



# MACHAKOS UNIVERSITY

University Examinations for 2021/2022

SCHOOL OF HEALTH SCIENCES

DEPARTMENT OF PUBLIC AND COMMUNITY HEALTH

THIRD YEAR SECOND SEMESTER EXAMINATION FOR

BACHELOR OF PUBLIC HEALTH

HPH 308: NON-COMMUNICABLE DISEASES

DATE: 10/12/2021

TIME: 8.30-10.30 AM

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## Instructions:

This paper consists of two sections A and B

## SECTION A

### Specific Instructions

- This section has one question
- This question is **COMPULSORY**
- The question is 30 Marks

## QUESTION ONE (30 MARKS)

- Outline the common characteristics of non-communicable diseases (2 marks)
- Explain the health consequences for the diabetic patient, who has high intakes of fatty foods (2 marks)
- Highlight the lifestyle risk factors that increase chances of developing cancer. (3 marks)
- Outline the likely allergic respiratory responses among human beings upon consuming wheat food products. (3 marks)
- Explain the sequence of events during an asthmatic attack in children (3 marks)
- Using examples explain the relationship between cardiovascular and cerebrovascular diseases (2 marks)
- Explain the role of County governments in promoting health and reducing risk factors for non-communicable diseases (3 marks)

- h) Jona has been diagnosed with irritable bowel syndrome, explain the appropriate actions needed to manage the condition (3 marks)
- i) Advanced age is a risk factor for immunodeficiency disorders. Explain (3 marks)
- j) Highlight areas of research and surveillance in the prevention and control of non-communicable diseases in Kenya today (3 marks)
- k) Provide a list of advices for men whose approach in managing prostate cancer is “Watchful waiting or active surveillance” (3 marks)

## **SECTION B:**

### **Specific Instructions**

- **This section has four (4) questions**
- **Answer any two (2) questions**

**Each question is 20 Marks**

### **QUESTION TWO (20 MARKS)**

- a) Describe the approaches to diagnosis of patients with immunodeficiency disorders (10 marks)
- b) Discuss the challenges in the prevention and control of non-communicable diseases in Kenya (10 marks)

### **QUESTION THREE (20 MARKS)**

- a) Describe general observed behaviors in people suspected of mental illness in our communities today (10 marks)
- b) You are a public health professional in a country where 95% of pregnant mothers attend antenatal care clinic. Discuss your advices to lower their chances of having children with birth defects (10 marks)

### **QUESTION FOUR (20 MARKS)**

- a) Advice on the health practices to help reduce the risk of developing cardiovascular diseases among community members (10 marks)
- b) Discuss the various myths associated with palliative care when recommended for cancer patients (10 marks)

### **QUESTION FIVE (20 MARKS)**

- a) Discuss the challenges of life experienced by women on or after cervical cancer treatment (10 marks)
- b) Advise on legislative and regulatory measures that can be put in place in Kenya today to reduce tobacco use and exposure (10 marks)