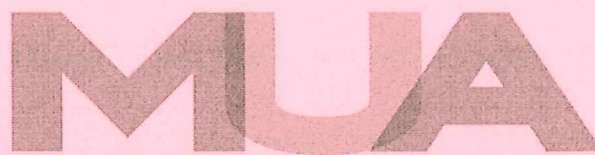


The  
Management  
University  
of Africa



Sponsored by the Kenya Institute of Management

---

**DIPLOMA UNIVERSITY EXAMINATIONS**

**SCHOOL OF MANAGEMENT AND LEADERSHIP**

**DIPLOMA IN HEALTH AND DEVELOPMENT**

**DHD 100 : COMMUNITY BASED HEALTH CARE**

**DATE: 2<sup>ND</sup> DECEMBER 2024**

**DURATION: 2 HOURS**

**MAXIMUM MARKS: 70**

**INSTRUCTIONS:**

1. Write your registration number on the answer booklet.
2. **DO NOT** write on this question paper.
3. This paper contains **SIX (6)** questions.
4. Question **ONE** is compulsory.
5. Answer any other **FOUR** questions.
6. Question **ONE** carries **30 MARKS** and the rest carry **10 MARKS** each.
7. Write all your answers in the Examination answer booklet provided.

**QUESTION ONE**

**Read the Case Study below carefully and answer the questions that follow:**

**POSITIVE LIVING WITH TERMINAL ILLNESS**

Sarah, a 54-year-old mother of two, was diagnosed with stage IV pancreatic cancer, a terminal illness with a grim prognosis. Her initial reaction was a mix of shock, fear, and despair. However, over the course of her illness, Sarah displayed remarkable resilience and a commitment to positive living. Sarah's journey towards positive living began with her decision to seek support from a multidisciplinary healthcare team, including oncologists, palliative care specialists, and therapists. Together, they devised a comprehensive care plan that addressed her physical symptoms, emotional well-being, and spiritual needs.

One of the key factors in Sarah's positive living was her unwavering support network. Her family, friends, and even her community rallied around her, offering emotional support, practical assistance, and a listening ear. Sarah's openness about her illness allowed her loved ones to understand her needs and provide the necessary support. Sarah also adopted a holistic approach to her well-being, focusing on nutrition, stopped smoking, stopped alcohol consumption exercise, and mindfulness. Despite the challenges of her illness, she maintained a balanced diet, engaged in light physical activity, and practiced meditation and relaxation techniques. These efforts not only contributed to her physical strength but also improved her overall quality of life. She was also able to choose a team of medical personnel such as personal care aides, registered nurses, home health aides and physical therapists.

Crucially, Sarah's positive living approach was underpinned by her commitment to pursuing her passions and making meaningful memories. She created a "bucket list" of experiences and destinations she wanted to explore. With the support of her family, she travelled to some of these places and cherished every moment, making her journey as fulfilling as possible. Sarah's terminal illness forced her to confront her own mortality, but instead of dwelling on it, she chose to focus on life. She participated in support groups, where she shared her experiences and learned from others facing similar

challenges. By connecting with people who understood her journey, she found emotional strength and purpose.

As Sarah's health declined, she made the decision to transition to home-based care, ensuring that her final days would be spent in comfort and surrounded by loved ones. She continued to radiate positivity, embracing each moment with gratitude and acceptance. This was because home care is very affordable, it offers you personalized, one on one care, you get to keep your independence, keeps you close to your family. This type of care reduces the risk of infection and one receives a wide range of services:

In the face of terminal illness, Sarah's case demonstrates that positive living is possible. By seeking comprehensive care, nurturing a strong support network, maintaining physical and emotional well-being, pursuing passions, and connecting with others, she not only improved her own life but also inspired those around her. Sarah's legacy is a testament to the power of a positive outlook even in the most challenging circumstances.

**Required:**

- a) Explain six benefits of home-based care as evidenced from the case study above  
(12 Marks)
- b) List and explain four types of care givers that were made available to Sarah as seen from the case study  
(8 Marks)
- c) As a community health care worker, discuss five various ways that are seen to reduce the risk of pancreatic cancer as shown from the case study above (10 Marks)

## QUESTION TWO

(a) Define the term Primary Health Care as used in community health and development  
(2 Marks)

(b) Primary care providers play a central and pivotal role in the delivery of primary health care services. Their responsibilities and contributions are vital to promoting overall health and providing comprehensive care to individuals and communities. Describe any four roles and functions of primary care providers in the context of primary health care  
(8 Marks)

## QUESTION THREE

(a) Catastrophic illnesses, which often include severe chronic diseases, major accidents, or widespread infectious outbreaks, can have a devastating impact on individuals and communities. Briefly explain any four ways that catastrophic illnesses can be managed at the community and the country level at large  
(8 Marks)

(b) Highlight the efforts that the Kenyan government is doing in tackling the issue of HIV/ AIDS in the country  
(2 Marks)

## QUESTION FOUR

(a) Effective communication plays a crucial role in addressing health concerns and promoting development. Describe three key reasons why communication is important for development in the context of health  
(6 Marks)

(b) Highlight stages of risk communication in community health  
(4 Marks)

**QUESTION FIVE**

Counseling in VCT (Voluntary Counseling and Testing) refers to a critical component of HIV testing services that involves providing individuals with information, emotional support, and guidance before and after they undergo an HIV test.

- (a) Explain four roles each of Pre-Test Counseling and Post-Test Counseling to a patient  
(8 Marks)
- (b) What is the importance of community engagement in improving public health outcomes  
(2 Marks)

**QUESTION SIX**

- (a) Analyse six health impacts of climate change, and how can individuals and communities adapt to these changes?  
(6 Marks)
- (b) Discuss any four challenges that programs of Prevention of Mother-to-Child Transmission (PMTCT) face in developing countries, hindering their effectiveness in reducing HIV transmission from mother to child  
(4 Marks)

