



FACULTY OF ALLIED HEALTH SCIENCES, UNIVERSITY OF RUHUNA

Department of Nursing

1st End Semester Examination – 2026

Old Curriculum

NUR 1152 Health Promotion and Social Aspects in Nursing - SEQ

Date: 22nd July 2026

Time: 10.30 a. m. – 11.00 a. m.

Duration: 30 minutes

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.

(08 Marks)

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1.1.3 Mention two (02) teaching methods that are most appropriate for this patient. (05 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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1.2.1. 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)

[illegible]



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1.2

1.2.1 Name two (02) types of social processes.

(10 Marks)

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

(20 marks)

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

(20 marks)

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