



UMANAND SCHOOL OF MEDICINE AND HEALTH SCIENCES
DEPARTMENT OF PUBLIC HEALTH AND FAMILY MEDICINE
Semester 1, 2026

FINAL EXAMINATION PAPER

BPHC 301: HEALTH SYSTEMS POLICY & PLANNING

Important Instructions to Students:

1. Read the questions, instructions carefully and answer the questions.
2. You are allowed an **extra 10 minutes reading time** (during this time, you are not allowed to write with 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 from the supervisor. Write your name, course code and student identification number in the answer booklet and in the attendance sheet.
5. This paper contains three (3) sections A, B and C . All questions are compulsory to answer.
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 (Format):

<u>Section</u>	<u>Question</u>	<u>Content</u>	<u>Marks</u>	<u>Suggested Time</u>
A	1-40	Multiple Choice	40	72 minutes
B	41-47	Short Answer Questions	30	54 minutes
C	48	Long Answer Questions	30	54 minutes
		TOTAL	100	180 Minutes

SECTION A - MULTIPLE CHOICE QUESTIONS

Question 1

What are you trying to determine when you carry out a Health Systems Analysis?

- A. To understand the determinants of health system performance.
- B. How reform policies and strategies can improve performance
- C. The causes of poor health system performance
- D. All of the above

Question 2

Which of the following are the key components of a Health care system?

- A. Leadership, funding and Governance
- B. Health workforce and Delivery of Health services
- C. Finance and access to essential medicines
- D. All of the above

Question 3

What are the overall goals or outcomes of a Health Care System?

- A. Quality and Safety of services
- B. Social and Financial Risk protection
- C. Improved Health outcomes and equity of services
- D. All of the Above

Question 4

Which of the following are key elements of a Health Systems Analysis?

- A. Health Systems framework and defined outcomes of the health system
- B. Assessment of Health System performance and description of health system components
- C. Proposals for Health system reform to improve performance
- D. All of the above.

Question 5

Which of the following are vital to ensure that any reform or change can be undertaken within a Health care system?

- A. Technical feasibility, based on existing national and international experience within the country
- B. Capacity for implementation and management
- C. Stability in the policy environment
- D. All of the above

Question 6

The key sectors of a Health care industry include

- A. 'Health care services and facilities',
- B. 'Medical devices, equipment, and hospital supplies manufacturers',
- C. 'Pharmaceuticals & Related Segments'.
- D. All of the above

Question 7

Which of the following contributes to the National Health Plan in Fiji?

- A. The Shanghai Declaration
- B. The SDG's
- C. The Health Reform 2020
- D. All of the above

Question 8

What are the current challenges and priorities in National Health Policy Development?

- A. An ageing population
- B. Unhealthy lifestyles and the burden of behavioural determinants leading to increased mortality and morbidity from noncommunicable diseases;
- C. The rapid transfer of infectious pathogens and the potential for global pandemics
- D. All of the above

Question 9

What is the Public Health contribution to the National Development Plan?

- A. Delivers essential and Primary Health Care Services
- B. Protects community health, addresses risk factors which are often difficult for the public to visualize
- C. It also drives essential research in specific areas, translating research outcomes into benefits for health.
- D. All of the above

Question 10

Health systems are a key component of health policy, and remain under great pressure, to provide Health services that are readily available and accessible. Which of the following contribute to the pressure they face?

- A. The expansion of comorbidities
- B. Diagnostic, therapeutic and pharmacological advances;
- C. The rising expectations of the public; litigation and the ever present pressures caused by the need for quality, efficiency and cost
- D. All of the above

Question 11

Which of the following is the WHO definition for Universal Health Coverage?

- A. Able to use the promotive, preventive, curative, rehabilitative and palliative health services they need.
- B. Access health services that is of sufficient quality to be effective, while also ensuring that the use of these services does not expose the user to financial hardship'
- C. The conditions in which people are born, grow, live, work and age
- D. All of the above

Question 12

Which of the following is true regarding the SDGs?

- A. The main one to focus on Health is SDG 3
- B. There is only one (1) SDG related to Health
- C. There are a total of 20 SDG's
- D. All of the above

Question 13

Which of the following is true regarding the National Development Plan for Fiji?

- A. It outlines a 20- year development plan (2017-36)
- B. It emphasises inclusive socio-economic development to improve the social well-being of all Fijians
- C. Development of a high-quality health system of international standard
- D. All of the above

Question 14

Public Health Policy is defined as:

- A. The laws, regulations, actions, and decisions implemented within society in order to promote wellness and ensure that specific health goals are met.
- B. Safety and quality of Practice
- C. Ethics and implementing regulations
- D. All of the above

Question 15

Factors that determine health policies are:

- A. Behavior & Biology
- B. Social factors
- C. Health services
- D. All of the above

Question 16

Policy development can occur in the following settings:

- A. Government
- B. Public Institutions
- C. Organisations and workplaces
- D. All of the above

Question 17

The National Health Accounts is defined as:

- A. The systematic, comprehensive and consistent monitoring of resource flows in a country's health system.
- B. Promoting health care orientation in every developmental policy
- C. Providing universal access to excellent quality health care services at a reasonable cost.
- D. All of the above

Question 18

Which of the following applies to the definition of a policy?

- A. A plan of action agreed to or chosen by an organisation, such as a business or political party
- B. A principle or set of principles adopted by an individual or organisation as a guide to his, her or its behaviour
- C. It is fundamental to good governance
- D. All of the above

Question 19

Which of the following is true regarding policy statements?

- A. Policies are intended to achieve outcomes
- B. Broad and Visionary
- C. Highly focused and explicit
- D. All of the above

Question 20

What constitutes the Policy environment that influences Policy Development?

- A. Political
- B. Economical
- C. Technological
- D. All of the above

Question 21

What is the importance of the National Health Accounts?

- A. It is an important tool to assist in evidence-based planning
- B. It is the reference document for understanding expenditure flows in Fiji's health system.
- C. It provides the basis for making some level of health financing decisions and assists in filling the information gaps
- E. All of the above

Question 22

Which of the following best defines Economic Analysis?

- A. It is used to assess costs and whether an intervention produced the desired results.
- B. It helps decision makers decide whether the outputs justifies the resources used to produce it.
- C. It is a systematic review of the clinical effectiveness and cost-effectiveness of clinical interventions.
- E. All of the above

Question 23

In Public Health interventions which of the following is defined as an output?

- A. Changes in health by number of cases prevented from getting the disease, number of disabilities averted and number of life years saved
- B. Public health intervention
- C. Resources such as capital and labour.
- D. All of the above

Question 24

Which of the following are applications of Cost-Effective Analysis?

- A. Accountability
- B. Assessing Efficiency
- D. Assessing Equity
- E. All of the above

Question 25

Which of the following best describes Human inequality/disparity in terms of health care?

- A. These refer to differences in health access, outcomes, or quality of care among different demographic groups.
- B. Refers to the degree to which health services meet the needs of patients and improve health outcomes.
- C. The ability of individuals to access affordable, high-quality health services when they need them.
- D. The limited availability and distribution of qualified healthcare professionals.

Question 26

Which of the following best describes health care access?

- A. These refer to differences in health access, outcomes, or quality of care among different demographic groups.
- B. Refers to the degree to which health services meet the needs of patients and improve health outcomes.
- C. The ability of the healthcare system to provide high-quality care while minimizing waste, reducing costs, and optimizing resource utilization.
- D. The ability of individuals to access affordable, high-quality health services when they need them.

Question 27

Which of the following best describes health care workforce shortage?

- A. B. Refers to the degree to which health services meet the needs of patients and improve health outcomes.
- C. The ability of the healthcare system to provide high-quality care while minimizing waste, reducing costs, and optimizing resource utilization.
- D. The ability of individuals to access affordable, high-quality health services when they need them.
- E. The limited availability and distribution of qualified healthcare professionals.

Question 28

Which of the following best describes health care Quality?

- A. These refer to differences in health access, outcomes, or quality of care among different demographic groups.
- B. Refers to the degree to which health services meet the needs of patients and improve health outcomes.
- C. The ability of the healthcare system to provide high-quality care while minimizing waste, reducing costs, and optimizing resource utilization.
- D. The ability of individuals to access affordable, high-quality health services when they need them.

Question 29

Which of the following best describes a regulatory policy?

- A. Essential component of strategies for reducing inequality and promoting sustainable development in its three dimensions: economic, social and environmental.
- B. This type of public policy relates to the overall structure and form of government, including governmental agencies, procedures and rules.
- C. Allocate resources, either directly to individuals or groups or to equip infrastructure that is broadly accessible.
- D. Achieving government's objectives using regulations, laws, and other instruments to deliver better economic and social outcomes and thus enhance the life of citizens and businesses

Question 30

Which of the following best describes a constituent policy?

- A. Essential component of strategies for reducing inequality and promoting sustainable development in its three dimensions: economic, social and environmental.
- B. This type of public policy relates to the overall structure and form of government, including governmental agencies, procedures and rules.
- C. Allocate resources, either directly to individuals or groups or to equip infrastructure that is broadly accessible.
- D. Achieving government's objectives using regulations, laws, and other instruments to deliver better economic and social outcomes and thus enhance the life of citizens and businesses

Question 31

Which of the following best describes a Distributive policy?

- A. Essential component of strategies for reducing inequality and promoting sustainable development in its three dimensions: economic, social and environmental.
- B. This type of public policy relates to the overall structure and form of government, including governmental agencies, procedures and rules.
- C. Allocate resources, either directly to individuals or groups or to equip infrastructure that is broadly accessible.
- D. Achieving government's objectives using regulations, laws, and other instruments to deliver better economic and social outcomes and thus enhance the life of citizens and businesses

Question 32

Which of the following best describes a Redistributive policy?

- A. Essential component of strategies for reducing inequality and promoting sustainable development in its three dimensions: economic, social and environmental.
- B. This type of public policy relates to the overall structure and form of government, including governmental agencies, procedures and rules.
- C. Allocate resources, either directly to individuals or groups or to equip infrastructure that is broadly accessible.
- D. Achieving government's objectives using regulations, laws, and other instruments to deliver better economic and social outcomes and thus enhance the life of citizens and businesses

Question 33

The Limitations and challenges of the National Health Accounts (NHAs) include:

- A. The process of making NHAs takes a long time
- B. Requires a lot of data collection and analysis
- C. Requires finances and technical expertise.
- E. All of the above

Question 34

Public health supports individuals, organisations, and society to tackle preventable disease, mortality and disability by:

- A. Supporting healthier lifestyle.
- B. Surveillance and monitoring of infectious disease,
- C. Emergency response and immunisation.
- D. All of the above

Question 35

Which of the following best describes health care efficiency?

- A. These refer to differences in health access, outcomes, or quality of care among different demographic groups.
- B. Refers to the degree to which health services meet the needs of patients and improve health outcomes.
- C. The ability of the healthcare system to provide high-quality care while minimizing waste, reducing costs, and optimizing resource utilization.
- D. The ability of individuals to access affordable, high-quality health services when they need them.

Question 36

In Public Health interventions which of the following is defined as an input?

- A. Number of disability cases averted
- B. The number of life years saved.
- C. Resources such as capital and labour.
- D. All of the above

Question 37

In Public Health which of the following is defined as an activity?

- A. Public health intervention.
- B. Number of cases prevented from getting the disease.
- C. The number of disability cases averted.
- D. The number of life years saved.

Question 38

Which of the following are a result of the disparities in a health care system?

- A. High mortality rates.
- B. High health care costs.
- C. Suboptimal quality of health care.
- D. All of the above.

Question 39

An essential step as part of planning for a Strategic Plan is?

- A. Primary Health Care.
- B. Health system strengthening.
- C. Situation analysis.
- D. All of the above.

Question 40

Which of the following are characteristics of public policy?

- A. Policy consists of decisions to be discussed.
- B. Policy is what the government says it will do or intend to do.
- C. Policy lacks purpose or a goal.
- D. Policy is based on the law and must be developed by government.

SECTION B - SHORT ANSWER QUESTIONS

Question 41 (4 marks)

- a) Define what you understand by the term Situational Analysis.
- b) What is the significance of a situational analysis in developing health service delivery policies.

Question 42 (4 marks)

The health system is basically divided into two health programmes:
Name the two Health Programmes and briefly describe the services each programme provides.

Question 43 (4 marks)

In the Ministry of Health Strategic Plan 2020-2025 Describe the three Priority areas under this plan and how they complement each other to provide safe and quality health services in Fiji.

Question 44. (4 marks)

Name the programmes that the Family Health Unit in the Ministry of Health is responsible for and for each programme provide one intervention activity.

Question 45 (4 marks)

Name the Curative Health Care Facilities that provide the Specialist Clinical Services in Fiji and also the Specialist Hospitals for specific medical conditions.

Given the sudden increase of mental disorders related to drug use over the last few years, what is service that needs to be developed to address drug addiction in Fiji.

Question 46 (5 marks)

Health is a driver both of development and its outcome which is subject to good policy development
Name 5 of Today's formidable health challenges that require the development of policies in the delivery of Health services in Fiji to mitigate these challenges.

Question 47 (5 marks)

Health policy development requires engagement in political and social structures.
It emphasizes multisectoral, whole-of-government, whole-of-society and health-in-all-policies approaches that work with key sectors related to health
Name 5 sectors related to Health that are required to engage in Health policy development.

PART C LONG ANSWER QUESTION

Question 48 (30 marks)

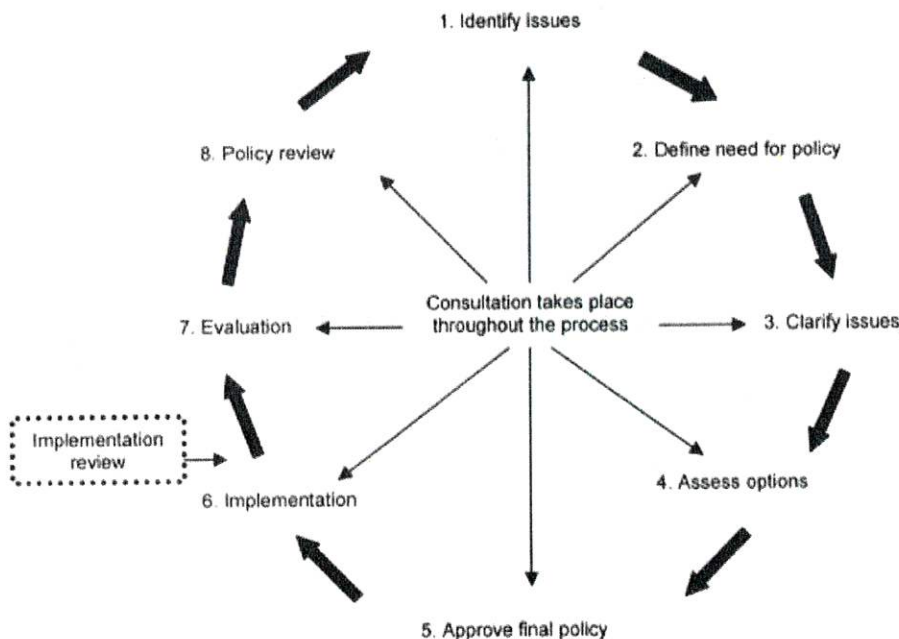
The Ministry of Health and Medical Services in Fiji had developed a generic Policy Development guideline in 2014 as a standard template to be used for the development of policies pertaining to Health. This template can be used as a reference in developing a policy to provide health care services. You will be required to answer the following questions on the process of developing a Policy to provide health care services at the new Medical Clinic at the Saweni Campus

- a. Describe the rationale or justification as to why this policy needs to be developed and what is the expected outcome or change that you want to achieve. (6 marks)

Policy Cycle

- b. Describe what is involved in the planning process? (6marks)
- c. Describe the key points in the policy development process for the Policy for the Medical Clinic. (6 marks)

The policy development process can be conceived of as shown in the diagram below.



- d. Describe how the policy will be implemented and enforced? (6 marks)
- e. Describe briefly what is involved in the evaluation and review process of the policy? (6 marks)