

1. According to Phalombe DHO data, 20% of the women of child bearing age accessed any form of family planning method in 2020 as compared to 25% in 2021. What was the rate in change in the percentage:
 - A. 5%
 - B. 20%
 - C. 25%
 - D. -5%
2. The population of a certain village in Phalombe in 2010 was 1000. Out of this, 60% of the population were females. In the same year, this village had cholera outbreak of which 20 males and 20 females were affected. What was the overall attack rate?
 - A. 2.0%
 - B. 3.3%
 - C. 4.0%
 - D. 5.0%
3. Basing on the scenario presented in question 2 above, which of the following statement(s) is true?
 - A. Males were more affected by cholera than females
 - B. Females were more affected by cholera than males
 - C. Both males and females were equally affected by cholera
 - D. None of the above
 - E. All of the above
4. The following are the common methods used to inspect various food items in Malawi
 - I. Percussion
 - II. Palpation
 - III. Observation
 - IV. Tasting
 - V. Smelling

Answers: A (I, II, III & IV); B (I, II, III, & V); C (II, III & IV); D (II, III & V) E (All of the above)

5. Pneumonia and Cough belongs to a group of ARI diseases. What does ARI stand for?
 - A. Abnormal Rectal Infection
 - B. Acute Respiratory Infection

- C. Acute Rectal Infection
 - D. Abnormal Respiratory Infection
6. AFP is a condition that is characterized by sudden weakness of a limb or limbs. What does AFP stand for?
- A. Acute Flaccid Paralysis
 - B. Acute Folic Parameter
 - C. Adverse Flaccid Paralysis
 - D. Adverse Folic Parameter
7. The right route for administration of Inactivated Polio Vaccine (IPV) is:
- A. Intramuscular
 - B. Oral
 - C. Inter dermal
 - D. Sub cutaneous
8. The right route for administration of Measles Vaccine is:
- A. Intramuscular
 - B. Oral
 - C. Inter dermal
 - D. Sub cutaneous
9. The following is the correct dosage for BCG vaccine for under 1 child:
- A. 0.5 ml
 - B. 0.05 ml
 - C. 0.1 ml
 - D. 0.01 ml
10. Which of the following are symptoms of Vitamin A deficiency?
- I. Night blindness
 - II. Anemia
 - III. Scars in the eye
 - IV. Frequent infections
 - V. Dizziness

Answers: A (I, II & V); B (II, III & IV); C (I, III, IV); D (I, IV & V); E (All of the above)

11. When was Corona Virus Disease declared a National Disaster in Malawi by former

President Arthur Peter Mutharika?

- A. 31st December 2019
- B. 12th March 2020
- C. 20th March 2020
- D. 2nd April 2020

12. The following are names of Covid 19 vaccine currently administered in Malawi, except:

- i. Pfizer
- ii. Johnson and Johnson
- iii. Covax
- iv. Astrazeneca
- v. Mordena

A (i, ii & iv) B (I & iii) C (iii & v) D (ii, iii & v) E (All of the above)

13. What do we call the proportion of cases for a particular condition in the surveyed population of interest and it includes both new and old cases?

- A. Incidence
- B. Prevalence
- C. Case fatality rate
- D. Attack rate

14. Which of these vectors or vermin transmit plague?

- A. Water snail
- B. Tsetse fly
- C. Mosquito
- D. Black fly
- E. Rats

15. Which of the following chemicals, insecticides and pesticides have a knock down effect on vectors and vermin?

- I. Cislin
- II. Fendona
- III. Doom
- IV. Storm
- V. Actellic

Answers: A (I & II); B (II & III); C (III & IV); D (IV & V), E (All of the above); F (None

of the above)

16. When did Russia declared war on Ukraine?

- A. 20 February, 2022
- B. 24 February, 2022
- C. 26 February, 2022
- D. 18 February, 2022

17. District health system comprises of the following levels:

- A. Health Post, Health Centre, Hospital
- B. Community, Primary, Secondary
- C. Dispensary, Health Centre, Hospital
- D. HSAs, In-charges, district health management team

18. COVID-19 in Malawi was first reported when the Minister of health was?

- A. Hon Jappie Mhango
- B. Hon Atupere Muluzi
- C. Hon Yusuf Mwawa
- D. Hon Khumbizire Kandodo Chiponda

19. The following are characteristics of good water quality, except

- A. Free from Chlorine
- B. Free from turbidity
- C. Free from Pathogens
- D. Free from toxic substances
- E. Free from color, taste and odor

20. Which of the following food item is fortified with iodine?

- A. Sugar
- B. Salt
- C. Wheat flour
- D. Maize flour
- E. Cooking oil

21. The following are common types of malnutrition in Malawi?

- I. Under weight
- II. Stunting
- III. Wasting

- IV. Protein Energy malnutrition
- V. Vitamin A deficiency

Answers: A (I, III & IV); B (I, II & V); C (II, III & IV); D (All of the above); E (None of the above)

22. Who is the current Principal Secretary (PS) for Ministry of Health?

- A. Dr. Dan Namarika
- B. Hon. Khumbize Kandodo
- C. Collen Zamba
- D. Dr. Charles Mwansambo
- E. Dr. Queen Dube

23. Which of the following is not an Epidemic prone disease?

- A. Cholera
- B. Measles
- C. Malaria
- D. Viral Hemorrhagic fever

24. In order to confirm measles outbreak in a community, a sample should be taken from the suspects for analysis and confirmation. What is the recommended type of sample for measles outbreak confirmation?

- A. Blood
- B. Urine
- C. Stool
- D. Saliva

25. Hand washing plays a key role in prevention of water and sanitation related diseases. What are the four critical times for hand washing at community level?

- I. Before start any work
- II. After defecation/ using toilets
- III. Drinking water
- IV. Before feeding a baby/breastfeeding
- V. Before distributing drugs
- VI. Before preparing food/Handling food
- VII. After changing a baby's nappy

Answer: A (I, IV, VI & VII); B (II, IV, VI & VII); C (III, V, VI & VII); D (I, III, VI & VII); E (All of the above)

26. Worm Infestation is a condition whereby a person has worms in the body. Which

of the following worms enter the human body through penetration of the skin by larvae through bare feet?

- A. Round worms
- B. Hook worms
- C. Pin worms
- D. Tape worms

27. Which of the following is not the main type of Non-Communicable Disease (NCD)?

- A. Corona Virus Disease
- B. Cardiovascular Disease
- C. Cancers
- D. Chronic Respiratory Diseases
- E. Diabetes

28. Which of the following is not a Barrier Method for Family Planning?

- A. Tube Ligation
- B. Male and Female condoms
- C. Spermicides
- D. Foam Tablets
- E. Diaphragm

29. The following are cold chain equipment used by HSAs, except:

- A. HSAs uniform
- B. Cool packs
- C. Temperature Chart
- D. Freeze watch

30. Which of the following is an example of micronutrient?

- A. Carbohydrates
- B. Minerals
- C. Proteins
- D. Fats

SECTION A (Circle the most correct answer)

1. Which of the following is not the job of an H.S.A.

- a. to serve as a link between District Health Services and the community working directly with community leaders and medical assistants.
 - b. Conducting community assessments, village inspections, growth monitoring and reporting outbreaks
 - c. Providing immunization services, water quality monitoring including shallow well protection
 - d. Supervising Village Health Committees and Volunteers
 - e. None of the above
2. A person suspected of having Covid-19 disease must...
- a. be under strict isolation
 - b. be under strict quarantine
 - c. be treated to cure the Corona virus
 - d. under free movements
3. Any child that has low weight for his/her age must be considered
- a. Stunted
 - b. Underweight
 - c. Wasted
 - d. sick
4. is not appropriate for children under the age of 2 years.
- a. Oral Polio Vaccine (OPV)
 - b. Bacillus Calmette Guerin (BCG)
 - b. Rota vaccine
 - c. Human Papilloma Virus Vaccine (HPV)
5. You can catch Bilharzia when...
- a. Bilharzia snails enter your skin
 - b. You step on eggs of Bilharzia worms
 - c. Bilharzia larval enters your skin
 - d. have sexual intercourse

SECTION B (TRUE OR FALSE)

- 6. You can catch Bilharzia when you accidentally drink eggs from Bilharzia worms. (True/ false)
- 7. DCSAs do apply chlorine in water for drinking in order to kill all the organisms in the water (True/false)
- 8. Ventilated Pit latrines (VIPs) are the most important type of latrines to stop open defecation (true/ false)
- 9. Cholera is a bacterial disease. True/ False
- 10. Measles Rubella vaccine replaced Measles vaccine because Measles disease has been eliminated. True/ false
- 11. The head of a district council is called the District Commissioner. True/ false
- 12. The current Minister of Health is Dr. Chikosa Silungwe. True/ false
- 13. Cholera is caused by *Vibrio cholera*. true/false

14. Sanitation is about provision of facilities that will promote hygiene. True/false
15. Construction of a pit latrine is an example of good hygiene practice True/ false

SECTION C (circle the correct answer)

16. A DCSA has a catchment area with a population of 1200. If 20 percent of his catchment area comprise under one-year children. The DCSA has a target population of under one children
- a. 1200 children
 - b. 20 children
 - c. 240 children
 - d. 600 children
17. If the DCSA in question 16 above vaccinates a total of 120 under one children with BCG vaccine, his vaccine coverage is....
- a. 120 percent.
 - b. 50 percent
 - c. 100 percent
 - d. 80 percent
18. A vial of BCG contains 2mls of vaccine. If each child receives 0.05mls as a dose. The vaccine contains...
- a. 20 doses
 - b. 2 doses
 - c. 5 doses
 - d. 40 doses
19. If the DCSA in question 16 has a malnutrition prevalence rate of 25 percent among the under one-year children, it means ...
- a. 20 children have malnutrition
 - b. 48 children have malnutrition
 - c. 40 children have malnutrition
 - d. 60 children have malnutrition
20. If 5 out of 40 women have Malaria. The incidence of Malaria cases is....
- a. 5 percent
 - b. 12.5 percent
 - b. 40 percent
 - d. 10 percent

SECTION D (choose all that apply)

21. Infertility is when
- a. A couple has previously conceived but can now not get pregnant within 12 months of unprotected intercourse.
 - b. A couple has never conceived within 12 months of having unprotected intercourse.
 - c. When a couple cannot have intercourse within 12 months
 - d. When pregnancy fails to grow despite having intercourse.
22. In infection prevention, the following must be considered dangerous
- a. Semen
 - b. Sterile gloves
 - c. vaginal fluid
 - d. Sputum

23. During this period of Covid-19, the following handwashing procedures are important...
- Wash hands before and after contact with each client
 - Wash hands before and after visiting a toilet
 - Wash hands with clean water and ash.
 - Wash hands before putting on gloves
24. In order to assess the nutrition status of a child, the DCSA should ensure measuring
- Weight of the child
 - Brightness of the eyes
 - Height of the child
 - the mid upper arm circumference
25. Misconduct is when a DCSA performs the following...
- When a DCSA takes annual holiday
 - When a DCSA takes an unpaid leave
 - when an DCSA takes his sick leave
 - When a DCSA does not take annual holidays
1. The following are the main interventions being used in Malawi to prevent and control Covid-19 Pandemic
- Hand washing with soap, Use of face mask, Social mobilization and Case management
 - Case management, keeping of one-meter social distance, Covid-19 vaccinations, Disease surveillance
 - Social mobilization, Case management, covid-19 vaccinations and Disease surveillance
 - Use of face masks, Hand washing with soap, keeping of one-meter social distance and Covid-19 Vaccinations
 - All of the above
2. During the rainy season, most communities are provided with 1% stock solution of Chlorine by Disease Control and Surveillance Assistants to disinfect their water to prevent them from contracting Cholera disease. At household level communities are advised to do the following in 20 litres of water:
- Pour Five Table spoons of 1% stock solution of chlorine
 - Pour Five Tea spoons of 1% stock solution of chlorine

- c. Pour One Table spoon of 1% stock solution of chlorine
- d. Pour Twenty-Two Tea spoons of 1% stock solution of chlorine
- e. Pour Twenty Table spoons of 1% stock solution of chlorine

3. Tick the whether Correct or incorrect?

Disease	Water-related Type	Correct	Incorrect
Scabies	Water-related vector-borne		No
Cholera	Waterborne	Yes	
Schistosomiasis	Water washed		No
Malaria	Water based		No

4. The following statements are true with all Covid-19 Vaccination (Please circle the correct answer):

- a. To prevent communities from Covid-19 infections
- b. To prevent severe forms of covid-19 disease
- c. Should not be administered to children under the age of 18
- d. Should not be administered to pregnant women
- e. All of above

1. a, b and c, 2. b, c and d, 3. b, 4. e, 5. a, c and d

5. Covid-19 is a vaccine preventable disease

- a. True
- b. False

6. Generally, Malnutrition is a

- a. National issue
- b. A district issue
- c. A community issue
- d. A household issue

7. When admitting a child into CMAM programme using Z-scores, it is better to:
- Greater than equal to sign
 - Greater than sign
 - Less than equal to sign
 - Less than sign
8. In community health services which community structures are responsible for health service delivery:
- Community Village Volunteers, Village health Committee, Community Health Action Group, Health Centre Management Committee
 - Village Health Committee, Community Health Action Group, Health Centre Management Committee, Community Health Action Group
 - Non-Governmental Organization, Community-based Organization, Village Health Committee, Community Health Action Group
 - Hospital Management Committee, District Health Office, Health and Environment Committee, Community-based Organization
 - Village Health Committee, District Health Office, Community Health Action Group, Health Management Committee
9. Imagine you are the Disease Control and Surveillance Assistant responsible for John Mapata village in Traditional Authority Mponda, how can you ensure that you work well with the community health structures in your catchment area:
- Encourage the local leaders to select members from their families only
 - Orient the community structures on their roles and responsibilities, work with them in health service delivery in the catchment area, link the structures with other community health structures, conduct supportive supervision
 - Leave them to do everything on their own, work with male members of the committee only, always issue instructions to them
 - Tell them what to do, give them money to do their work
 - All of the above
10. Which of the following are pharmaceutical covid-19 prevention measure?
- Face mask and Vaccine
 - Social distance
 - Vaccine
 - Handwashing

- e. All above
11. All of the following are roles of Disease Control and Surveillance Assistants in the fight against covid-19 except?
- a. Contact Tracing
 - b. Case follow up
 - c. Community engagement
 - d. Case management
12. What is the standard unit for measuring available chlorine in water?
- a. g/l
 - b. g/ml
 - c. l/g
 - d. mg/l
 - e. mg/ml
13. How does Indoor Residual Spraying (IRS) work as a Malaria intervention?
- a. Kills plasmodium for a longer period of six months hence reducing malaria causing organism density
 - b. Prevents mosquitoes from entering the houses for a period of six months
 - c. The excito-repellent effect causes discomfort to mosquitoes that do enter houses and that come into contact with the sprayed surface causing the mosquitoes to either die or to exit before biting.
 - d. All of the above
14. How do we measure spray coverage in IRS?
- a. Number structures sprayed divided by insecticide used
 - b. Number of rooms sprayed divided by total number of rooms found
 - c. Number of structures sprayed divided by number of structures targeted
 - d. Number of structures sprayed divided by number of structures found
15. Why is spray coverage important in IRS
- a. The combined repellency effect of sprayed houses in an area disrupts the collective resting and feeding patterns of the mosquito population in the sprayed areas.
 - b. Coverage just before dusk kills outdoor resting adult mosquitoes and reduces the mosquito density in the control area leading to less human vector contact.
 - c. Coverage on stagnant water kills mosquito larvae before they reach the adult stage.
 - d. None of the above
16. The following is a schedule for measles Rubella routine immunization:
- a. 1st dose is given at 6 months and 2nd dose from 15 to 23 months

- b. 1st dose at 9 months and 2nd dose from 20-23 months
- c. 1st dose at 6 weeks and 2nd dose at 9 months
- d. 1st dose at 9 months and 2nd dose from 15 to 23 months

17. The following are recommended ranges of temperatures for storage of vaccines for immunization in Malawi

- a. -8 degrees Celsius to -2 degrees Celsius
- b. 0 degrees Celsius to 2 degrees Celsius
- c. 2 degrees Celsius to 8 degrees Celsius
- d. 2 degrees Celsius to 6 degrees Celsius

18. The percentage of pit latrine/households in a village is never more than 100%?

- a. True
- b. False

19. The number of households is always more than number of dwelling structures

- a. True
- b. False

20. Cold chain means:

- a. Vaccines should be cold always until they are administered.
- b. Vaccines are continuously stored at the right temperature from the manufacture until they are administered.
- c. Vaccines are continuously frozen from the time they are manufactured until they are administered.
- d. Vaccines are potent regardless of refrigeration

21. Immunization is a process of reinforcing natural defense by providing active artificial immunity to the mother and the child through vaccines. Choose four vaccine preventable diseases in under-one children

- 1. Bacterial pneumonia
- 2. Scabies,
- 3. Diphtheria
- 4. Malaria
- 5. Pertusis,
- 6. Eye infection,
- 7. Hepatitis B,
- 8. Malnutrition

Answer: A (1, 4, 6 & 8); B (2, 5, 7 & 8); C (3, 5, 6 & 7); D (1, 3, 5 & 7)

22. The following are marks for 5 candidates sitting for a Statistical Clerks test at Mangochi District Council. 18,6,12,10,14. Multiply the range of the marks by its mean.

a. 56

b. 168

c. 252

d. 120

No answer