



FCPHM(SA)

THE COLLEGES OF MEDICINE OF SOUTH AFRICA

Incorporated Association not for gain
Reg No 1955/000003/08

Final Examination for the Fellowship of the
College of Public Health Medicine of South Africa



23 July 2018

Paper 1

Long Questions

(3 hours)

Each question to be answered in a separate book (or books if more than one is required for the one answer). All the questions carry equal marks. The use of personal hand-held calculators is permitted.

Please answer three of the following four questions.

- 1 A global report states, "In 2015, 26% of the deaths of 5.9 million children who died before reaching their fifth birthday could have been prevented through addressing environmental risks. The environment thus represents a major factor in children's health, as well as a major opportunity for improvement, with effects seen in every region of the world." The WHO Africa Regional Office has asked you as a Public Health Medicine advisor to identify the major preventable environmental risks to the health of children in Africa and to describe the impact of these environmental risks on child health. As part of your brief, outline what you would propose as environmental policy action priorities that should be implemented. Include the roles and responsibilities proposed at country (governmental), sectoral and community levels for implementing interventions to promote healthier environments that would improve the health of children. [33 $\frac{1}{3}$]
- 2 The deaths of more than 140 mental health patients following their transfer from Life Esidemeni Hospital is acknowledged as one of the most tragic events in South Africa post-democracy. There is concern that the continued deinstitutionalisation of mental health patients in the country will lead to similar episodes. As the public health medicine specialist supporting the Mental Health Directorate in the National Department of Health, you have been tasked to draw up a set of guidelines that can be used within provinces for the deinstitutionalisation of patients with severe, chronic psychiatric disorders from psychiatric institutions to community settings. Drawing on the lessons some from the Gauteng deaths and international best practice, discuss some of the key elements that you would include in the guidelines. As part of your introductory paragraph(s), discuss the rationale for deinstitutionalisation of mental health patients. [33 $\frac{1}{3}$]

- 3 On the occasion of the opening of the Seventy-first World Health Assembly in May 2018, Dr Tedros Adhanom Ghebreyesus Director-General of the World Health Organization said:....' In 1978, our predecessors gathered in Alma-Ata and committed to the dream of health for all. But we must admit that forty years later, we have failed to deliver on that promise. That's not because the dream was too big, or the promise was too difficult to keep. It's because we failed to make the political commitment to make it happen. It's not often you get a second chance, but this year, we do. In Astana, Kazakhstan this October, we will meet again to recommit to primary care as the foundation and the future of health.' As the public health medicine advisor to the Minister of Health, prepare a speech for the South African Minister of Health to be presented at the Astana, Kazakhstan October 2018 Meeting. Outline the background and rationale of the Alma-Ata declaration and outline an implementation plan for South Africa to recommit to primary care as the foundation and the future of health. [33 $\frac{1}{3}$]
- 4 One of the ways South Africa is improving population health is by implementing the National Health Insurance as a strategy to access health services. Discuss the key focus areas of strengthening of the health system in preparation for the full roll-out of the NHI. [33 $\frac{1}{3}$]



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25 July 2018



Paper 3

Short Questions

(3 hours)

Each question to be answered in a separate book (or books if more than one is required for the one answer). The use of personal hand-held calculators is permitted.

- 1 The term sexually transmitted diseases (STDs), which describes the mode transmission rather than the site of infection, came into common use during 1970s as the medical community become aware of the large number of infections spread from person to person during sexual contact. Since these diseases were found to be of systemic nature, the term STD has gradually replaced the term venereal disease. Highlight at least five significant human sufferings /complications caused by STDs which has been recognised by health officials and clinicians especially in women and new-born children. [10]
- 2 Graphic or pictorial presentation of data are useful in simplifying the presentation and enhancing the comprehension of data. All graphs, figures, and other pictures should have clearly stated and informative titles, and all axes and keys should be clearly labeled, including the appropriate unit measurement. List at least five visual aids with pictorial pictures used for data presentation. [10]
- 3 Criteria for contraception include efficacy, safety, accessibility, acceptability and reversibility. Risk benefit analysis may be done for each method using these criteria. The absence of a method and the resultant unwanted pregnancy should also be included in the risk analysis. As a Public Health Medicine Specialist; list at least five contraceptive methods you remember and highlight one advantage and one disadvantage for each method mentioned. [10]
- 4 Antimicrobial resistance (AMR) is a key public health concern that threatens effective treatment of severe infections, both locally (SA) and globally. Discuss the strengths and limitations of the current surveillance system for antimicrobial resistance in South Africa. [10]
- 5 With reference to the Sustainable Development Goals, briefly discuss
 1. The rationale and value of monitoring of the SDGs. (3)
 2. The challenges to effective monitoring of the SDG indicators, using as an example the indicator aimed at reducing the number of global deaths and injuries from road traffic accidents. (7)
 [10]

- 6 Measuring, monitoring and managing health programme performance are integral to improving service delivery. Information gained from performance indicators is of limited value if it is not used to identify service delivery and performance gaps, to set targets and to work towards better results. Outline the process in developing a set of suitable performance indicators for a health care programme. [10]
- 7 The consumption of sugar-sweetened beverages has been one of the drivers of the high levels of obesity in South Africa. As a social media savvy public health medicine specialist working in the National Department of Health, you are requested to develop a social media strategy that will raise awareness of the risks of consumption of sugar-sweetened beverages. Discuss the aspects of your social media strategy that will maximise the impact of the campaign. [10]
- 8 The CEO of a major national company is concerned about the levels of stress amongst her employees and fears that this could ultimately lead to mental illness in a substantial proportion of her staff. She requests you to develop a mental health promotion programme for the company. Discuss the components of the mental health promotion programme. [10]
- 9 Discuss the factors involved in the personal motivation of health workers. [10]
- 10 a) What are the different health economic costing models? (5)
b) Why is it important to study health care costs? (5)
[10]