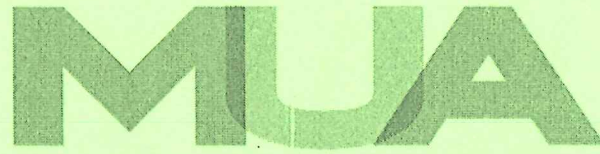


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CERTIFICATE UNIVERSITY EXAMINATIONS

SCHOOL OF MANAGEMENT AND LEADERSHIP

CERTIFICATE IN COMMUNITY HEALTH DEVELOPMENT

**CHD 102: FOUNDATION OF COMMUNITY HEALTH CARE**

**DATE: 10<sup>TH</sup> DECEMBER 2018**

**DURATION: 2 HOURS**

**MAXIMUM MARKS: 70**

**INSTRUCTIONS:**

1. Write your registration number on the answer booklet.
2. **DO NOT** write on this question paper.
3. This paper contains **SIX (6)** questions.
4. Question **ONE** is compulsory.
5. Answer any other **FOUR** questions.
6. Question **ONE** carries **30 MARKS** and the rest carry **10 MARKS** each.
7. Write all your answers in the Examination answer booklet provided.

**QUESTION 1**

Read the case study below and answer the question that follows

**A CASE STUDY ON PRIMARY HEALTH CARE**

When President Jomo Kenyatta first took office, he has a vision to eradicate poverty, ignorance and disease. Today, Kenya has made tremendous gains on all accounts. Kenya's economic prosperity curve is one of the most impressive in the continent. Literacy rates are improving slowly, but surely, as over 78% of men and 81% women can read and write. However, several health indicators show urgent need for action, especially at the primary health care level, in order to ensure every Kenyan can live a healthy and full life. Too many people in Kenya continue to die from preventable and treatable illnesses. Consider the following statistics: one in three Kenyans die from preventable and treatable illnesses, such as pneumonia and malaria. One child dies before reaching the age of one. Diarrhea diseases are among the top five killers of children below the age of five. These numbers are unacceptable. Preventable and treatable diseases can be easily managed at the primary level of any functioning health system. Data shows that PHC can deliver 90% of all the essential healthcare services people need throughout their lives, and is less expensive and more accessible than hospital-based care. Routine check-ups are also crucial for early diagnosis, which helps prevent non-communicable diseases before they become complicated conditions that take years and money to treat. As Hon. Sicily Kariuki, Cabinet Secretary for Health in Kenya, stated: "coverage. "Even at the primary level, accessing health care remains a significant challenge for most Kenyans. Kenyans lack any form of health insurance. As a result, many don't seek timely care, and when they do, they often need to borrow money or sell assets to cover medical costs. Every year, healthcare expenses push one million Kenyans below the poverty line - \$1.90 per person per day - and keep them poor.

This must change - and soon - and a functioning primary healthcare system will be key to avoiding these catastrophic health expenditures.

**Required:**

- a) Define primary health care as stated by the Alma Ata Declaration?(6marks)
- b) Discuss about eight essential elements of primary health-care and give local examples. (24marks)

**QUESTION TWO**

Define the following terminologies

- a) Community health (3marks)
- b) Home based care (3marks)
- c) Describe the 3 main determinants of community's health and give relevant examples discussed in class. (4marks)

**QUESTION THREE**

Explain four (4) community health responsibilities. (10marks)

**QUESTION FOUR**

Explain 5 environmental primary prevention methods of diseases. (10marks)

**QUESTION FIVE**

State five objectives of home based care (10marks)

**QUESTION SIX**

Some groups of people are at a higher risk of diseases than others. Explain 5 high risks groups in the community. (10marks)

