



UNIVERSITY OF JAFFNA, SRI LANKA  
SECOND EXAMINATION FOR MEDICAL DEGREES PART (II) – November 2022  
Academic Year 2016/2017

Community and Family Medicine-Paper II

Date: 22.11.2022

Time : 9 am. To 12 noon. (3 hours)

Answer all the six questions

Answer each question in a separate answer book.

1. A 45-year-old businessman visited a family medicine clinic with 2 weeks history of lower back pain. The family physician initiated the consultation by asking about his mother who had visited the clinic the previous week with a chronic cough. While addressing his reason for the encounter that day, the family physician noted that his BMI of 31 kg/m<sup>2</sup> had remained the same during the last year although the family physician had advised him to reduce weight and explained the benefits of weight reduction and risks of obesity.
  - 1.1. List four (04) types of care which have been provided by the family physician to this patient. (10 marks)
  - 1.2. Give an example of each type of care mentioned in 1.1. (10 marks)
  - 1.3. Explain the term “reason for encounter” and state the reason for the encounter of this patient. (10 marks)
  - 1.4. Discuss the possible reasons for this patient might have had difficulty following the lifestyle modification advice. (30 marks)
  - 1.5. Outline the individualized management plan for weight reduction of this patient. (40 marks)
  
2.
  - 2.1. List three (03) nutrition interventions delivered at the Medical Officer of Health (MOH) level in Sri Lanka. (15 marks)
  - 2.2. Explain the importance of nutrition for pregnant women. (25 marks)
  - 2.3. Describe the role of the Medical Officer of Health (MOH) in community nutrition. (30 marks)
  - 2.4. Discuss the impact of economic crisis in Sri Lanka on human nutrition. (30 marks)

3. Read the extract from an abstract and answer the questions below.

Physical inactivity is a modifiable risk factor of many non-communicable diseases. The aim of this study was to assess the pattern of physical activity among Sri Lankan adults in the district of Colombo, Sri Lanka. The study was carried out among a sample of 1320 adults aged 20 to 59 years, selected using the stratified cluster sampling method. Physical activity was assessed using the long form of the International Physical Activity Questionnaire validated for Sri Lanka. The prevalence of sufficient physical activity was 82.0% (95%CI = 78.5- 85.0) for males and 79.7% (95%CI = 76.5-82.6) for females. Only 21.7% carried out at least some activity for leisure. As Sri Lanka continues to urbanize, it is important to find strategies to increase the level of physical activity especially at leisure (De Silva Weliange S, Fernando D, Gunatilake J. 2016).

3.1. Name the study design of the above study. (10 marks)

3.2. Briefly describe the following terms.

3.2.1. Modifiable risk factors (10 marks)

3.2.2. Sample (10 marks)

3.2.3. Cluster sampling method (10 marks)

3.2.4. Prevalence (10 marks)

3.3. Justify the use of stratified sampling in this study. (15 marks)

3.4. Interpret the result "The prevalence of sufficient physical activity was 82.0% (95%CI = 78.5-85.0) for males". (15 marks)

3.5. List five (05) strategies to increase physical activity among the general public in an urban area in Sri Lanka. (20 marks)

4.

4.1. Define the term 'infant mortality rate'. (15 Marks)

4.2. List four (04) leading causes of infant mortality in Sri Lanka. (20 Marks)

4.3. Briefly describe the role of the public health midwife in reduction of infant mortality. (30 Marks)

4.4. Discuss the impact of feeding practices on infant mortality. (35 Marks)

5.

5.1. Giving reason/s, indicate the type of variable for the following examples. (20 marks)

5.1.1. Birth weight

5.1.2. BMI category

5.1.3. Type of mosquito

5.1.4. Number of containers with mosquito larva

5.2. Interpret the Figure 5.2

(30 marks).

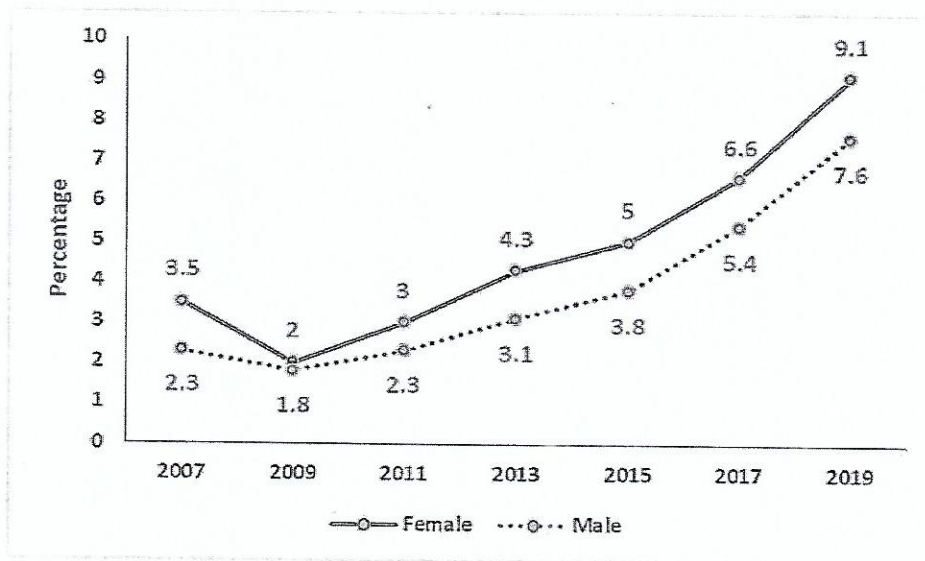


Figure 5.2. Distribution of overweight among Grade 10 children from 2007 to 2019 (Source: FHB, Sri Lanka)

5.3 Explain the term 'normal distribution'. (20 marks)

5.4 Answer the following questions based on Table 5.4. from an SPSS output. (30 marks)

Table 5.4. Distribution of age of the participants in years

Valid	Mean	SD	Minimum	Maximum	25th percentile	50th percentile	75th percentile
850	35.03	8.041	20	56	29	34	41

Indicate the following using Table 5.4

5.4.1 Range of age.

5.4.2 Median age.

5.4.3 Interquartile range of age.

5.4.4 Sample size.

6. Write short notes on the following.

6.1 Community based geriatric care.

(25 Marks)

6.2 Walk through survey by Public Health Inspector (Factory inspection).

(25 Marks)

6.3 Effectiveness of Healthy Lifestyle Centres in Sri Lanka.

(25 marks)

6.4 Population pyramid.

(25 Marks)