

# Public Health

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Archive

Lecture 19

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1. Hassan is 7 months old. If Hassan's growth curve points are found to be at the 0 z-score line for the past four months on WHO's growth charts, all are correct EXCEPT:

- a. You use the growth chart even if his mother told you that he was born in USA.
- b. You tell the mother that her son is on the average weight for his age.
- c. You inform his mother that his growth is stagnated and he needs to catch up on the positive z- line 1 or 2.
- d. You use the growth charts even if his mother told you that he is bottle fed.
- e. You inform his mother that his next visit will be in a month.

Answer: C

2. One of the following is TRUE regarding development:

- a. Associated with increase in cell number or cell size.
- B. Raising head to 45 degrees is related to fine motor.
- C. The sequence of development is the same for all children.
- D. Motor development direction is caudocephalic.
- E. At 8 weeks the baby gets afraid if a stranger carries them.

Answer: C

3. You work in a MCH clinic, a mother brings her son Rashid for his regular check-up, she informs you that Rashid's birth weight was 3.5 Kg you find his current weight to be 9 Kg. If Rashid is growing normally, what is Rashid's age:

- a. 6 months.
- b. 8 months.
- c. 10 months.
- d. 12 months.
- e. 13 months.

Answer: C

The infant can double his birth weight by 4-5 months, and triple by the end of first year and quadruple by the age of two years,  $9/3.5 =$  less than three (a little behind tripling) -> a little behind the first year. OR you can use the average weight gain formula for exact numbers: for 1st 4 months (750 g/ month), 2nd 4 months (500g/ month) and 3rd 4 months (250 g/month). 1st 4: he will gain 3 kgs (6.5 kgs), 2nd 4:

\*\* he will gain 2 kgs (8.5), now we are close to the target goal: 9th month: 8.750 kgs and 10th month: 9 kg\*\*

4. All of the following are true about growth indicators, EXCEPT:

- a. Weight-for-age cannot indicate obesity.
- b. Length/height-for-age cannot indicate the effect of an acute diarrheal episode on child's growth.
- c. Weight-for-age cannot be used for refugee children with unknown age.
- d. Weight-for-length/height to indicate obesity.
- e. Weight-for-age may not be accurate if edema presents.

**Answer: D**

5. Rana is a 10 weeks old baby. She was born at 32 weeks gestation (pre-term). On the growth chart at her first MCH visit, you would:

- a. Plot at age 0
- b. Plot at age 2 weeks.
- c. Plot at age 10 weeks.
- d. Plot at age 2 months.
- e. Plot at age 42 weeks.

**Answer: B**

\*\* For such questions, use:  $40 - \text{birth age} = \text{difference}$ , then subtract the difference from their current age.  $40 - 32 = 8$  weeks,  $10 - 8 = 2$  weeks \*\*

6. One is true regarding development:

- a. Associated with increase in cell number or cell size.
- b. Raising head to 45 degrees is related to fine motor.
- c. The rate of development is the same for all children.
- d. Motor development direction is from head to toes.
- e. At 8 weeks the baby gets afraid if a stranger carries them.

Answer: D

7. All of the following are considered normal for full-term newborn, EXCEPT:

- a. Weight of 3.7 kg.
- b. Respiratory rate of 45 breath per minute.
- c. Pulse of 150 bpm.
- d. Length of 35 cm.
- e. Weight of 4 kg.

Answer: D

8. The normal height of a 4 years old child should be:

- a. 25 cm
- b. 50 cm
- c. 90 cm
- d. 100 cm

Answer: D

9. A BMI-for-age chart shows a reading above 1, it indicated:

- a. Underweight.
- b. Possible risk of overweight.
- c. Overweight.
- d. Obese.

Answer: B

10. One of the following growth charts is incorrectly matched:

- a. Weight-for-age: screening of overweight or obese
- b. Length/height-for-age: refugee situations
- c. Weight-for-length/height: screening of overweight or obese.
- d. BMI-for-age: screening of overweight or obese.
- e. Head circumference-for-age: wasting.

Answer: D

11. One of the following examples on areas of development is under the gross motor umbrella:

- a. Hand skills.
- b. Replying by non-verbal communication.
- c. Feeding.
- d. Toileting.
- e. Leg movements.

Answer: E

12. An infant weighed 4 kg at birth. Her mother visited an MCH center and found out that she weighs 9 kg, the exact age of the infant will be: a. 6 months. b. 8 months. c. 9 months. d. 2 years.

Answer: B

\*\* For the 1st 4 months: she will gain 3 kgs (7 kgs), for the 2nd 4 months: she will gain 2 kgs (9 kgs) \*\*

13. One of the following examples on areas of development is under the gross motor umbrella:

- a. Movement of eye.
- b. Movement of hand.
- c. Movement of leg.
- d. Holding pencil.
- e. Movement of finger.

Answer: C

14. suitable growth chart for each case :

- a) Weight for height BMI for overweight and obese XXX

15: Motor – leg movement

16. The following are TRUE about growth indicators, EXCEPT?

- a Weight-for-age can't indicate obesity
- b Length/height-for-age can't indicate effect of an acute diarrheal episode on child's growth
- C. Weight for age can't be used for refugee children with unknown age
- d. weight-for-length, /heights to indicate obesity
- e. Weight-for-age may not be accurate if edema present

Answer: D

17. What is the normal height of a 4 year old child?

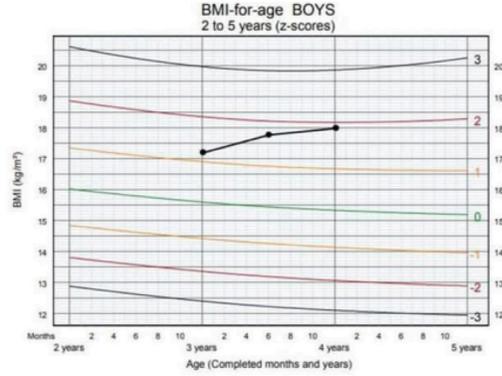
- A 25 cm
- B 50 cm / 0.5 m
- C 90 cm
- D 100 cm / 1 m

ANSWER: D

18- اجازي هيڪ بس كان الخط من فوق الصفر لفيق الواحد وكان طالب الصبح .

possible risk of overweight الي هو

Adil:



قُلْ هَلْ يَسْتَوِي الَّذِينَ  
يَعْلَمُونَ وَالَّذِينَ لَا يَعْلَمُونَ  
إِنَّمَا يَتَذَكَّرُ أُولُو الْأَلْبَابِ.