



MACHAKOS UNIVERSITY

University Examinations for 2018/2019 Academic Year

SCHOOL OF HEALTH SCIENCES

DEPARTMENT OF PUBLIC AND COMMUNITY HEALTH

FOURTH YEAR SECOND SEMESTER EXAMINATION FOR

BACHELOR OF SCIENCE IN POPULATION HEALTH

PPH 408: TRADITIONAL, COMPLEMENTARY AND ALTERNATIVE MEDICINE

DATE: 2/5/2019

TIME: 8:30 – 10:30 AM

SECTION A (COMPULSORY)

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

QUESTION ONE (30 MARKS)

- a) Differentiate between traditional and complementary medicine (3 marks)
- b) Define the following terms in drug use: (3 marks)
- i) Pharmacodynamics
 - ii) Toxicology
 - iii) Traditional medicine
- c) Using examples explain the sources of drugs. (3 marks)
- d) Explain factors that modify dosage and effectiveness of drugs. (3 marks)
- e) Briefly explain phase one reactions in drug metabolism (3 marks)
- f) Critique the perceived low cost of traditional and complementary or alternative medicine (3 marks)
- g) Differentiate between receptor and non-receptor mechanisms of drugs (3 marks)
- h) Beside herbal therapies, explain other traditional or complementary therapies used in your community. (3 marks)

- i) Identify the traditional/ complementary therapies for the following conditions that have undergone clinical effectiveness analysis: (3 marks)
- i) Severe malaria
 - ii) Osteoarthritis
 - iii) Mild depression
- j) Briefly explain the domains of Traditional Medicine/ Complementary or alternative medicine according to the US National Institute of health.

SECTION B:

- **This section has four (4) questions**
- **Answer any two (2) questions**
- **Each question is 20 marks)**

QUESTION TWO (20 MARKS)

- a) Efficacy, safety and quality is a main limitation in use of traditional and complementary or alternative medicine. With relevant examples, describe traditional and alternative/ complementary therapies that have successfully been incorporated into health systems. (10 marks)
- b) Describe the process of drug development. (10 marks)

QUESTION THREE (20 MARKS)

- a) Integration of traditional, alternative or complementary medicine into the mainstream health system is likely to improve patient outcome. Discuss in view of drug interactions. (10 marks)
- b) Discuss known alternative or complementary therapies used in managing musculoskeletal problems globally. (10 marks)

QUESTION FOUR (20 MARKS)

- a) Using specific examples discuss five (5) main challenges facing policy development and regulatory structures for traditional/ complementary medicine. (10 marks)
- b) Herbs formed the main form of therapy in the traditional African society, Discuss the pharmacokinetic issues with use of such herbs (10 marks)

QUESTION FIVE (20 MARKS)

- a) Various patients with chronic illness tend to default conventional treatment in favor of spiritual or traditional therapies. Discuss (10 marks)
- b) There are numerous challenges from development to use of traditional and complementary or alternative medicine. Propose ways in which three of these challenges could be addressed. (10 marks)