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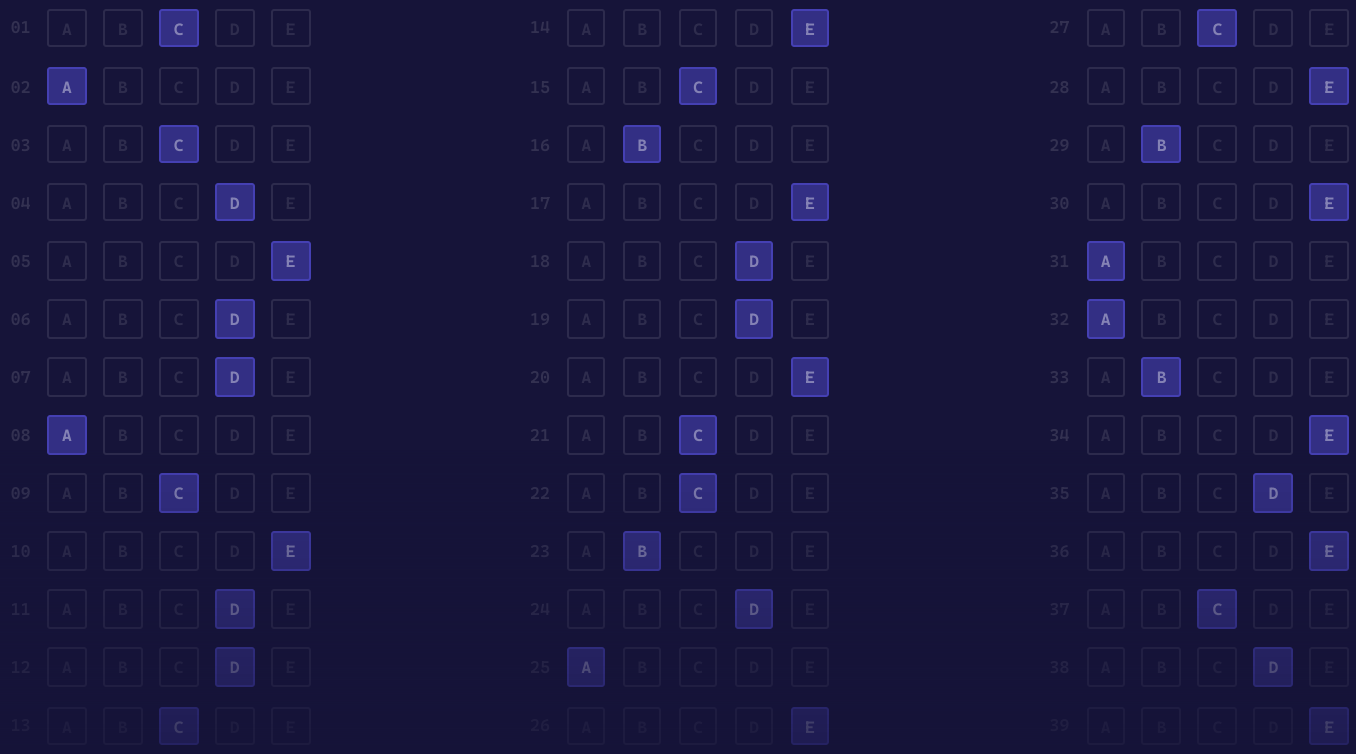

PRACTICE QUESTIONS

Dubai Health Authority (DHA)

SCOMD

Specialist Community Medicine

EDITION	QUESTIONS	FORMAT
Demo	9	Limited Edition PDF

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Before you begin

What this is

9 practice questions for Dubai Health Authority (DHA) `SCOMD`, each with its answer key and an explanation. Answer a question before you read its key — the explanation is worth more once you have committed.

If something looks wrong

Send us three things and we will check it:

- the exam code, `SCOMD`
- the question number
- the email address on your order

Write to **support@mometrix.net**. We reply within one business day.

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QUESTION 1 SINGLE CHOICE

Which level of prevention is most appropriately applied when a community physician conducts screening for hypertension among asymptomatic adults in a primary care setting in Dubai?

A Primordial prevention

B Primary prevention

C Secondary prevention

D Tertiary prevention

ANSWER C

WHY Secondary prevention aims at early detection of disease in asymptomatic individuals through screening, enabling timely intervention to halt or slow progression. Hypertension screening in apparently healthy adults is a classic example. Primordial prevention targets underlying social/environmental determinants before risk factors emerge; primary prevention aims to prevent disease before it occurs (e.g., lifestyle counselling); tertiary prevention limits complications in established disease.

QUESTION 2 SINGLE CHOICE

In a cohort study examining the relationship between physical inactivity and type 2 diabetes among Emirati adults, which measure of association is most appropriate to calculate?

A Odds ratio

B Relative risk

C Attributable risk percent in the exposed

D Population attributable risk

ANSWER B

WHY Cohort studies follow exposed and unexposed individuals over time and directly measure incidence in each group, making the relative risk (risk ratio) the appropriate measure of association. The odds ratio is preferred for case-control studies. Attributable risk measures quantify the magnitude of risk attributable to exposure but are derived from the relative risk.

QUESTION 3 SINGLE CHOICE

According to UAE Federal Law and DHA public health notification requirements, which of the following diseases must be reported immediately (within 24 hours) by the attending physician to the relevant health authority?

A Common seasonal influenza

B Varicella (chickenpox)

C Confirmed measles case

D Scabies

ANSWER C

WHY Measles is a notifiable disease that requires immediate (within 24 hours) reporting to public health authorities in the UAE because of its high transmissibility, outbreak potential and elimination programme priorities. Seasonal influenza, varicella and scabies are generally notifiable but on routine timelines rather than immediate urgent notification.

QUESTION 4 SINGLE CHOICE

Which of the following is the WHO-recommended indicator for monitoring the quality of antenatal care at the population level?

A Number of women attending at least one antenatal visit

B Proportion of women who had at least four antenatal visits

C Number of ultrasound scans performed per pregnancy

D Proportion of deliveries conducted by female obstetricians

ANSWER B

WHY The proportion of women receiving at least four antenatal contacts (ANC4) is the WHO-recommended core indicator for assessing coverage and continuity of antenatal care. While 'at least one visit' is used for access, four or more visits reflects adequacy of care and is aligned with the WHO 2016 ANC model.

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QUESTION 5 SINGLE CHOICE

An occupational health survey in a Dubai industrial facility measures workers' exposure to noise. Which audiometric finding best defines a Standard Threshold Shift (STS) according to occupational hearing conservation programmes?

A Any 5 dB increase from baseline at any frequency

B An average shift of 10 dB or more at 2000, 3000 and 4000 Hz in either ear

C A single 25 dB threshold at 500 Hz in the better ear

D Loss of conversational hearing in one ear only

ANSWER B

WHY A Standard Threshold Shift, as used in OSHA-aligned hearing conservation programmes, is defined as a change of 10 dB or more at the average of 2000, 3000 and 4000 Hz in either ear, relative to the baseline audiogram. Smaller shifts or shifts at single lower frequencies do not meet the STS definition and trigger different actions.

QUESTION 6 SINGLE CHOICE

In a community-based programme addressing the rising burden of diabetes in the UAE, which intervention represents an example of primary prevention?

A Annual screening of fasting blood glucose in adults over 30

B Insulin therapy initiation in newly diagnosed type 2 diabetics

C Structured lifestyle counselling to promote healthy diet and physical activity in adults with pre-diabetes

D Population-wide health education campaigns to promote healthy weight and physical activity among schoolchildren

ANSWER D

WHY Population-wide health promotion among schoolchildren targets risk factors (obesity, sedentary behaviour) before disease develops, which is primary prevention. Screening (A) is secondary prevention; lifestyle counselling in pre-diabetes (C) is also secondary (targeting early/high-risk states); insulin initiation (B) is tertiary prevention.

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QUESTION 7 SINGLE CHOICE

Which financing model best characterises the UAE's mandatory health insurance system as implemented in Dubai under the Dubai Health Insurance Law (Law No. 11 of 2013)?

A Single-payer government-financed model (Beveridge-type)

B Universal tax-funded national health service model

C Mandatory private health insurance with regulated essential benefit package

D Voluntary private health insurance with employer subsidies

ANSWER C

WHY Dubai mandates that all residents (sponsors and employees) obtain private health insurance meeting a regulated minimum benefit package (the Essential Benefits Plan), making it a mandatory private health insurance system. It is not a single-payer or fully tax-funded NHS model, and participation is compulsory rather than voluntary.

QUESTION 8 SINGLE CHOICE

A new screening test for colorectal cancer is evaluated in 1,000 people. Of 200 people with the disease, 160 test positive. Of 800 people without the disease, 720 test negative. What is the sensitivity of the test?

A 80%

B 90%

C 72%

D 96%

ANSWER A

WHY Sensitivity = True Positives / (True Positives + False Negatives) = 160 / (160 + 40) = 160 / 200 = 80%. The information about test-negatives among the disease-free is used for specificity, not sensitivity.

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QUESTION 9 TRUE FALSE

Herd immunity for measles typically requires a very high population vaccination coverage (around 95%) because the basic reproduction number (R0) of measles is high.

A True

B False

ANSWER **A**

WHY True. Measles has one of the highest R0 values among vaccine-preventable diseases (commonly cited around 12-18), which means approximately 92-95% of the population must be immune to interrupt transmission. Lower coverage allows sustained transmission, which is why measles outbreaks occur even in highly vaccinated populations when coverage dips below this threshold.

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