UNIVERSITY OF SWAZILAND

FACULTY OF HEALTH SCIENCES

GENERAL NURSING DEPARTMENT

FINAL EXAMINATION PAPER, DECEMBER 2015

COURSE CODE: GNS 217
COURSE TITLE: HEALTH PROMOTION
TIME ALLOWED: 2 HOURS
MARKS: 75

INSTRUCTIONS:
There are 3 questions in this paper
Answer all three questions
Each question is allocated 25 marks
Write legibly

THIS PAPER IS NOT TO BE OPENED UNTIL THE INVIGILATOR HAS GRANTED PERMISSION
Question 1

In assisting a female Mozambican client to lose weight in order to reduce joint pain she is experiencing the nurse chooses to use the flip chart during the health promotion talk with the client.

a) Mention four advantages and four disadvantages of using a Flip Chart as a teaching aid (4 marks)

b) Mention any seven (7) points about how the nurse would overcome language barriers in this situation? (7 marks)

c) Describe any seven (7) ways in which non-verbal communication language may be expressed by the nurse (14 marks) (25 Marks)

Question 2

It has been observed that many smokers have tried to stop the smoking habit unsuccessfully.

Using the six (6) Stages of Change Model discuss how you would advise a client who smokes excessively to quit the habit (25 Marks)

Question 3

Health Promotion is practiced in many settings including the workplace.

Discuss workplace under the following sub-topics:

a) The importance of workplace in health promotion (5 marks)

b) Five stressors that occur in the workplace (5 marks)

c) Three responsibilities of each of the following categories of people in the workplace:
   i) Workers (5 marks)
   ii) Employers & Managers (5 marks)
   iii) Occupational health staff (5 marks) (25 marks)