

2916/205
INTRODUCTION TO PRIMARY HEALTH
CARE, PRINCIPLES OF NUTRITION
AND BEHAVIOUR
Oct./Nov. 2022
Time: 3 hours



THE KENYA NATIONAL EXAMINATIONS COUNCIL

DIPLOMA IN NUTRITION AND DIETETICS

MODULE II

INTRODUCTION TO PRIMARY HEALTH CARE,
PRINCIPLES OF NUTRITION AND BEHAVIOUR

3 hours

INSTRUCTIONS TO CANDIDATES

This paper consists of TWO sections; A and B.

Answer ALL the questions in section A and any THREE questions from section B in the answer booklet provided.

Each question in section A carries 4 marks, while each question in section B carries 20 marks.

Maximum marks for each part of a question are indicated.

Candidates should answer the questions in English.

This paper consists of 3 printed pages.

Candidates should check the question paper to ascertain that all the pages are printed as indicated and that no questions are missing.

SECTION A (40 marks)

Answer ALL the questions in this section.

1. List four services that may promote equity in healthcare. (4 marks)
2. Enumerate four qualitative data collection techniques used in nutrition studies. (4 marks)
3. Indicate the function of the following neurotransmitter on an individual:
 - (a) epinephrine; (2 marks)
 - (b) serotonin. (2 marks)
4. Indicate four risks of binge alcohol intake to an individual. (4 marks)
5. Explain the following terms:
 - (a) eating disorder; (2 marks)
 - (b) health. (2 marks)
6. Name four food source of caffeine. (4 marks)
7. Highlight four advantages of Comprehensive Primary Health Care. (4 marks)
8. State four characteristics of choleric temperament. (4 marks)
9. Identify four providers of community-based healthcare services. (4 marks)
10. Indicate four methods of conducting community health needs assessment. (4 marks)

SECTION B (60 marks)

*Answer any **THREE** questions from this section.*

11. (a) Explain the term 'control group' as used in research. (2 marks)
- (b) Identify four elements of true experiments in experimental research. (8 marks)
- (c) Explain five ways of motivating a community health worker. (10 marks)
12. (a) Enumerate six challenges of community participation during mobilization. (6 marks)
- (b) Explain three effects of excess alcohol consumption on the oral cavity. (6 marks)
- (c) Describe the tiers of healthcare delivery in Kenya. (8 marks)
13. (a) Explain five precautions to take when using dietary supplements. (10 marks)
- (b) Explain the levels of disease prevention in a community. (10 marks)
14. (a) Explain five characteristics of a good community based health information system. (10 marks)
- (b) Examine five psychotherapeutic approaches for treatment of eating disorders. (10 marks)
15. (a) Indicate the effects of dietary sugar on each of the following:
- (i) cognitive tasks; (4 marks)
- (ii) mood. (4 marks)
- (b) Explain six problems that affect implementation of Primary Health Care activities in Kenya. (12 marks)

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