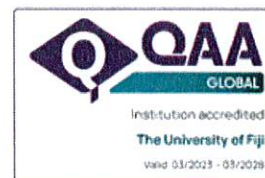




The University of Fiji
(An Entity of Arya Pratinidhi Sabha of Fiji)



Umanand Prasad School of Medicine & Health Sciences
Semester 2, 2025

FINAL EXAMINATION PAPER

**BNSC205: PRIMARY HEALTH CARE AND HEALTH
PROMOTION**

Important Instructions to Students:

1. Read the questions and instructions carefully and answer the questions.
2. You are allowed an **extra 10 minutes of reading time** (during this time, you are not allowed to write with a pen) and **180 minutes (3 Hours)** to complete this paper.
3. Silent, non-programmable calculators are allowed, but not supplied.
4. Write all your answers in the answer booklet provided. If you need extra sheets, please ask the supervisor. Write your name, course code, and student identification number in the answer booklet and in the attendance sheet.
5. This paper contains four (4) sections: A, B, C, and D.
6. Write all your answers legibly. The marker has the right to award zero for answers that are not legible.
7. This is a **Closed Book Examination**. The University views plagiarism, cheating, and dishonest practice as serious offences, and if found, offenders are penalized.

Examination Paper Content:

<u>Section</u>	<u>Question</u>	<u>Content</u>	<u>Marks</u>	<u>Suggested Time</u>
A	1 - 20	Multiple Choice Questions	20	20 minutes
B	21 - 30	Matching Questions	10	10 minutes
C	31 - 37	Short Answer Questions	60	60 minutes
D	38 - 48	Long Answer Questions	70	90 minutes
		TOTAL	160	180 Minutes

SECTION A: MULTIPLE CHOICE QUESTIONS.

(20 marks).

QUESTIONS 1 – 20

1. A nurse sets up a mobile clinic to provide basic immunization and treatment for common illnesses in a rural village. Which “Health for All” pillar is being applied?
 - A. Curative Medicine.
 - B. Health Promotion (HP).
 - C. Primary Health Care (PHC).
 - D. Specialized Hospital Services.

2. Which of the following is a key principle of Primary Health Care?
 - A. Exclusivity of tertiary care.
 - B. Specialized only services.
 - C. Equity and accessibility.
 - D. Privatized financing.

In a multicultural urban community, a nurse organizes a health fair that includes blood pressure checks, nutrition education, and cultural dance performances to engage diverse community groups.

3. Which aspect of PHC is most clearly demonstrated in this scenario?
 - A. Specialist medical care.
 - B. Hospital-based treatment.
 - C. Emergency response services.
 - D. Community empowerment and cultural inclusivity.
4. Which action area in the Ottawa Health Model focuses on equipping individuals with knowledge and life skills?
 - A. Creating a supportive environment.
 - B. Strengthening community action.
 - C. Building healthy public policy.
 - D. Developing personal skills.
5. To reduce dengue fever, the Ministry of Health partners with the media to raise awareness, schools to provide health education, and local councils to manage waste. This is an example of _____.
 - A. intersectoral collaboration.
 - B. developing personal skills.
 - C. accessibility in health care.
 - D. strengthening community action.

6. Which of the following is not a component of PHC?
- A. Immunization programs.
 - B. Curative surgery centres.
 - C. Safe water and sanitation.
 - D. Maternal and Child Health Services.
7. In a rural village, mothers are taught to prepare and use oral rehydration solution (ORS) at home for children with diarrhea. Which Social Determinant of Health (SDOH) is being addressed in this scenario?
- A. Education.
 - B. Occupation.
 - C. Cultural factors.
 - D. Housing and sanitation.

The Fiji Ministry of Health launches a program to train community health workers in remote villages to provide basic care, deliver health education, and refer severe cases to nearby clinics.

8. Which Primary Health Care strategy is best illustrated in this scenario?
- A. Hospital expansion.
 - B. Specialist outreach services.
 - C. Emergency response planning.
 - D. Health workforce development.
9. A Primary Health Care challenge that is linked to sustainability is _____.
- A. community participation.
 - B. dependence on donor aids.
 - C. integrating traditional healing.
 - D. training community volunteers.

You are a nurse working at a coastal village where cases of dengue fever have been reported. You notice poor sanitation and limited access to clean water.

10. Which immediate strategy would you apply to address this health issue?
- A. Focus on treating infected individuals.
 - B. Wait for government funding before acting.
 - C. Refer all affected cases to the nearest hospital for treatment.
 - D. Isolate and advise on boiling drinking water while waiting for help to arrive.

In 1978, representatives from 189 countries met to adopt a declaration emphasizing the need for a broader perspective of health to address global challenges. This historic meeting resulted in the first global proclamation on Primary Health Care.

11. Which declaration was this?

- A. Ottawa Charter.**
- B. Paris Agreement.**
- C. WHO Constitution.**
- D. Alma-Ata Declaration.**

A nurse working in a remote island community notices that many families lack access to a clean water supply.

12. Which member of the multisectoral team would she collaborate with to ensure a safe water supply is provided to the community members?

- A. Local NGO.**
- B. Religious leaders.**
- C. Ministry of Health.**
- D. Water Authority of Fiji.**

A local school introduces nutrition classes and physical activity programs that help students make healthier lifestyle choices.

13. This action reflects which of the Ottawa Charter strategies?

- A. Developing personal skills.**
- B. Re-orienting health services.**
- C. Building healthy public policy.**
- D. Creating a supportive environment.**

14. Which of the following health promotion approaches is most clearly demonstrated by a nurse who helps residents understand their rights to safe water and ensures their requests are considered?

- A. Educate by teaching health facts.**
- B. Mediate by resolving community conflicts.**
- C. Enable by increasing individual health choices.**
- D. Advocate by influencing political decisions for health equity.**

15. Which level of prevention does the nurse apply when organizing health education lifestyle changes to prevent the onset of diabetes and hypertension?

- A. Emergency care.**
- B. Tertiary prevention.**
- C. Primary prevention.**
- D. Secondary prevention.**

16. A village experiences an outbreak of dengue fever. The village Chief's involvement in the prevention of the epidemic best reflects _____.

- A. political enforcement.
- B. private sector support.
- C. government delegation.
- D. community leadership and mobilization.

The success of Primary Health Care depends heavily on the Sub-Divisional Medical Officer (SDMO). Where the SDMO is inactive, PHC programs are hindered, and hardworking Village and Community Health Workers lack community support. Additionally, without funding, PHC activities could not be implemented.

17. Which challenge to PHC implementation does this scenario best illustrate?

- A. Rapid implementation without government involvement.
- B. Too much focus on preventive care instead of hospital care.
- C. Excessive funding and over-participation of health workers.
- D. Over-reliance on a top-down approach and lack of community support.

A community church supports the health programs and campaigns nurses conduct for HIV/AIDS awareness, which results in the change of attitudes and behaviours of youths towards HIV testing.

18. Why are church-led interventions more effective in this case?

- A. They discourage sex and drugs.
- B. They replace medical professionals.
- C. They focus more on spiritual life and not physical.
- D. They reduce stigma and promote community trust.

19. Which Primary Health Worker dimension relates to the acceptability of services?

- A. Services are of good quality.
- B. Services are affordable to everyone.
- C. Services are physically available in all areas.
- D. Services are culturally acceptable and respectful.

A nurse uses a mobile health platform to send SMS reminders to diabetic patients about upcoming clinic visits and medication refills. Meanwhile, the Ministry of Health analyses clinic data to identify regions with rising non-communicable diseases, and allocates more nurses and health promotion resources to those areas.

20. Which two health system strategies are being demonstrated in this example?

- A.** Specialist outreach and privatized care.
- B.** Emergency response and hospital expansion.
- C.** Traditional medicine and community fundraising.
- D.** mHealth communication and data-driven resource allocation.

SECTION B: MATCHING QUESTIONS.**(10 marks).****QUESTIONS 21 - 30****Match each question in Column A with the corresponding letter in Column B.**

No.	Column A	Column B
21.	Multi-sectoral approach.	A. Respected elder who guides community decisions and supports health initiatives.
22.	Village council.	B. Campaigns for free maternal health services in rural areas.
23.	Religious group.	C. Organizes village clean-up campaigns or walking groups.
24.	Youth group.	D. Provides infrastructure like drainage and waste management.
25.	Traditional leader.	E. Organizes peer-led health education and sports activities.
26.	Health educator.	F. Links patients with dietitians, physiotherapists, or social services.
27.	Advocate.	G. Help reinforce health messages through classroom activities.
28.	Care coordinator.	H. Local governing body that helps coordinate health campaigns.
29.	Community mobilizer.	I. Provides immunizations and screening for hypertension.
30.	Preventive care provider.	J. Can influence health behaviours through faith-based teachings.
		K. Teaches mothers about nutrition, hygiene, and child care.
		L. Health, education, and local government work together on a clean water project.

SECTION C: SHORT ANSWER QUESTIONS.

(60 marks).

QUESTIONS 31 – 37

Answer ALL the questions.

31. Name and explain the five (5) components of Primary Health Care. (10 marks).
32. Name and explain two (2) influential roles of a Chief in enhancing community health with high cases of teenage pregnancy. (4 marks).
33. Identify five (5) Social Determinants of Health (SDOH) and explain the consequences of each SDOH to a community with high prevalence of non-communicable diseases (NCDs). (10marks).
34. Explain five (5) strategies for empowering individuals OR families who are living with a chronic diabetic family member. (10 marks).
35. Explain five (5) strategies for empowering communities with a high prevalence of youths who are HIV positive. (10 marks).
36. Choose two (2) Health Promotion Models, and explain how each model can be applied to address smoking among high school students. (10marks).
37. Explain how community participation and social support systems contribute to changing healthy behaviors in a community with a high rate of malnutrition among children under 5 years old. (6 marks).

QUESTIONS 38 – 48**SCENARIO 1:**

A family living in a remote village faces challenges, including limited access to clean water, education, and transportation. The nearest health center and schools are two (2) hours away. The children experience frequent illness leading to school absenteeism, and the parents have to rely on traditional medicine to treat the children.

- 38.** Apply the five (5) action areas for the Ottawa Charter Health Model, and discuss strategies that could address the challenges faced by this family. (10 marks).

SCENARIO 2:

A leptospirosis outbreak has occurred in a village near a dairy farm. Many families depend on river water for domestic use, farming activities, and exposure to animal urine, and poor sanitation practices contribute to the spread of the disease. Villagers have little knowledge of the disease and of prevention measures.

- 39.** Using the ADPIE nursing process, discuss your role as a community health nurse in combating this outbreak. (10 marks).

SCENARIO 3:

In an urban Fijian setting, young adults are increasingly experiencing lifestyle-related conditions such as obesity and hypertension. Many work long hours, eat fast food, and lack time for exercise.

- 40.** Draw a pyramid diagram to illustrate the three (3) levels of prevention in relation to non-communicable disease and its complications.
- 41.** Name six (6) strategies for the lower level of the pyramid and discuss their potential impacts on reducing and combating NCD.
- 42.** Name three (3) strategies for the middle level of the pyramid and discuss their potential impacts in controlling the complications of NCD.
- 43.** State one (1) strategy for the upper level of the pyramid, and explain how this strategy can be used to manage patients with chronic NCD conditions. (20 marks).

SCENARIO 4:

A community health nurse is assigned to conduct a community profile for Village X, where cases of high blood pressure and poor sanitation are on the rise. The village is located in a semi-rural area in the country. The following data is collected during the nurse's assessment.

Population	650	Total male – 300	Total female - 380
Houses	150	Households	155
School attendance	90% attending	8% not attending school	2% dropouts
Water supply	Tap water - 80	Rain water - 20	River water - 50
Sanitation	Flush/water seal - 80	Pit toilet - 50	No toilet - 20
Health status	Hypertension - 60	Diabetes - 30	Malnutrition - 55
	Immunization coverage – 95%	Access to services – the nearest health center is 1.5 hours away by bus.	Limited health outreach programs.
Lifestyle – high consumption of processed foods, alcohol use among men, limited physical exercise, and smoking.			

Based on the above data, answer the following questions:

44. Identify five (5) major health issues in Village X.
45. For each health issue, discuss two (2) nursing health promotion interventions.
46. Discuss expected outcomes for the interventions discussed in 44. (20 marks).

SCENARIO 5:

Staff Nurse Ana observes many teenagers from Village X eating unhealthy food during her community visit. Staff Ana is planning to meet with village members to develop a new policy for the village that will help children eat healthy meals.

47. Explain how public health policies can be used to improve the health of the young people from Village X?
48. Discuss four (4) ways Staff Ana will apply to monitor and evaluate the effectiveness of the new policy. (10 marks).

THE END