



“Investing in Africa’s Future”

COLLEGE OF HEALTH, AGRICULTURE AND NATURAL SCIENCES

NSHS 208: FAMILY HEALTH

END OF FIRST SEMESTER EXAMINATIONS

May 2021

LECTURER: MS. E.M. CHADAMBUKA

DURATION: 7 HOURS

INSTRUCTIONS

ANSWER **ANY ONE** QUESTION

PLEASE STICK TO THE STANDARD HOUSE STYLE i.e.

- TIMES NEW ROMAN
 - FONT SIZE 12
 - DOUBLE SPACING
 - APA REFERENCING
 - SEND YOUR ANSWER AS A PDF DOCUMENT
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THE MARK ALLOCATION FOR EACH QUESTION IS INDICATED AT THE END OF THE QUESTION

QUESTION 1

- a. The family is said to be a primary agent of socialization; discuss the importance of the family in the implementation of public health programmes **(30 marks)**
- b. Family health risks have been classified by various scholars as: Inherited biological risks, Environmental risks, Behavioural risks and Age-related risks.
 - i. Describe the role of the family in health risk appraisal and health risk reduction at the Adolescent stages of development. **(20 marks)**
 - ii. Briefly explain the rationale of preconception counselling. **(10 marks)**
- c. Anthropometric Measurements are used in nutritional assessments to assess growth and development in infants, children and adolescents. Describe how each of the **four (4)** common nutritional indices can be applied to assess the nutritional status of a community **(40 Marks)**

QUESTION 2

- a. The objective of MCH is to reduce maternal and perinatal morbidity and mortality by facilitating women to go through pregnancy, labour and childbirth without danger to themselves and the babies. Discuss the importance of maternal nutrition in pregnancy, citing examples of some nutritional complications that may occur to both the mother and the baby **(20 marks)**
- b. Identify and discuss any **four (4)** barriers in accessing sexual and reproductive health services for the adolescent **(40 Marks)**
- c. Giving examples from a community of your choice, discuss the physical, social and individual factors that influence the health of children. **(40 marks)**

QUESTION 3

- d. In Reproductive Health (RH) Behaviour Change Communication (BCC), the health worker needs to relate with different target groups in the community depending on the RH issues peculiar to that particular target group. Discuss the reproductive health issues related to the **boy** child in Africa **(50 Marks)**
- e. Nutrition plays an important role in brain development from conception to 3 years of age.
 - a. Explain the importance of optimal nutrition in the first 1000days of life for a rural community **(20 marks)**
 - b. Discuss the long term effects of poor nutrition during that period. **(30 marks)**

END OF PAPER