



health

Department:

Health

REPUBLIC OF SOUTH AFRICA

Community Health Worker Foundation Phase Post-Assessment Tools

Post-test Training Assessment
Community Health Workers Training Workshop CHW
Personal Demographics:

Please complete the following details accurately.

Training Venue:					
Facilitator (s) Name(s):					
Date:					
Participant First Name:					
Participant Surname:					
Participant ID:					
Gender:	Female	<input type="checkbox"/>		Male	<input type="checkbox"/>
Facility Name:					
Ward:					

Your responses to these questions will assist us in evaluating the quality and relevance of our training program and any improvement in your skills, knowledge and competency.

Instructions for completing the assessment:

- A. You will need to **circle** correct answers for each question.
- B. Each question carries 1 mark.

Chapter 1: Contextualising the Community Health Worker within the South African Health System and the Community

1. Which of the following is not true about the Batho Pele principles?

- a) All citizens have equal access to the services to which they are entitled
- b) Citizens should be treated with courtesy and consideration.
- c) The Batho Pele principles ensure the presence and delivery of health care services within the district.
- d) Citizens should be given full, accurate information about the public service they are entitled to receive.

- 2. Disclosure of an HIV positive status of someone in one of the households to your friend is a breach (breaking) of confidentiality.**
- a) True
 - b) False
- 3. Which of the following statements is incorrect? Screening helps:**
- a) Find and prevent diseases
 - b) Lessen the effect of health challenges
 - c) Provide information about the community members lifestyles
 - d) Identify health problems early
- 4. Which of the following statements about referral is/are correct?**
- a) The client must have been screened by the CHW or other health worker
 - b) The client must show a clear understanding of why there is a need for referral
 - c) In the case of a child, the parent/guardian or caregiver must give consent
 - d) All the above
- 5. The following are true of effective communication except**
- a) Asking for clarification when you are not completely clear about the meaning of something said
 - b) Easily jumping to conclusions before the speaker is finished
 - c) Paraphrasing what the speaker said to check that you understand
 - d) All the above

Chapter 2: The Basics of Health, Environmental Health, Basic Signs of Health and Basic Primary Health Care.

6. **Good sanitation promotes good health. The following are true of good sanitation, except:**
- a) A clean and adequate water supply for drinking water, cooking and washing
 - b) Removal and disposal of solid waste
 - c) Throwing litter anywhere in the bush
 - d) Getting involved in projects where people care for the environment
7. **Which of the following is a correct example of vital signs?**
- a) Pulse, breathing rate, temperature, height
 - b) Breathing rate, pulse, pallor, and temperature
 - c) Weight, pulse, breathing, pallor
 - d) All the above

Chapter 3: Understanding HIV

8. **Which one is not a clinical stage of HIV disease progression?**
- a) The HIV asymptomatic stage
 - b) Opportunistic infections
 - c) Primary HIV infection
 - d) Progression from HIV to AIDS
9. **Opportunistic infections (OIs) are illnesses that can happen in people whose immune system is weak.**
- a) True
 - b) False
10. **Pre -Exposure Prophylaxes for HIV (PrEP) can be stopped if:**
- a) Laboratory tests show that PrEP is becoming dangerous for the person
 - b) The person shows poor adherence
 - c) The person tests positive for HIV
 - d) All the above

- 11. In the presence of a trained healthcare worker, as a CHW, who provides support to the household member on how to use the HIV self-screening kit and how to interpret its results, is an appropriate way to conduct an HIV self-screening**
- a) False
 - b) True
- 12. The following are all examples of ARV side effects except**
- a) Muscle pain and strange dreams
 - b) Loss of appetite or being hungry all the time and dizziness
 - c) Headaches, burning or tinkling feet
 - d) Weakness or fatigue
- 13. Women are at higher risk for getting HIV because:**
- a) Female genitals have a large surface area and so they are more easily exposed to HIV
 - b) Vaginal tearing during sex is common and HIV can enter through tears easily.
 - c) Women are more likely than men to exchange sex for money because they are usually poorer than men
 - d) All the above
- 14. Which one is not a pillar for Prevention of Mother to Child Transmission (PMTCT)?**
- a) Preventing unintended pregnancies among women diagnosed with communicable infections
 - b) Prevention of all diseases to newborn babies
 - c) Preventing transmission of a communicable disease from a woman to her unborn baby
 - d) Providing appropriate treatment, care, and support to women, their children, partners and families
- 15. There are three main ways in which a mother can transmit HIV to her baby**
- a) False
 - b) True

16. Babies born to HIV-positive mothers are tested for HIV at the following times except:

- a) At birth, and at ten weeks
- b) At 20 weeks
- c) At six months
- d) Six weeks after breastfeeding has stopped

Chapter 4: Tuberculosis

17. How does TB spread?

- a) Through contact with bodily fluids such as blood
- b) Through airborne droplets spread by coughing or sneezing
- c) Through contaminated food or water
- d) Through sexual contact

18. Isoniazid Prophylactic Therapy (IPT) is a type of medicine used to prevent people with inactive (sleeping) TB from getting sick with active TB

- a) False
- b) True

Chapter 5: Non communicable Diseases

19. What are Non-Communicable Diseases, (NCDs)? (Choose the correct statement)

- a) NCDs are short-term diseases that are passed from person-to-person.
- b) NCDs are diseases that affect old people only.
- c) NCDs are usually chronic conditions that, unlike infectious diseases, cannot be passed from person-to-person.
- d) NCDs are diseases that are caused by germs (like bacteria and viruses).

20. **When providing NCD care in the community, the role of CHW is to explain what the NCD is, screen for it, support a client who has the NCD and refer them when needed.**
- a) True
 - b) False
21. **NCDs are mostly caused or affected by the lifestyle choices that a person makes. Healthy lifestyle choices include all of the following except (choose the wrong one):**
- a) Regular physical activity
 - b) Eating healthily
 - c) Looking after your mental health
 - d) Smoking tobacco
 - e) Having safer sex
22. **A person is born with cardiovascular disease (CVD) and there is nothing they can do to reduce their risk of CVD.**
- a) True
 - b) False
23. **Which one of the following statements is true for hypertension:**
- a) If a client has one high blood pressure measurement it means they have hypertension.
 - b) Every client with hypertension will always have symptoms of high blood pressure.
 - c) A person with hypertension can stop their medication once they feel well.
 - d) Clients with hypertension need to control their BP so they lower their chance of having a heart attack or stroke.

24. Which one of the following statements is true for diabetes:

- a) A client with diabetes can control their blood sugar by taking their diabetes treatment well and eating healthily.
- b) The main way to prevent diabetes is to wear a mask.
- c) People with diabetes only need to take diabetes treatment when they feel unwell.
- d) Only elderly, overweight clients can get diabetes.

25. Screening for cancer is important because:

- a) Cancer is rare and an uncommon cause of death.
- b) If you find a cancer early on, it is easier to treat and prevent death.
- c) Cancers are not treatable and can never be cured.
- d) It is infectious and can spread from person to person.

26. Palliative care can help with all of the following except (choose the wrong one):

- a) It can improve the quality of life of those who have a serious or life-threatening disease, such as cancer.
- b) It can help with symptoms like pain, difficulty sleeping, vomiting, shortness of breath.
- c) It can cure severe disease.
- d) It may help clients to cope with practical issues like eating, bathing, dressing.
- e) It may help with emotional and spiritual difficulties.

27. Which one of these is not a sign of mental illness?

- a) They are unable to cope with the normal stresses of life
- b) They are able to work productively
- c) Their behaviour negatively affects those around them.
- d) Their eating habits may change

28. Which of the following is true about substance abuse?

- a) As substance dependence is a disease, there's nothing you can do about it
- b) You cannot have someone committed to a rehabilitation centre without their permission.
- c) Recovery from substance dependence is a long process and relapse does not mean that treatment has failed
- d) People who misuse drugs and alcohol must hit rock bottom before they can get better

Chapter 6: Maternal Health

29. Which of the following statements are not true about family planning?

- a) It reduces infant mortality and reducing adolescent pregnancies
- b) It prevents pregnancy-related health risks in women
- c) It helps to prevent HIV/AIDS
- d) It ensures a healthy diet and decreasing alcohol use

30. Which of the following statements are not true about antenatal care?

- a) It makes sure that the mother and the baby remain healthy during pregnancy and up to when the baby is born
- b) It prevents constant low energy levels and feelings of tiredness, especially towards the end of the day or late afternoon
- c) It helps to find any conditions that could put the life or the well-being of the mother or baby in danger.
- d) CHW should encourage and support mothers to attend all their postnatal care appointments.

31. It is important to use the pregnancy screening tool accurately before referring the woman to the clinic for pregnancy test

- a) True
- b) False

- 32. Post-natal means care for the mother and baby for the first six weeks after the baby is born to protect their health and well-being. Routine clinic visits during the postnatal period include the following**
- a) 6 hours after the baby is born and before the mother is discharged from the clinic
 - b) Within 3 to 6 days after the baby is born
 - c) 6 weeks after the baby is born as well as 6 months after the baby is born
 - d) All the above
- 33. The Community Health Worker should conduct early postnatal home visit using the checklist during first week after delivery**
- a) True
 - b) False
- 34. Which statement is true?**
- a) Breastmilk contains all the nutrients a baby needs for the first 6 months of life
 - b) The baby's gut can tolerate any other foods, water or other liquids in the first 6 months if the mother cannot breastfeed.
 - c) Babies who are exclusively breastfed are more likely to develop infections and become sick more often.
 - d) Mothers must breastfeed as soon as the baby is born and then every two hours.

Chapter 7: Child Health and Nutrition

- 35. The Community Health Worker should be able to measure the child's MUAC and should know when to refer to the clinic for further clinical management. Which of the following statements is not true?**
- a) MUAC is a quick and easy way to determine if a child (aged between six and 59 months) is acutely malnourished
 - b) The measurement of the circumference of the mid-upper arm is done using a colored MUAC tape
 - c) Muscle mass is not important in maintaining body functions and in fighting infections
 - d) MUAC helps to determine the level of malnutrition quickly

- 36. The reason for giving Vitamin A to children is to prevent illnesses by boosting the immune system**
- a) True
 - b) False

Chapter 8: Adolescent and Youth Health

- 37. The following are risk factors for adolescents and youth**
- a) Risky sexual behaviour and substance abuse
 - b) Violence and mental health problems
 - c) Obesity, TB and menstrual issues
 - d) All the above

Chapter 9: Treatment Adherence

- 38. Treatment adherence is very important for successful treatment.**
- a) True
 - b) False
- 39. Enhanced adherence option is provided to patients who are**
- a) Stable and adherent
 - b) On chronic medication
 - c) Unstable and non-adherent
 - d) Unstable
- 40. Tracing and retention in care is applicable to all patients**
- a) True
 - b) False

Chapter 10: Monitoring and Evaluation and Quality Improvement

- 41. The training registration form is completed on the last day of training**
- a) True
 - b) False
- 42. Which of the following forms do Community Health Workers use?**
- a) Daily activity tracker
 - b) Monthly activity register
 - c) Team monthly register
 - d) All of the above
- 43. Community Health Workers screen household members and complete screening forms.**
- a) True
 - b) False
- 44. Who is responsible for reviewing reports submitted by Community Health workers?**
- a) OTL
 - b) Facility Manager
 - c) Nurse at Facility
 - d) Facility Data Capturer
- 45. The Facility Manager authorises the tracing list to be shared with:**
- a) OTL
 - b) CHW
 - c) A & B

- 46. OTL completes the monthly DHIS report.**
- a) True
 - b) False
- 47. The Facility Manager approves OTL and CHW reports.**
- a) True
 - b) False
- 48. Which of the following are tools used as part of determining for Root Cause analysis?**
- a) Fishbone diagram, Driver Diagram, Run Chart
 - b) Fishbone Diagram, Process Map, Driver Diagram
 - c) Fishbone Diagram, Process Map, 5 Whys
 - d) Fishbone Diagram, 5 Whys, Run Chart
- 49. What does PDSA stand for?**
- a) Plan, Describe, Study, Abandon
 - b) Plan, Do, Study, Act
 - c) Plan, Do, System, Act
 - d) Plan, Describe, System, Adopt
- 50. A PDSA test may consist of more than one cycle?**
- a) True
 - b) False

