



Public Health

All past midterm exams sorted by lectures

رُوح/ وتين/ نبض/ ورید

الطب والجراحة
لجنة

Lectures #1 &2 (Introduction to Public Health: Dr. Nedal)

1. All of the following are true regarding public health, EXCEPT:
- A person maybe at maximum health today, minimum tomorrow.
 - The lowest point on the health- disease spectrum is severe illness.
 - Optimal health differs for each person.
 - There is degree for both school children vaccines and illness.
 - There is no cut-off point for level of health & another.

Answer: B

2. One of the following is false regarding public health:
- Assessment & assurance and policy development function of public health.
 - The first public health work focused in prevention of infection diseases.
 - Fluoridation of drinking water the great public health achievement.
 - Is concerned with health status in different group of people.
 - The tertiary level of prevention includes screening of high-risk people.

Answer: E

3. When a specific infecting agent no longer exists in nature or in laboratory, is known as:
- Eradication.
 - Elimination.
 - Extinction.
 - Extension.

Answer: C

Note: Dr. Nedal mentioned them, NIH definitions of the terms:

Term	Definition
Control	reduction of disease incidence, prevalence, morbidity, and mortality to acceptable levels;
Elimination of disease	reduction to zero incidence of disease in a defined geographic area;
Elimination of infection	reduction to zero incidence of infection caused by a specific agent in a defined geographic area;
Eradication	permanent reduction to zero worldwide incidence of infection caused by a specific agent;
Extinction	the specific agent no longer exists in nature or the laboratory.

4. All of the following are related to emotional health, EXCEPT:

- a. Able to manage stress.
- b. His/ Her emotions are related to mental health and includes feelings.
- c. The stimuli should lead to stable response of the body.
- d. Express the emotions such as being angry.
- e. Not showing fear of anything.

Answer: E

5. The following is considered an example of mental health:

- a. Expressing feelings in a positive way.
- b. Chatting with your friend on messenger.
- c. Daily exercise.
- d. Solving multiple choice questions.
- e. Crying after losing someone close to you.

Answer: D

6. One of the following is TRUE about levels of prevention:

- a. About primary and secondary prevention, targets are sick individuals.
- b. Child's vaccination is an example of secondary health care
- c. Screening to detect children with genetic problems is an example of primary prevention
- d. Rehabilitation services are secondary prevention
- e. Eating healthy is an example of primary prevention

Answer: E

7. The following is considered an example of social health:

- a. Learning a new language.
- b. Walking from your place to your friend's place.
- c. Meeting new people.
- d. Reading a book, studying, and waiting to understand.
- e. Feeling at peace after praying.

Answer: C

8. Systematically collect, analyze and make available information on healthy communities, is the definition of:

- a. Assessment.

- b. Policy development
- c. Assurance.
- d. Research
- e. Empowerment.

Answer: A

9. Regarding the difference between clinical medicine and public health, one of the following is TRUE:

- a. Clinical medicine cares for healthy and diseased individuals.
- b. Public health aims to cure individuals with diseases.
- c. Public health uses medical treatment for management of health problems.
- d. Clinical medicine follows up patients for evaluation.
- e. Clinical medicine uses vital statistics for diagnosis.

Answer: D

10. All the following concepts describe health, EXCEPT:

- a. It is the absence of disease or infirmity.
- b. Health is different for different people.
- c. Being socially and economically productive life is part of an individual's health.
- d. Includes physical, mental and social well-being.
- e. It is a changing state.

Answer: A

11. One of the following is TRUE about public health:

- a. A method of diagnosis in epidemiology.
- b. Evaluation by following up with patients.
- c. Customers are individuals.
- d. It aims to cure diseases.
- e. Internal medicine is one of its branches.

Answer: A

12. One of the following is FALSE about history of modern public health:

- a. Outbreak of cholera epidemic is a great sanitary awakening.
- b. Low life expectancy is great sanitary awakening.

- c. Health for all.
- d. It focused on the prevention of non- infectious diseases.

Answer: D

13. The ability of understanding while reading a book is an example of:

- a. Society health.
- b. Mental health.
- c. Emotional health.
- d. Spiritual health.
- e. Physical health.

Answer: B

14. All of the following are preventive health care, EXCEPT:

- a. Immunization of children.
- b. Environmental sanitation.
- c. Prevention and control of communicable locally endemic diseases.
- d. Provision of adequate drugs.
- e. Promotion of food supply and proper nutrition.

Answer: D

15. One of the following denotes the difference between clinical medicine and public health:

- a. Public health refers to the health status of a defined group of people
- b. Public health is concerned with diagnosing and treating diseases in individual patients.
- c. Clinical medicine is concerned with conditions to promote, protect and preserve
- d. Clinical medicine is concerned with healthy and diseased
- e. Clinical medicine objective is to prevent diseases

Answer: A

16. One of the following is TRUE about health spectrum:

- a. Health continuously changes
- b. The highest point of the spectrum is freedom from diseases.
- c. The lowest point of the spectrum is diseases.

- d. Health is a fixed phenomenon.
- e. The primary focus of today's medical care system is positive health.

Answer: A

17. One of the following is an environmental determinant of health:

- a. Smoking.
- b. Living near health centers
- c. An individual's monthly salary
- d. Having genetic susceptibility for cancer.
- e. Doing daily exercises.

Answer: C

18. The removal of pandemic from all countries and stopping the cases, is a suitable definition of:

- a. Elimination.
- b. Eradication.
- c. Extinction.
- d. Both A and B.

Answer: B

19. The health determinant that is indicated in the figure is:

- a. Human biology.
- b. Environment.
- c. Life style.
- d. Culture.



Answer: C

20. One of the following is a behavioral determinant of health:

- a. Beliefs and traditions.
- b. Sport practice.
- c. Income level.
- d. Microorganisms and genetic factors.

Answer: B

Lecture #3 (Primary Health Care, Dr. Israa)

1. All of the following are TRUE regarding declaration of Alma- Ata, EXCEPT:
- Health for all by 2000
 - Public health care responsibility relies on people
 - Inequity is not acceptable
 - Public health collaboration between many sectors (134 states)

Answer: B

2. Economic accessibility includes all of the following, EXCEPT:
- Abilities to pay without financial difficulty.
 - Affected by household income.
 - It measures access to health care using appointment system.
 - The cost of transport to the health services.
 - The time of absence from work.

Answer: C

3. Equity denotes:
- Presence of differences.
 - Rich people have better health care.
 - Distribution of hospitals is more effective in urban areas.
 - Increase transports to reach health care centers.

Answer: D

4. The extent to which people delivering or receiving a health care service consider it appropriate, is the definition of:
- Acceptability.
 - Equity.
 - Accessibility.
 - Assessment.
 - Assurance.

Answer: A

5. One of the following is not related to economic accessibility:
- Appointment systems.
 - Household incomes.

- c. The cost of transportation is included.
- d. Financing system.
- e. Taking time away from work is included.

Answer: A

6. All of the following are considered appropriate technology, EXCEPT:
- a. Oral replacement solution in mild dehydration instead of IV.
 - b. Exclusive breast feeding for family planning.
 - c. Monitoring and recording child's weight and height in every health visit.
 - d. Testing potency of vaccines in laboratory.
 - e. Boiling water for making babies' milk.

Answer: D

7. Equity means that:
- a. Urban areas have more access to health services than rural areas.
 - b. People with higher income receive better health care.
 - c. The government should invest more resources in areas with more needs.
 - d. Women and men should be treated equally.
 - e. Distributing health services according to unfair differences between population.

Answer: C

8. All of the following are examples of community participation in PHC, EXCEPT:
- a. Attending clinics at appointed times.
 - b. Keeping regular physical exercise.
 - c. Sharing patients' information with community.
 - d. Bringing your child for vaccination.
 - e. Wearing face masks in COVID-19 pandemic.

Answer: C

9. An acceptable health service means the following, EXCEPT:
- a. The government approval for doing the service.
 - b. The people have had previous experience with this service.
 - c. The people accepting to pay for this service.
 - d. The service is for culture of that society.

e. The health providers accepting this service.

Answer: B

10. All of the following are true about economic accessibility, EXCEPT:

- a. It is people's ability to pay for services without becoming in financial hardship.
- b. Household income is an important factor.
- c. It takes into account not only the price of the health services.
- d. The cost of transportation to the health service is not included.
- e. The time taken away from work is included.

Answer: D

11. Primary health care is essential. This means all of the following, EXCEPT:

- a. There are health priorities.
- b. Provided according to needs.
- c. Begins as soon as a human is born.
- d. Continues till the end of humans' life.
- e. Womb to womb.

Answer: C

12. One of the following is INCORRECT regarding Alma Ata:

- a. 134 countries.
- b. 2000 is date for Health for All
- c. Private sectors are the only sector responsible for public health.
- d. All of the above.

Answer: C

13. One of the following is FALSE about information accessibility:

- a. Right for human.
- b. Health workers can share personal health information.
- c. Includes the right to seek, receive & report information and ideas concerning health issues.
- d. The data is treated confidentially.

Answer: B

14. One of the following is **CORRECT** about acceptability:

- a. Culture sensitive for treatment by doctors in opposite sex.
- b. It includes the right to receive information concerning health issues.
- c. It measures the people's ability to pay for services without financial hardship.
- d. Improving the means of transportation is one way to enhance it.
- e. None of the above.

Answer: A

15. One of the following is **FALSE** about economic accessibility:

- a. Not only the price of the health services
- b. The cost transportation
- c. Doesn't take time away from worker
- d. All of the above

Answer: C

16. All of the following regarding the benefits of community participation are true, **EXCEPT:**

- a. people are more likely to accept preventive health care
- b. Increase health awareness of the population
- c. increase the burden on the government
- d. great support to health care workers
- e. It is an additional resource to those provided by government

Answer: C

17. All of the following are examples of appropriate technology, **EXCEPT:**

- a. boiling water for babies and children under 5 years of age
- b. breast feeding in spacing between pregnancies
- c. CT imaging for TB
- d. Oral rehydration for children who have massive diarrhea
- e. Vaccine Vial Monitor (VVM)

Answer: C

Lecture #4 (Health System in Jordan, Dr. Israa)

1. The leading cause of death in Jordan:

- a. Hypertension.
- b. Communicable diseases.
- c. Road traffic accidents.
- d. Neoplasms.
- e. Metabolic diseases.

Answer: A

2. Life expectancy at birth as per Jordan, 2021:

- a. 75.1
- b. 73.3
- c. 71.5
- d. 72.5

Answer: B

3. The following are true achievements of Jordan's health system, EXCEPT:

- a. Open heart surgeries in RMS hospitals.
- b. The first kidney transplantation was performed in 1972.
- c. First born IVF baby was in 1987.
- d. Developed legislation to regulate organ donation.
- e. Liver and bone marrow transplantation mainly in MoH hospitals

Answer: E

4. One of the following is FALSE:

- a. UNRWA delivers primary health care services.
- b. UNRWA provides help for refugees to access secondary and tertiary care services.
- c. The King Hussein Cancer Center (KHCC) is Non for-profit organization.
- d. The National Center for Diabetes, Endocrinology and Genetics (NCDEG) is a Non for-profit organization.
- e. Most of the public sector expenditure goes to primary care services.

Answer: E

5. All of the following are economic challenges to the health system in Jordan, EXCEPT:
- a. Migration of health competencies.
 - b. Patients paying directly for medicines.
 - c. People low expectation from health providers.
 - d. High cost of health services.
 - e. Low expenditure on public health sector

Answer: C

6. Choose the WRONG statement:
- a. Jordan is a middle- income country.
 - b. The proportion of females is more than males to the total population.
 - c. The majority of Jordanian population are at the age 15-64 years old.
 - d. Average expected life for a male in Jordan is 72.3 years.
 - e. Average life expectancy in Jordan is 73.3

Answer: B

7. One of the following is FALSE about hospital beds:
- a. The number of hospital tie amount of space in health care facility.
 - b. The number of hospital beds describe the capacity of healthcare services.
 - c. It means available and maintained beds with their staff.
 - d. Include the immediately available for the care of admitted patients.
 - e. Royal Medical Services in Jordan provides the largest number of the total hospital beds in Jordan.

Answer: E

8. One of the following is FALSE among administrative challenges to the health system in Jordan:
- a. Changing the minister of health every few years.
 - b. Public sector and private sector work together.
 - c. The Higher Health Council absent role in health education policy.
 - d. A case of medical errors can take years to be resolved.
 - e. The medical technology is developing fast.

Answer: B

9. One of the following is the most common cause of death among Jordanians:
- a. Hypertension.
 - b. Lung cancer.
 - c. Car accident.
 - d. Diabetes.
 - e. Breast cancer in women.

Answer: A

Note: Lung cancer – along with trachea and bronchus- is the most common cause of deaths caused by neoplasms, not generally.

10. All of the following human resources in Jordan have decreased in number per 10,000 population in 2017, EXCEPT:
- a. Midwives.
 - b. Physicians.
 - c. Dentists.
 - d. Pharmacists.
 - e. Nurses.

Answer: D. Not sure of the answer.

11. All of the following are true about healthcare organizations in Jordan, EXCEPT:
- a. The MOH is the largest sub-sector of healthcare in Jordan.
 - b. The RMS mainly provides primary healthcare services
 - c. The private sector is the second largest provider of health care in Jordan.
 - d. The last case of polio in Jordan was in 1992.
 - e. The King Hussein Cancer Center (KHCC) is non-government.

Answer: B

12. The most of the health professionals in Jordan are:
- a. Female physician
 - b. Male physician
 - c. Pharmacist
 - d. Midwives
 - e. Registered nurses

Answer: E

13. Health sector in Jordan excelled in providing tertiary healthcare services. One of the following is NOT included:

- a. Palliative care.
- b. Organ transplantation.
- c. Sophisticated surgeries.
- d. Dialysis.
- e. Treatment of infertility.

Answer: A

14. One of the following is NOT an example of demographic challenges in Jordan:

- a. The high population growth rate
- b. High proportion of young people
- c. The large and unplanned population growth in the urban areas
- d. the increasing rise in the proportion of elderly people
- e. The rising cost of health care

Answer: E

15. One of the following statements about health system in Jordan is WRONG:

- a. The leading causes of death in Jordan is circulatory system diseases
- b. The most common type of cancers is cancer of breast
- c. Dramatic decrease in the risk of infectious disease in recent years
- d. Increasing prevalence of non-communicable diseases.
- e. there have been no recorded cases of either polio or croup since 1995

Answer: B

16. The highest total health expenditure in Jordan is:

- a. Curative.
- b. Primary.
- c. Training.
- d. Administration

Answer: A

Lecture #5, 6 &9 (Demography, Dr. Nedal)

- **First of all, do not forget to memorize the labeled statistics:**

Jordan in Figures 2020

الأردن بالأرقام 2020

Indicator	2020	المؤشر
Total Population (000)	10806.0	عدد السكان (بالألف)
Population Density (Person per km ²)	121.7	الكثافة السكانية (شخص لكل كم ²)
Population Growth Rate for Jordanians (%)	2.3	معدل النمو السكاني للأردنيين (%)
Population Doubling Time for Jordanian (Year)	29.8	الوقت اللازم لتضاعف عدد السكان الأردنيين (سنة)
Percentage of Population Less Than 15 Years of Age	34.3	نسبة السكان في الأعمار دون الخامسة عشرة
Percentage of Population Aged (15-64)Years	62.0	نسبة السكان في الأعمار (15-64) سنة
Percentage of Population Age (65+)Years	3.7	نسبة السكان في الأعمار (+65) سنة
Dependency Ratio *	61.4	معدل الإعالة *
Percentage of Urban Population	90.3	نسبة السكان في الحضر
Percentage of Rural Population	9.7	نسبة السكان في الريف
Sex Ratio (Number of males per 100 Females)	112.5	نسبة الجنس (عدد الذكور لكل 100 أنثى)
Total Households (000)	2241.9	عدد الأسر (بالألف)
Crude Marriage Rate (Per 1000 Population)	6.2	معدل الزواج الخام (لكل ألف من السكان)
Crude Divorce Rate (Per 1000 Population)	1.6	معدل الطلاق الخام (لكل ألف من السكان)
Singulate Mean Age at First Marriage (Year)	29.6	متوسط العمر وقت الزواج الأول (سنة)
Male	31.8	ذكر
Female	27.1	أنثى
Percentage of Married They have been married before from Total Jordanian Population (15+ Years)	60.3	نسبة المتزوجين الذين سبق لهم الزواج من مجموع السكان الأردنيين (15+ فأكتر)
Male	54.9	ذكر
Female	65.8	أنثى
Average Household Private Size (Person)	4.8	متوسط حجم الأسرة الخاصة (فرد)
Population Median Age (Year)	22.4	العمر الوسيط للسكان (سنة)
Crude Birth Rate (Per 1000 Population)	17.4	معدل المواليد الخام (لكل ألف من السكان)
Crude Death Rate (Per 1000 Population)	6.0	معدل الوفيات الخام (لكل ألف من السكان)
Infant Mortality Rate (Per 1000 Live Births) **	17	معدل وفيات الأطفال الرضع (لكل ألف من المواليد أحياء)**
Under Five Mortality Rate (Per 1000 Live Births)* *	19	معدل وفيات الأطفال دون الخامسة (لكل ألف من المواليد أحياء)**
Life Expectancy at Birth (Year)	73.3	توقع الحياة وقت الولادة (سنة)
Male	72.3	ذكر
Female	75.1	أنثى

* Dependency Ratio: The young persons (children aged under 15) and the elderly (adults over 64 years of age) to the adult population (persons 15-64 years of age)*100

**Data Represents the Population & Family Health Survey 2017/2018

* معدل الإعالة: السكان صغار السن (دون الخامسة عشرة من العمر وكبار السن 65 سنة فأكثر) إلى مجموع السكان في (الأعمار 15-64 سنة)* 100
** البيانات تمثل مسح السكان والصحة الأسرية 2017/2018

1. The cause of probability of dying differ between different periods in human life span is:
- Age specific death rate.
 - Sex specific death rate.
 - Cause specific mortality rate.
 - Maternal death rate.
 - Proportionate mortality rate.

Answer: A

2. The shape of the apex in population pyramid indicates:
- Those who survive till old ages.
 - Life expectancy.
 - High birth
 - Mortality
 - Wars

Answer: A

3. One of the following is TRUE regarding population pyramid:
- The width of the base is directly related to median age.
 - The shape of the apex indicates independent population.
 - The sides indicate life expectancy.
 - The height indicates mortality rate.
 - The width of the base indicates birth rate.

Answer: A

**** Only alternatives A, B and C were found in the archives and they are incorrect****

4. In specific year deaths number equals 500 and records shown that 25 of them were from cancer. If the population was 100 k (100, 000), the proportionate mortality rate equals:
- 1.5
 - 0.5
 - 5
 - 15
 - 50

f. 10

Answer: C

Let (#) be number,

Proportionate mortality rate= # of deaths due to X cause/ # of deaths due to all causes, all multiplied by 100 -> $(25/ 500) * 100= 5\%$

5. If a population was 1 M (1,000, 000), the births were 10 k, deaths were 8 k and net migration rate equals 0.3%, the growth factor equals:

- a. 3
- b. 0.15
- c. 2.3
- d. 1.0
- e. 0.5

Answer: E

Growth factor= rate of natural increase + net migration rate ->
[# of births - # of deaths]/ # of population* 100 +net migration rate ->
 $[(10,000- 8000)/1,000,000 * 100] + 0.3\%= 0.5\%$

6. If a population was 9 M, births were 8 K, fertility (15-49) was 160 K, general fertility rate is:

- a. 10- 1000
- b. 150- 1000
- c. 20- 1000
- d. 5- 1000
- e. 50- 1000

Answer: E

General fertility rate= (# of live births/ # of females within reproductive age)* 1000 =
 $(8,000/ 160,000)*1000= 50$ per 1000

7. Population growth factor in Jordan, as per 2020 equals:

- a. 1.3
- b. 2.3
- c. 3.3
- d. 3.2
- e. 1.5

Answer: B

8. In a district, total population= 2,000,000 people in 2014. The number of cancer-related deaths reported was 4,000 deaths in the same year. The total deaths were 5,000. So, the specific death rate from cancer equals:
- a. 2
 - b. 3.8
 - c. 1
 - d. 5.3
 - e. 4

Answer: A

The cause specific death= # of deaths due to X cause/ # of all population, all multiplied by 1000 -> $(4,000 / 2,000,000) * 1000 = 2$ per 1000

9. The total deaths in a country X in 2002 were 500, of these 100 were due to hypertension. If the total population is 150,000, then the proportionate mortality rate from hypertension equals:
- a. 15
 - b. 2.5
 - c. 20
 - d. 5
 - e. 10

Answer: c

Proportionate mortality rate= # of deaths due to X cause/ # of deaths due to all causes, all multiplied by 100 -> $(100 / 500) * 100 = 20\%$

10. All of the following statements about importance of studying composition of a population in demography are true, EXCEPT:
- a. a. Age and economic status composition are the most important biological characteristics.
 - b. It gives a true picture about human needs and resources.
 - c. It allows comparisons between populations.
 - d. It provides essential data for vital statistics.
 - e. It forecasts changes in size and their direction.

Answer: A

11. All of the following statements about population pyramids are true, EXCEPT:
- a. The vertical axis (Y) reveals year's intervals of age.
 - b. Shape of the pyramids reveals developmental state of a population.
 - c. Population pyramids shows the percentage of population which is described as being dependent.
 - d. Height of the pyramids indicates life span in the community.
 - e. The sharper the slope, as it goes upwards, means lower mortality and migration.

Answer: E

12. Slope of sides of the population pyramids denotes the:
- a. Mortality rate and migration.
 - b. Fertility rate.
 - c. Infant mortality rate.
 - d. Net migration rate.
 - e. Birth rate.

Answer: A

13. In the city R in year 2013, the Crude Birth Rate is 23/1000, Crude Death Rate is 11/1000, and the estimated midyear population is 8 million. The rate of natural increase is:
- a. 2.9
 - b. 1.2
 - c. 4.5
 - d. 3.5
 - e. 0.8

Answer: B

Rate of natural increase (RNI) = Crude birth rate (CBR)- Crude death rate (CDR), all divided by 10

$$\text{RNI} = (23 - 11) / 10 = 1.2\%$$

14. All of the following statements applies to De Facto type of census, EXCEPT:
- a. Persons in transit may be missed.
 - b. Counting individuals at their legal permanent residence.
 - c. Count individuals wherever they actually are on the day of the census.
 - d. It may give a false impression of size for areas with high migration or high

seasonal mobility.

- e. Much easy, less expensive.

Answer: B

15. The lifespan of a population in their population pyramid is represented by:

- a. The height of the population pyramid.
- b. The width of the population pyramid.
- c. The apex of the population pyramid.
- d. The slope of the population pyramid.
- e. The surface area of the median line.

Answer: A

16. All of the following statements applies to De Jure type of census, EXCEPT:

- a. Counting individuals at their legal residence.
- b. It gives a factual figure.
- c. Some individuals may be omitted or counted twice.
- d. Expensive and time consuming.
- e. Counting individuals wherever they actually are on the day of the Census.

Answer: E

17. In the city Y, in year 2018, the crude birth rate is 30/1000, and a crude death rate is 9/1000 and the estimated midyear population is 4 million, and the net migration rate is (+0.2%). So, the growth rate is:

- a. 3.8
- b. 3.5
- c. 1.4
- d. 4
- e. 2.3

Answer: E

Growth rate= rate of natural increase + net migration rate ->

(CBR- CDR)/10 +net migration rate ->

(30-9)/10 + 0.2%= 2.3%

18. One of the following is among elements of population study (demography):

- a. Mortality.

- b. Distribution.
- c. Migration.
- d. Morbidity.
- e. Fertility.

Answer: B

**** Elements of population study (demography)= size, composition and distribution. Factors (processes) affecting those elements= fertility, mortality and migration ****

19. If the estimated midyear population of a country X in a certain year was 3,000,000. The total number of the young population below 15 years old= 900,000 and the total number of the population aged (15-60) years old=1,800,000. So, the old dependency ratio is:

- a. 18.5%
- b. 25.7%
- c. 12.9%
- d. 16.7%
- e. 13.8%

Answer: D

Old dependency ratio= (# of population >= 60 years/ # of population 15- <60 years) *100

of population >= 60 years= # of total population – the rest (# of population <15 years + # of population 15-60)

= 3,000,000- (900,000+ 1,800,000)= 300,000

Old dependency ratio= (300,000/ 1,800,000) *100= 16.7%

20. The percent of individuals who survive till old age in the population pyramid represented by the:

- a. Slope of the sides.
- b. Apex of the population pyramid.
- c. Base of the population pyramid.
- d. Height of the population pyramid.
- e. Surface area above the median line.

Answer: B

21. A population pyramid of a developing country has all of the following features, EXCEPT:

- a. Median age is low.
- b. Low mortality experienced.
- c. Narrow apex.
- d. Wide base.
- e. Sloping sides.

Answer: B

22. In a district of 20,000 persons, the following was registered: 900 births, 400 deaths.

The rate of natural increase in this district equals:

- a. 1.5
- b. 3.3
- c. 4.5
- d. 3.75
- e. 2.5

Answer: E

Rate of natural increase = [# of births - # of deaths] / # of population * 100

$$[(900 - 400) / 20,000 * 100] = 2.5\%$$

23. A population pyramid describes of the population at a given time.

Choose the best alternative.

- a. Age- sex structure.
- b. Occupation.
- c. Number.
- d. Marital status.
- e. Health.

Answer: A

24. All of the following factors affect the denominator of the crude birth rate, EXCEPT:

- a. Wars.
- b. The age of marriage.
- c. Migration.
- d. Famines.
- e. Epidemics.

Answer: B

25. A population pyramid of a developed country has all of the following features, EXCEPT:

- a. Median age is low.
- b. The height of the pyramid is high.
- c. Narrow base.
- d. Wide apex.
- e. Sides are not sloping.

Answer: A

26. All of the following factors affect the numerator of the crude birth rate, EXCEPT:

- a. Number of females in the community in the age.
- b. The age of marriage.
- c. Wars.
- d. The level of infant and preschool mortality rates.
- e. The rate of having children.

Answer: C

27. If a population of a town X was 3,000,000 persons in the census of the year 1980 and it increased to reach 4,000,000 in the year 1990. The estimated inter-censal population at 1987 will be:

- a. 4,100,000
- b. 3,700,000
- c. 3,200,000
- d. 3,500,000
- e. 3,400,000

Answer: B

Population growth per year = Δ (difference in) populations / Δ years

$$= (4,000,000 - 3,000,000) / (1990 - 1980) = 100,000 \text{ per year}$$

The census in 1980 was 3,000,000. So, The census in 1987 (after 7 years) =

$$3,000,000 + \text{number of years} * \text{population growth per year} =$$

$$3,000,000 + 7 * 100,000 = 3,700,000 \text{ person}$$

28. The science which provides basic data for organized planning of socio-economic, health and other community services and welfare programs called:

- a. Anthropology.

- b. Bibliography.
- c. Mammography.
- d. Demography.
- e. Philanthropic.

Answer: D

29. The estimated midyear population of a country Z in a certain year was 12,000,000. The total number of males= 7,000,000. Total number of deaths was 50,000 (males=30,000). So, female Specific Death Rate is:

- a. 2 per 1000
- b. 10 per 1000
- c. 13 per 1000
- d. 5 per 1000
- e. 4 per 1000

Answer: E

Female specific death rate= (# of deaths of females/ # of female population) *1000

of deaths of females= total number of deaths- # of deaths of males= 50,000- 30,000= 20,000

of population of females= # of total population- # of male population= 12,000,000- 7,000,000= 5,000,000

Female specific death rate= (20,000/ 5,000,000) * 1000= 4 per 1000

30. One of the following is **WRONG** about developing countries:

- a. Wide base.
- b. Wide apex.
- c. Sides are sloping.
- d. Narrow apex.

Answer: B

31. All of the following are characteristics of population pyramid of developed countries, **EXCEPT**:

- a. Narrow base.
- b. Wide apex.
- c. Sides are sloping.
- d. The height of the pyramid is high.
- e. The median point in near to the apex.

Answer: C

32. The correct sentence about De Jure census is:

- a. Less expensive.
- b. Counting individuals wherever they actually are on the day of the census.
- c. Someone may be omitted or counted twice.
- d. All of the above.

Answer: C

33. Total deaths in a certain age of people is known as:

- a. Cause specific mortality rate.
- b. CDR
- c. Age specific death rate.
- d. Sex specific death rate.

Answer: C

34. The crude birth rate is:

- b. Total number of live births per 1000 midyear estimated in a given year & locality.
- c. Total number of live births per 10000 midyear estimated in a given year.
- d. The number of live births a given year & locality per 1000 females in (15 – 49) years old
- e. None of the above

Answer: A

35. One of the following indicates “how long the population takes to double in size”:

- a. Natural increase.
- b. Growth rate.
- c. Total fertility rate.
- d. General fertility rate.

Answer: B

36. One of the following is FALSE about De Facto type of census:

- a. Much easier.
- b. Less expensive.
- c. People in transit may be missed.

- d. Some individuals may be omitted or counted twice.
- e. It may give a false impression of size for areas with high migration or high seasonal mobility.

Answer: D

37. About the 5th stage of demographic transition model, one of the following is TRUE:

- a. Population growth is slow and fluctuating.
- b. Population size decreases.
- c. More births than deaths.
- d. Population size increases.

Answer: B

38. Estimated midyear population of country K in a certain year = 10000000; no. of males = 6000000, No of death = 20000, no. of male death = 12000 Female specific Death rate:

- a. 15 per 1000
- b. 2 per 1000
- c. 5 per 1000
- d. 4 per 1000
- e. 10 per 1000

Answer: B

Female specific death rate= (# of deaths of females/ # of female population) *1000

of deaths of females= total number of deaths- # of deaths of males= 20,000- 12,000= 8,000

of population of females= # of total population- # of male population= 10,000,000- 6,000,000= 4,000,000

Female specific death rate= (8,000/ 4,000,000) * 1000= 2 per 1000

39. Estimated midyear population of town Z = 8000000 persons in the census of year 2000, it increased to reach 10000000 in 2010, the estimated inter-censal population in 2005 will be:

- a. 9800000
- b. 8200000
- c. 9000000
- d. 8500000

e. 9200000

Answer: C

Population growth per year = Δ (difference in) populations / Δ years

= (10,000,000 - 8,000,000) / (2010 - 2000) = 200,000 per year

The census in 2000 was 8,000,000. So, The census in 2005 (after 5 years) =

8,000,000 + number of years * population growth per year =

8,000,000 + 5 * 200,000 = 9,000,000 person

40. In city Z in 2019, CBR = 20/1000, CDR = 3/1000, estimated midyear population is 3 million, rate of natural increase =

- a. 3.2
- b. 1.7
- c. 2.3
- d. 3.7
- e. 4.5

Answer: B

RNI = (CBR - CDR) / 10

RNI = (20 - 3) / 10 = 1.7%

41. Population pyramid contains info about:

- a. Age and sex
- b. Income level
- c. Marital status
- d. Education and/ or occupation
- e. All of the above

Answer: A

42. All of the following are De Jure census applied, EXCEPT:

- a. Some individuals may be omitted or counted twice
- b. Expensive and time consuming
- c. It gives a factual figure
- d. It may give a false impression of size for areas with high migration or high seasonal mobility
- e. Counting individuals at their legal permanent residence regardless to

whether or not they are physically present at the time of census

Answer: D

43. All of the following are De Facto census applied, EXCEPT:

- a. some individuals may be omitted or counted twice
- b. counting individuals wherever they actually are
- c. much easier, less expensive
- d. person in transit may be missed
- e. It may give a false impression of size for areas with high migration or high seasonal mobility

Answer: A

44. One of the following is among elements of population study:

- a. Composition.
- b. Fertility.
- c. Morbidity.
- d. Mortality.
- e. Migration.

Answer: A

45. Total death in country X in 2002 were 300, of these 45 were due to diabetes mellites, if total population= 45000, then proportionate mortality rate from diabetes mellites:

- a. 10
- b. 15
- c. 2.5
- d. 0.25
- e. 3.5

Answer: B

Proportionate mortality rate due to DM= # of deaths due to DM/ # of deaths due to all causes, all multiplied by 100 -> $(45/ 300) * 100= 15\%$

46. Estimated midyear population= 2000000, young population under 15= 200000, people 15-60 = 800000 , young dependency:

- a. 5%
- b. 25%

- c. 35%
- d. 50%
- e. 75%

Answer: B

$$\begin{aligned} \text{Young dependency ratio} &= (\# \text{ of population} < 15 \text{ years} / \# \text{ of population } 15- 60 \\ &\text{ years}) * 100 \\ &= (200,000 / 800,000) * 100 = 25\% \end{aligned}$$

47. In city B in 2019, CBR =50, CDR=15, the estimated midyear population= 9 million,

Net migration rate = +0.3%, growth rate is:

- a. 4.5
- b. 2.4
- c. 1.4
- d. 3.8
- e. 3.2

Answer: D

Growth rate= rate of natural increase + net migration rate ->

$$\text{(CBR- CDR)/10 +net migration rate ->}$$

$$(50-15)/10 + 0.3\% = 3.8\%$$

48. In a district of 15000 persons, the following was registered: 600 births, 225 deaths.

The rate of natural increase in this district equals:

- a. 3.5
- b. 2.5
- c. 40
- d. 15
- e. 3.75

Answer: B

$$\text{Rate of natural increase} = [\# \text{ of births} - \# \text{ of deaths}] / \# \text{ of population} * 100$$

$$[(600- 225)/15000 * 100] = 2.5\%$$

49. A district with total population= 6000000 people in 2015. The number of cancer deaths reported was 12000 deaths in 2015. The total deaths were 12500. So, the specific death rate from cancer:

- a. 2

- b. 6
- c. 10
- d. 5
- e. 2.5

Answer: A

The cause specific death= # of deaths due to X cause/ # of all population, all multiplied by 1000 -> $(12,000/ 6,000,000) * 1000= 2$ per 1000

50. The part of population pyramid that denotes birth rate is:

- a. The apex.
- b. The height of the pyramid.
- c. The slope of the pyramid.
- d. The point at the middle of the pyramid.
- e. The base.

Answer: E

51. All of the following are characteristics of population pyramid in developing countries, EXCEPT:

- a. Wide base.
- b. Sides are sloping.
- c. The height of the pyramid is short.
- d. The apex is narrow.
- e. The median point is nearer to the apex.

Answer: E

52. The part of the population pyramid that represents the net migration is:

- a. The apex.
- b. The height of the pyramid.
- c. The slope of the pyramid.
- d. The point at the middle of the pyramid.
- e. None of the above.

Answer: C

53. Regarding population pyramid, the height of the pyramid represents:

- a. The number of people surviving old ages.

- b. Birth rate.
- c. Death rate.
- d. Life expectancy.
- e. Net migration rate.

Answer: D

54. Stage 5 of the demographic transition model shows a very low fertility rate and a low mortality rate, this will lead to have a:

- a. Slow and fluctuating population growth.
- b. Decreased population size.
- c. Lack of family planning.
- d. Steadily rising population.
- e. Changing status of women.

Answer: B

55. The variables that constitute population pyramid are:

- a. Age and education.
- b. Education and sex.
- c. Marital status and occupation.
- d. Age and sex.
- e. Economic status and occupation.

Answer: D

56. All of the following affects the numerator of CBR, EXCEPT:

- a. The age of marriage.
- b. The level of infant and preschool mortality rates.
- c. The rate of having children.
- d. The number of females in the community, specifically those between 15- 49 years.
- e. The number of men in the community.

Answer: E

Lecture #7 (Maternal and Child Health, Dr. Israa)

1. One of the following is CORRECT about maternal mortality rate:

- a. Include only death during pregnancy.
- b. Include death that occur between 20 weeks and delivery.
- c. It is per 100,000 live deliveries.
- d. It is a percent.
- e. It reflects the number of pregnant women in a community.

Answer: C

2. All of the following are considered maternal deaths, EXCEPT:

- a. Woman a week of pregnancy decided to terminate her pregnancy and died due to complications of unsafe abortion.
- b. Woman died on day 40 after delivery with an infection.
- c. Woman died after she had complication of pregnancy out of the uterus (ectopic).
- d. Woman died at 2-week pregnancy after violent head injury at home.
- e. Woman died during cesarean delivery at hospital due to medical error.

Answer: D

3. All the following are delay in decision to seek care, EXCEPT:

- a. Poor finance.
- b. Bad experience in health care.
- c. Her husband recognized she does not need immediate help.
- d. Her house is away from health care centers.
- e. Her mother does not know if she needs help.

Answer: D

4. All of the following are risk factors that increase maternal mortality, EXCEPT:

- a. Parity >4
- b. Birth spacing is a year
- c. Age >19 and <35
- d. Low education level

Answer: C

5. Perinatal death:

- a. Stillbirth
- b. Stillbirth and early neonatal
- c. Stillbirth and total neonatal
- d. Stillbirth and infants (first year)
- e. 100,000 delivery (stillbirth and live)

Answer: B

6. All are considered direct causes of maternal mortality, EXCEPT:
- a. Bleeding after delivery.
 - b. Infection after delivery.
 - c. Unsafe abortion.
 - d. High blood pressure during pregnancy.
 - e. Anemia aggravated by pregnancy.

Answer: E

7. One is true about maternal mortality indicators:
- a. Maternal Mortality Rate denominator is the number of live births occurring in the same year.
 - b. Maternal Mortality Rate and the ratio are both measured per 100 000 live births.
 - c. Perinatal mortality denominator is the number of live births occurring in same year.
 - d. Still birth is complete expulsion of a product of conception the fetus becomes viable.
 - e. Perinatal mortality rate is measured per 1000 births.

Answer: E

8. All of the following lead to delay in reaching care, EXCEPT:
- a. Long distance to health centers.
 - b. High cost of transportation or unavailability.
 - c. Previous poor experience of health care.
 - d. Difficult geography such as mountains.
 - e. Poor roads.

Answer: C

9. Improvement of maternal health and reducing maternal mortality is:

- a. Goal number 4 among the Millennium Development Goals (MDGs).
- b. Goal number 3 among the Millennium Development Goals (MDGs).
- c. The target 3.1 among the Sustainable Development Goals (SDGs).
- d. The target 3S among the Sustainable Development Goals (SDGs).

Answer: C

10. All are considered maternal death, EXCEPT:

- a. Woman dies at completed 37 weeks pregnancy.
- b. Woman dies on day 40 after delivery.
- c. Woman dies after she had pregnancy outside the uterus (in the tubes).
- d. Woman dies of car accident and was 30 weeks pregnant.
- e. Woman dies during delivery at the hospital due to be given wrong dose.

Answer: D

11. One of the following is TRUE about the importance of MCH services:

- a. The health of the mother and that of the unborn baby are not related.
- b. Detecting nutritional problems for both mother and child becomes difficult.
- c. MCH services increase burden on health systems.
- d. Opportunity for safe delivery.
- e. MCH services are better separated for operational convenience.

Answer: D

12. All of the following are true about lifetime risk of maternal death, EXCEPT:

- a. It is a probability measure.
- b. Measured for women age 15-49.
- c. It is less in low income countries.
- d. It is more in in a high-fertility setting.
- e. Presented as 1 in X.

Answer: C

13. The SDGs aim to reduce the global maternal mortality ratio to:

- a. less than 70 per 1000 live births by 2030.
- b. less than 7 per 100 000 live births by 2030.
- c. less than 70 per 100 000 live births by 2030.
- d. less than 17 per 100 000 live births by 2015.
- e. less than 7 per 100 000 live births by 2020.

Answer: C

14. One of the following is TRUE according to maternal death:
- a. Maternal death rate & ratio indicates per 100000 live births
 - b. Maternal death rate & ratio indicates per 100 live births
 - c. Still birth is complete expulsion of a product
 - d. All of the above

Answer: C

15. One of the following is NOT a cause of delay in reach care:
- a. Distance
 - b. Poor roads
 - c. Cost of transportation
 - d. Lack medical supplies

Answer: D

16. The following are objectives of MCH by WHO, EXCEPT:
- a. To promote reproductive health awareness of children
 - b. To reduce domestic and sexual violence
 - c. To reduce unwanted pregnancy
 - d. To reduce cervical cancer
 - e. To promote female genital mutilation as a healthy practice

Answer: E

17. Importance of maternal health and reducing maternal death is:
- a. 4 for MDGs
 - b. 3 for MDGs
 - c. 3.1 for SDGs
 - d. 5.1 for SDGs
 - e. 3.5 for SDGs

Answer: C

18. All of the following points regarding advantages of premarital counseling are true, EXCEPT:
- a. Reducing stigma
 - b. Better utilization of MCH services
 - c. An opportunity for future mothers to identify the services offered to them
 - d. Increasing expenses
 - e. Will be perceived as a family welfare service

Answer: D

**** No related info was found in our slides. However, it is in وئين's slides ****

19. Premarital services are needed in Jordan for all of the following, EXCEPT:

- a. There is a high rate of consanguineous marriages**
- b. Society dynamics are changing**
- c. Increasing economic pressure**
- d. high rates of some genetic disorders**
- e. Decreasing prevalence of STDs**

Answer: E

**** No related info was found in our slides. However, it is in وئين's slides ****

**** Consanguineous marriages: marriages between individuals who are closely related. STDs: Sexually Transmitted Diseases ****

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Lecture #8 (Maternal Healthcare, Dr. Israa)

1. All of the following are WHO advised PNC recommendation for the newborn, EXCEPT:

- a. The vernix on the babies' bodies not to be removed.
- b. To take the baby from their mothers; to let them rest.
- c. APGAR scoring to be done at 1 minute and again at 5 minutes after birth.
- d. Cord should be clamped within 1-3 minutes.
- e. Give Vit K prophylaxis within 24 hours.

Answer: B

2. Regarding contacts, all of the following are recommended by WHO's 2016 ANC Model, EXCEPT:

- a. A minimum 8 contacts.
- b. Contact 2 is done at 20 weeks of pregnancy.
- c. Contact 5 and 6 are done four weeks apart.
- d. The third trimester includes five contacts.
- e. The first contact should be done before 12 weeks of pregnancy.

Answer: C

3. One of the following is FALSE as per U/S scans during pregnancy:

- a. Early ultrasound is done before 24 weeks of pregnancy.
- b. Early ultrasound improves the maternal pregnancy experience.
- c. Twins can be detected during the early ultrasound scan.
- d. Late ultrasound is done to all women.
- e. Before 24 weeks gestation, fetal age can be more accurately determined

Answer: D

4. One of the following is TRUE about WHO's 2016 PNC Model recommendations:

- a. The majority of postnatal maternal deaths occur within the first 24 days.
- b. A total of 8 contacts is recommended.
- c. The second contact is done on day 7-14.
- d. The fourth contact is done on week 8 after delivery.
- e. Postpartum depression is assessed at the third visit.

Answer: E

5. You are in the delivery room, you watch the following measures are done to the newborn bring delivered, one of these practices is right to do as you learned in the public health course:
- The newborn is kept wet to make breathing easy.
 - The cord is clamped and cut only after 15 minutes.
 - The newborn is taken away from the mother during the first hour after delivery so she can rest.
 - Vitamin K prophylaxis is given during the first 24 hour.
 - First full clinical examination is done after one week.

Answer: D

6. Intrapartum (delivery) care for a positive childbirth experience involves all of the following, EXCEPT:
- Maintain privacy during delivery.
 - Using medical language to communicate with the mother.
 - The mother can choose a companion during delivery.
 - The mother can choose the pain relief method during delivery.
 - The mother is encouraged to move much during and after delivery.

Answer: B

7. WHO's 2016 ANC Model recommends all of the following, EXCEPT:
- Daily oral 30 mg to 60 mg of elemental iron for pregnant women.
 - Daily 4000 μg (40 mg) folic acid for pregnant women.
 - Tetanus toxoid vaccination is recommended for all pregnant women.
 - Once Hb is back in the normal range, the iron supplementation should continue.
 - At every antenatal visit, a pregnant woman is asked about the use of smoking.

Answer: B

8. All of the following regarding WHO's recommendations on ANC for a positive pregnancy experience are true, EXCEPT:
- minimum eight contacts are recommended to reduce perinatal mortality.
 - Daily oral iron and folic acid supplementation with 30 mg to 60 mg of elemental iron and 400 μg (0.4 mg) folic acid for pregnant.
 - Tetanus toxoid vaccination is recommended for all pregnant women.

- d. Health-care providers should ask all pregnant women about their use of smoking, alcohol and other substances.
- e. Ultrasound is recommended every 2 months during pregnancy.

Answer: E

9. All of the following points regarding intrapartum care for a positive child birth experience are true, EXCEPT:

- a. Respect and dignity
- b. A companion of choice
- c. Clear communication by maternity staff
- d. Pain relief strategies
- e. discouraging the adoption of mobility during labor

Answer: E

10. One of the following info about PNC in Jordan is true:

- a. The proportion of women receiving PNC varies according to household wealth
- b. There is no difference of women who received postnatal care within two days after delivery according to nationality
- c. Less than 8 in 10 women with a birth in the 2 years preceding the survey received postnatal care within two days after delivery.
- d. There is difference of women in receiving timely postnatal care between rural and urban women.
- e. The proportion of women who received postnatal care within two days after delivering doesn't varies much with increasing education

Answer: A

**** No related info was found in our slides. However, it is in وئين's slides ****

11. All of the following about WHO's 2016 PNC Model recommendations are wrong, EXCEPT:

- a. The majority of postnatal maternal deaths occur within the first 24 days.
- b. A total of 8 contacts is recommended.
- c. The second contact is done on day 3.
- d. The fourth contact is done on week 8 after delivery.
- e. Postpartum depression is assessed at the fourth visit.

Answer: B

Lecture #10 (Health Care of Rural Areas, Dr. Nedal)

1. All of the following resemble poor village planning, EXCEPT:
- a. Higher rejection of vector and animal reservoir of diseases.
 - b. Rejection of any new belief or concept.
 - c. Poor housing.
 - d. Lack of safe water supply inside the dwellings.

Answer: A

2. All of the following are correct regarding factors behind rural health problems, EXCEPT:
- a. Psychological barriers.
 - b. Overcrowding.
 - c. Environmental factors.
 - d. Poverty.
 - e. Illiteracy.

Answer: B

3. One of the following is INCORRECT regarding culture and psychological factors behind rural health problems:
- a. Relative values.
 - b. The belief in fate.
 - c. The tradition.
 - d. Belief that their own mode of life is the best.
 - e. Intoxication by pesticides.

Answer: E

4. All of the following are correct regarding obstacles related to delivery of health care in rural areas related to the consumers, EXCEPT:
- a. Sustained unhealthy life styles.
 - b. Illiteracy and lack of awareness about health problems and their risk factors.
 - c. High morbidity and mortality among mothers and children.
 - d. Inadequate community participation.
 - e. Limited multi-sectorial approach.

Answer: E

5. All of the following regarding cultural and psychological barriers that cause rural health problem are true, EXCEPT:
- a. Belief in fate.
 - b. Food hygiene.
 - c. Different perception.
 - d. The tradition.

Answer: B

6. All of the following are correct about obstacles related to consumers in delivery of health care, EXCEPT:
- a. High utilization of available beds.
 - b. Unhealthy lifestyle.
 - c. Inadequate community participation.
 - d. High mortality and morbidity.

Answer: A

7. All of the following are correct regarding factors behind rural health problems, EXCEPT:
- a. Cultural and psychological barriers.
 - b. Adequacy.
 - c. Environmental factors.
 - d. Poverty.
 - e. Illiteracy.

Answer: B

8. ALL of the following regarding cultural and psychological barriers that cause rural health problems are true EXCEPT:
- a. The tradition.
 - b. The belief in fate.
 - c. People believe that their own mode of life is the best
 - d. Different perception
 - e. Gender equity

Answer: E

9. All of the following regarding environmental factors that cause rural health problems are true EXCEPT:

- a. Poor village planning
- b. The belief in fate
- c. lack of safe water supply
- d. Poor sewage and refuse disposal
- e. Poor housing

Answer: B

10. All of the following regarding obstacles related to the consumers in delivery of health care are true EXCEPT:

- a. High utilization of preventive services
- b. Low utilization of the available beds
- c. Inadequate community participation
- d. High morbidity and mortality
- e. Illiteracy and lack of awareness

Answer: A

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