

Introduction to Community Medicine and Primary Healthcare (PHC) LEC1 Q:

1. What is the primary objective of community medicine?

- A) To focus on curative healthcare only
- B) To promote health and prevent diseases
- C) To manage advanced health conditions
- D) To provide specialized healthcare services

2. Which of the following is NOT a core subject in community medicine?

- A) Epidemiology
- B) Biostatistics
- C) Clinical surgery
- D) Public health nutrition

3. According to the WHO's recent definition of health, it is considered to be:

- A) A static state of physical well-being
- B) A dynamic state of physical, mental, social, and spiritual well-being
- C) A measure of an individual's ability to perform daily activities
- D) The absence of disease or infirmity

4. Which of the following is considered an external determinant of health?

- A) Genetic makeup
- B) Social support systems
- C) Environmental factors
- D) Age and gender

5. Which of the following health dimensions refers to an individual's sense of connection to something larger than themselves?

- A) Physical Health
- B) Mental Health
- C) Spiritual Health
- D) Social Health

6. What are the social determinants of health (SDOH) primarily defined as?

- A) The conditions in which people are born, grow, work, live, and age
- B) The access to healthcare and insurance services
- C) The psychological factors influencing health
- D) The genetic predispositions to diseases

7. Which level of healthcare is primarily responsible for providing preventive services and health education?

- A) Tertiary Healthcare
- B) Secondary Healthcare
- C) Primary Healthcare
- D) None of the above

8. According to the Alma-Ata Declaration of 1978, which of the following is a fundamental principle?

- A) Health is a commodity that must be purchased
- B) Primary healthcare should only be available to developed countries

- C) Governments have the responsibility to ensure health for all people
- D) Only highly trained specialists should provide healthcare

9. Which of the following best defines tertiary healthcare?

- A) First level of contact for health services
- B) Specialized, advanced medical care for complex conditions
- C) General health services focused on disease prevention
- D) Preventive and curative health services at the local level

10. The concept of “Health for All” was introduced at which of the following conferences?

- A) The Geneva Conference
- B) The Alma-Ata Conference
- C) The Astana Conference
- D) The World Health Assembly

11. Which of the following is NOT one of the five domains of social determinants of health (SDOH)?

- A) Economic stability
- B) Healthcare access and quality
- C) Personal motivation
- D) Social and community context

12. Which health dimension involves an individual's ability to interact harmoniously with others in society?

- A) Emotional Health
- B) Mental Health
- C) Social Health
- D) Physical Health

13. Which of the following is NOT a key component of Primary Healthcare (PHC)?

- A) Disease prevention
- B) Health promotion
- C) Advanced surgical interventions
- D) Basic curative care

14. Which of the following best describes the role of secondary healthcare?

- A) It provides basic preventive health services.
- B) It focuses on specialized treatment for complex health issues that cannot be handled at the primary level.
- C) It is the first point of contact with the healthcare system.
- D) It deals with advanced and critical health issues.

15. In the context of health dimensions, emotional well-being is defined as:

- A) The ability to express and manage emotions in a balanced way
- B) A feeling of connection to the environment
- C) The body functioning at its optimal level
- D) The ability to maintain physical health

16. Which of the following best describes the Astana Declaration of 2018?

- A) It reinforced the importance of tertiary healthcare in health systems worldwide.
- B) It reaffirmed the commitment to primary healthcare as the key to achieving health for all.
- C) It introduced the concept of universal health insurance for every country.
- D) It focused on mental health as the main issue for global health.

17. Which of the following is considered a determinant of health related to the physical environment?

- A) Social support systems
- B) Biological makeup
- C) Environmental conditions (e.g., air and water quality, workplace safety)
- D) Behavioral choices (e.g., diet, physical activity)

18. In community medicine, the multidisciplinary approach involves knowledge from which of the following fields?

- A) Public Health Nutrition
- B) Epidemiology
- C) Biostatistics
- D) All of the above

19. The WHO defines health as a dynamic state. What does this imply?

- A) Health is unchanging over time
- B) Health is influenced by various environmental and genetic factors
- C) Health remains static once an individual reaches adulthood
- D) Health is defined only by physical well-being

20. Which of the following is a key aspect of the Astana Declaration of 2018?

- A) Increased focus on infectious diseases
- B) Global commitment to improving primary healthcare systems for better health outcomes
- C) Emphasis on tertiary healthcare services
- D) Introduction of universal healthcare insurance for all citizen

Answers:

- 1. **B**
- 2. **C**
- 3. **B**
- 4. **C**
- 5. **C**
- 6. **A**
- 7. **C**
- 8. **C**
- 9. **B**
- 10. **B**
- 11. **C**
- 12. **C**
- 13. **C**
- 14. **B**

- 15. **A**
- 16. **B**
- 17. **C**
- 18. **D**
- 19. **B**
- 20. **B**

1. Which of the following is NOT a direct feature of the WHO's recent definition of health, as described in the text?

- A) Dynamic state of physical, mental, social, and spiritual well-being
- B) Health being static and determined solely by biological factors
- C) Health is not merely the absence of disease or infirmity
- D) Health is influenced by environmental factors and lifestyle choices

2. Which of the following best characterizes the multidisciplinary approach in Community Medicine?

- A) Focus on curative treatments with a single practitioner approach
- B) Use of only one discipline, such as medicine, to address health issues
- C) Integration of knowledge from multiple fields like epidemiology, biostatistics, and public health nutrition
- D) A concentration on specialized care with no involvement of public health frameworks

3. According to the text, the Social Determinants of Health (SDOH) include factors related to economic stability, education, and healthcare. Which of the following is an example of neighborhood and built environment as a social determinant?

- A) Income levels affecting access to healthcare
- B) The presence of safe parks, clean air, and low crime rates in the area where a person lives
- C) The level of education a person receives
- D) The individual's genetic makeup influencing health outcomes

4. In the Alma-Ata Declaration of 1978, which statement directly addresses the right of people in terms of healthcare?

- A) Health care should be treated as a commodity for those who can afford it
- B) The right to health is defined as the highest attainable level, irrespective of income
- C) Governments are not responsible for healthcare provision
- D) The focus of healthcare should be on advanced medical treatments for the wealthiest individuals

5. Which of the following is the PRIMARY responsibility of Primary Health Care (PHC) according to the text?

- A) To manage complex medical conditions through specialized interventions
- B) To provide health education and preventive services to the population
- C) To offer advanced diagnostic tools and specialized surgical procedures
- D) To focus on mental health interventions and long-term care

6. Which of the following statements regarding the Astana Declaration (2018) is most accurate?

- A) The Astana Declaration reinforced the importance of tertiary healthcare over primary healthcare
- B) It emphasized the role of primary healthcare in ensuring health for all through global cooperation and sustainability
- C) The Declaration exclusively focused on maternal and child health issues
- D) It proposed reducing government involvement in the delivery of healthcare services

7. Which of the following is an example of a secondary healthcare service, as discussed in the text?

- A) Primary healthcare centers offering immunization and general health education
- B) District health centers that provide curative treatment for diseases that cannot be handled at the primary level
- C) Tertiary hospitals offering highly specialized care for complex conditions
- D) A maternal and child health center providing general prenatal care

8. In the context of health dimensions, emotional health is best described by which of the following?

- A) The functioning of the body systems at an optimal level
- B) The ability to manage stress and emotions in a balanced manner
- C) The feeling of being connected to a higher power or purpose in life
- D) The quality of interpersonal relationships and social integration

9. Which of the following is the correct categorization of healthcare levels according to the text?

- A) Primary healthcare provides specialized treatment for complex diseases, while tertiary healthcare deals with basic health education
- B) Secondary healthcare focuses on preventive services, and primary healthcare handles advanced surgeries
- C) Primary healthcare is the first level of contact with the healthcare system, offering basic preventive and curative services
- D) Tertiary healthcare provides preventive services and health education for all communities

10. Which of the following describes the dynamic nature of health as described in the text?

- A) Health is a fixed, stable state defined solely by physical well-being
- B) A person's health remains unchanged once they reach a certain age
- C) Health status results from an ongoing interaction of genetic, social, environmental, behavioral, and medical factors
- D) Health is primarily influenced by genetic predisposition and cannot be altered by lifestyle choices

11. In the context of the Social Determinants of Health, which of the following best explains the term “economic stability”?

- A) The ability to manage emotional and psychological stress
- B) Having access to quality healthcare services regardless of income
- C) The extent to which individuals have steady employment, income, and financial resources to meet health needs
- D) The availability of advanced medical technologies in the healthcare system

12. Which of the following is the MOST important action needed to achieve the goal of Health for All as envisioned by the Alma-Ata Declaration?

- A) Exclusively privatizing healthcare systems and services
- B) Ensuring universal access to primary healthcare services that include prevention, promotion, and basic curative care
- C) Focusing only on tertiary healthcare for specialized treatments
- D) Reducing the role of governments in healthcare planning and delivery

13. According to the text, the primary healthcare system should focus primarily on which of the following?

- A) Providing curative services for complex diseases
- B) Offering advanced diagnostic equipment for specialist referrals
- C) Offering preventive services, health education, and referrals for further care
- D) Providing specialized surgeries and treatments for chronic conditions

14. The WHO's concept of health as a dynamic state implies that:

- A) Health is a static condition, defined once and for all at birth
- B) Health is constantly evolving and depends on a person's environment, lifestyle, and social conditions
- C) Health remains unchangeable through life once a person reaches adulthood
- D) Physical well-being is the only determinant of health

Answers:

- 1. **B**
- 2. **C**
- 3. **B**
- 4. **B**
- 5. **B**
- 6. **B**
- 7. **B**
- 8. **B**
- 9. **C**
- 10. **C**
- 11. **C**
- 12. **B**
- 13. **C**
- 14. **B**

1. The primary objective of community medicine is to promote health, prevent diseases, and prolong life through a variety of interventions.

- True
- False

2. Community medicine only focuses on curative interventions and does not include preventive or promotive services.

- True
- False

3. Epidemiology is one of the core subjects in community medicine.

- True
- False

4. The World Health Organization (WHO) defines health as the absence of disease or infirmity.

- True
- False

5. According to the WHO, health is a static state and does not change over time.

- True
- False

6. The dimensions of health include physical, mental, social, emotional, spiritual, and environmental well-being.

- True
- False

7. Physical health refers to a person's ability to manage stress and emotions.

- True
- False

8. Mental health is characterized by a person's ability to think clearly, reason, and make sound decisions.

- True
- False

9. Social health is the ability to have good relationships and interact harmoniously with others in society.

- True
- False

10. Environmental health refers to an individual's mental state and ability to cope with life's challenges.

- True
- False

11. The concept of Health for All was introduced at the Alma-Ata Conference in 1978.

- True
- False

12. Governments are not responsible for the health of their populations according to the Alma-Ata Declaration.

- True
- False

13. The Alma-Ata Declaration emphasized the importance of primary healthcare and the active participation of communities in health planning and delivery.

- True
- False

14. Secondary healthcare provides basic, preventive services and health education to the community.

- True
- False

15. Primary health care (PHC) is the first level of contact between the individual and the healthcare delivery system.

- True
- False

16. Tertiary healthcare is the first level of healthcare where complex health issues are managed.

- True
- False

17. The Astana Declaration of 2018 reaffirmed the commitment to achieving health for all through sustainable primary healthcare.

- True
- False

18. The Social Determinants of Health (SDOH) include only genetic factors and do not involve social or environmental influences.

- True
- False

19. Economic stability is a key social determinant of health, which refers to having steady employment and a reliable income.

- True
- False

20. The primary responsibility of the Primary Health Care (PHC) sector is to provide specialized surgical treatments for chronic illnesses.

- True
- False

21. The Alma-Ata Declaration stated that achieving an acceptable level of health for all people is politically, socially, and economically unacceptable.

- True
- False

22. Social support systems are considered a critical part of the Social and Community Context in the Social Determinants of Health (SDOH).

- True
- False

23. A person's health is only influenced by their genetic makeup and has little to do with their social or environmental circumstances.

- True
- False

24. Health status is determined by the interaction of five domains: genetic makeup, social circumstances, environmental conditions, behavioral choices, and the availability of quality medical care.

- True
- False

25. The Alma-Ata and Astana Declarations emphasize the importance of primary healthcare in achieving universal health coverage and sustainable development.

- True
- False

Answers:

1. **True**
2. **False**
3. **True**
4. **False**
5. **False**
6. **True**
7. **False**
8. **True**
9. **True**
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11. **True**
12. **False**
13. **True**
14. **False**
15. **True**
16. **False**
17. **True**
18. **False**
19. **True**
20. **False**
21. **False**
22. **True**
23. **False**
24. **True**
25. **True**

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