**Pre/post Test for Training on**

**Promoting Healthy Living & Preventing Non-Communicable Diseases**

**Participant Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Designation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Facility Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ District: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Instructions:**

* Choose the correct answer (A, B, C, or D).
* Time: 20 minutes.
* Each question carries 2 mark.

1. **A 45-year-old man visits a PHC center for a routine check-up. He is overweight, smokes regularly and reports high stress levels due to work. Which category do his risk factors primarily fall?**

A. Non-modifiable risk factors  
**B. Modifiable risk factors**  
C. Emerging risk factors  
D. Genetic risk factors

1. **A 60-year-old woman with type 2 diabetes reports blurry vision and numbness in her feet. What complication is she likely experiencing?**
   * 1. Diabetic ketoacidosis
     2. **Diabetic neuropathy and retinopathy**
     3. Hyperthyroidism
     4. Acute stroke
2. **You are teaching a patient about hypertension prevention. Which of the following should you emphasize the most in a PHC setting?**
3. Annual MRI scans
4. Sodium-rich diets
5. **Regular exercise and BP monitoring**
6. Genetic testing for heart disease
7. **A PHC nurse is counseling a group on cancer prevention. Which action best represents secondary prevention?**

A. Providing chemotherapy  
**B. Teaching self-breast examination**  
C. Encouraging smoking cessation  
D. Offering palliative care

1. **A 35-year-old female patient presents with persistent cough and wheezing. She is exposed to indoor smoke from cooking. What should the PHC provider suspect and investigate?**

**A. COPD or asthma**  
B. Tuberculosis  
C. Acute heart failure

D. Gastrointestinal infection

1. **A PHC team plans to address mental health. What is a practical first step they can take?**

A. Install a psychiatric unit in the clinic  
**B. Begin community awareness and screening using PHQ-9**C. Refer all suspected cases to tertiary hospitals  
D. Provide electroconvulsive therapy at the PHC level

1. **A 70-year-old man presents with hypertension, diabetes and COPD. What is the best approach for managing his care at the PHC level?**
2. Focus on his most severe disease only  
   B. Provide symptomatic treatment and discharge  
   **C. Use a coordinated care plan addressing all conditions**  
   D. Refer immediately to a tertiary hospital
3. **Which of the following best describes a role of PHC in managing NCDs?**

A. Specialized surgery and ICU care  
**B. Primary prevention, screening, education and follow-up**  
C. Genetic testing and counseling  
D. Prescribing only alternative medicine

1. **A PHC worker wants to reduce tobacco use in a rural community. What is an effective, low-cost strategy?**

A. Import high-cost nicotine patches  
B.Conduct individual genetic testingC. Refer users to urban rehabilitation centers  
**D.** **Launch community-based education and counseling programs**

1. **What is the key feature that distinguishes NCDs from communicable diseases?**

A. Caused by poor sanitation  
B. Mostly preventable with vaccines  
**C. Long-term progression and lifestyle-related causes**  
D. Spread rapidly from person to person

1. **A 50-year-old male with a sedentary lifestyle, central obesity and a family history of diabetes comes for screening. Which test would be most appropriate initially?**

A. Liver function test  
B. Chest X-ray  
**C. Fasting blood glucose**  
D. Creatinine clearance

1. **In a health education session on cancer, a participant asks how colorectal cancer can be detected early. What is the most suitable answer?**

**A**. **Colonoscopy and stool test for occult blood**   
B. Routine blood test  
C**.** X-ray of the abdomen  
D. Ultrasound of the liver

1. **During a community outreach program, a PHC worker is asked about risk factors for chronic respiratory diseases. Which of the following is not a known risk factor?**

A. Smoking  
B. Indoor air pollution  
**C. Physical inactivity**  
D. Occupational exposure

1. **A young woman asks about modifiable ways to reduce her risk of breast cancer. Which advice is most evidence-based?**

A. Avoid all dairy products  
**B. Regular physical activity and maintaining a healthy weight**  
C. Daily herbal supplements  
D. Use of antibiotics during menstruation

1. **Which of the following best represents tertiary prevention in NCD care?**

A. Promoting exercise in schools  
B. Early screening for hypertension  
**C. Rehabilitation of a stroke patient**  
D. Teaching teenagers about healthy eating

1. **A health worker is training patients on using inhalers for asthma. What type of intervention is this?**
2. Diagnostic  
   B. Preventive  
   C**.** Curative surgical  
   **D**. **Therapeutic and educational**
3. **A PHC team sets up a mobile clinic in a village to screen for hypertension. What is this activity an example of?**

A. Tertiary care  
B. Emergency response  
**C. Secondary prevention**  
D. Health research

1. **A patient with diabetes and depression is struggling with medication adherence. What is the best approach in PHC?**

A. Refer to a psychiatrist immediately  
**B. Provide mental health screening and brief counseling**  
C. Increase insulin dose without addressing depression  
D. Ignore mental health and focus on diabetes

1. **Which component is most essential for integrating NCD services into routine PHC?**

A. **Community-based support and referral systems**

B. Availability of MRI machines

C. Private specialist consultation  
D. In-patient facilities

1. **What is the primary challenge in managing multimorbidity at PHC level?**

A. Lack of patient interest  
**B. Need for coordinated care across multiple conditions**  
C. Limited patient mobility  
D. Too many health promotion activities