



Date: 25/ 5 /2022

Benha University

Hours: 3 hours  
Technical Nursing

Faculty of Nursing  
C.H.N department

## Family Health Nursing Principles Final Exam

**All questions should be answered (Total marks 100)**

**I: Choose the best answers ( 20 scores):**

### 1- Governmental strategies to protect environment

- a- prevention
- b- control
- c- environmental standers
- d- Monitoring

1. a, b

2. a, b, c

3. c, b

**4. a,b, c, d**

### 2- Factors which are affecting of any community

- a- Progress in causal thinking
- b- Physical factors
- c- Socio-cultural factors
- d- Psychological and economic factors.

1. a, b

2. a, b, c

3. c, b

**4. b, c, d**

### 3- Steps of control of infected cases are:

- a- Notification to local health office.
- b- Isolation at home when sanitary requirements is fulfilled or suitable hospitals.
- c- Treatment which include general and specific chemotherapy
- d- Active immunization

1. a,b

2. b, c, d

**3. a, b, c**

4. b, c, d

**4- Community health practice are consisted of**

- a. Health promotion
- b. Prevention of health problems
- c. Treatment of disorders
- d. Evaluation

1.a, b

2. b, c, d

3. a, b, c,d

**5- Family record data includes:**

- a-Family composition and size
- b- Referral and follow up
- c- Social configurations and relations
- d- Domestic environment characteristics

1.a, b

2. a, b, c

3. c, b

4. a,b, c, d

**6- Primary health care applied to prevent the occurrence of disease through the following**

- a. Immunization
- b. Chemoprophylaxis
- c. Lifesaving services
- d. Environmental sanitation

1- a, b, c

2.b,c,d

3. a, b, d

**7- Characteristics of healthy family are**

- a. One man with several spouses
- b. There is facilitative process of interaction among family members

- c. Enhance individual member development
- d. They have a healthy home environment

1. a, b

2. a ,c, d

3. b, c, d

**8- Chain of infection is consist of**

- a. Causative agent
- b. Reservoir
- c. Portal of exit
- d. Collect data over time

1. a, b

2. a, b, c

3. a ,b, d

**9- Most common of food borne disease**

- a. Enterica
- b. Cholera
- c. Syphilis
- d. Hepatitis A virus

1. a, b

2. a, b d

3.a,b,c

**10- Aims of environmental health are:**

- a. Reducing the risk of getting diseases and injury from environment.
- b. Promoting good health
- c. Sexual harassment
- d. Stress and work violence

1. a, b

2. a, b, d

3.a,b,c,d

**11- General effect on women and children due to exposure to environmental factors:**

- a. Still births.
- b. Congenital birth defects in the babies
- c. Impaired of children behavior
- d. Reduce learning abilities.

1. a, b                      2. b, c, d                      3.a, d                      4.a,b,c,d

**12- Common droplet infections are:-**

- a. Meningitis
- b. Measles
- c. Hepatitis A Virus
- d. AIDS

1.a,b,c                      2.a,b                      3-c,d                      4- a,d

**13- Sources of outdoor air pollution:**

- a. Emissions from manufacturing units or industries.
- b. Combustion of fossil fuels in automobiles, etc,
- c. Military activities
- d. poor posture and manual handling

1. a, b                      2. a,b, c                      3.a, d                      4.b,c,d

**14- Factors affecting health of any community:**

- a. Physical factors.
- b. Psychological factors.
- c. Economic factors.
- d. Socio-cultural factor

1. a, b                      2. a,b, c                      3.a, d                      4.a,b,c,d

**15- Epidemiologic triad include:**

- a. agent factors
- b. host factors
- c. reservoir
- d. environmental factors

1. a, b ,d

2. a,b, c

3.a, c,d

4.a,b,c,d

**16- Environmental risk at work include:**

- a. Biological hazards
- b. Deforestation
- c. Ergonomic hazards
- d. Household cleaning products, solvents, and pesticides.

1. a, b ,d

2. a, c

3.a, c,d

**17- Tertiary prevention includes:**

- a. educate both individuals, clients and general public about disease.
- b. Identify type and severity of disability.
- c. Determine that goals should be aimed for.
- d. Make realistic rehabilitative plan

1. a, b

2. a, c ,d

3.b, c,d

4.a,b,d

**18- Assessment of the post-partum mother includes:**

- a. Assess the condition of the perineum.
- b. Assess blood pressure and pulse.
- c. Assess the uterine fundus for tone and position
- d. Assess the amount of lochia on perineal pad and under buttocks.

1. a, b

2. a, c ,d

3.a, b, c,d

4.a,b,d

## 19- Principles of primary health care are:

- a. Accessibility
- b. Family records
- c. Community participation
- d. Housing.

1. a, b      2. a, c      3.a, b, c,d      4.a,b,d

## 20- Prevention of TB transmission in health facilities:

- a. Keep infection patients separate
- b. Safe handling of sputum
- c. Hand washing after handling spittoons.
- d. Ingestion of infected milk for intestinal type.

1. a, b      2. a, b,c      3.a, b, c,d      4.a,b,d

## II: Put (T) on the correct statement or (F) on the incorrect statement: (25 score)

- 1- Indoor Air Pollution is the pollutant (s) is present in the atmosphere outside homes or workplace.
- 2- Health promotion consists of immunization against infectious disease and chemoprophylaxis.
- 3- Assessment is a continuous process of collecting data and information about health, diseases, injuries, air and water quality, food safety and available resources.
- 4- Primary health is complementary nursing care.
- 5- Primary prevention are measures through health promotion and specific protection.
- 6- Reservoir includes bacteria, fungi and rickettsia.
- 7- Extended family consists of husband and wife alone without children.

- 8- Community Health is a collection of people who interact with one another and whose common interests or characteristics form the basis for a sense of unity or belonging.
- 9- Communicable diseases are diseases that are transmitted through direct contact with infected individual or indirectly through a vector.
- 10- Assurance is the process of translation established into services.
- 11- Community is a state of complete physical, mental and social well-being not merely the absence of disease or infirmity.
- 12- Epidemic refers to the occurrence of a disease in the community or region in excess number of cases more than expected
- 13- Nutrition and rearing of the child are considered educational function of the family.
- 14- Tertiary prevention includes all available measures to reduce or limit impairment and disabilities as treatment of complications and rehabilitation.
- 15- Exposure to noise pollution can cause general annoyance, task interference and stress.
- 16- Homes, schools, MCH, and occupational health setting are considered a scope of community health nurse.
- 17- Incubation period is person/ animal that harbors a specific infectious agent in the absence of discernible clinical disease and serves as potential source of infection
- 18- Pattern of communication is a factor of family health life style.
- 19- Heights, noise, radiation and pressure are physical hazards of environmental risks at home.
- 20- The epidemiologic triad is interaction between the three elements agent, host and environment.
- 21- A voluntary personnel is considered a member of environmental health team.

22- Typhoid fever is an acute infectious disease caused by salmonella typhi and salmonella paratyphi.

23- The environment includes all external conditions, circumstances and factors, living and non-living, which surround man.

24- Socio-cultural dimension is a factor affecting family coping pattern.

25- Climate, residence and pollution of air or water are considered biological environmental factors of epidemiologic triad.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
f	f	T	f	T	f	f	f	T	T

<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
f	T	f	T	T	T	f	f	f	T

<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
T	T	T	T	f

**III: Cross matching suitable answer from column (A) to column (B): (20 scores)**

<b>column (A)</b>	<b>column (B)</b>
<b>1- Community Health Nursing</b>	A. Systemic review of risks known as quantitative risk assessment
<b>2-Blended family</b>	B. Measures taken to keep disease from occurring
<b>3- Rehabilitation</b>	C. An infectious disease that is transmissible under normal conditions from animals to humans
<b>4- Environmental Health</b>	D. Person/ animal that harbors a specific infectious agent in the



	absence of discernible clinical disease and serves as potential source of infection
<b>5- Risk identification</b>	E. Is the continuing ability to meet defined function in interaction with other social, political, economic and health systems
<b>6-Carrier</b>	F. Is a synthesis of Nursing practice and public Health applied to promote and preserve health of population
<b>7- Zoonosis</b>	G. combination of two families with children from one or both families and children from the newly married couple
<b>8- Family health</b>	H. All aspects of the natural and built environment that may affect human health
<b>9-Agricultural sector</b>	H. The need to reduce disability and restore function applies equally to families, groups, individuals and community.
<b>10- Primary prevention</b>	I. it can cure production of food for family consumption which improves the national status

1	2	3	4	5	6	7	8	9	10
F	G	I	H	A	D	C	E	J	B

**IV: Complete the following:**

**( 35 scores):**

**1- Element of primary health care:**

- 1- Education concerning health problems and the methods of preventing and controlling them.
- 2- Promotion of food supply and proper nutrition.
- 3- Adequate, safe water supply and basic sanitation.
- 4- Maternal and child health care, including family planning.
- 5- Immunization against major infectious diseases.
- 6- Preventing and control of local endemic diseases.
- 7-Appropriate treatment of common diseases and injuries.
- 8-Provision of essential basic house hold drugs for the community.

**2- Role of the nurse in family care:**

1- Collection of a family nursing database (general or focused). Data collection is focused on both identification of problem areas and strengths of the family. Often this and the following step diagnostic reasoning become integrated so that assessment and analysis of the data collected occurs concurrently. Nurses make inferences and draw conclusions about the data they collect, which in turn directs more data collection or defines the problem areas.

2- Diagnostic reasoning and generation of specific family nursing diagnosis. In this step, nurses make clinical judgments about which problems can be solved by nursing intervention, which problem need to be referred to other professionals, and areas of concern to which the family is successfully adapting on its own without intervention. The problems that require nursing intervention area specifically stated as family nursing diagnoses. The family nursing diagnosis provides direction for the collaboration of the nurse and the family in designing a plan of action.

3- Collection of nursing and medical data and generation of data supported nursing prognosis for each family nursing diagnosis. The nursing prognosis is a nursing judgment, based on the holistic view of the family and its members, predicts the probability of the family's ability to respond to the current situation. The predictive or statement, outlines the most successful course of action on which to focus the intervention.

4-Treatment planning based on family nursing diagnosis and prognosis, plus additional data on daily living and family resources and deficiencies, that influences planned nursing actions. The nurse and family work in a partnership to design and contract for a plan of action based on identified family strengths. The goal of the plan of action is to have the family successfully manage its health care concerns.

5-Implementation of family –negotiated plans of action. The specific family and nursing interventions are carried out by the identified family member or provider to achieve the goals upon which they all agreed.

6-Evaluation of family / family members responses to plans of action, effects of family diagnosis, prognosis, and previous treatment. The evaluation phase is based on the family outcomes, not on the effectiveness of the interventions. Modification of family nursing diagnosis and plans occurs as necessary based on an ongoing evaluation.

7-Termination of the nurse- family partnership included in the plan of action and implemented based on the evaluation. More detailed discussion of the family nursing process that demonstrated how to implement the process is presented in the following sections.

### **3- Steps of environmental risk assessment:**

1- Hazards identification: Does the agent cause the adverse effect?

2- Exposure assessment: What exposures are currently experienced

or anticipated?

3- Dose-response assessment: What is the relationship between the dose and incidence?

4- Risk characterization: What is the estimated incidence of the adverse effect in a given population?

#### **4- Chain of infection process consists of:**

1- Etiologic agent

2- Reservoir

3- Portal of exit

4-Portal of exit

5-Portal of entry

6-Susceptible host

#### **5- Sectors which support primary health care:**

1- **Agricultural sector:** it can cure production of food for family consumption which improves the national status.

2- **Water sector:** plentiful supplies of clean water help to decrease morbidity and mortality in the proper use and maintenance of water, sanitary facilities is important.

3- **Wastes sector:** safe disposal of wastes and excrete has significant influence on health.

4- **Housing:**

- It needs to be proof against insects' rodents that carry disease.

- It should be cleaned.

- Education is important for ensuring the proper maintenance of houses and the area surrounding them.

**5- Educational sectors:** it helps people to understand their own health, problem and predict possible solution to them parent and teacher can take some responsibility for primary health care with school and community as sanitation program, courses on nutrition and first aid.

**6- The mass media:** can play an educational role by providing valid information on health and ways of training it and by detection the benefit to and the pattern of income consumption, and stability of family income all are directly related to the health of family.

## **6- Scope of environmental health nursing:**

1- A good water supply

2- The correct disposal of (getting rid of) liquid and solid waste

3- A healthy food supply

4- Pest control

5- Personal hygiene

6- A healthy house

7- Air hygiene and prevention of atmospheric pollution.

8- Elimination of other hazards e.g. noise, radiation.

## **7- Role of the community health nurse in primary health care as primary prevention:**

CH nurse apply activities that promote optimum health and prevent illness as:

1- Provide health education for individuals to promote their health e.g. proper nutritional habits and hygiene,

2- Increase people awareness and positive approach toward health as

right.

3- Help people to accept primary responsibility for maintaining his health and to make sound decision about their health.

4-Provide Genetic counseling programs.

5-Increase level of resistance against health problems.

6-Active participation in immunization programs.

7- Increase people knowledge about importance of environmental sanitation.

**Food sanitation:**

Good health habits e.g. cleanness of hand by running water and soap.

Proper washing of food eaten e.g. vegetables.

Control of the. insects especially cockroockers and flies.

Ice in certain area especially not places and contaminated.

Examine the food handlers as follows.

- X- ray chest for T.B
- Vidal test for typhoid carriers.
- Stool analysis.
- Skin examination for staph infection,
- Throat swab for diphtheria.

*Good luck*

**Prof. Dr. Howyida Sadek Abd El-Hameed**