



# **MASAI MARA UNIVERSITY**

**REGULAR UNIVERSITY EXAMINATIONS**

**2021/2022 ACADEMIC YEAR**

**SECOND YEAR 1TRIMESTER**

**SCHOOL OF PURE APPLIED & HEALTH  
SCIENCES**

**DIPLOMA IN FOOD, NUTRITION AND  
DIETETICS**

**COURSE CODE: DND 2301**

**COURSE TITLE: COMMUNICABLE AND NON-  
COMMUNICABLE DISEASES**

**DATE:30<sup>TH</sup> MARCH, 2022**

**TIME: 0830-1030**

**INSTRUCTIONS TO CANDIDATES**

- i. This end of year examination consists of three sections; namely section A, B and C.
- ii. Section A is Multiple Choice Questions (MCQs). There are twenty questions, answer all questions.
- iii. Section B is Short Answer Questions (SAQs). 40 marks. All questions are compulsory. Answer questions on the piece of papers provided.
- iv. Section C is Long Essay Questions (LEQs). 40 marks. Answer any two questions on the piece of paper provided.
- v. Write your registration number and NOT your name on all the pages of your answer sheet.

## SECTION A MCQ QUESTIONS [20 MARKS]

### ANSWER ALL QUESTIONS

1. Which of the following is not part of transmission cycle in communicable disease?

- (a) Course
- (b) Mode of transmission
- (c) Disease
- (d) Susceptible host

2. Under the principles of managing communicable diseases which of the following is not a way of protecting a susceptible host?

- (a) Vector control
- (b) Immunisation
- (c) Chemoprophylaxis
- (d) Better nutrition

3. Which of the following is a mode of HIV transmission?

- (a) Sharing food with an infected person
- (b) Through contaminated water
- (c) Through mosquitoes bites
- (d) HIV mother may pass on the virus to their babies during pregnancy, labour, delivery or during breastfeeding.

4. Which of the following is not species of parasite plasmodium?

- (a) Plasmodium Palciparum
- (b) Female anopheles mosquito
- (c) Plasmodium vivax
- (d) Plasmodium malariae

5. Which of the following is not a way of preventing malaria?

- (a) Use of insecticides treated nets
- (b) Chemoprophylaxis
- (c) Vaccination
- (d) Vector control

6. Which of the following bacteria causes Tuberculosis ?

- (a) Myobacterium tuberculosis
- (b) Paramyxco virus
- (c) Streptococcus pneumonia
- (d) Haemophilus influenza type b

7. Which of the following is a type of TB that can spread through blood?

- (a) Pulmonary TB
- (b) Extra pulmonary
- (c) Pneumothorax
- (d) Miliary TB

8. Which of the following is a classic sign of measles?

- (a) Cough
- (b) Skin rash
- (c) Red eyes
- (d) Fever

9. Herpes zoster/shingles is an infection caused by which virus?

- (a) Varicella zoster virus
- (b) Paramyxco
- (c) Synchial virus
- (d) Haemophilus influenza type b

10. How can we best define Diarrhea as a communicable disease?

- (a) Passage of loose stool that begins acutely and last less than seven days
- (b )Passage of loose stool with visible blood in feaces
- (c) Refers to passage of loose stool that begins acutely but is of unusually long duration.
- (d) The passage of three or more loose or watery stool in a 24 hour period.

11. Define zoonotic diseases.

- (a) Diseases that are passed from human to animals or insects
- (b) Diseases that are passed from animals or insects to human beings.
- (c) Diseases that are passed by way of faecal contamination
- (d) Diseases passed through sharing of contaminated objects

12. Which of the following is not a cause of Non communicable disease?

- (a) Genetic or familial
- (b ) Droplets
- (c ) Environmental
- (d) Behavioral factors

13. Which of the following is a risk factor of Rheumatoid arthritis?

- (a) Age
- (b) Inactivity
- (c) Joint stiffness
- (d) Race

14. Which of the following is a degenerative joint disease?

- (a) Rheumatoid arthritis
- (b) Osteoporosis
- (c) Osteoarthritis
- (d ) Lymphoma

15. Why is a woman over the age of 50 or postmenopausal have a greater risk of osteoporosis?

- (a) Because of weight
- (b) Their body tissues are degenerating
- (c) Due to loss of oestrogen a hormone that protect against excess bone loss
- (d) They are physically inactive

16. Which of the following is not a risk factor for obesity?

- (a) Genetic factors
- (b) Sex
- (c) Age
- (d) Socio economic status

17. Blood glucose levels are regulated by which hormone?

- (a) Oestrogen
- (b) Progesterone
- (c) Antidiuretic hormone
- (d) Insulin hormone

18. Which of the following is not a complication of Diabetes?

- (a) Retinopathy
- (b) Neuropathy
- (c) Lymphoma
- (d) Nephropathy

19. The following are risk factors for Cancer except .

- (a) Obesity
- (b) Physical inactivity
- (c) Sex

(d) Genetic

20. Which of the following is a complication of Gout disease?

(a) Kidney stones

(b) Hypertention

(c) Bowel inflammatory disease

(d) Bronchitis

**SECTION B: SHORT ANSWER QUESTIONS (40 MARKS)**

**ANSWER ALL QUESTIONS IN THIS SECTION.**

1. State 5 ways through which a person may contract communicable diseases **(5 Marks)**
2. Briefly explain 3 parts of transmission cycle **(6 Marks)**
3. List 4 species of parasite plasmodium **(2 Marks)**
4. Discuss the 3 principles for managing communicable diseases **(6 Marks)**
5. Define the following terms as used in communicable diseases
  - I. Source **(1Mark)**
  - II. Susceptable host **(1mark)**
  - III. Pulmonary Tuberculosis **(1 Mark)**
6. HIV and Tuberculosis have become common diseases in Africa
  - I. State 4 modes of HIV transmission **(4 Marks )**
  - II. State 4 ways of preventing spread of Tuberculosis **(4 Marks)**
7. State 5 ways through which Zoonotic diseases can be transmitted from animals to human beings. **(5 Marks)**
8. State 5 risk factors for development of Non communicable diseases. **(5 Marks)**

**SECTION C: LONG ANSWER ESSAY QUESTION. (40 MARKS ) (ANSWER ONLY TWO QUESTIONS, QUESTION ONE IS COMPULSARY AND ONE QUESTION FROM THE THREE)**

1. Mr. Nchoko was admitted at Narok County Referral Hospital with history of excessive intake of water and increased urgency to urinate, random blood sugar was done and the result was 13 MMOL/L, a diagnosis of Diabetes Mellitus was made.

- (a) State and briefly explain two types of Diabetes Mellitus. **( 4 Marks)**
- (b) Explain three complications of Diabetes Mellitus . **(6 Marks)**
- (c) Discuss the prevention and control of Diabetes mellitus **(10Marks)**

2. Mrs. Nalangu, a cook at Olesankale primary school, came to the Hospital with complaints of unusual bleeding after undergoing all the necessary tests; a diagnosis of cervical cancer was made.

- a) Define cancer as a non-communicable disease. **(2 Marks)**
- b) Explain four (4) signs and symptoms of cervical cancer. **(8Marks)**
- c) Discuss risk factors for cancer. **(10Marks)**

3. Gout is a painful form of arthritis caused by uric acid crystals that form in and around the joints.

- a) State two (2) signs and symptoms of Gout. **(2Marks)**
- b) Explain four (4) risk factors for Gout. **(8Marks)**
- c) Discuss prevention of Gout. **(10 Marks)**

4. Kenya, as a country, is faced with a burden of managing Non-communicable diseases, especially Hypertension.

- a) Define Hypertension. **(2Marks)**
- b) Explain four (4) predisposing or risk factors for Hypertension. **(8 Marks)**
- c) Discuss prevention of Hypertension. **(10 Marks)**

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