



# **Certificate in Maternal and Child Health Nursing (CMCHN)**

**ASSIGNMENTS  
2015**



**School of Health Sciences  
Indira Gandhi National Open University  
Maidan Garhi, New Delhi – 110068**

**IGNOU**

Dear Students,

There are two assignments in total and all these assignments are compulsory. Please note that you are required to score 50 % marks in each assignment separately. The assignments carry a weightage of 30 % marks towards the final evaluation in theory component and submission of related assignments is a pre-requisite for appearing in Theory Term End Examination for respective course. The subject area of assignments and its last date of submission are mentioned below:

Last Date of Submission	Course Code	Blocks Involved	Assignment Code
<b>January session</b>			
March 15 <sup>th</sup> 2015	BNS – 017	1,2,3,4,5,6	BNS – 017 / TMA-I/2015
April 15 <sup>th</sup> 2015	BNS – 018	1,2,3,4,5	BNS – 018 / TMA-I/2015
<b>July session</b>			
September 15 <sup>th</sup> 2015	BNS – 017	1,2,3,4,5,6	BNS – 017 / TMA-I/2015
October 15 <sup>th</sup> 2015	BNS – 018	1,2,3,4,5	BNS – 018 / TMA-I/2015

Please take note of the following points before writing your assignments:

- Use only foolscap size paper for writing your responses. Only handwritten assignments will be accepted. Typed or printed copies of assignments will not be accepted.
- Tie all the pages after numbering them carefully.
- Write the question number with each answer.
- **All the questions are compulsory.**
- Every assignment will be evaluated out of a full mark of 100. Weightage is indicated in parenthesis against each question.

**Suggestion for writing an assignment:**

Read the assignment carefully. Scan through whole material of the course, answer may be linked within the blocks /units. Draw a rough outline of your answer in your own words. Support your answer from your clinical / community experience. Make a logical order. Then write your answer neatly and submit. Give illustrations and tables wherever necessary .**You may keep a Xerox copy of the assignments for future reference. Do not copy from print material.**

Answer each assignment in separate sheets. On the first page of the assignment response sheets, write the **Course Code, Course Title, Assignment Code, Name of your Programme Study Center (PSC) and date of submission. Your Enrollment No., Name and full address** should be mentioned in the top right corner of the first page. The first page of your assignments response sheet should look like the format given below:

Course Code	: .....	Roll No:	.....
Course title	: .....	Name :	.....
Assignment Code	: .....	Address:	.....
PSC	: .....		.....
Date of Submission:	.....		.....

**Please submit the assignments to the Programme In Charge of the Programme Study Centre Alloted to you.**

# **Community Health Management**

## **Assignment- 1 (Block 1-6) (Tutor Marked)**

**Programme Code: CMCHN**  
**Course Code: BNS – 017**  
**Assignment Code: BNS – 017/TMA – 2015**  
**Maximum Marks: 100**

**Note: This Assignment has three parts – Part A, B and C**

Part A consists of two long answer questions. Each question carries 15 marks

Part B consists of six short answer questions. Each question carries 10 marks

Part C consists of four objective type questions. Each question carries 2½ marks

### **Part A**

1. a) Define health.  
b) Explain the spectrum of health.  
c) Describe the dimensions of health. **(2+3+10=15)**
  
2. a) Explain the meaning of partnership.  
b) Enlist points that you will keep in mind while building partnership with community.  
c) Discuss the steps in planning and organizing community for partnership.  
d) Describe the methods of participatory learning for action **(2+3+3+7=15)**

### **Part B**

3. a) Explain the Principles and functions of management.  
b) Describe the factors that contribute to effective management. **(5+5=10)**
  
4. a) Define leadership.  
b) Discuss the various leadership styles that you will follow as a nurse manager in the area of your work.  
c) Describe the characteristics of an effective leader. **(1+6+3=10)**
  
5. a) Explain the purposes and principles of communication.  
b) Describe the methods and media of communication which you will use as a health worker while working in the community. **(4+6=10)**

6. a) List the purposes of a Community map.  
b) Describe the procedure and steps for preparing a community map. **(2+8=10)**
7. a) Explain the meaning of Community Assessment.  
b) Describe the methods of Community Assessment.  
c) Discuss the steps you as a community health nurse will follow while carrying out home visits in the community / family. **(2+4+4=10)**
8. a) Enlist the principles of family health Nursing.  
b) Explain the role of health worker in family health services. **(3+7=10)**

### **Part C**

9. Place tick mark (✓) against the most appropriate answer given under each statement. **( $\frac{1}{2} \times 5 = 2\frac{1}{2}$ )**
- a) Secondary prevention means  
i) Action taken during pathogenesis period  
ii) Action taken before occurrence of the diseases  
iii) Action taken before and after occurrence of disease  
iv) Action taken during, before and after occurrence of the diseases
- b) The Principle of supervision which focuses on accountability to one's immediate supervisor is known as  
i) Delegation of power  
ii) Span of control  
iii) Unity of command  
iv) Authority
- c) National Rural Health Mission was started in  
i) 2002  
ii) 2004  
iii) 2001  
iv) 2005
- d) The principal unit of health administration in India is  
i) PHC  
ii) CHC  
iii) District  
iv) State
- e) Appropriate technology means that technology which is  
i) Simple and locally available  
ii) Affordable and culturally acceptable  
iii) Scientifically sound  
iv) Simple, locally available, affordable and scientifically sound.

10. Match the statements given in column A with the terms given in column B  $(\frac{1}{2} \times 5 = 2\frac{1}{2})$

Column A	Column B
a) Specific protection	i) Health for all
b) Sharing of opinion, ideas and information	ii) Health promotion
c) A course of producing disease	iii) Pathogenesis
d) Biological, physical and chemical factor that may cause disease	iv) Agent
e) Alma Atta declaration	v) 1978
	vi) Immunization
	vii) Host
	viii) Secondary prevention

11. Fill in the blanks  $(\frac{1}{2} \times 5 = 2\frac{1}{2})$

- A visual method to illustrate the role of various individuals and institution is known as .....
- Principal unit of health administration in India is .....
- ASHA stands for .....
- Social mobilization is undertaken for the purpose of .....
- Behavior that is directed towards the maintenance of good health and promotion of well being is called as .....

12. Write 'T' if you consider the statement as true and 'F' if the statement is false.

$(\frac{1}{2} \times 5 = 2\frac{1}{2})$

- Camps are the systematic and organized activities to provide need based services to a defined population. (T/F)
- Health is a state of physical and mental well being (T/F)
- Applied nutrition programme was started in 1963. (T/F)
- Monitoring involves comparing the results with objectives. (T/F)
- Health information system should be based on population. (T/F)

**REPRODUCTIVE AND CHILD HEALTH**  
**Assignment ( Block 1-5) (Tutor Marked)**

**Programme Code: CMCHC**  
**Course Code: BNS – 018**  
**Assignment Code: BNS – 018/TMA – 2015**  
**Maximum Marks: 100**

**Note :**

**This Assignment has three parts – Part A, B and C**

Part A consists of two long answer questions. Each question carries 15 marks

Part B consists of six short answer questions. Each question carries 10 marks

Part C consists of four objective type questions. Each question carries 2½ marks

**Part A**

1. a) Describe the characteristics of true labour pains
- b) Describe the management of pregnant woman during 2<sup>nd</sup> and 3<sup>rd</sup> stage of labour.
- c) Explain the physiology of puerperium

**(2+10+3=15)**

2. a) Define low birth weight baby (LBW).
- b) Describe the problems of low birth weight baby.
- c) Discuss the management of LBW.
- d) Explain the steps you will take as a health worker to prevent the birth of LBW baby in the community.
- e) How will you identify the baby at risk.

**(1+3+6+3+2=15)**

**Part B**

3. Explain how you will as a nurse, assess and classify a child with following problems.

**(2x5=10)**

- i) General danger signs
- ii) Cough and cold
- iii) Diarrhoea
- iv) Fever
- v) Malnutrition

4. a) Discuss the physical characteristics of growth and development of an infant. .
- b) Describe why it is important for a nurse to study growth and development of children.

**(5+5= 10)**

5. Discuss the causes, signs, symptoms and management of deficiency diseases caused by the deficiency of following nutrients.

**(5+5=10)**

- a) Vitamin A and Vitamin D
- b) Iron and Iodine deficiency

6. Describe the following (5+5=10)  
a. Clinical types of pelvis.  
b. Diameters of pelvis and fetal skull.

7. a) Enumerate the highlights of Reproduction and Child Health (RCH) Programme  
b) Describe the package of services of mother and children under RCH Programme.  
c) Describe your role as a health worker in RCH.

(2+3+5=10)

8. a) List the feeding problems of infant/child.  
b) Discuss the steps you will take to counsel the mother for feeding.

(3+7=10)

### Part C

9. Place tick mark (✓) against the most appropriate answer given under each statement.

( $\frac{1}{2} \times 5 = 2\frac{1}{2}$ )

- a. Reproductive Rights include  
i) Voluntary choice in marriage  
ii) Voluntary choice in social relationship  
iii) Voluntary choice in marriage and child bearing  
iv) Voluntary choice in marriage, social relationship and child bearing
- b. The bones of pelvis include  
i) Ilium and Ischium  
ii) Ischium and pubis  
iii) Pubis, Sacrum, Ilium and Ichium  
iv) Sacrum and Pubis
- c. A young infant has fast breathing if you count:  
i) 60 breaths per minute or more during second count  
ii) 40-50 breaths per minute  
iii) 50-55 breaths per minute  
iv) Below 40 breaths per minute
- d. In venous thrombosis mother will complain of  
i) Pain in the calf of leg, swelling, tenderness and fever  
ii) Fever and Sweling  
iii) Pain and tenderness  
iv) Swelling and Pain
- e. The total weight gain during the pregnancy period of women is:  
i) 5-10 kg  
ii) 10-15 kg  
iii) 15-20 kg  
iv) 12 kg

10. Match the statements given in column A with the terms given in column B ( $\frac{1}{2} \times 5 = 2\frac{1}{2}$ )

Column A	Column B
a) Severe Hypothermia	i) Measles
b) Heat loss from the body of new born due to direct contact with cooler object	ii) Kangaroo Mother Care
c) Skin to skin contact between mothers and infant	iii) Four lakh Units
d) Koplik's spot	iv) Conduction
e) Prophylactic Vitamin A at nine months	v) Body Temperature less than $32^{\circ}\text{C}$
	vi) Two lakh Units
	vii) Mumps
	viii) Temperature between $32^{\circ}\text{C}$ - $34^{\circ}\text{C}$

11. Fill in the blanks ( $\frac{1}{2} \times 5 = 2\frac{1}{2}$ )

- a) Bitot's spot is a sign of deficiency of ..... Vitamin
- b) Natural ability of the body to protect itself against specific infectious is.....
- c) Pustules and umbilical infection is treated with application of .....
- d) Obstruction of normal breathing is called.....
- e) The gross deficiency of proteins is called .....

12. Write 'T' if you consider the statement as true and 'F' if the statement is false.

( $\frac{1}{2} \times 5 = 2\frac{1}{2}$ )

- a) Full bladder prevents descent of the head during labour. (T/F)
- b) Lochia serous is red in colour. (T/F)
- c) All pregnant women do not require registration in a health facility (T/F)
- d) A child with some dehydration should be referred urgently (T/F)
- e) Rickets is caused due to the deficiency of Vitamin B (T/F)