



UNIVERSITY OF SWAZILAND
Faculty of Health Sciences
Department of Environmental Health Science

SUPPLEMENTARY EXAMINATION PAPER 2016

TITLE OF PAPER : HEALTH PROMOTION

COURSE CODE : EHM 311

DURATION : 2 HOURS

MARKS : 100

INSTRUCTIONS :

- : READ THE QUESTIONS & INSTRUCTIONS CAREFULLY
- : QUESTION **ONE IS COMPULSORY** THEN ANSWER **ANY OTHER THREE** QUESTIONS
- : EACH QUESTION **CARRIES 25** MARKS.
- : WRITE NEATLY & CLEARLY
- : BEGIN EACH QUESTION ON A SEPARATE SHEET OF PAPER.

DO NOT OPEN THIS QUESTION PAPER UNTIL PERMISSION IS GRANTED BY THE INVIGILATOR.

QUESTION 1

- a) You are employed as a health promoter in an organization responsible for the uptake of cervical cancer screening amongst women in community Z. Using the health belief model; demonstrate how your intervention is going to achieve its goal i.e. high uptake of the screening services. [15]
- b) Discuss the five different types of behaviours that can be modified in a health promotion intervention. [10]

[25 marks]

QUESTION 2

- a) Why is the Ottawa Charter important and what are its central themes? Explain each theme using an example of a teenage pregnancy prevention intervention [12]
- b) Participation is one of the key principles of health promotion. In depth, explain this principle of health promotion [5]
- c) Identify the types of learning that are necessary in the following situations:
- An environmental health officer knowing how to prepare leaflets [2]
 - A father being able to list the advantages of breastfeeding [2]
 - A practice nurse wanting to spend time promoting blood pressure awareness among patients [2]
 - A man using a blood pressure monitoring machine [2]

[25 marks]

QUESTION 3

- a) Discuss fully the “stages of change model” and also explain how this model enables health promotion to be tailored to the individual? [10]
- b) What role does advocacy plays in health promotion? Give examples [5]
- c) Why is it important to fully appreciate the concept of “need” in planning health promotion? [5]
- d) How would you determine the role of culture on health? [5]

[25 marks]

QUESTION 4

- a) In depth, explain how the five domains of health are used in health promotion [10]
 - b) Why are social networks important in understanding behavior change? [5]
 - c) Explain why the community is an important setting for health promotion? [5]
 - d) What information is needed to construct a community profile? [5]
- [25 marks]**

QUESTION 5

- a) What are the three different salutogenic factors? Give two examples under each factor [9]
 - b) Discuss Bettie's model demonstrating how this model is used in deciding health promotion interventions [10]
 - c) Define the term "social networks" and how is it different from "social capital" [6]
- [25 marks]**