

# COMMUNITY 2020

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**“Today might be the chance to grasp the chance to let your talent bloom. Maybe tomorrow, the day after, or next year... Maybe even when you're thirty. I'm not sure if physique has anything to do with it, but if you think that it will never come, it probably never will.”**

الاسئلة الي عليهم هايلايت ما تحلوهم تمام؟

بالتوفيق جميعا جميعا

1-An example of elements of primary health care is:

- a-Providing drugs in inadequate amounts.
- b-Malnutrition.
- c-Prevention of endemic diseases.
- d-none of the above.

Answer : C

2-All of the following are examples of elements of primary health care except:

- a-Training health guides, health workers and health assistants.
- b-Providing an insufficient amount of water but with basic sanitation.
- c-Promotion of food supply and proper nutrition.
- d-Education.

Answer : B

3-Regarding PHC, it includes:

- a-Health promotion.

b-illness prevention

c-advocacy

d-all of the above.

Answer : D

4-Providing continuous and comprehensive care as well as guiding patients within the network of social welfare and public health services are examples of:

a-Functions of primary health care

b-Elements of PHC.

c-Principles for PHC.

d-All of the above.

Answer : A

5-All of the following are basic requirements for sound PHC except:

a-Affordability

b-Acceptability

c-Compressibility

d-Continuity

Answer : C

6-The basic requirement for sound PHC that depends on satisfactory communication is:

a-Accessibility

b-Acceptability

c-Appropriateness

d-Adequacy

Answer : B

7-All of the following can be described as a health educator except:

- a-Specialists
- b-Mothers
- c-Opticians
- d-More than one of the above

Answer : C

8-Less than 50% of people visit PHC in Jordan for curative reasons rather than preventive reasons (T/F).

Answer : F

9-There are several approaches that can be used by specialists to achieve their desired goals to develop health education in Jordan, the most important and used approach in Jordan is:

- a-the medical approach.
- b-the physical approach.
- c-the educational approach.
- d-the change in behavior approach.

Answer : C

NOT SURE

10-One of the aims of the change in society approach that is used by specialists in HE is:

- a-Changing the individual and that would lead to changing the society.
- b-Shaping the environment so that it becomes conducive to health.
- c-Considering the individual to have a right to control his own health and that will lead to changing the whole society.
- d-More than one of the above.

Answer : B

11- Choose the correct statement regarding primary health care:

- a-Provides patients with curative healthcare.
- b-Found mainly in hospitals.
- c-Not affordable in comparison to tertiary health care.
- d-Preventive health care is its main responsibility.

Answer : D

12-There are three levels of health care. The one that is found in emergency departments is:

- a-Primary HC.
- b- Secondary HC.
- c-Tertiary HC.
- d-All of the above.

Answer : B

13-Regarding primary health care in Jordan:

- a-We have a limited number of highly qualified doctors.
- b-Intermediately qualified paramedical staff are abundant.
- c-Highly qualified doctors are abundant.
- d-All of the above are correct.

Answer : C

14-Primary health care provides all of the following except:

- a-Promotion of mental health
- b-Provision of essential drugs

c-Episodic care

d-Control of endemic diseases.

Answer : C

15-What is the 1st referral system in the health system ?

a-Primary health care

b-Secondary health care

c-Tertiary health care

d-A&B

Answer : B

16-The name of the only disease that was eradicated during 1979 in Jordan is:

a-Cow pox

b-Smallpox

c-polio

d-measles.

Answer : B

17-Mental health dimensions expect:

a-Free from internal conflict

b-Coping with stress

c-Aware about himself

d-self esteem and self confidence

Answer : D

18-All of the following should be under the umbrella of PHC except:

a-Water sanitation.

b-housing.

c-Education

d-Politics

Answer : D

19-The skeleton of PHC systems is:

Health education

20-Life expectancy in Jordan increased during the past years, in 2017 it equaled an average of:

a-73.5 years.

b-73 years.

c-72 years

d-74 years.

Answer : A

21-Infant mortality in Jordan in 2017 is:

a-17 per 1000

b-17 per 100

c-19 per 1000

d-19 per 100

Answer : A

22-The percentage of people who are 65+ years old in Jordan according to studies done

during 2017 is:

a-7.3%

b-3.7%

c-2.4%

d-4.2%

Answer : B

23- the most common cause of death in the low income countries is :\_\_\_\_\_.

RESPIRATORY INFECTION

24-An example of a health dimension is :

a-Spiritual well being

b-Mental well being

c-Social well being

d-All of the above

Answer : D

25-The second most common cause of death in both low income and middle income countries is:

a-Lower respiratory infection.

b-Coronary heart disease.

c-Stroke cerebrovascular disease.

d-Lung cancer.

Answer : B

26-The top cause of deaths in low income countries is:

- a-coronary heart disease
- b-lower respiratory infection
- c-HIV/AIDS
- d-diarrheal disease

Answer : B

27-The first common cause of death in high income countries is :

- a-coronary heart disease
- b-lower respiratory infection
- c-lung cancer
- d-dementia

Answer : A

28-Declaration of Alma ata occurred in:

- a-1879
- b-1978
- c-1789
- d-1897

Answer : B

29-The percent of urban population in Jordan is according to studies done during 2017 :

- a-93%
- b-90.3%



c-94%

d- none of the above.

Answer : B

30-The percent of death in low income countries is :

a-45%

b-55%

c-20%

d-65%

Answer : A

31-The percent of death in high income countries is:

a-15%

b-25%

c-23%

d-18%

Answer : A

32-In 1979, the most common cause of deaths in Jordan was:

a-Malnutrition.

b-Accidents.

c-Cancer.

d-None of the above.

Answer : D

33-According to the last study on the top ten causes of death in Jordan, -Cancer is the \_\_\_\_\_ most causing disease.

a-First.

b-Second.

c-Third.

d-Fourth.

Answer : B

34-According to the last study on the top ten causes of death in Jordan done during 2010, the third causing disease is:

a-Chronic Kidney disease.

b-Diabetes.

c-Stroke.

d-Chronic obstructive pulmonary disease.

Answer : C

35-The most common cause of visiting PHC in Jordan as 1986 MOH study showed is :

a-Respiratory diseases (33%).

b-Digestive diseases (33%)

c-Respiratory diseases (23%)

d-Digestive diseases (23%)

Answer : A

36-Population doubling time in Jordan equals \_\_\_\_\_ , and the population growth factor equals \_\_\_\_\_.

29

2.4

37. Strok in Jordan A ..... CAUSE OF DEATH

Answer : 3<sup>RD</sup>

The percentage of death in high income countries :

Answer : 15%

The step of management that comes after directing : Controlling

## MHC & MANEGMENT

1. One of the following is a main function of premarital health care :

- A) Semen analysis .
- B) controlling risk factors .
- C) providing medical history
- D) psychological and social Counseling.

ANSWER : A+C

2. Based on the FANC model when does a pregnant woman make the third ANC visit during pregnancy ?

- A) First trimester
- B) second trimester
- C) third trimester

ANSWER : C

3. The Jordanian governate has the highest rate of teenage childbearing is :

- a. Irbid
- b. Amman
- c. Mafrq
- d. jarash

ANSWER : C

4. Which period of gestation does the first trimester represent :

- A) 1- 11 weeks
- B ) 1-10 weeks
- C) 1- 13 weeks
- D) 1 - 12 weeks

ANSWER : D

5. Baby is called low birth weight if she/ he measures less than :

- A) 1.5 kg
- B) 2.5 Kg
- C) 3.5 kg
- e. 2.2 kg

ANSWER : B

6. The base of MCH is :

- A) Family planning
- B) emotional support
- C) physiological support
- D) antenatal care

ANSWER : D

7. the leading cause of material mortality worldwide is:

- A) preterm labor
- B) Preeclampsia
- C) Anemia
- D) Miscarriage

ANSWER : B

8. Swelling of hands and face , hypertension and proteinuria are symptoms of a complication of

pregnancy which is :

- A) gestational diabetes
- B) miscarriage
- C) Preeclampsia
- D) Preterm labor

ANSWER : C

9. Preeclampsia tends to occur during what time in pregnancy ?

- A) First trimester
- B) before 20 weeks
- C) after 20 weeks

ANSWER : C

10 . A decrease in the level of hemoglobin in the blood of less than 11 gr/dL during pregnancy is

called :

- A) Anemia
- B) malaria
- C) Eclampsia
- D) Hypertension

ANSWER : A

11. All of these are risk factors for anemia , except for :

- A) poor nutrition
- B) Twin pregnancy
- c) smoking
- D) Renal disease

ANSWER : D

12. Which of the following is responsible for 95% of Anemia among pregnant women :

- A) Humodulation
- B) Folate deficiency
- C) iron deficiency

ANSWER : C

13. The main cause of maternal morbidity in Jordan :

- A) Hypertension
- B) multiple pregnancy
- C) UTIs
- D) heart diseases

ANSWER : C

(I THINK IT ISNT WITH US) NOT SURE AT ALL

14. One of the following is not a direct cause of maternal mortality

- A) Severe bleeding
- B) hypertensive disorders
- C) anemia
- E) unsafe abortion

ANSWER : C

15. % of Maternal mortality due to direct complications :

- A) 20%
- B) 80%
- C) 15%
- D) 12%

ANSWER : B

16. The region with The highest maternal mortality :

- A) South Asia
- B) East Asia
- C) Latin America
- D) Sub - Saharan Africa

ANSWER : D

17 . The highest among the direct causes leading to maternal mortality in Jordan :

- A) Hemorrhage
- B) Thromboembolism
- C) Septicemia

ANSWER : A

18. Number of daily maternal deaths According to WHO statistics for the year 2016 :

- A) 1500
- B) 308
- C) 4000
- D) 830

ANSWER : D

19. The highest among the indirect causes of maternal mortality in Jordan according to 2007-2008 :

- A) Kidney failure
- B) communicable diseases
- c) heart diseases
- D) Chronic anemia

ANSWER : C

20. - % of maternal mortality due to direct cause :

ANSWER : 80%

21. The percentage of women who receive postnatal care is:

- a- 15
- b- 40
- c- 83
- d- 73
- e- 90

ANSWER : c

22. The percentage of children who die at first month is :

ANSWER : 75%



23. -main goal of MCH –

ANSWER : reduce maternal and child mortality and morbidity by preventative

Means

24. The step of management that comes BEFORE directing :

ANSWER: Controlling

25. The incorrect statement concerning a leader and a manager:

leader has a short view while a manager has a long view

26. neural tube defect –

ANSWER: folic acid

## ENVIRONMENTAL AND OCCUPATIONAL

1. Which of the following is not a primary pollutant :

- a. Carbon monoxide
- b. carbon dioxide
- c. Ground level ozone
- d. SO<sub>2</sub>

ANSWER : C

2 . the gas has the highest concentration in the atmosphere is :

- a. Nitrogen
- b. oxygen
- c. CO<sub>2</sub>
- d. argon

ANSWER : A

3. One of the following is an example of radioactive waste that pollutes water :

- a. Plastic
- b. oil
- c. Radon
- d. pesticides

ANSWER : C

4. Which of the following leads to acid rain :

- a. oxides of carbon
- b. VOC' S
- c. oxides of nitrogen
- d. sulfur compounds

ANSWER : D

5. The most significant type of the microbial contamination in terms of poisoning and illnesses:

- a. Mold
- b. virus contamination
- c. bacterial contamination

ANSWER : C

6. One of the following cases is an example of indirect cross-contamination :

- a. allowing raw foods that has food poisoning bacteria on it to touch cooked food .
- b. Transmission of bacteria from your hand, kitchen surfaces into food
- c. Food handler sneezing into food
- d. All of the above

ANSWER : B

7. one of the following is an example of an environmental chemical pollutant :

- a. antibiotics
- b. lead
- c. finger nails
- d. wires

ANSWER : B

8. Which type of hazard associated with falling down from heights during construction works:

- a. Physical hazard
- b. mechanical hazard
- c. chemical hazard
- d. Psychological hazard

ANSWER : B

9. This is not a possible adverse effect of global warming :

- a. Sea level rise
- b. excessive snow
- c. An increase in uv radiation
- d . Extraordinary Weather patterns

ANSWER : C

10 . Mainly ozone layer is depleted by :

- a. excessive CO<sub>2</sub>
- b. CFC s
- c. excessive CO

d. UV radiation

ANSWER : B

11. What is the main objective of risk assessment :

- a. to evaluate hazard and minimize risk
- b. Remindation of contaminated sites
- c. hazard management
- d. To know source of pollutant .

ANSWER : A

12. under which category of hazard does hypotherma fall?

- a. Biological
- b. physical
- c. mechanical
- d. chemical

ANSWER : B

13. The most common chemical injuries are cutting, shearing , crushing and puncturing .

Previous phrase is :

- a. True
- b. false

ANSWER : B

14.A hazard can be controlled TRUE OR FALSE

ANSWER : T

15. -A chemical hazard among doctors & nurses:

ANSWER glutaraldehyde

16. solid air pollutant –

ANSWER : lead