



"Investing in Africa's Future"

COLLEGE OF HEALTH, AGRICULTURE & NATURAL SCIENCES

DEPARTMENT OF HEALTH SCIENCES

**SHS 209: PREVENTION OF COMMUNICABLE AND NON COMMUNICABLE
DISEASES**

END OF FIRST SEMESTER EXAMINATIONS

NOVEMBER/DECEMBER 2017

LECTURER: DR MUKUZUNGA M

DURATION: 3 HOURS

INSTRUCTIONS

Answer 3 (three) questions from each section.

1. Do not write your name on the answer sheet

2. Use Answer Sheets Provided

3. Begin your answer for Each Question on a New Page

4. Credit is Given for Neat Presentation



SECTION A [Choose any three (3) questions from this section]

- 1) Vitamins are important component in the discourse of non communicable disease
- What are Vitamins? [2 marks]
 - There are two different categories of Vitamins. What are they and please give examples of each category (5)
 - COMPLETE THIS TABLE** [13 marks]

VITAMIN	OTHER NAME	Deficiency leads to:	Food sources
A			
B ₁			
B ₉			
C			
D			
E			
K			

- 2) Body mass index (BMI) is important in assessment of non communicable disease
- How do you calculate Body Mass Index (BMI)? [1]
 - What is the normal range for BMI? [1]
 - Discuss any five important principles in the management of obesity. [5]
 - Which dietary deficiencies can lead to the development of anaemia? [3]
 - Discuss the contribution of dietary imbalance (deficiency and excess) to the development of non-communicable diseases in Africa [10]
- 3) Africa is home to an estimated 4 million diabetics. (WHO ESTIMATES?)
- Define Diabetes Mellitus. Discuss the pathogenesis and classification of Diabetes Mellitus. [10 marks]
 - Name the three categories of external agents that can result in the development of cancer and give at least two examples in each category [8 marks]
 - Which dangerous complication of Diabetes should we worry about and how is it corrected if it manifests in a person? [2 marks]



- 4) Prevention is important in both communicable and non communicable diseases.
- Describe briefly what primordial prevention is. [4 marks]
 - How is primary prevention achieved? Give examples [12 marks]
 - What is the difference between elimination of a disease and eradication of a disease? [4 marks]

SECTION B [choose 3 questions from this section, the marks in brackets are the marks for the question concerned]

- 5) Sub Saharan Africa provides a conducive habitat for vector which transmit communicable disease
- Describe the relationship between malaria and the poor (10)
 - A communicable disease is an _____ due to a specific _____ (biological) agent or its toxic products capable of being _____ or _____ transmitted from _____ to man, from _____ to man, from animal to animal, or from the _____ (through air, water, food, etc..) to man. Put in the appropriate words. (5)
 - What's the difference between disease and infection (5)
- 6) HIV is a significant communicable disease in the world.
- Name 6 human body fluids that contain HIV and can transmit the virus (3)
 - Name 3 ways HIV can be transmitted from mother to child (3)
 - Briefly describe the relationship between HIV and sexually transmitted infections. (5)
 - Discuss the importance of communicable disease. (9)
- 7) Measles is a febrile infection of the respiratory system that affect mostly children, with the under 5 at greater risk.
- Measles is caused by which micro-organism? (1)
 - What is a micro-organism? (2)
 - Describe the specific groups of people prone to severe measles disease (5)
 - Which other disease is related to measles and considered a milder form of measles? (1)
 - Rabies is a zoonotic disease. What is a zoonotic disease (2)
 - Name the categories of people that are at risk of rabies. (5)
 - What are the economic implications of rabies to an individual (4)



8) Tuberculosis is a disease with greatest burden in Sub Saharan Africa.

- a. Tuberculosis is caused by what? (3)
- b. What are the risk factors for TB? (6)
- c. Describe the symptoms of TB (4)
- d. What is the difference between disease and infection? (4)
- e. Name the 3 types of anthrax (3)

