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Model answer

A-Give an account on the following questions (50)

1-Purpose and benefits of communication in health care (10)

Purpose of communication in health care

- to form relationship and build trust
- To alleviate distress and reassure patients
- To convey feelings and give information
- To make decision
- To solve problems and difficult situation facing them during acute illness or chronic conditions

Benefits of communication in health care

- 1-Make accurate diagnosis
- 2-Improving patient compliance
- 3-Rapid recovery
- 4-Saving money and time

2-Principles and characteristics of PHC and role of nursing in PHC (20)

A-The service should be

1. Affordable to people. Can pay for the cost of utilization
2. Appropriate: to meet the health needs of the community.
3. Acceptance: reflect utilization.
4. Accessible –: available PHC facilities in the served community it should be central to main bulk (5-15 minutes walking distance).
- 5-Equitable distribution of health care services
- 6-Community participation – in order to make the fullest use of local, national and other available resources.
- 7-Health workforce development: health care relies on adequate numbers and distribution of trained physicians, nurses, community health workers and others working as a health team and supported at the local and referral levels.
- 8-Proper referral system

9-Continuity of care

10-Inter-sectorial cooperation

B-Elements of the PHC: includes at least the following 8 Elements:

- . Education concerning the prevailing health problems
- .Locally endemic disease prevention and control.
- . Expanded program for immunization.
- . Maternal and Child Health
- . Essential drugs list
- .Nutrition promotion and food supply
- . Treatment of communicable and non-communicable diseases.
- .sanitation of the environment

Role of nursing in PHC

- Health promotion
- Illness prevention
- Antenatal –natal and postnatal care
- Treatment and care of sick people
- Rehabilitation
- Education and research

3-Risk factors and general guidelines in prevention and control of non-communicable diseases (10)

- 1- non modifiable risk factors like age, sex, genetics
- 2- modifiable risk factors like
 - smoking
 - Alcohols -overweight and obesity -unhealthy diet -physical inactivity
 - Drug use -metabolic disorders
 - occupational exposure
 - psychological stress

General guidelines in prevention and control of NCDS

A-primary prevention:

- Health education to increase awareness about risk factors and improve life style
- Healthful life style through 1-nutritional care increasing consumption of fresh fruits and vegetable , fish , low fat dairy products....2-avoid sedentary life , smoking, alcohol....
- Environmental sanitation e.g reduce air pollution, radiation

-Health legislation e.g antismoking law

B-Secondary prevention

-Early detection of the diseases through periodic examination and screening tests to the at-risk groups

-proper management of disease conditions

C-Tertiary prevention: Rehabilitation

4 -Immunization schedule of the children (10)

Type of vaccination	Time of vaccination
At birth	Zero dose of OPV-BCG
BCG , OPV	1 st month (40 days)
OPV , DPT, HBV	2 nd month
OPV , DPT, HBV	4 th month
OPV , DPT, HBV	6 th month
OPV	9 th month
OPV , DPT ,MMR	12 th month
OPV , DPT ,MMR	18 th month

B-Enumerate (20)

1-Components ofnatal care (10)

- Birth attendant well trained on safety labor and referral.
- Place of delivery in well- equipped health facility.
- Requirements for safe home delivery.
- Clean hand , delivery surface, and cord cutting.
- Avoid unnecessary vaginal examination. Episiotomy done only when indicated.
- Early detection of at risk mother and referring .
- Care for the newborn " eye drops ,and sterile dressing for umbilicus"

2- Criteria of good health education message (5)

- 1- The message should be
 - address major health problem
 - contain single concept
 - believable, simple, clear and easily understood
 - action oriented and physically acceptable
 - socially, Culturally and religiously acceptable

3- Side effects of deficiency and high intake of protein (5)

Side effects of protein deficiency

- affect weight and growth in children
- Fatigue, lethargy, irritability and apathy
- altered loss of muscle mass, skin pigmentation, diarrhea

Side Effects of High Protein Intake

- Body Fat Gain
- contribute to osteoporosis
- high protein diet can cause kidney stress through increasing workload of processing the protein and removing waste products from your body

C-Define (10)

1-marginal health (3)

The individual looks healthy, but he has no ability to adjust to the surroundings. He is going to fall ill on the slightest adverse stimulus (Unapparent disease).

2-communication (2)

Communication is the process in which feelings and ideas are expressed as message sent, received and comprehended.

3-maternal mortality (5)

Death of the woman while pregnant or within 42 days of termination of pregnancy, irrespective of the duration and the site of the pregnancy, from any cause related to or aggravated by the pregnancy or its management but not from accidental or incidental causes.