FACULTY OF HEALTH SCIENCES
DEPARTMENT OF NURSING
ACADEMIC YEAR 2023/2024 – SEMESTER II

BACHELOR OF SCIENCE HONOURS IN NURSING
NGU6910-PRIMARY HEALTH CARE II-LEVEL 6
FINAL EXAMINATION

Date: 29.10.2024 Time: 9.30 AM-12.30 PM Duration: 03 Hours

Short Answer Questions (Part B): (50 MARKS)

Question 01 (10 Marks)

Mrs. Fathima, a 26-year-old woman in her second trimester, attends her prenatal care clinic visit at 20 weeks of pregnancy. This is her third visit, and she feels well, but she is unsure about what routine activities and tests are necessary at this stage of pregnancy. Fathima also wonders what she should be doing to ensure her baby's healthy development.

1.1 Identify three (03) routine assessments that should be conducted during Fathima's 20-week prenatal visit. (03 Marks)

1.2 Write two (02) possible pregnancy risk factors that can be identified from the current visit. (02 Marks)

1.3 List out the five (05) pieces of advice that the primary health nurse (PHN) gives Fathima regarding lifestyle choices and activities to support her pregnancy and the baby's health. (05 Marks)

Question 02 (10 Marks)

You are a nurse assigned to a community clinic. A mother brings her 4-year-old child for a routine health check. She expresses concerns about her child's diet, vaccination status, and behavioral issues in social settings.

2.1 Write four (04) key assessments you should focus on during this routine health check for a preschool child. (02 Marks)

2.2 List four (04) important details you should provide to the mother on ensuring proper nutrition for her 4-year-old. (04 Marks)

2.3 State four (04) strategies would you recommend to the mother to improve her child's social behavior. (04 Marks)

Question 03 (10 Marks)

Promoting women's health is a critical component of primary health care (PHC), and nurses play a key role in advancing this goal.

3.1 List four (04) common diseases or health conditions affecting women globally. (02 Marks)

3.2 Identify two (02) major indicators of women's health? (02 Marks)

3.3 Briefly describe how societal factors impact the health of women. (06 Marks)

Question 04 (10 Marks)

Siril, a 45-year-old man, has recently lost his job and is going through a difficult divorce. During a routine home visit, the community health nurse notices that Siril seems withdrawn, mentions feeling hopeless, and hints at not wanting to live anymore. Siril has a history of depression but has not followed up with mental health services in months.

4.1 What key signs and symptoms in the case suggest that Siril may be at risk of suicide? (02 Marks)

4.2 State four (04) immediate actions should the nurse take to ensure Siril 's safety and well-being. (02 Marks)

4.3 Briefly describe how should the community health nurse plan for Siril's follow-up care and monitor his mental health. (06 Marks)

Question 05 (10 Marks)

Teamwork in community health is essential for delivering effective healthcare services and improving overall health outcomes.

5.1 Define the term "Health Team" (01 Marks)

5.2 What are the types of teams that can be observed within the health team? (02 Marks)

5.3 Define the term "Team leader" (01 Marks)

5.4 Write three (03) types of leadership styles and briefly describe their nature. (06 Marks)

Part C – Structured Essay Question (30 Marks)

Question 01 (30 Marks)

Section I

A community health nurse (CHN) is a specialized nursing professional who focuses on promoting and protecting the health of populations within communities.

1.1 State four (04) qualities need for CHN. (02 Marks)

1.2 Write four (04) essential skills for CHN. (02 Marks)

1.3 Describe three level of care in community health with appropriate examples. (11 Marks)

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Section II

Mrs. Anjali, a 65-year-old woman living in a rural community, has been diagnosed with hypertension and diabetes mellitus. She has limited access to healthcare services, and her family is concerned about her health management. Mrs. Anjali lives alone, and her daughter, who works in a nearby city, can only visit on weekends. The community health nurse has been assigned to provide care and support to Mrs. Anjali.

1.1 Discuss the role of community health nurses in managing chronic illnesses in rural populations using Mrs. Anjali's case as a basis. (15 Marks)

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