

The
Management
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DIPLOMA UNIVERSITY EXAMINATIONS

**SCHOOL OF ARTS, HUMANITIES, DEVELOPMENT
STUDIES AND SOCIAL SCIENCES (SADS)**

**DIPLOMA IN COMMUNITY HEALTH AND
DEVELOPMENT**

DHD 100 : COMMUNITY HEALTH AND DEVELOPMENT

DATE: 3RD AUGUST 2026

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 ALL the questions that follow:

CANCER IN THE COMMUNITY

James is a 55-year-old smallholder farmer living in a rural community in Kisii County, Kenya. For several months he has been experiencing persistent abdominal discomfort, unexplained weight loss, and fatigue. He has dismissed these symptoms, attributing them to hard work. His wife finally persuades him to visit the local dispensary, where the clinical officer suspects cancer and refers him to Kenyatta National Hospital in Nairobi for further investigation.

At the hospital, James is diagnosed with Stage III colon cancer. The oncologist recommends surgery followed by chemotherapy. James is overwhelmed. He has no health insurance, his family's savings are minimal, and the estimated treatment cost exceeds Ksh 800,000. He is also the sole breadwinner; with him unable to work, his wife has had to withdraw their two children from school to assist at home. The family faces devastating financial pressure on top of the emotional shock of the diagnosis.

James's community lacks awareness of cancer symptoms and prevention. A community health survey reveals that most residents have never attended a cancer screening and believe cancer is a punishment from God, making them reluctant to seek medical care. There are no oncologists within the county; the nearest specialist facility is in Nairobi, over 200 km away, and the public transport cost alone is prohibitive for James's family.

Required:

- a) James's case illustrates several impacts of catastrophic illness. Using the case study, identify and discuss THREE distinct impacts of his

condition on himself, his family, and the community.

(6 marks)

- b) Imagine you are a Community Health Worker (CHW) assigned to James's community. Using the components of community health, describe FIVE specific actions you would take to address both James's individual needs and the broader community health problem of cancer.

(10 marks)

- c) James was diagnosed at Stage III, suggesting late detection. Explain how each level of prevention (primary, secondary, and tertiary) could have been or can still be applied in James's situation and in his community.

(6 marks)

- d) The community believes cancer is a punishment from God. Using the concept of Social Mobilization, explain how this cultural barrier can be addressed to improve cancer awareness and uptake of screening services.

(8 marks)

QUESTION TWO

- a) Define the term "Terminal Illness" and explain the concept of Palliative Care. How does palliative care differ from curative treatment?
- b) Describe the roles and key differences among the following home-based caregivers: Personal Care Aides (PCAs), Registered Nurses (RNs), Home Health Aides (HHAs), and Physical Therapists (PTs). Explain under what circumstance a patient would require each.

(6 marks)

QUESTION THREE

- a) Describe the FOUR axes of Communication for Development (C4D) and explain how each contributes to improving health outcomes at the community level.

**(4
marks)**

- b) Explain what is meant by “Risk Communication” in the context of public health and describe how a public health officer would apply the four stages of risk communication during a malaria outbreak in a rural Kenyan community.

**(6
marks)**

QUESTION FOUR

- a) Patient education has several important benefits. Discuss any FOUR benefits of patient education and explain how each benefit contributes to improved healthcare delivery.

(8 marks)

- b) State and explain TWO objectives of Monitoring and Evaluation in Home-Based Care (HBC) programmes.

(2 marks)

QUESTION FIVE

- a) A behaviour change theory provides a framework for understanding why people change or resist changing health behaviours. With reference to the Stages of Change Model, explain what a health practitioner should do for a patient who has been identified as being in the PRECONTEMPLATION stage regarding excessive alcohol use.

(5 marks)

- b) Discuss the Theory of Planned Behaviour (TPB) and explain how it can be used to design a health intervention aimed at increasing voluntary HIV testing among young men in Kenya.

(5 marks)

QUESTION SIX

- a) Barriers to the uptake of PMTCT programmes remain a major obstacle to eliminating mother-to-child transmission of HIV. Explain any FOUR barriers that prevent pregnant women in sub-Saharan Africa from enrolling and staying in PMTCT programmes.

(8 marks)

- b) Differentiate between 'opt-in' and 'opt-out' HIV testing strategies in the context of antenatal care and explain which approach is more effective in increasing testing uptake, providing a reason for your answer.

(2 marks)