



FACULTY OF ALLIED HEALTH SCIENCES, UNIVERSITY OF RUHUNA
Department of Nursing
1st End Semester Examination – 2026
New Curriculum
NUR 1152 Health Promotion and Social Aspects in Nursing - SEQ

Date: 22nd July 2026

Time: 10.30 a. m. – 11.30 a. m.

Duration: 01 hour

Index Number:

Answer all questions using the given space.

1.

1.1. Mrs. Perera is a 52-year-old woman who was recently diagnosed with Type 2 Diabetes Mellitus. She has completed primary education and has difficulty understanding medical instructions. During her clinic visit, the nurse observes that she frequently forgets to take her medication, consumes a diet high in sugar and carbohydrates, and does not engage in regular physical activity. Her blood glucose levels remain poorly controlled. The nurse plans to conduct a health education session to improve her knowledge and self-management skills.

1.1.1 Identify four (04) learning needs of Mrs. Perera.

(12 marks)

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1.1.2 Write four (04) learning objectives for the health education session based on Bloom's Taxonomy.

(20 Marks)

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1.1.3 Mention three (03) teaching methods that are most appropriate for this patient. (06 Marks)

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1.1.4 Mention five (05) principles of health education that should be applied while conducting the session. (10 Marks)

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1.1.5 Mention two (02) methods that could be used to evaluate the effectiveness of the health education session. (02 Marks)

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1.2.1. Describe how the five action areas of the Ottawa Charter for Health Promotion can be applied to address childhood obesity in this community. (25 Marks)

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2.

2.1

2.1.1 List five (05) social determinants of health.

(15 Marks)

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2.1.2 Briefly explain the relationship between man and society.

(20 Marks)

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2.1.3 List three (03) differences between the society and the community.

(15 Marks)

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2.2

2.2.1 Name two (02) types of social processes.

(10 Marks)

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2.2.2 Briefly describe two (02) types of social processes.

(20 marks)

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2.2.3 Briefly explain the importance of socialization in promoting individual health and social well-being.

(20 marks)

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