PUBLIC HEALTH MULTIPLE CHOICE STUDY QUESTIONS

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1. Which of the following conditions is an endemic in Uganda?
   a. Measles
   b. Malaria
   c. Typhoid
   d. Bilharzia

2. The formal system of arrangement where community members come together to address their own problems, needs and concerns at a given point of time is referred to as;
   a. Community mobilization
   b. Community empowerment
   c. Community participation
   d. Community organisation

3. The first step on conducting community health planning is;
   a. Assessment of available resources
   b. Conduct village mapping
   c. Analysis of the health situation
   d. Make preliminary visit to the local leaders

4. Which level of disease prevention is correct when a community nurse teaches a client to adhere to treatment as prescribed at home?
   a. Primary level
   b. Secondary level
   c. Tertiary level
   d. All the above

5. Which of the following is not a leadership style exercised in the community
   a. Democratic
   b. Autocratic
   c. Participative
   d. Laisse faire

6. Community based health care is a component of traditional medicine whose aim is to;
   a. Provide curative medicine
   b. Provide health education
   c. Prevent disease occurrence
   d. Diagnose the disease out-break

7. BCG is stored at
   a. +20°C - +8°C
   b. +3°C - +8°C
   c. +20°C - +10°C
   d. +4°C - +8°C
8. Which of the following is a fat soluble vitamin?
   a. Vitamin B
   b. Vitamin C
   c. Vitamin A
   d. Vitamin $B_{12}$

9. The term immunisation refers to?
   a. Act of introducing vaccine into a child’s body
   b. Administering polio vaccine
   c. Ensuring safe community from community diseases
   d. None of the above

10. Which of the following is not a food preservation method
    a. Canning
    b. Soaking
    c. Salting
    d. Smoking

11. Food that is rich in proteins, vitamins is termed as
    a. Protective food
    b. Energy giving food
    c. Body building food
    d. Natural food

12. The level of community dialogue where there is establishment of coalition to champion the issues and concerns that affect the health and welfare of people is referred to as;
    a. Health facility level
    b. District level
    c. National level
    d. Parish and community levels

13. One of the following is an advantage of observation method as used during community diagnosis;
    a. Information given is accurate
    b. It gives an additional picture of the picture
    c. It is time consuming
    d. It causes bias

14. Which of the following is not a characteristic of Primary Health Care (PHC)?
    A. Social acceptable methods
    B. Practical and scientifically sound
C. Affordability  
D. Political commitment

15. The following are components of Primary Health Care except;
   a. Health education  
   b. Management of common diseases  
   c. Provision of mental health services  
   d. Physical education

16. The following are qualities of Community Health Worker except;
   a. Highly educated  
   b. Trustworthy  
   c. Good communicator  
   d. Approachable

17. The composition of community development committee include the following except;
   a. 2 members of LCII  
   b. 2 opinion leaders  
   c. 1 member from youth Council II  
   d. 1 member from Women Council II

18. The formal process of going into the community following the normal steps is termed as;
   a. Community entry  
   b. Community mobilisation  
   c. Community capacity building  
   d. Community mapping

19. Ways of storing information during community meetings include;
   a. Village record books  
   b. Parish register  
   c. Minutes  
   d. All the above

20. The following are pillars of Primary Health Care except;
   a. Political commitment  
   b. Multi-sectoral collaboration  
   c. Appropriate technology  
   d. All the above
21. The first step followed by an educator during health education talk is;
   a. Listen carefully
   b. Check understanding
   c. Warmly welcome the client
   d. Introduce the topic

22. Which of the following factors may promote behavioural change among community members?
   a. Early care seeking behaviour
   b. Fear of unforeseeable consequences
   c. Fear of criticism
   d. Status quo

23. The term that best defines change of people’s feelings, opinions and ideas but guides one’s reactions and actions either positively or negatively is termed as;
   a. Behaviour change
   b. Role model
   c. Attitude change
   d. Leadership

24. A process where two or more people gather to discuss development issues is referred to as;
   a. Seminar
   b. Spiritual conference
   c. Symposium
   d. Meeting

25. The act of giving community people power and the right to take decisions on what affect them is referred to as;
   a. Decentralisation
   b. Primary Health Care Services
   c. Community Capacity building
   d. Community empowerment

26. One of the following is not a component of school health?
   a. Health education
   b. Physical education
   c. Chemotherapy education
   d. Nutrition

27. The following are levels of community participation except;
   a. Pre-planned programme
   b. Participation in use of service provided
c. Community empowerment
d. All the above

28. A two way process communication that involves the critical analysis and in-depth understanding of issues and concerns in the community is referred to as;
   a. Health promotion
   b. Community dialogue
   c. Community diagnosis
   d. Community survey

29. A process where community members learn about other problems needs and concerns and prioritising with urgent ones is referred to as;
   a. Community entry
   b. Community participation
   c. Community situation analysis
   d. Community mobilisation

30. The process where community members acquire knowledge which enables them to move from a less desirable situation to more desirable one using the available resource is termed as;
   a. Community development
   b. Community entry
   c. Community empowerment
   d. None of the above

31. One of the following is an indicator for community development
   a. Promotes stability
   b. Enhances positive attitudes and behaviours
   c. Political stability
   d. Improved social standards

32. Sleep and rest are important factors that promote persons’ health well-being. The recommended hours of sleep for an adult is between;
   a. 11-12 hours
   b. 6-8 hours
   c. 8-10 hours
   d. 9-10 hours

33. Treatment of common disease and minor injuries in a Primary Health Care is?
   a. Strategy
   b. Component
   c. Pillar
   d. Concept
34. Which of the following statements is not true about health education?
   a. Teaching aids are essential
   b. Participants should be allowed to ask questions
   c. Evaluation must only be done at the end of the session
   d. Identification of the target group

35. Which of the following disease is a water-borne disease?
   a. Ebola
   b. Yellow fever
   c. Typhoid
   d. Dysentery

36. The most important step in effective communication is;
   a. Sender
   b. Receiver
   c. Feedback
   d. Message

37. Which of the following is a role played by a Village Health Team?
   a. Planning of PHC activities
   b. Treatment of specific diseases
   c. Carryout home visits
   d. All the above

38. Which of the following belongs to structure of community based Health care?
   a. Community Working together
   b. Trained community member
   c. Development committee
   d. All the above

39. The type of CBHC trainer who concentrates on organising training of volunteers and mobilising for Health visits is termed as;
   a. Corps
   b. Community volunteer
   c. Health inspect
   d. Parish development committee

40. The following are components of cold chain system;
   a. People
   b. Equipment
   c. Procedure
   d. None of the above
41. The type of climate where the sun is always shining vertically overhead and the temperature is uniformly high is termed as;
   a. Desert climate
   b. Mediterranean climate
   c. European climate
   d. Tropical climate

42. The following are health hazards of improper excreta disposal;
   a. Water pollution
   b. Contamination of food
   c. Soil pollution
   d. All the above

43. The term that is given to process where there is no food in the community for some seasons is best termed as;
   a. Food insecurity
   b. Food security
   c. Food hygiene
   d. Feminine

44. The type of food which protect one’s body against acquiring infections is called;
   a. Go-foods
   b. Grow foods
   c. Glow food
   d. All the above

45. A simultaneous record of demographic, social and economic data of individual is termed as;
   a. Census
   b. Registration
   c. Ad hoc survey
   d. None of the above

46. Determinant of community health include the following except;
   a. Health care delivery
   b. Life style and environmental factors
   c. Human body
   d. Social structure

47. A state of complete, physical, social, mental and social well-being and merely in the absence of a disease or infinity is termed as;
   a. Sexual health
   b. Reproductive health
   c. Community health
   d. Health
48. The following statement address process of community health needs assessment;
   a. Enables the identification of the major risk factors and causes of ill health on the community
   b. Promotes people’s well-being
   c. Identifies the needs and actions the community requires
   d. None of the above

49. Rendering health education in the community entails;
   a. Using the community to achieve good out-come for their health
   b. Teaching them on the risk factors and preventive modalities
   c. Giving services to the community
   d. Teaching community how health workers should behave while in the community

50. Which of the following infectious disease is most notifiable at national level?
    a. Typhoid
    b. Measles
    c. Haemophilia Type B
    d. Pneumonia

51. In which of the following year was Alma Alta declaration passed?
    a. 1798
    b. 1977
    c. 1987
    d. 1978

52. Which of the following sources would vitamin D be got?
    a. Vitamin foods
    b. Sun bathing
    c. Soya beans
    d. Water melon

53. Which of the following vaccine is administered intra-dermally?
    a. Tetanus
    b. Polio
    c. BCG
    d. DPT + Hep B & HIP

54. The term that refers to addition of one or more nutrients to food to improve on the quantity of diet is termed as;
    a. Nutritional adulteration
    b. Nutritional survey
    c. Food fortification
    d. Nutritional assessment
55. Which of the following is a fat soluble vitamin?
   a. Vitamin D
   b. Vitamin C
   c. Pantothenic Acid
   d. Vitamin B₂

56. Which of the following belongs to trace elements
   a. Iodine, Fluorine, Sodium, Potassium and Cobalt
   b. Magnesium, Copper, Cobalt, zinc and Chromium
   c. Chromium, cobalt, Zinc, copper and sodium
   d. Copper, Zinc, Cobalt, Chromium and Potassium

57. A deficiency of vitamin A manifests as;
   a. Keratomalacia
   b. Scurvy
   c. Rickets
   d. Pellagra

58. Complications of obesity include the following except
   a. Physical disorder
   b. Metabolic disorders
   c. Cardiac disorder
   d. Looking beauty

59. The following are methods recommended for cooking vegetables;
   a. Boiling
   b. Roasting
   c. Grilling
   d. Stewing

60. The number of people developing a new disease during a specified time period per 1000 population in a given community is termed as;
   a. Pandemic
   b. Eradication
   c. Incidence
   d. Epidermic

61. The following constitute the epidemiology triad except;
   a. Environment
   b. Host
   c. Disease
   d. Agent
62. Which of the following clients are served by health centre III?
   a. 20,000 clients
   b. 1,000 clients
   c. 500,000 clients
   d. 4,000 clients

63. Which of the following is an element of Primary Health Care?
   a. Eye care and political commitment
   b. Oral services and community participation
   c. Provision of essential drugs and socially acceptable methods
   d. Oral services and Immunisation

64. The following are community own resource persons except;
   a. Retired service men
   b. Resident elders
   c. Traditional birth attendants
   d. Local Council Chairperson

65. Formal arrangement of community members to address their problems is termed as;
   a. Community participation
   b. Community organisation
   c. Community sensitization
   d. Community mobilization

66. A disability that limits fulfilment of a role that is normal for an individual is termed as;
   a. Impairment
   b. Handicap
   c. Mental disability
   d. Disability

67. The service that intend to assist the community to identify individuals who are under privileged is referred to as;
   a. Community based health care (CBHC)
   b. Primary Health Care (PHC)
   c. Alma Alta declaration
   d. Community based Rehabilitation

68. The following are steps followed while conducting health education talk except;
   a. Introduce self
   b. Introduce the topic in a warm stimulating manner
   c. Greet the participants
   d. Identification of the target group
69. The method of refuse disposal that involves aggregating waste into a pot and covered by layers of soil is referred to as;
   a. Burning
   b. Controlled tipping
   c. Crude dumping
   d. Incineration

70. The term that best describes the number of new cases occurring in a given community at a particular point of time is termed as;
   a. Sporadic
   b. Endemic
   c. Epidermic
   d. Incidence

71. Which of the following types of water is salty?
   a. Rain water
   b. Surface water
   c. Underground water
   d. Piped water

72. The referred permanent and convenient hygienic method of human excreta disposal is;
   a. Flush toilets
   b. Ventilated Improved Pit latrine (VIP)
   c. Raised Improved Pit latrine
   d. Ecosan

73. Which of the following is not a leadership style?
   a. Laisse – faire
   b. Autocratic
   c. Participative
   d. Democratic

74. The following are ways of carrying out community situation analysis except;
   a. Spot observation
   b. Develop information collection tools
   c. INTERVIEWING
   d. Surveillance
   e. 

75. The chemical and biological components of food changes is known as?
   a. Diet
   b. Food nutrition
   c. Food science
   d. Diet
76. Which one of the following is an indicator for community participation?
   a. Good leadership
   b. Self – reliance
   c. Clear understanding of the project goal
   d. Soliciting for external support

77. Which of the following is the most essential requirement of a newly born baby?
   a. Air
   b. Breast milk
   c. Warm clothing
   d. Enough sleep and rest

78. Which of the following as an odd man out;
   a. Immunisation
   b. Rehabilitation
   c. Hygiene
   d. Sanitation

79. Which of following is a primary method of disease prevention?
   a. Smoking
   b. Good health behaviours
   c. Littering of rubbish
   d. Safe water supply

80. The needs which are met to maintain the quality of life is referred to as;
   a. Physiological needs
   b. Human basic needs
   c. Primary needs
   d. Secondary needs

81. Which of the following is a third step during community entry?
   a. Problem statement
   b. Data collection
   c. Preliminary Visits to community
   d. None of the above

82. Which of the following is not a concept of PHC?
   a. Multi-sectoral approach
   b. Accessibility
   c. Affordability
   d. Scientific method
83. The number of new cases of disease or health events occurring on a given population over a specified period of time is termed as;
   a. Incidence rate
   b. Prevalence rate
   c. Epidermic rate
   d. Sporadic rate

84. Which of the following diseases is not vaccine preventable?
   a. Brucellosis
   b. Poliomyelitis
   c. Haemophilus influenza
   d. Yellow fever

85. Primary Health Care can be effectively implemented through;
   a. Equity distribution of resources
   b. Dissemination of information Education and Communication
   c. Decentralisation
   d. Community participation

86. One of the following is NOT a component of school health
   a. Provision of sanitary services
   b. Health Education
   c. Provision of dental care services
   d. Increase in teacher’s pay salaries

87. Which of the following causative agent causes trench fever?
   a. Bacteria
   b. Spirochete
   c. Protozoa
   d. Rickettsia

88. The most effective method of rendering water safe for human consumption is;
   a. Filtration
   b. Boiling
   c. Sterilisation
   d. Chlorination

89. Which of the following is a primary measure of disease control?
   a. Chemoprophylaxis
   b. Conducting health education
   c. Referring patients
   d. None of the above
90. The type of immunity one gets following massive community immunisation is called;
   a. Herd immunity
   b. Innate immunity
   c. Humoral immunity
   d. Natural passive immunity

91. The type of information and services given to an individual or a couple before biological fathering or mothering a child is referred to as;
   a. Family care
   b. Antenatal care
   c. Health care
   d. Pre conception

92. The following are examples of fat soluble vitamins except;
   a. Vitamin A
   b. Vitamin B
   c. Vitamin E
   d. Vitamin K

93. Which of the following drugs is a deformer?
   a. Ketrax
   b. Tefol
   c. Folic acid
   d. Oxytocin

94. Anal pruritus is a common symptom of worm infestation called?
   a. Hook worm
   b. Round worm
   c. Tape worm
   d. Thread worm

95. Which of the following vector causes yellow fever?
   a. Culex mosquito
   b. Anopheles mosquito
   c. Ticks
   d. Aedes mosquito

96. The percentage of sugar content found in milk is......
   a. 3.5%
   b. 4.3%
   c. 4.2%
   d. 3.6%
97. The simplest way of monitoring the baby’s growth is;
   a. Taking baby’s height
   b. Taking baby’s weight
   c. Measuring mid upper arm circumference
   d. Physical examination of a baby

98. The commonest cause of marasmus in children is due to;
   a. Lack of breast milk
   b. Poor weaning techniques
   c. Diarrhoea
   d. Starvation

99. Semi-permanent houses usually last for about ....... years
   a. 5-10
   b. 5-15
   c. 10-20
   d. 10-15

100. Solid part of sewerage is referred to as;
   a. Manure
   b. Effluent
   c. Sludge
   d. Humus

101. Underground water flows via a permissive layer of a rock known as;
   a. Sedimentation layer
   b. Pervious layer
   c. Concentration layer
   d. Glae layer

102. Itch mites are known for causing ......... disease
   a. Plague
   b. Scabies
   c. Anaemia
   d. Yellow fever

103. Which of the following food factors is known for immune boosting
   a. Proteins
   b. Carbohydrates
   c. Mineral salts
   d. Vitamins