



# MERU UNIVERSITY OF SCIENCE AND TECHNOLOGY

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## University Examinations 2023/2024

SECOND YEAR SECOND SEMESTER EXAMINATION FOR THE DEGREE OF  
BACHELOR OF SCIENCE IN MEDICAL MICROBIOLOGY

### HMM 3224: PRINCIPLES OF PUBLIC AND COMMUNITY HEALTH

DATE: APRIL 2024

TIME: 2 HOURS

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INSTRUCTIONS: Answer all questions in Section A, B and any two in Section C

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1. One the following trend has influenced the evolution of community development in the 21<sup>st</sup> century
  - a) Decrease in globalization
  - b) Rise of individualism
  - c) Increasing recognition of local knowledge and assets
  - d) Shift towards authoritarian governance
2. The focus of many community development programs during the 1960s and 1970s was:
  - a) Emphasis on centralized planning
  - b) Implementation of top-down strategies
  - c) Integration of participatory approaches
  - d) Exclusion of marginalized group
3. One of the following theories suggests that communities should rely on external resources and expertise to solve their problems
  - a) Charity-based approach
  - b) Empowerment-based approach

- c) Top-down approach
  - d) Asset-based approach
4. The ultimate goal in addressing the health needs of developing countries is:
- a) Maximizing profits for healthcare providers
  - b) Providing luxury healthcare services
  - c) Achieving equitable access to healthcare for all citizens
  - d) Focusing on individualistic approaches to healthcare
5. Access to clean water and sanitation is crucial for the health in developing countries because;
- a) It has no significant impact on health outcomes
  - b) It reduces the risk of waterborne diseases
  - c) It increases the burden of infectious diseases
  - d) It leads to higher rates of chronic illnesses
6. Some of the common health challenges faced by developing countries include;
- a) Overabundance of healthcare facilities
  - b) High prevalence of chronic diseases
  - c) Universal access to clean water and sanitation
  - d) Advanced healthcare infrastructure
7. Community diagnosis contribute to public health by:
- a) By focusing solely on individual health concern
  - b) By increasing healthcare costs
  - c) By identifying health needs and priorities at the population level
  - d) By promoting individualistic approaches to healthcare
8. One of the following is a potential outcome of community diagnosis
- a) Increased healthcare disparities
  - b) Decreased understanding of community needs
  - c) Development of targeted interventions
  - d) Limited access to healthcare services
9. Community participation play the following role in community diagnosis;
- a) It is not relevant to community diagnosis
  - b) It enhances the validity and effectiveness of the process
  - c) It obstructs data collection efforts

- d) It imposes solutions without consulting community members
10. Data sources commonly used in community diagnosis include:
- a) Individual medical records only
  - b) Census data and surveys
  - c) Government reports exclusive
  - d) Hospital admission records
11. Which of the following is NOT a step in the process of community diagnosis
- a) Data collection and analysis
  - b) Formulating treatment plans for individuals
  - c) Identifying health needs and priorities
  - d) Developing interventions and strategies
12. Which of the following is a fundamental principle underlying successful community participation?
- a) Imposition of solutions by external actors
  - b) Power imbalance among stakeholders
  - c) Respect for local knowledge and expertise
  - d) Limited access to information for community members
13. What role does community participation play in decision-making processes?
- a) Passive observers
  - b) Token representatives
  - c) Active contributors
  - d) Silent bystanders
14. One of the following is an example of community participation
- a) Imposing solutions without consulting the community
  - b) Holding closed-door meetings with external stakeholders only
  - c) Conducting community meetings to gather input and feedback
  - d) Ignoring local customs and traditions
15. The significance of community participation in development projects include:
- a) Undermining community cohesion
  - b) Fostering dependency on external aid
  - c) Ensuring projects are relevant and sustainable

- d) Discouraging local innovation
16. The following takes a lead in decision-making processes in community participation, during:
- a) External consultants
  - b) Elected officials
  - c) Community members
  - d) Corporate sponsors
17. The ultimate goal of primary health care is;
- a) Maximizing profits for health care providers
  - b) Providing specialized treatments to all patients
  - c) Achieving health for all
  - d) Prioritizing treatment for affluent populations
18. The following is a key component of primary health care delivery:
- a) Expensive medical technologies
  - b) Specialized medical equipment
  - c) Community involvement and participation
  - d) High-cost medications
19. The concept of primary health care in the Alma-Ata Declaration was introduced by:
- a) World Bank
  - b) United Nations
  - c) World Health Organization (WHO)
  - d) Red Cross
20. The entry point to the health care system is:
- a) Tertiary care
  - b) Secondary care
  - c) Primary care
  - d) Quaternary care

**SECTION B: ANSWER ALL THE QUESTIONS (40 MARKS)**

- 1. State five components of a community (5 marks)
- 2. Highlight five principles of community health (5 marks)
- 3. State five characteristics of community development (5 marks)

4. Explain two importance of community participation in development (5 marks)
5. Outline five importance of community health need assessment (5 marks)
6. Explain two levels of healthcare (5 marks)
7. Explain five factors to consider for a successful community development process (5 marks)
8. State five roles of community health workers (5 marks)

**SECTION C: ANSWER ANY Two QUESTIONS -(40MARKS)**

1. Describe the community development process (20 marks)
2. Discuss the strategies Kenya has put in place to ensure health for all (20 marks)
3. Discuss the components of community diagnoses (20 marks)