



MACHAKOS UNIVERSITY

University Examinations 2016/2017

SCHOOL OF HEALTH SCIENCES

DEPARTMENT OF PUBLIC HEALTH

**THIRD YEAR FIRST SEMESTER EXAMINATION FOR BACHELOR OF SCIENCE
(POPULATION HEALTH)**

PPH 309: ADOLESCENT HEALTH

DATE: 29/5/2017

TIME:2.00-4.00 PM

INSTRUCTIONS

This paper consists of two sections A and B

Section A is compulsory

Section B choose any two (2) questions

SECTION A (30 Marks) Compulsory

QUESTION ONE

- a) Outline Anne Freud's theory of adolescent defense mechanism (3 marks)
- b) Explain the importance of the adolescent development theories in adolescent health (3 marks)
- c) Outline five (5) characteristics of healthy adolescents (5 marks)
- d) Explain four (4) reasons as to why adolescents are likely to abuse drugs (4 marks)
- e) State the goals of the common agenda for action in adolescent health developed by UNICEF and UNFPA (4 marks)
- f) Define youth friendly services as per WHO (2 marks)
- g) "Adolescence is a phase in an individual's life rather than a fixed time period". Briefly explain (3 marks)

- h) Outline three (3) roles of the health worker in adolescent health (3 marks)
- i) State six (6) minimum conditions for youth friendly services (3 marks)

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

QUESTION TWO

- a) Discuss the need for focus on adolescent health (10 marks)
- b) You have been contracted as an adolescent expert to help design youth friendly health services in your county. Discuss five (5) supportive elements to consider in the design (10 marks)

QUESTION THREE

- a) Discuss five (5) essential public health services to promote adolescent health (10 marks)
- b) Highlight ways in which to overcome barriers to adolescent friendly health services (4 marks)
- c) Discuss three (3) intervention programs that are effective in improving the health of adolescents (6 marks)

QUESTION FOUR

- a) Discuss five (5) provider/staff characteristics of youth friendly services (10 marks)
- b) You have been hired as a public health worker in your county in charge of adolescents. Outline four (4) of your roles in this assignment (4 marks)
- c) Explain six (6) recommended essential services in the package for the youth center based model of youth friendly services (6 marks)

QUESTION FIVE

- a) Adolescent health has been faced by different challenges. Discuss five (5) barriers to adolescent health (10 marks)
- b) Explain four (4) opportunities for action in the prevention and support of adolescents living with HIV (4 marks)
- c) Discuss three (3) adolescent medical and health risk behaviors often observed in this age group (6 marks)