



(University of Choice)

**MASINDE MULIRO UNIVERSITY OF
SCIENCE AND TECHNOLOGY
(MMUST)**

MAIN CAMPUS

**UNIVERSITY EXAMINATIONS
2023/2024 ACADEMIC YEAR**

THIRD YEAR FIRST TRIMESTER EXAMINATIONS

FOR THE DEGREE

OF

**BACHELOR OF SCIENCE IN CLINICAL MEDICINE, SURGERY AND COMMUNITY
HEALTH**

COURSE CODE: HCM 368

COURSE TITLE: Complimentary Medicine (Upgrading)

DATE: Thursday 7th December 2023

TIME: 8:00am – 10:00am

INSTRUCTIONS TO CANDIDATES

Answer all questions

Section A: Multiple choice questions (MCQ) (20 Marks)

Section B: Short answer questions (SAQ) (40Marks)

Section C: Long answer questions (LAQ) (40Marks)

TIME: 2 Hours

MMUST observes ZERO tolerance to examination cheating 1

SECTION A: MULTIPLE CHOICE QUESTIONS

Answer ALL questions

Each question carries 1 mark (20 marks)

- Q1. Which of the following is an example of alternative medicine
- a) Massage
 - b) Physiotherapy
 - c) Cold and hot therapy
 - d) Energy healing
- Q2. The following are examples of Chinese traditional medicine. Which one is not?
- a) Moxibustion
 - b) Acupuncture
 - c) Qigong
 - d) Homeopathy
- Q3. Which of the following conditions is not an indication of traditional Chinese medicine?
- a) Heart disease
 - b) Arthritis
 - c) Menopausal problems
 - d) Acute renal failure
- Q4. The following are goals of acupuncture. Which one is not?
- a) Restoration of balance
 - b) Restoration of harmony between man and his environment
 - c) Balances the energies of the meridians
 - d) Improves nerve stimulation
- Q5. About acupuncture which is not true
- a) It uses very thin needles
 - b) It causes slight pain during needle insertion
 - c) It may be associated with the application of laser therapy
 - d) Clinical practice varies from country to country
- Q6. The following statements about Acupuncture are true. Which statement is FALSE?
- a) It is a key component of Chinese traditional medicine
 - b) Stimulation of specific points corrects imbalances
 - c) It is based on scientific knowledge
 - d) It is mainly used for pain relief
- Q7. About massage therapy which statement is FALSE?
- a) Breaks the painful cycle within the central nervous system
 - b) During the procedure muscles relax and lengthen
 - c) Takes blood away from the muscles
 - d) Can be used as a recreational activity
- Q8. In aquatic body work which statement is FALSE?
- a) It includes Watsu
 - b) It may be performed in warm water pools
 - c) Includes aquatic cranio-facial therapy
 - d) It includes tepid sponging
- Q9. About Anma massage which statement is FALSE?
- a) It is traditional Japanese massage

- b) It is Traditional Chinese medicine practice
 - c) It involves vigorous kneading
 - d) It is commonly performed through clothing
- Q10. In Ashiatsu which statement is FALSE?
- a) Uses the hands to deliver treatment
 - b) Uses the feet to deliver treatment
 - c) The name comes from Japanese
 - d) It is ideal for large muscles such as the thighs
- Q11. About Balinese massage which statement is FALSE?
- a) It is a gentle way of doing massage
 - b) It includes stroking and other techniques
 - c) It is applied vigorously to the muscles
 - d) It is applied together with aromatherapy throughout the procedure
- Q12. About Bowen technique which statement is FALSE?
- a) It involves a rolling movement
 - b) It involves superficial contact with the skin
 - c) It requires prolonged contact with muscle tissues
 - d) Restores normal lymphatic flow
- Q13. In Breema technique the following statements are true except which one
- a) It is performed on the floor
 - b) The recipient remains fully clothed
 - c) Consists of leans and stretches
 - d) The recipient is fully unclothed
- Q14. About Bio-dynamic massage which statement is FALSE?
- a) It was created by Gerda Boyesen
 - b) It is part of bio-dynamic psychotherapy
 - c) It is practiced as a part of combination therapy
 - d) It combines physical and energy work
- Q15. About massage which statement is FALSE?
- a) Champissage is a massage technique focusing on the head, neck and face
 - b) Craniosacral therapy (CST) is a gentle approach that releases tensions deep in the body
 - c) Carotid sinus massage is used to diagnose carotid sinus syncope
 - d) Carotid massage is more effective than management of SVT with medications.
- Q16. About juice therapy which statement is FALSE?
- a) Juice is a detoxifier
 - b) Helps identify food sensitivities
 - c) Is used in combination with other body building foods
 - d) Dangerous for diabetics
- Q17. Which of the following statements is FALSE
- a) Juice therapy uses commercial juices
 - b) May be used in order to lose weight
 - c) May be used for religious purposes
 - d) Can be used to stop habitual behaviour like cigarette smoking
- Q18. The following are indications for juice fasting. Which one is not
- a) To cure chronic pain and arthritis
 - b) To treat severe infections resistant to antibiotics

- c) To dissolve gall stones
 - d) For healing specific organs and systems
- Q19. Which of the following statements about hydrotherapy is FALSE?
- a) Heat causes the arteries and veins to expand
 - b) Cold causes that blood vessels to constrict
 - c) The physical properties of water are not important
 - d) Improves lymphatic drainage
- Q20. Which of the following is correctly matched
- a) Vata - Space and water
 - b) Pitta - Fire and air
 - c) Kapha - Earth and water
 - d) None of the above

SECTION B: SHORT ESSAY QUESTIONS – 40 MARKS

Each question carries 5 marks

- Q1. Outline the differences between complimentary medicine and conventional medicine (10 marks)
- Q2. Outline the principles of complementary medicine (10 marks)
- Q3. Discuss the characteristics of homeopathic medicine (5 marks)
- Q4. Discuss the reasons for the triumph of biomedicine over Homeopathic medicine (5 marks)
- Q5. Discuss the three basic osteopathic principles (5 marks)
- Q6. Briefly describe the term Energy healing (2 marks) List THREE of the many schools of energy healing (3 marks)

SECTION C: LONG ANSWER QUESTIONS – 40 MARKS

Answer ALL questions

- Q1. Discuss four distinctive features of Bio-medicine (8 marks). Discuss the three basic osteopathic principles (6 marks)
- Q2. Discuss the 7 common beliefs held by alternative/complementary medicine systems. (14 marks)
- Q3. a) Write short notes on acupuncture (5 marks).
 b) Briefly discuss Aroma therapy (5 marks).
 c) Briefly describe the term Energy healing (2 marks)