



# **MERU UNIVERSITY OF SCIENCE AND TECHNOLOGY**

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## **University Examinations 2024/2025**

### **FOURTH YEAR FIRST SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF MEDICAL LABORATORY SCIENCES**

#### **HML 3414: PRINCIPLES OF PUBLIC AND COMMUNITY HEALTH**

**DATE: JANUARY 2025**

**TIME: 3 HOURS**

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#### **INSTRUCTIONS:**

Answer *All* questions

Ensure that all your answers are properly numbered

Part I multiple Choice Questions (MCQ): Write the correct answer on the space provided in the answer booklet. Each MCQ is one mark

Part II: Short Answer Questions – Answer questions following each other on the answer booklet

Part III: Long Answer Questions – Answer each question on the answer booklet

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#### **SECTION A: MULTIPLE CHOICE QUESTIONS (20 marks)**

1. Which of the following is a key principle of primary health care?
  - a) Centralized specialized care
  - b) Community participation
  - c) Tertiary care services
  - d) Disease prevention only
2. What is the primary focus of community health?
  - a) Individual patient care
  - b) Prevention of disease and promotion of health within a community

- c) Hospital-based specialized treatment
  - d) Research and development of new medications
3. Which of the following is a major determinant of community health?
- a) Number of hospitals
  - b) Socioeconomic status
  - c) Type of health insurance
  - d) Genetic predisposition
4. Which of the following is an example of a community health initiative?
- a) Community-based vaccination drives
  - b) Individual medical check-ups
  - c) Surgical interventions in hospitals
  - d) Private consultations with specialists
5. Community health assessments are primarily used to:
- a) Determine individual health statuses
  - b) Identify and prioritize health needs within a community
  - c) Allocate hospital resources for surgery
  - d) Conduct laboratory research
6. Which of the following best describes 'health disparity'?
- a) Differences in disease prevalence between hospitals
  - b) Differences in health outcomes and access to healthcare between different populations
  - c) Differences in the number of healthcare workers in various countries
  - d) Differences in medical equipment used in hospitals
7. Which of the following is a key strategy for improving community health?
- a) Increasing the number of emergency rooms
  - b) Promoting health education and awareness programs
  - c) Focusing only on treating diseases after they occur
  - d) Limiting access to primary healthcare services

8. What is the role of community health promoters
- a) Conducting complex surgeries
  - b) Providing basic health services, education, and support in the community
  - c) Managing hospital administration
  - d) Prescribing medication without physician oversight
9. Which of the following is a characteristic of a healthy community?
- a) High levels of pollution
  - b) High rates of unemployment
  - c) Access to safe water and sanitation
  - d) Poor housing conditions
10. The concept of 'community empowerment' in health refers to:
- a) Providing all healthcare decisions to community leaders
  - b) Enhancing the capacity of individuals and communities to make informed health decisions
  - c) Restricting access to healthcare information
  - d) Imposing strict health regulations without community input
11. Which of the following best describes community participation in health programs?
- a) Community members passively receiving health services
  - b) Active involvement of community members in planning, implementing, and evaluating health programs
  - c) Limiting health program planning to healthcare professionals only
  - d) Community members making decisions without professional guidance
12. The primary goal of community mobilization is:
- a) To increase the number of hospitals in a community
  - b) To empower communities to identify and address their own health needs and priorities
  - c) To transfer decision-making power to external organizations
  - d) To focus only on disease treatment
13. What is the primary purpose of a community health assessment?
- a) To diagnose individual health conditions

- b) To identify and prioritize health needs within a community
  - c) To determine healthcare facility budgets
  - d) To provide specialized clinical treatment
14. Which of the following is a key step in conducting a community health assessment?
- a) Developing clinical treatment protocols
  - b) Collecting data on the health status of the community
  - c) Conducting laboratory tests for every individual in the community
  - d) Limiting the assessment to healthcare professionals
15. One of the following is a main outcomes of a community health assessment
- a) A list of recommended surgical procedures
  - b) A comprehensive report highlighting community health needs and resources
  - c) An increase in hospital revenue
  - d) Decrease in health worker participation
16. The main objective of community health development is
- a) To provide individual medical care to all community members
  - b) To improve the overall health and quality of life of community members through collective efforts
  - c) To build more hospitals in urban areas
  - d) To reduce the role of community members in health decisions
17. Which of the following is an example of a behavioral determinant of health?
- a) Housing quality
  - b) Level of physical activity
  - c) Environmental pollution
  - d) Genetic mutations
18. What is one of the major challenges in implementing primary health care policies?
- a) Lack of specialized hospital-based treatments
  - b) Lack of political will and support for primary health care initiatives
  - c) Excessive focus on preventive measures

d) Lack of healthcare providers

19. Which method involves selecting a sample based on the recommendation of existing subjects?

a) Simple random sampling

b) Snowball sampling

c) Quota sampling

d) Stratified sampling

20. Which of the following is NOT considered one of the core elements of primary health care?

a) Accessibility to essential health services

b) Community participation

c) Specialty care services

d) Health education and promotion

#### **SECTION B: SHORT ANSWER ALL QUESTIONS (40 MARKS)**

1. State five importance of community participation in development (5 marks)
2. State five approaches in mobilizing communities towards development (5 marks)
3. Outline five roles of community health promoters . ( 5 marks)
4. Explain five principles of community health (5 marks)
5. State five drivers of health inequalities in Kenya (5 marks)
6. State five strategies for a successful community development project (5 marks)
7. State five challenges encountered in the implementation of primary healthcare (5 marks)
8. Explain the five core function of public health (5 marks)

**SECTION C: LONG ANSWER TWO QUESTIONS (40 MARKS)**

1. Describe the steps in conducting community health assessment (20 marks)
2. Discuss the health needs of the developing countries and the possible solutions (20 marks)
3. With examples, discuss the importance of health programmes in Kenya (20 marks)