



MACHAKOS UNIVERSITY

University Examinations for 2018/2019 Academic Year

SCHOOL OF HEALTH SCIENCES

DEPARTMENT OF PUBLIC AND COMMUNITY HEALTH

THIRD YEAR SECOND SEMESTER EXAMINATION FOR

BACHELOR OF SCIENCE IN POPULATION HEALTH

PPH 309: ADOLESCENT HEALTH

DATE: 16/4/2019

TIME:8:30 – 10:30 AM

INSTRUCTIONS:

This paper consists of two sections A and B

SECTION A (COMPULSORY)

- **This section has one question**
- **The question is compulsory**
- **The question is 30 marks**

QUESTION ONE (30 MARKS)

- Explain the importance of conceptualizing the adolescent development theories to an adolescent health officer (3 marks)
- Identify six (6) social-emotional and behavioral development characteristics in early adolescence (3 marks)
- Briefly explain the influence of the family in the health of adolescents (3 marks)
- Describe Margaret Mead's perspective on adolescent development in a cultural context (3 marks)
- "Adolescence presents a window of opportunity and also one of risk" Briefly comment on this statement (3 marks)
- Outline three (3) characteristics of a healthy adolescent (3 marks)
- Highlight the need for a referral mechanism for all the models of youth friendly services (3 marks)
- Highlight three (3) objectives of skills-based health education in schools (3 marks)

- i) List six (6) strategies for establishing trust and rapport with adolescent clients (3 marks)
- j) Identify three (3) critical interventions for adolescents living with HIV (3 marks)

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

INSTRUCTIONS

- There are four (4) questions in this section
- Answer ANY TWO (2) QUESTIONS.
- Use relevant examples where applicable

EACH QUESTION IS 20 MARKS

QUESTION TWO (20 MARKS)

You are working in a rural village where you note that the adolescents aged 15–19 years are a particularly vulnerable group who need your special attention. Discuss the common challenges that you expect adolescent girls aged 15–19 years to experience and the specific actions that are necessary to address your concerns for this group.

QUESTION THREE (20 MARKS)

- a) Peer education is an effective way of learning different skills to improve adolescent's health. Discuss the advantages of peer education in a secondary school setting and highlight the qualities of a peer educator (10 marks)
- b) Discuss the availability, accessibility, acceptability and equity of health services to adolescents both in and out of school in Kenya (10 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 KDHS (2014), HIV infection rates are greatest in the adolescents and early adulthood. You have recently been appointed the county coordinator of youth reproductive health programme funded by the Medical Research Council. Discuss four key opportunities for action that you would consider to reduce the infection rates. (10 marks)

QUESTION FIVE (20 MARKS)

- a) One of the WHO recommendations to adolescent health is preventing early pregnancy and poor reproductive outcomes among adolescents in developing countries. Discuss some of the indicators under this recommendation (15 marks)
- b) You have been appointed as head of the Adolescent health unit in Kenya. Discuss the supportive elements that you would adopt to increase uptake of youth friendly services in your docket. (5 marks)