



MACHAKOS UNIVERSITY

University Examinations 2017/2018

SCHOOL OF HEALTH SCIENCES

DEPARTMENT OF PUBLIC AND COMMUNITY HEALTH

THIRD YEAR FIRST SEMESTER EXAMINATION FOR

BACHELOR OF SCIENCE IN IN POPULATION HEALTH

PPH 309: ADOLESCENT HEALTH

DATE: 11/12/2017

TIME: 11:00 – 1:00 PM

INSTRUCTIONS

This paper consists of two sections A and B

Section A is compulsory

Section B choose any two (2) questions

SECTION A: COMPULSORY

QUESTION ONE (30 MARKS)

- a) Numerous adolescent development theories exist. Explain the importance of these theories to an adolescent health officer. (3 marks)
- b) Explain the need for a referral mechanism in any youth friendly setting. (3 marks)
- c) Highlight three (3) critical interventions for adolescents living with HIV (3 marks)
- d) Briefly explain Anne Freud's theory of adolescent defense mechanism. (3 marks)
- e) Differentiate between Bulimia and Anorexia Nervosa (3 marks)
- f) Explain why disordered eating behaviors are more prevalent in adolescents (3 marks)
- g) A Youth friendly service established without the support of the community is likely to fail. Briefly explain (3 marks)
- h) State three roles of peer led initiatives in provision of adolescent health. (3 marks)
- i) Unlike in the past, the number of young people with disabilities is rising. Describe three possible reasons for this rise. (3 marks)

- j) Explain the problems that you are likely to encounter with an adolescent who is yet to develop ‘personal identity ‘as described by Erickson. (3 marks)

SECTION B: CHOOSE ANY TWO (2) QUESTIONS. EACH QUESTION IS 20 MARKS

QUESTION TWO (20 MARKS)

- a) You have been invited as a health professional to talk to a group of adolescent high school students on sex education. Describe five (5) social-emotional and behavioral development aspects in this group that will form the basis of your talk. (10 marks)
- b) Mashariki level 4 facility recently set up a Youth friendly Centre within the facility. The Medical Superintendent has approached you to help ensure the youth uptake the health services available. Discuss aspects you would consider in your assignment. (10 marks)

QUESTION THREE (20 MARKS)

- a) Discuss the availability, accessibility, acceptability and equity of health services to adolescents in Kenya (15 marks)
- b) Victor is an intern in Machakos level 5 hospital and has noticed that the adolescents seeking health services in his department are uneasy with certain medical examinations. Advice Victor on mitigation actions to take. (5 marks)

QUESTION FOUR (20 MARKS)

- a) “The developmental nature of adolescents leads to special considerations in the provision of health”. Discuss. (10 marks)
- b) According to the 2014 KDHS, HIV infection rates are greatest in the adolescents and early adulthood. Discuss the opportunities for action as a country to reduce the infection rates. (10 marks)

QUESTION FIVE (20 MARKS)

- a) Mercy an obese form two student confides in you that she is obsessed with her weight and cannot cope with the social discrimination she is undergoing in school. What strategies would you adopt in helping Mercy? (10 marks)
- b) Discuss ongoing interventions aimed at improving adolescent health. (10 marks)