

Evaluation

Notes on Use: Types of learning evaluation questions are:

- 1) Narrative
- 2) Fill in the blank/sentence completion
- 3) True-False

Combine in different ways for pre-assessment and post-assessment. Each evaluation type covers different content. No sub-set covers all learning outcomes. Make sure you include learning evaluation questions for each learning outcome when you combine them.

Three main uses of evaluation questions are: a) informally ask the whole group, b) semi-formally assign to small groups or c) formally give to individuals for written responses.

Other suggestions for evaluating learning follow the table.

Evaluation Questions for Lesson 3.8	
Questions	Answers
Narrative <i>Note: Frame narrative evaluations as questions, requests or directions</i>	
1. List 8 health threats for peacekeeping personnel?	<ol style="list-style-type: none"> 1. unfamiliar environment and conditions 2. exposure to insects, rodents, other animals 3. infectious agents 4. communicable diseases 5. contaminated food and water 6. poor hygiene 7. emotionally charged, mentally intense situations - stress 8. fatigue
2. How are air-borne diseases passed from person to person?	Droplets from the nose and mouth – coughing, spitting, sneezing.
3. What is contact transmission?	Transfer of communicable disease through body contact with an infected person. For example, playing together, or contact with contaminated objects.
4. Blood-borne diseases are transmitted in what three ways?	<ul style="list-style-type: none"> ▪ infected blood ▪ other infected body fluids ▪ other potentially infected material, bloody bandages
5. Tetanus is a disease transmitted from _____.	Soil, or bacteria. Soil-borne diseases are caused by

	spores, fungus or bacteria, such as tetanus.
6. What can undermine peacekeeping personnel's good health?	<p>Peacekeeping personnel have to:</p> <ul style="list-style-type: none"> ▪ make decisions with limited information and resources ▪ remain effective for long hours in uncertain, often dangerous conditions ▪ function as part of a multilingual, multicultural team. <p>Peacekeeping personnel:</p> <ul style="list-style-type: none"> ▪ work in high-risk areas, emergencies and crises; ▪ may be involved in intense, emotionally charged situations ▪ live in difficult conditions ▪ come into contact with many different people whose way of working may be different, frustrating <p>These all contribute to cumulative stress and culture shock which undermine immune systems.</p>
7. What influences type and degree of health risks for peacekeepers? Name six influences.	<ul style="list-style-type: none"> ▪ Destination –quality of hygiene, sanitation, host country medical services and environment ▪ Duration of assignment – affects likelihood of exposure ▪ Purpose of assignment –administrative, political, with local people ▪ Standards of accommodation and food hygiene – substandard and limited in some locations ▪ Your personal and professional behaviour – cultural integration, personal resilience ▪ Your medical health and history – medical conditions, treatments
8. Before you deploy, what do you need to research that influences health and risks? Aim to name all nine topics from the lesson.	<ul style="list-style-type: none"> ▪ Threats in the area ▪ Accommodation ▪ Duration of stay ▪ Climate and weather ▪ Altitude ▪ Availability of medical care, facilities ▪ Ambulance services ▪ Health risks ▪ Culture and customs
9. Before you travel, what do you need to do?	<ol style="list-style-type: none"> 1. Seek health advice. 2. Get medical clearance – 4 to 6 weeks ahead. 3. Medical advice includes vaccinations, other health needs.

	<ol style="list-style-type: none"> 4. Get a dental check-up. 5. Plan what you need to take: enough <ul style="list-style-type: none"> - suitable clothing, footwear - preventive treatment - emergency reserves - bed net - insect repellent - medical kit - personal medications
<p>10. During your assignment, how can you best take care of your health?</p>	<ol style="list-style-type: none"> 1. Get all recommendation vaccinations. 2. Take all prescribed medical and health measures. 3. Carry a medical kit and be trained in its use. 4. Be aware of how infectious and communicable diseases spread so you can reduce risk. 5. See medical services for any physical or psycho-social issues during your assignment. 6. Keep track of your own well-being, all aspects. Live in a healthy way. Stay fit.
<p>11. Give some examples of good hygiene standards.</p>	<ul style="list-style-type: none"> ▪ clean your room or house daily ▪ keep floors and surfaces clear – sweep, wash ▪ protect food from flies and rodents – cover it ▪ don't leave clothes on the floor – insects can infest them ▪ keep bathrooms, toilets, kitchens crack-free so cockroaches and other insects don't move in ▪ put nets, screens on windows and doors – limit mosquitoes and flies
<p>12. What first aid items are in the medical the UN recommends all peacekeepers have?</p>	<p>First-Aid Items:</p> <ul style="list-style-type: none"> • Adhesive tape • Antiseptic wound cleaner • Bandages • Eye drops • Insect repellent • Insect bite treatment • Oral dehydration salts • Scissors and safety pins • Simple analgesic (e.g. paracetamol) • Sterile dressing • Clinical thermometer • Gloves • Thermal blanket <p>Other Items</p>

	<ul style="list-style-type: none"> • Anti-diarrhoeal medication and anti-fungal powder • Anti-malarial prophylactic medication • Medication for any pre-existing medical condition • Sterile syringes and needles • Water disinfectant and water filter • Other items according to a) destination and b) duration of assignment
13. Describe main health problems in hot climates and measures to take.	<p>Exposure to high temperatures can lead to loss of water and electrolytes – salts, other minerals.</p> <p>High temperatures and physical activity can lead to heat exhaustion, heat stroke.</p> <p>Hot, dry conditions can lead to dehydration unless people keep up fluid intake, and spend minimal time in direct sun.</p>
14. What actions do you need to take for heat exhaustion and heat stroke?	<ul style="list-style-type: none"> ▪ undress ▪ spray your body with water, or have a cold shower ▪ get into a well-ventilated room with air-conditioning ▪ immediately consult medical services
15. How should peacekeepers dress in hot places?	<ul style="list-style-type: none"> ▪ clothing that covers arms and legs ▪ closed shoes or boots ▪ wide-brimmed hat ▪ sunscreen on exposed skin ▪ sun-glasses
16. How should peacekeepers dress in cold places?	<ul style="list-style-type: none"> ▪ layer clothing ▪ wear wool, modern synthetics, not cotton ▪ wear clothing that increases core temperature
17. Why do high altitudes pose health threats? Explain threats and precautions.	<p>Threats</p> <ul style="list-style-type: none"> • high altitudes have less air pressure • less air pressure means less oxygen in the air • lower oxygen can lead to hypoxia, reduced oxygen in tissues when you breathe <p>Precautions</p> <ul style="list-style-type: none"> • avoid direct travel to high altitudes • break the journey for 2-3 nights at 2000 metres • avoid over-exertion, large meals, alcohol after arrival • stop movement upward and drink water when symptoms of Altitude Mountain Sickness appear – nausea, headache, insomnia • for any location over 3000 metres, get medical advice before you travel – follow it

<p>18. Describe standard precautions for food that protect health. (7)</p>	<ol style="list-style-type: none"> 1. Wash your hands thoroughly with soap and water and dry them on something clean before food preparation and before eating. 2. Avoid uncooked food and undercooked meat, including eggs. Only eat fruit and vegetables you can peel or shell. 3. Clean vegetables in sterilising solution. 4. If eating from a local food stall, generally only eat food cooked for you. Avoid precooked standing food. 5. In countries where poisonous bio toxins may be present in fish and shellfish, get local advice. 6. Store food in clean cupboards or refrigerators protected from insects and rodents. Ensure the electricity supply is constant. If a refrigerator is not working properly, don't store food in it. 7. Do not leave half-empty cans/tins of food in the refrigerator. Take food out of cans and place in plastic or ceramic container with a lid. Dented and damaged tins may hold contaminated food. Do not eat!
<p>19. Describe standard precautions for water and other drinks. (8)</p>	<ol style="list-style-type: none"> 1. Boil drinking water if safety is doubtful. <ul style="list-style-type: none"> - Boil water for a minimum of 10 minutes, longer at higher altitudes. - Let the water stand for a few hours before boiling: suspended particles sink to the bottom. Then only pour the top 2/3 of the container. - Store boiled water in closed bottles; keep in a cool place. 2. Ideally, use water filters as well as boiling water to sterilize. 3. If boiling water is not possible, use a certified filter and disinfectant agent: maintain the filter (change it!). 4. Do not drink unpasteurised or raw milk. 5. Avoid ice. 6. Avoid brushing your teeth with unsafe water. 7. Beware of locally produced alcoholic drinks. 8. Avoid anything not well sealed.
<p>20. Detail precautions to avoid health problems from contact with animals.</p>	<p>Precautions</p> <ul style="list-style-type: none"> ▪ Avoid direct contact with domestic animals such as dogs in areas where rabies are known to occur and with all wild and captive animals. ▪ Avoid behaviour that may startle, frighten or threaten an animal. ▪ Treat any animal bite immediately by washing with soap and clean water

	<p>for 15 minutes and then rinse. Seek medical advice</p> <ul style="list-style-type: none"> ▪ Use soap and a closed bottle of store-bought as your primary disinfectant. ▪ If a mammal bites you, make sure the bite is NOT surgically stitched.
<p>21. Detail precautions to avoid health problems from insects, reptiles and parasites.</p>	<p>Precautions</p> <ul style="list-style-type: none"> ▪ Make good boots or closed shoes priority, footwear - protect your feet from the elements, terrain, insect, small animals. ▪ Avoid walking barefoot or in open sandals. Wear long trousers with boots or closed shoes. ▪ Avoid placing hands or feet where snakes, spiders, or scorpions may be hiding. ▪ Be careful outdoors at night, especially when using latrines. Always use a torch or flashlight. ▪ If possible, keep vegetation cleared around the house or office. ▪ Examine clothing and shoes before use.
<p>22. Why should you iron clothes dried in the open after washing?</p>	<ul style="list-style-type: none"> ▪ Some insects lay eggs on laundry dried in the open. ▪ Ironing clothes prevents transmission of larvae to human skins.
<p>23. How can you protect yourself against insects that carry diseases?</p>	<ul style="list-style-type: none"> ▪ insect repellents ▪ mosquito nets ▪ insecticide sprays ▪ mosquito coil ▪ air-conditioning ▪ long-sleeve sheets, long pants, closed clothing ▪ keep your skin covered – with clothing, insect repellent or both
<p>24. Share everything you know about malaria.</p> <p>Comprehensive evaluation question: you may want to divide into sections:</p> <ul style="list-style-type: none"> • General information • Symptoms • Prophylaxis • Personal protection • Medical services support 	<p>General information</p> <ul style="list-style-type: none"> • currently endemic in over 100 countries • Anopheles mosquito transmits malaria parasite - bites mainly between sunset and sunrise. • Ideally, in malaria zones you should always protect yourself, through prophylaxis, the “preventive treatment of disease”. Most malaria cases occur because of poor compliance with prophylactic drug regimens, or lack of physical protection such as nets, repellants. • Small children and pregnant women are particularly vulnerable. • Malaria is a severe blood disease in human caused by a parasite,

	<p>Plasmodium.</p> <ul style="list-style-type: none"> • Of four main types of malaria, the most dangerous is <i>Plasmodium falciparum</i>. <i>P. falciparum</i> can be fatal. Estimates are 1% of patients with <i>P. falciparum</i> infection die of it. <p>Initial symptoms</p> <ul style="list-style-type: none"> • For any flu-like symptoms, think malaria first. • Watch for symptoms: fever, chills, headache, muscular aching and weakness, vomiting, cough, diarrhoea, and abdominal pain. • Normal incubation period: seven days or more • Initial symptoms may be mild, not immediately recognized as malaria. • Must inform medical service or doctor about any recent travel to a malaria endemic zone. • Without immediate treatment, malaria can lead to organ failure, followed by coma and death. <p>Malaria prophylaxis – preventing the disease</p> <ul style="list-style-type: none"> • Even taking malaria prophylaxis, seek medical assistance immediately when fever develops. • No-one should take malaria prophylaxis indefinitely <ul style="list-style-type: none"> - Bad side effects; - Consult doctor. • Take all prophylactic drugs before and regularly during stay in any malaria area. • Continue taking drugs for required period after last exposure to infection. • Do not take another person's anti-malarial drugs, prophylaxis or treatment. Danger: side effects and negative interaction with other drugs. <p>Personal protection</p> <ul style="list-style-type: none"> • All need to know threat, incubation period and main symptoms • Avoid mosquito bites, especially between dusk and dawn. • Personal protection against mosquito bites is first line of defence against malaria. No bite, no malaria. • Follow regimen of prophylaxis prescribed by doctor to decrease risk of malaria. <p>Consult medical services</p> <ul style="list-style-type: none"> • Seek immediate medical help if a fever
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	<p>develops one week or more after entering an area with malaria threat.</p> <ul style="list-style-type: none"> Always consult medical service for more information on malaria in area.
Fill in the Blanks	
1. _____ make assignments in many remote regions more hazardous for peacekeepers.	Lack of medical facilities, trained medical personnel
2. Communicable diseases transfer in _____ main ways. Name them.	<p>Seven</p> <ul style="list-style-type: none"> contact transmission food-borne, water-borne diseases vector-borne diseases sexually transmitted diseases blood-borne diseases air-borne diseases diseases transmitted from soil.
3. Sharing _____, _____ or _____ can produce conjunctivitis (pink eye), head lice, scabies.	Towels, combs, brushes, cloths, clothing
4. _____ are passed from person to person through unsafe sex.	Sexually transmitted diseases (STDs) or sexually transmitted infections (STIs)
5. Diseases transferred by insects are _____ - borne diseases.	<p>Vector-borne diseases</p> <ul style="list-style-type: none"> the insect is the vector – e.g. mosquito, for malaria
6. Poor hygiene can lead to _____.	<p>Infection.</p> <ul style="list-style-type: none"> an issue when many locations in peacekeeping <ol style="list-style-type: none"> lack basic sanitation water supply can be poor or non-existent hot water may be a luxury
7. Information on local conditions and health provisions is in _____, _____ or _____.	<ul style="list-style-type: none"> security, medical and staff welfare offices regional desk UNDP booklet "Living Conditions"
8. Research before you travel, with advice and information from: _____, _____ and _____.	<ul style="list-style-type: none"> medical service in organization colleagues national health providers
9. Get health advice and medical clearance _____ before travel.	4-6 weeks, if possible
10. No vaccines exist for some life-threatening infections, including _____ and _____.	<ul style="list-style-type: none"> malaria HIV/AIDS
11. Body temperature is normally around _____.	<p>37 Celsius</p> <p>Have a thermometer in your medical kit.</p>
12. You are wet and cold, begin to shiver – your _____ will likely decrease.	<p>Core temperature</p> <ul style="list-style-type: none"> take action <ul style="list-style-type: none"> shelter in a warm location remove wet clothes

	- get dry and warm
13. Treat any animal bite immediately by _____, _____, _____.	<ol style="list-style-type: none"> washing with soap and clean water for 15 minutes (15 minutes – do it!) rinsing the wound and soap out of it seeking medical advice
14. Prophylaxis is _____.	<p>Prevention of harm to health:</p> <ul style="list-style-type: none"> taking medicine to prevent disease condoms, protecting from pregnancy
15. Without immediate treatment, malaria can lead to ____, ____, ____.	<ul style="list-style-type: none"> organ failure coma death
True – False	
1. The risk associated with international assignments depends on age, sex, health and characteristics of the destination.	True – among other things
2. Your supervisor cannot force you to travel without medical clearance or necessary vaccinations.	True Neither can a supervisor force you to ignore other recommended health precautions. Know UN rules and regulations.
3. Vaccines fully protect you, for the time the manufacturer promises.	False No vaccinations fully protect 100% of recipients. Even if vaccinated, you have some risk. Follow all other precautions against infection: e.g.. for malaria, take prophylaxis, but also use insect repellent and bed nets
4. If you believe you may be dehydrated, eat some cooked food.	False If you believe you may be dehydrated, you need water and cool temperatures. <ul style="list-style-type: none"> drink water –don't eat take shelter quickly, in well-ventilated and air-conditioned place drink more water watch the colour of your urine – should be clear or slightly yellow, not dark yellow
5. In cases of heat exhaustion and after excessive sweating, eat normally and drink more water or juice.	True If you get dizzy or have headaches, measure your core temperature with a thermometer – 37 Celsius is normal body temperature.
6. Only take moderate exercise in high temperatures.	False <ul style="list-style-type: none"> Avoid movement and exercise in high temperatures. Risks are dehydration and heat exhaustion.

<p>7. Above-normal body temperature in a malaria zone should be considered malaria until medical services determines otherwise.</p>	<p>True</p> <ul style="list-style-type: none"> ▪ Malaria needs immediate medical attention. ▪ Use the thermometer in your medical kit to keep track of your temperature.
<p>8. If a mammal bites you, make sure the bite is NOT surgically stitched.</p>	<p>True</p>
<p>9. Use soap and a closed bottle of store-bought water as your primary disinfectant for any animal bite.</p>	<p>True</p> <ul style="list-style-type: none"> ▪ keep disinfectant soap and bottled water on hand
<p>10. Rabies can pass in saliva from broken skin, an ordinary cut.</p>	<p>True</p> <ul style="list-style-type: none"> ▪ keep disinfectant soap and bottled water on hand

More ways to evaluate learning

- **General Evaluation – use Learning Outcomes.**
 - List general health threats
 - Explain ways you can be exposed to health risks
 - Describe precautions to take to protect health before travel to and in the mission
 - Describe environmental health threats and precautions to protect your health