



“Investing in Africa’s Future”

COLLEGE OF HEALTH, AGRICULTURE AND NATURAL SCIENCES

NSPH516 NON COMMUNICABLE DISEASES

END OF SECOND SEMESTER EXAMINATIONS

JAN-JUN 2024

LECTURER: DR F. MUTSEYEKWA

DURATION: 3 HRS

INSTRUCTIONS

Answer **ALL** Questions in **Section A** and **ANY 3** questions from **Section B**

The mark allocation for each question is indicated at the end of the question

Credit will be given for logical, systematic and neat presentations.

SECTION A [40 Marks]
Answer ALL three questions in this section

QUESTION 1

- a) List 6 examples of ‘non communicable diseases and injuries (NCDIs) of poverty’ [3]
- b) Highlight how and why approaches for prevention and control differ between the NCDIs of poverty and the more commonly cited Global Action Plan ‘5 by 5’ framework diseases. [10]

QUESTION 2

Public health surveillance can be offered through passive, active and sentinel approaches.

- a) Explain the meaning of these 3 methodological approaches; provide an example of an NCD surveillance system that falls under each category. [6]
- b) Outline the rationale behind emphasizing risk factor surveillance for NCDs (as opposed to sticking to morbidity and mortality information) [3]
- c) Summarise the differences between Steps 1, 2 and 3 in the WHO STEPS Survey protocol. [3]

QUESTION 3

Write short notes on the following:

- a) Three Global Action Plan Best Buys to reduce salt intake in the population [3]
- b) Three main challenges to local execution of the Framework Convention on Tobacco Control [3]
- c) Outline any 3 of the 10 areas of the Global strategy to reduce harmful use of Alcohol [3]
- d) Three recommendations for Physical Activity for persons aged 18 to 64 according to the WHO Global Recommendations for Physical Activity [3]
- e) Three broad recommendations espoused by the Global Commission for ending childhood obesity [3]

SECTION B [60 Marks]
Answer any three questions in this section

QUESTION 4

You have been engaged as a Consultant to set up an evidence-based program aimed at prevention and control of Road Traffic Injuries (RTIs) in a Southern African country. Draft a brief concept note detailing the main activities that you would carry out under each of the 4 steps in the implementation science framework proposed by D-Esposito et al (*cited in the WHO 2016 Practical Guide for Implementation research to improve the prevention and control of NCDs*). [20]

QUESTION 5

Discuss the contents and strategy of a National Advocacy Plan that you would present before the relevant parliamentary portfolio of a government which is lagging behind in achieving the ‘NCD Progress Monitor’ targets. Your response should clearly highlight the key advocacy questions that you would address under the 5 major advocacy gaps in order to achieve your purpose and encourage action [20]

QUESTION 6

Discuss the multi-morbidity interface between NCDs and HIV in terms of pathogenesis and disease progression [12]. Analyze the implications on public health programming [8].

QUESTION 7

About Rheumatic Heart disease (RHD):

- a) Briefly describe the local and global epidemiology. [2]
- b) Discuss the burden imposed by RHD morbidity and mortality resulting at individual, household and national levels. [8]
- c) Explore the barriers to accessibility of clinical and public health interventions for RHDs in the local/regional context and suggest possible strategies for redress. [10]

QUESTION 8

Citing relevant examples and case studies, discuss the role of health legislation in the fight against NCDs. Critique the advantages and limitations to the application of law towards the prevention and control of NCDs. [20]

END OF QUESTION PAPER