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| **Subject: Family and community health nursing** | **Year 2022-2023** |
| **End exam** | **Fourth year** |
| **Total Marks 100 marks** | **Date:9/1/2023** |
| **Prof .Dr/Gehad Abo Elmatty,**  **Assist .Dr/Maha Mousa**  **- Assist Dr./ Nahed Abd El Azeem** | **Time Allowed: 3 Hours** |

**Part I 7 marks**

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

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| --- | --- | --- | --- |
| 1 | Carbon Monoxide (CO), the "Invisible Killer," is both odorless and colorless. | T | F |
| 2 | Secondary prevention is action which halts the progress of a disease at its early stage & prevents complications | T | F |
| 3 | Immunization, Booster doses of MMR in the 1st and 4th year of primary school. | T | F |
| 4 | Objective of primary health care educate costumes and health personnel | T | F |
| 5 | Equitable distribution is one component of primary health care. | T | F |
| 6 | Primary health care is the promotion of continuity of services. | T | F |
| 7 | Community health nursing is the diagnosis and treatment of human responses to actual or potential health problems. | T | F |
| 8 | Infant mortality rate is defined as the number of deaths at ages 1-4 years in a given year per 1000 children in that age group. | T | F |
| 9 | Disability is any loss or abnormality of psychological, physiological or anatomical structure or function. | T | F |
| 10 | Zinc, lead and nickel are chemical agents which can lead to reproductive health effects in female. | T | F |
| 11 | Community health assessment is a dynamic, ongoing process undertaken to identify the strengths and needs of the community | T | F |
| 12 | Water purification stages are Coagulation, sedimentation, filtration, disinfecting and examination | T | F |
| 13 | Internal environment means physical environment, social relationships and economic variables | T | F |
| 14 | The school age children needs 35% of protein per day | T | F |

**Part II 28 marks**

**Read the following statements carefully then choose the correct answer:**

|  |  |
| --- | --- |
| **1-…………consists of measures that inhibit risk factors emerging** | |
| A-Primordial prevention | B-Primordial prevention |
| C-Secondary prevention | D-Tertiary prevention |
| **2-one of the following wrong about the Health promotion is …………….** | |
| A- Health education | B- Nutritional interventions |
| C- Immunization | D- Life style & behavioral changes |
| **3-Tertiary prevention represent ………… stage of disease** | |
| A- Recovery. | B- Latent disease. |
| C- Pre-disease. | D- Symptomatic. |
| 4- **Which of the following is the best definition of a non-communicable disease** | |
| A- A disease that is spread by the transfer of pathogens | B-A disease that cannot be transferred from person to person |
| C- A genetic disease | D-All the above |
| 5- **What is the goal of tertiary prevention?** | |
| A-Educate to prevent diseases from occurring in the first place | B-Early detection and treatment |
| C- Blood pressure and cholesterol screenings | D-Prevent future occurrences and increase life expectancy |
| **6-Which is related health facility is the usual point of entry of a client into the health care delivery system** | |
| A- Primary | B- Secondary |
| C- Intermediate | D- Tertiary |
| **7-Which one of the following is NOT related to an essential element of Primary Health Care** | |
| A- Multi Sectoral Approach | B- Community involvement |
| C- Appropriate technology | D- Qualification of health providers |
| **8-Which of the following is primary goal of community health nursing** | |
| A- To support and supplement the efforts of the medical profession in the promotion of health and prevention of illness. | B- To enhance the capacity of individuals, families and communities to cope with their health needs. |
| C- To increase the productivity of the people by providing them with services that will increase their level of health. | D- To contribute to national development through promotion of family welfare, focusing particularly on mothers and children. |
| **9-Which of the following consider one is not a pollutant normally?** | |
| A- hydrocarbon | B- carbon dioxide |
| C- carbon monoxide | D- sulphur dioxide |
| **10-Which of the following is effect of biological hazards** | |
| A- Malaria | B- Jaundice |
| C- Cataract | D- Deafness. |
| **11-Environment it consider one from factors Influencing Disease Transmission it include all the following EXCEPT** | |
| A- Weather | B- Housing |
| C- Air quality | D- Virulence |
| **12-One of them it consider wrong Mode of Escape Organisms from Reservoir:** | |
| A- Open lesions | B- Gastrointestinal tract |
| C- Direct infections of mucous membrane/skin | D- Mechanical escape |
| **13-Oral hygiene of child suffering from diphtheria never use tooth brush or swabs because of……….** | |
| A- Danger of distracting the membrane | B- Distracting the membrane leading to bleeding |
| C- Distracting the membrane Rapid spread of toxins into blood system. | D- All of above |
| **14-Incubation Period of whooping cough-** | |
| A-5-12 days | B-5-14 days |
| C-5-16 days | D-5-18 days |
| **15-Non-communicable disease cause all the following except** | |
| A- Premature morbidity | B- Dysfunction |
| C- Reduced quality of life | D- Premature mortality |
| **16-one of the following wrong from metabolic risk factors of Non-communicable disease it** | |
| A- High blood pressure | B- High cholesterol |
| C- Sedentary lifestyle | D- Excessive weight and obesity |
| **17-One from Classification of blood pressure moderate hypertension when the rate is:** | |
| A- Diastolic100-109 and Systolic160-179 | B- Diastolic100-109 and Systolic 180-200 |
| C- Diastolic 110-119 and Systolic160-179 | D- Diastolic100-109 and Systolic 180-209 |
| **18-Chemical imbalances one from complication of cancer Signs and symptoms of it include:** | |
| A- Excessive thirst, frequent urination, constipation and confusion. | B- Brain and nervous system problems |
| C- Cancer that returns | D- All of above |
| **19-This blood test, indicates your average blood sugar level for the past two to three months between 5.7 and 6.4 % indicates prediabetes;** | |
| A- Random blood sugar test | B- Glycated hemoglobin test |
| C- Oral glucose tolerance test | D- Fasting blood sugar test |
| **20------------Predicted to become the seventh (7th) leading cause of death in the world by the year 2030:** | |
| A- Cancer disease | B- Diabetic disease |
| C- Stroke disease | D- respiratory disease |
| **21-Importance of study rural health it include one of the following** | |
| A- To decrease gap between the urban and rural in terms of facilities availed | B- To increase gap between the urban and rural in terms of facilities availed |
| C- To interpretation gap between the urban and rural in terms of facilities availed | D- To differentiate gap between the urban and rural in terms of facilities availed |
| **22-Predisposing factors causes mortality rates are higher in the rural area than the urban area are.** | |
| A- Illiteracy especially of the mothers | B- Low socio-economic standard |
| C- In-sanitary environment | D- All of the above |
| **23-Persons from rural areas report the following EXCEPT** | |
| A- Higher rates of smoking | B- Higher rates of Exposures to second-hand smoke |
| C- Higher rates of Obesity rates | D- Higher rates of fruits and vegetable consumption |
| **24-Characteristics of slum it include the following except** | |
| A- Breeding grounds for social problems like crime, drug addiction, alcoholism | B- Low rates of mental illness and suicide, Low level of economic status of its residents |
| C- Inadequate infrastructural facilities | D- Acute problem of malnutrition Lack of drinking water |
| **25-When inhaled or ingested can cause anemia and damage to the nervous system** | |
| A- Hydrocarbon | B- Sulfur oxide |
| C- Ozone | D- Lead |
| **26-During the water purification phase using a chemical coagulant as…… chloride.** | |
| A- calcium | B- Iron |
| C- Magnesium | D- potassium |
| **27-Community health nursing combines with public health sciences and nursing ….** | |
| A- Theories | B- Education |
| C- Teaching | D- Care |
| **28-Community health nursing is a vital part of public health and consists of ….. principle** | |
| A- Nine | B- Ten |
| C- Eleven | D- Twelve |

**Part III 7.5 marks**

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| **Match the correct answer in column A with corresponding answer in column B** | | | |
| ability to penetrate the cell | A | **RESERVOIR natural habit**  **ant of the organism that is where** | 1 |
| Are pathogenic appear on day before rash | B | **One from the importance of communicable disease study it.** | 2 |
|  | C | **Varicella** | 3 |
| they reside and multiply | D | **Invasiveness of agent** | 4 |
| moderating diet | E | **Latent period of Infection and Disease** | 5 |
| Some of the cause epidemics | F | **Mechanical vectors of Mode of Transmission of disease personal effects such as** | 6 |
| associated with poor housing and social conditions, poor indoor air quality and inadequate housing hygiene | G | **Tetanus Communicable from man to man, as the organism usually.** | 7 |
| Protect the child from falling | H | **Opisthotonos it means** | 8 |
| This is a highly communicable disease in children | I | **For tetanic spasm** | 9 |
| levels vary according to the prevailing underlying risks | J | **Koplik’s Spots** | 10 |
| backward arching of the back as a result of the dominance of the extensor muscles of the spine, head draws back | K | **Trismus it means** | 11 |
| being overweight or obese | L | **Damp:** | 12 |
| inability to open the mouth | M | **At least one third of the 10 million new cases of cancer each year are preventable through:** | 13 |
| live in animal’s intestinal tract | N | **At least 2.8 million people each year die as a result of** | 14 |
| Toothbrushes | O | **In low- and middle-income countries cancer** | 15 |

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| 15 | 14 | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
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***Part 1v complete the following (8 marks)***

1-Bed rest for about 6 weeks for all types of diphtheria except in -------------------------

2-Paroxysmal stage one from Stages of Pertussis It is characterized by -----------------------

in one expiration, followed by ----------------------, which may be accompanied by -----------------

3- Chicken pox Rash appears in successive ----- and lesions in all stages of development at the same time

4- Agricultural areas are commonly considered as the ----------- of the people.

5 -Rural areas have very slow rate of change because of ----- ----

6-Urban society ------------------- because many people comes from rural areas and settles down here -------------------------

7- A slum is a part of a city or a town where ------------------------

**Part IV 49,5 marks**

**Give short account on :**

1. **Compare between communicable and non-communicable disease ? (8 mark)**
2. **Element of primary health care ? (8 mark**
3. **Explain components of occupational health program ?** (6.5 mark)
4. **Apply level of prevention on diabetes mellitus?**

**5-How to control the air pollution? (6 mark)**

6- **list four principles of food sanitation?4 mark**

**7-Describe the role of community health nurse? 6 mark**

**8-Explain the Egyptian government strategy and efforts for dealing with slum area? (8 marks)**

***Good luck***