

**FACULTY OF HEALTH SCIENCES
DEPARTMENT OF NURSING SCIENCE**



PROGRAMME : FURTHER NATIONAL HIGHER DIPLOMA IN COMMUNITY NURSING SCIENCE

SUBJECT : **PAPER 2:** COMMUNITY NURSING
MODULE 3: COMMUNICABLE DISEASES
MODULE 4: CHRONIC DISEASE MANAGEMENT

CODE : GGV0037

DATE : NOVEMBER EXAMINATION 2016

DURATION : 3 HOURS

WEIGHT : 50:50

TOTAL MARKS : 100 MARKS

EXAMINERS : DR WO JACOBS

EXTERNAL EXAMINER: PROF S HUMAN (UNISA)

NUMBER OF PAGES : THIS PAPER CONSISTS OF FIVE (5) PAGES.

INSTRUCTIONS TO CANDIDATES:

PLEASE ANSWER ALL THE QUESTIONS.
½ MARK PER FACT UNLESS DIFFERENTLY STATED.
PLEASE HAND IN EXAMINATION PAPER.

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QUESTION 1

1.1 Fill in the blanks:

- a) Stiff jaw is the symptom of.....
- b) DOTS in the T.B. treatment regime refers to.....
- c) Rice water stools are characteristic in.....
- d) Hepatitis is also known as.....
- e) The incubation period for typhoid is.....
- f) AIDS is an acronym for: (3)

Which of the following statements are *true* and which are *false*?

In each case, **explain** your reasoning.

1.2 Isolation of the susceptible host is advised for the duration of the incubation period of a severe and easily transmitted disease. (1)

1.3 Vaccination and vector control target the infected host so as to prevent transmission of infection. (1) ***[5]**

QUESTION 2

TRUE OR FALSE QUESTIONS

- a) Tuberculosis affects only the lungs.
- b) Polio is associated with paralysis of motor path of nervous system.
- c) You can inherit tuberculosis.
- d) Symptom of mumps is swelling of parotid gland.
- e) One attack of meningitis gives lifelong immunity.
- f) BCG is a vaccine for TB.
- g) Tetanus is not transmitted from one person to the other.
- h) A person who has had chickenpox once can get chickenpox again.
- i) Congo fever is usually transmitted by droplet infection if virus occurs in the lungs.
- j) Hand washing is the most preventative method to prevent the spread of infection.
- k) There is a vaccine available for Hepatitis A.
- l) Hepatitis B virus is more infectious than Human Immunodeficiency Virus (HIV).

***[6]**

NOVEMBER EXAMINATION 2016

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QUESTION 3

3.1 Describe the epidemiologic triad, referring to the determinants of diseases. (9)

3.2 Illustrate the triad by making use of the example:

(a) food poisoning at a picnic from cold chicken and

(b) HIV.

(3)

***[12]**

QUESTION 4

Discuss Measles under the following headings:

(a) Causative organism

(b) Mode of transmission

(c) Incubation period

(d) Period of infectiousness

(e) Duration of immunity

(f) Pathogenesis

(g) Signs and symptoms

(h) diagnosis

(i) Treatment and care

(j) Prevention

***[12]**

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QUESTION 5

Match the word in Column A with the description in Column B. Write only the letter next to the number, e.g. A. 1.

COLUMN A		COLUMN B	
A	Epidemic	1	Total number of people within a specific population group who have particular disease at a given point in time
B	Pandemic	2	Poverty, gender inequality, poor education, discrimination and migrant workers
C	Incidence	3	More than 5% of certain sub-population is infected with HIV (sex workers/ MSM's / prison population/ migrant workers) but less than 1 % general population
D	Prevalence	4	Malaria, Anthrax, Tick Fever, Bovine Tb, Rabies
E	Endemic	5	Global epidemic
F	low level epidemic	6	number of new HIV infections in a specific population over specific period of time
G	concentrated epidemic	7	This must be within 72hrs of exposure, but recommended to be started as early as 6hrs or before six hours
H	generalised epidemic	8	Individual's physical condition and immunity that may increase their susceptibility to becoming infected with HIV – own/other's actions, knowingly/not
I	Hyper-endemic Epidemic	9	new cases in a given human population during a given period of time, at a rate that substantially exceeds what is " expected " based on recent experience
J	Vulnerability	10	Measles, PTB, Bacterial Meningitis, Scarlet Fever, Pertussis
K	Susceptibility	11	Less than 1% of both general and sub-population in general population is infected with HIV
L	Waterborne/Fecal Oral Diseases	12	5% / more of general population = consistently infected with HIV, Driven by sexual networks
M	Insects/Animals To Man	13	15% or more of the general population is consistently infected with HIV
N	Airborne/Droplet Diseases	14	Cholera, typhoid, bilharzia, hepatitis
O	Post exposure Prophylaxis	15	Malaria in some parts of Africa/ TB in SA

***[15]**

QUESTION 6

Any physical disability effect disabled individual and direct family on various levels of their lives.

- 6.1 Outline the possible causes of physical disability through all the stages of life. (6)
- 6.2 Describe the effect of physical disability on the disabled individuals and their direct family members on the various levels of their lives. (12)

***[18]**

QUESTION 7

Drug abuse is a serious problem and has increased in South Africa. Some reports suggest that South Africa is an emerging market not just for the use of drugs but also for drug trafficking. You have to teach nursing students on drug abuse to prepare them to do health education to concern parents.

- 7.1 Discuss the causes, prevention and effect on the addicts, their families and the community of drugs and drug abuse

***[20]**

QUESTION 8

Hypertension is one of the most prevalent chronic diseases in our country

- 8.1 Discuss the role of the community health nurse regarding the principles in the management of hypertension under the following headings and give relevant examples:

- **Confirmation** (3)
- **Compliance** (3)
- **Complications** (3)
- **Control** (3)

***[12]**

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QUESTION 1

Chickenpox is an infectious disease but is not currently part of the EPI immunization schedule.

Discuss chickenpox under the following headings:

- (a) Causative organism
- (b) Mode of transmission
- (c) Incubation period
- (d) Period of infectiousness
- (e) Duration of immunity
- (f) Pathogenesis
- (g) Signs and symptoms
- (h) complications
- (i) Treatment and care
- (j) Prevention

***[11]**

QUESTION 2

2.1 Define the following concepts to the first-year nursing students:

2.1.1 Communicable disease

2.1.2 Epidemiology

2.2 Describe to the students your understanding of

2.2.1 Vulnerability (3)

2.2.2 Susceptibility (3)

2.2.3 Infectious period (1)

2.2.4 Incubation period (1)

2.2.5 Latent period (1)

***[16]**

3/...

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QUESTION 3

3.1 Which of the following diseases are preventable by immunization?

- | | |
|-------------------------------|-----------------------------|
| a) Diphtheria | e) Chickenpox |
| b) Pertussis (whooping cough) | f) Mumps |
| c) Tetanus (lock jaw) | g) Rubella (German measles) |
| d) Polio | |

3.2 How often should an adult have a Diphtheria/Tetanus booster?

- | | |
|------------------|-----------------------|
| a) every year | d) every 10 years |
| b) every 3 years | e) for dog bites only |
| c) every 5 years | |

3.3 Modern day medical therapy of Tuberculosis (TB) includes:

- | | |
|----------------------------------|--|
| a) treatment at home | c) treatment in a TB sanatorium |
| b) treatment in a local hospital | d) return to daily activities with long term treatment |

3.4 To protect yourself from most communicable diseases you should wash your hands:

- | | |
|---------------------------|-----------------------------|
| a) after changing diapers | c) after using the bathroom |
| b) before eating | d) before preparing food |

3.5 The disease that is non-communicable is _____

1. malaria
2. marasmus
3. AIDS
4. hepatitis

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- 3.6 Malaria is caused by a_____.
1. Protozoan
 2. Fungi
 3. Virus
 4. bacteria
- 3.7 An insect which transmits a disease is known as_____.
1. intermediate host
 2. parasite
 3. vector
 4. Prey
- 3.8 Which one is a communicable disease?
1. Malaria
 2. Diabetes
 3. Hypertension
 4. epilepsy
- 3.9 Which one of the diseases is not communicable?
1. Typhoid
 2. Whooping cough
 3. Measles
 4. Leukemia
- 3.10 BCG vaccine is used to curb_____.
1. pneumonia
 2. tuberculosis
 3. polio
 4. amoebiasis

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3.11 Acquired Immune-deficiency syndrome could develop due to_____.

1. defective liver
2. defective thymus
3. HIV virus
4. weak immune system

3.12 Typhoid is caused by_____.

1. escherichia
2. giardia
3. salmonella
4. shigella

3.13 Fever, delirium, slow pulse, abdominal tenderness and rose colored rash indicate the disease_____.

1. typhoid
2. measles
3. tetanus
4. chicken pox

***[7.5]**

QUESTION 4

4.1 Match the following two columns.

Column I

- (a) Malaria
- (b) Tetanus
- (c) Cholera
- (d) Tuberculosis

Column II

- (i) Food and water
- (ii) Contact
- (iii) Mosquito bite
- (iv) Air
- (v) wound exposed to dust.

(2)

6/...

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4.2 Choose the correct alternative-

(a) AIDS is spread by 1) shaking hands 2) playing together
 3) infected needles 4) water or food

(b) AIDS cannot be spread by 1) Sneezing 2) Blood transfusion
 3) Sexual contact 4) Infected needles

(c) Diseases spread worldwide are known as: 1) pandemics 2) epidemics
 3) endemics 4) sporadic

(1.5)

4.3 For the following, list **A** if it is an **agent** that **causes** disease, **V** if it is a **vector** that **transmits** disease.

- i. virus _____
- ii. rat _____
- iii. mosquito _____
- iv. protozoan or protist _____
- v. flea _____
- bacteria _____

(3)

***[6.5]**

QUESTION 5

5.1 While working in the community an increase in diarrheal disease has been reported. You have to make a diagnosis of **cholera**.

5.1 Outline the signs and symptoms of cholera. (4)

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5.2 You are the community nurse in charge and responsible for the management of health care services in Orange farm where you are giving health education to a group of illiterate mothers.

5.2.1 Explain to the mothers the measures that they can implement in order to prevent **Cholera** (5)

***[9]**

QUESTION 6

Asthma is recognized as a chronic health problem affecting all age groups. You as the community health nurse must give health education to mothers about Asthma.

Discuss Asthma under the following headings

- a) What Asthma
 - b) Causes of Asthma
 - c) Specific effects of Asthma
 - d) Prevention of Asthma
 - e) Role of the community health nurse in management of Asthma (2½)
- *[12]**

QUESTION 7

Describe the management objectives of chronic conditions. ***[11]**

QUESTION 8

8.1 The World Health Organization (WHO) has an obligation to promote a world free of preventable chronic conditions. 8/...

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- 8.1.1 Discuss the four health promotion strategies or measures that the WHO uses to address the chronic conditions globally. ***[12]**

QUESTION 9

- 9.1 The risk of developing chronic diseases increases drastically as the result of long-term unhealthy habits.

- 9.1.1 Debate the relationship between chronic diseases and lifestyles. ***[7]**

QUESTION 10

- 10.1 Explain in short the management principles of chronic health problems. ***[8]**

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