Exudates membrane on tonsils.
9-Which of the following are complications of pertussis	
1-Hemorrhage may occur.	
2-Pneumonia	
3-Myocarditis	
4-Encephalitis	
A- 1,2,3	B- 2, 3, 4
C- 1,3,4	D- 1,2,4
10- Preparatory phase of community health assessment include all the following Except?	
A- Development of a health plan	B- Make a timetable
C- Instruments for data collection	D- Statement of the objectives

11-Incubational Period of diphtheria is	
A- 2-5 days or longer.	B-3-5 days or longer.
C- 4-5 days or longer.	D- 1-5 days or longer.
12- About 10%-20% of people with diabetes die from	
A- kidney failure	B- Increases the risk of heart disease
C- Stroke	D- A&B
13-Action Plan for (WHO 2008-2013) provides countries a road map for taking action against non-communicable disease, including all the following Except	
A- Raising the priority of communicable control	B- Improving disease surveillance
C- Enabling governments to take comprehensive action against the diseases	D- Protecting countries particularly developing from the burden of the epidemic
14- About 65% of the world's population live in a country where	
A- overweight kills more people than underweight	B- Obesity kills more people than underweight.
C- A&b	D- Non above
15-School health requires interdisciplinary team effort. The coordination of the school health programs requires collaboration of:	
A- Teachers.	B- School administrators.
C- Infection control department.	D- A and b.
16-Secondary prevention is needed in which stage of the natural history of disease?	
A- Recovery.	B- Pathogenesis.
C- Pre-pathogenesis.	D- Pre-clinical.
17. Nursing students assessing information relevant to a specific problem. Which type of community assessment used to collect this information?	
A- Familiarization.	B- Problem-oriented.
C- Community subsystem.	D- Comprehensive community.
18-Educating children and their parents is an example of which component of the school health program?	
A- The health services component.	B- The food services component.
C- The health instruction component.	D- The healthy environment component.
19- One of the following is an indicator reflects the equity of distribution of health resources in different parts of the country and of the provision of health care :	
A- Doctor-nurse ratio	B- Bed-occupancy rate
C- Number of days of restricted activity	D- Disability Rates
20- As a fourth year nursing student you are able to describe sanitation. Which of the following statements best describes environmental sanitation?	
A- Is a way of death and the quality of living that is expressed in a clean home , clean farm, clean business , clean neighborhood and clean the community	B- Is a way of life and the quality of living that is expressed in a clean home , clean farm, clean business , clean neighborhood and clean the community
C- Is a way of movement and the quality of living that is expressed in a clean home , clean farm, clean business , clean neighborhood and clean the community	D- Is a way of eating and the quality of living that is expressed in a clean home , clean farm, clean business , clean neighborhood and clean the community
21-Incubation Period of whooping cough is	
A- 5-14 days	B- 3-14 days
C- 2-14 days	D- 6-14 days
22-Which of the following reflects tertiary prevention in the school setting?	

A- Screening for scoliosis in adolescents.	B- Promoting dietary compliance in a student with diabetes.
C- Teaching conflict resolution strategies in a school with a racially mixed population.	D- Providing contraceptive information to sexually active adolescents.
23-Which is an example of the school nurse's health care provider function?	
A- Requesting for BCG for school entrance immunization	B- Conducting random classroom inspection during measles epidemic.
C- Taking remedial action on an accident hazard in the school playground	D- Observing places in the school where pupils spend their free times.
24- Most undesirable metal in drinking water is	
A- Iron	B- Zinc
C-Copper	D- Lead
25- Auditory fatigue occurs when decibels is above	
A- 60dB	B- 70dB
C- 80dB	D- 90dB
26. Making sure that playground equipment is in good repair is related to which component of the school health program:	
A- The health service component.	B- The physical education component.
C- The healthy environment component.	D- The health education component.
27- Waste water from the kitchen is called	
A- Sewage	B- Garbage
C- Refuse	D- Rubbish
28- A family with 3(three) or more generations is known as	
A- Blended	B- Extended
C- Nuclear	D- Single parent
29- The concept of prevention is a key component of modern community health practice. Which of the following is an example of primary prevention?	
A- Immunization clinic for seasonal influenza	B- Blood pressure screening for hypertension
C- Audiometric testing for hearing impairment	D- Skin test for tuberculosis
30- Community health nurse role that require speaks in behalf of the client is known as	
A- Educator	B- Collaborator.
C- Advocator	D- Manager
31- Rural health centers covers large number of population	
A- 20.000 to 50.000	B- 25.000 to 50.000.
C- 30.000 to 55.000	D- 35.000 to 50.000
32- Standards of community health nursing based on all the following Except	
A- Research	B- professional development
C- Quality assurance	D- Professional treatment

Part III

22 marks

Complete the following statements by filling in the best answer

- 1- Lock Jaw Mode of Transmission: Through a **wound** as organism is present in **soil** it is communicable from **man to man**, as the organism usually live in **animal's intestinal tract**

- 2- Trismus it means **(tight jaw, inability to open the mouth)**
- 3-Tetanic spasms lasts about **10 seconds** and occurs following a slightest stimuli
- 4-Varicella it is a **highly** communicable disease in **children**
- 5- Community assessment is an **integral** part of the assessment phase of **CHN Process**
- 6-Comprehensive community assessment Provides general **health profile** of the community
- 7-This method of data collection allows the nurse to 1- **participate in the daily life of the community** 2- **to make observation and to obtain information about the structures** 3- **influences that affect the community**
- 8-Nursing Consideration For Orchitis Support **scrotum**, use **cold compresses** for 20 minutes, then, remove it for **30 minutes**, then, reapply it for **20 minutes**
 - 9-Nursing Consideration For Mastitis: **breast support**, use **cold compresses**
 - 10-Successful prevention depends upon **knowledge of causation, Dynamics of transmission**
 - 11-Primordial prevention is **consists of actions & measures that inhibit the emergence of risk factors in the form of environmental, economic, social, & behavioral conditions & cultural patterns of living**
 - 12 -Health indicators is **Variables which help to measure changes often they are used to measure changes cannot be measured directly**
- 12- Effects of poor Light **eye strain. Headache, minerstagmus, accident rate**
- 13-Caisson disease is defined a s **rapid change in atmospheric pressure causing joint pain**
- 14- Epidemiological triad composed of **agent, host, environment**
- 15- Water purification steps are **coagulation, sedimentation, filtration, disinfection, water examination**
- 16- Food safety is defined as **free from any hazards**
- 17-The primary focus of CHN is **health promotion** meanwhile her primary responsibility is **health teaching**
- 18- Inhalation of carbon monoxide in mild amount may cause **headache, nausea and dizziness and vision problem**

Part II

52marks

Part IV: Answer the following questions:

1-Differentiate between Impairment, Disability, Handicap. (6marks)

2- Identify levels of referral system in health care. (10 marks)

3- List elements of primary health care. (8marks)

4- Discuss components of occupational health program. (12marks)

- (1) Health Promotion
- (2) Prevention of health hazards
- (3) Control of health hazards
- (4) Health Appraisal
- (5) Health Education
- (6) Rehabilitation

(1) Health Promotion:

- a) Socio-economic Promotion
- b) Adequate Nutrition
- c) Sanitary Environment
- d) Mental Health Promotion
 - * Component of Occupational Health Program:
- a) Socio-economic Promotion

Reasonable income: salary, extra work hour's payment, incentives.

 - * Component of Occupational Health Program:
- b) Adequate Nutrition
 - * Industrial feeding program: nutritive value food.
 - * Regular diagnose and manage nutritional deficiency.
 - * Nutrition education of workers.
 - * Component of Occupational Health Program:
- c) Sanitary Environment
 - Living environment: accommodation for worker with good housing, suitable crowdness and good sanitary condition.
 - * Component of Occupational Health Program:
- c) Sanitary Environment
 - * Work Environment: Proper site, design, safe water supply, adequate ventilation, lightning, arrangement spacing, toilet and washing facilities, sanitary disposal of wastes which my contain poisons metals and chemicals and radioactive substances.
 - * Component of Occupational Health Program:
- d) Mental Health Promotion: through
 - Social welfare and leisure time recreation.
 - Promoting workers/staff social relations.
 - Study and manage of social problems.
 - * Component of Occupational Health Program:
- (2) Prevention of health hazards
 - A) Sanitation of factory environment
 - B) Fulfilling safety measures
 - C) Measures for workers
 - * Component of Occupational Health Program:
- A) Sanitation of factory environment:

Proper design, adequate ventilation, lightening.....etc

 - * Component of Occupational Health Program:
- B) Fulfilling safety measures:
 - * Safety of electric wiring connection and gas supply.
 - * Fire extinguishing system.
 - * Proper, safe storage, transport of fuel material
 - * Maintenance and repair of machines
 - * Component of Occupational Health Program:
- C) Measures for workers:
 - Place the worker in a suitable job according to his physical and mental fitness and abilities.
 - Teaching and training of worker about safety rules.
 - Prevention of fatigue at work
 - * Component of Occupational Health Program:
- A) First aid and emergency service.
- B) Rehabilitation for disability
- C) Health insurance schem for worker
 - * Component of Occupational Health Program:
- a. Preplacment medical examination.
- b. Periodic medical examination.
- Component:
- 1. Systemic physical examination:
 - * Component of Occupational Health Program:

2. Investigations: It includes
- * Chest radiography.
 - * Blood count
 - * Urine: for albumen and sugar.
 - * Stool: for parasite.
- * Component of Occupational Health Program:
1. Principles of healthful life style including
 - * healthy diet
 - * exercise
 - * smoking cession.
 2. Industrial safety.
- * Component of Occupational Health Program:
- * To minimize disabling effect and limitation.
 - * shift to suitable job for the affected worker.

5- Identify methods of solids wastes disposal. (8 marks)

1 – *Incineration by burning*: The most ideal methods is burns by open fire or closed incinerators.

2- *Controlling dumping*: a cheap sanitary method, which is suitable for cities and towns. The dumps are low lying land, pits, swamps which are sufficiently away from human habitation.

3- *Dumping into sea*: it is not recommended however due to possibility of being washed back.

4- *Sanitary landfills*: Least expensive method. Refuse is spread over an area, compacted with bulldozer, & covered each day with clean soil until several layers have been deposited. The land may be solid for commercial development.

5-*Recycling methods*:

a-Biochemical fermentation:

Mixture of animal wastes, garbage and plant materials. We can use this method to enrich the soil.

b- *Crushing & compaction*:

Refuse of all types can be crushed into small pieces and compacted into solid bricks.

3- *Dumping into sea*: it is not recommended however due to possibility of being washed back.

4- *Sanitary landfills*: Least expensive method. Refuse is spread over an area, compacted with bulldozer, & covered each day with clean soil until several layers have been deposited. The land may be solid for commercial development.

6- Identify preventive rural health services. (8marks)

► Preventive services:

1- *Maternal and child health care services*: antenatal, natal, postnatal care, child care till school age, home visits for both the mother and the child.

2- *Family planning services*: include examination, counseling.

3- *Communicable diseases control*: early detection, prevention and control of communicable diseases. Provide obligatory vaccinations

4- *Endemic and parasitic disease control*: routine examination, detection of cases, referral, early treatment and follow up.

5- *Environmental sanitation services*: include water, food sanitation sewage disposal.

6- *Health office services*: include birth and death registration

7- *Dental care services*: include examination, treatment and referral.

8- *Health education*: achieved within all other services.