



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES**

DEPARTMENT OF NURSING AND MIDWIFERY SCIENCES

HIGHER DIPLOMA IN COMPREHENSIVE REPRODUCTIVE HEALTH

END OF SEMESTER EXAMINATIONS APRIL 2023

Course Unit: HDRH 111: Fundamentals of Reproductive Health

DATE: 19TH APRIL 2023

TIME: 2 HOURS

START: 9:00AM

FINISH: 11:00AM

SECTION A: MULTIPLE CHOICE QUESTIONS (20 MARKS)

1. Sperms are produced in :-
 - a. Seminiferous tubules
 - b. Epididymis
 - c. Rete testis
 - d. Interstitial cells
2. The following tests can be used to detect precancerous stages of cervical cancer:-
 - a. mammography
 - b. pap test
 - c. fecal sample test
 - d. urine sample test
3. Gender refers to;
 - a. Women's empowerment
 - b. Differences between men and women
 - c. Roles and responsibilities assigned to men and women
 - d. The sex roles associated with men and women
4. Match the gender terms in column A with their corresponding descriptions in column B.

Column A

- a) Gender mainstreaming
- b) Gender equity

Column B

- I. Equal treatment of men and women so that they can enjoy the benefits of development
 - II. Practice of fairness to both men and women in the distribution of resources
 - III. A process of incorporating a gender perspective into all the processes of an organisation
 - IV. A systematic way of examining the roles that men and women do in a certain society
5. The ability to perceive the existing gender issues, equalities and differences is:-
 - a. Gender sensitivity
 - b. Gender responsiveness
 - c. Gender equity
 - d. Gender stereotypes

6. An example of reproductive work in a community is:-
- b. Farming and fishing
 - c. Water and fire wood collection
 - d. Ceremonies and celebrations
 - e. Salaried and self-employment
7. Indicate whether the following statements are **True or False**;
- a. In counseling for female sterilization, the provider should consider the age of the client and allow only those who are above 30 years .
 - b. After vasectomy, a man should use an alternative contraceptive for three weeks
8. Providing accurate and complete information to enable clients make decisions is giving them the right to;
- a. Informed consent
 - b. Access to services
 - c. Information
 - d. Safety of services
9. In effective guidance and counselling, the ability of the counsellors to be freely themselves is referred to as;
- a. Acceptance
 - b. Assertiveness
 - c. Confrontation
 - d. Genuineness
10. Immediate complications of FGM/C include;
- a. Infertility, shock, psychological trauma
 - b. Adhesions, infections, bleeding
 - c. Obstetric fistula, infertility, shock
 - d. Shock, pain, psychological trauma
11. Mirroring is done to:
- a. Re assure the client that you are attentive
 - b. Encourage the client to open up
 - c. Create rapport with the client
 - d. Calm the client who may be emotional

12. In emergency contraception :-

- a. Combined oral pills are more effective than progesterone only pills
- b. Intrauterine device can be used within the first 7 days
- c. 2 doses of progesterone only pills taken 12 hours apart are enough
- d. They protect pregnancy if taken 24hours before the sexual intercourse

13. Irregular periods at intervals of more than 35 days with only 4-9 periods in a year are defined as

- a. Amenorrhea
- b. Metrorrhagia
- c. Oligomenorrhoea
- d. Menorrhagia

14. Exhibitionism refers to seeking sexual pleasure by :

- a. Peeping at couples engaging in sexual intercourse
- b. Exposing one's sexual organs to unsuspecting strangers
- c. Dressing as the opposite sex
- d. Inflicting pain on a partner

15. The proportion of the population that is of childbearing age currently using a contraceptive method is

- a. Contraceptive prevalence
- b. Contraceptive prevalence rate
- c. Family planning rate
- d. Unmet need for family planning

16. Adverse effects of injectable contraceptives include

- a. Heavy bleeding, regular cycle
- b. Heavy bleeding, loss of weight
- c. Weight gain, elevated blood pressure
- d. Light bleeding, amenorrhea

17. _____ is the second phase of the human sexual response cycle

- a. Excitement
- b. Orgasm
- c. Plateau
- d. Resolution

18. Necrophilia refers to deriving sexual satisfaction from
- Dead bodies
 - Passing and handling faeces
 - Rubbing sex organs against the bodies of others
 - Listening to the voice of the opposite sex
19. In psychosexual growth and development, late adolescents
- Are embarrassed by their rate of growth
 - Are mature in decision making
 - Have conflicting Sexual and Reproductive Health information
 - Are highly trusting and this makes them vulnerable to exploitation
20. The following client can use an injectable contraceptive method without any restrictions
- Women with pelvic inflammatory disease
 - A woman with cervical cancer
 - A breastfeeding woman 4 weeks post partum
 - Women with a history of a cerebrovascular accident

SECTION B: SHORT ANSWER QUESTIONS (30 marks)

- State Five (5) ways of maintaining the chain of evidence in cases of sexual violence (5 marks)
- State five (5) discharge instructions for a client after IUCD insertion (5 marks)
- List four (4) findings that a client should report to the health service provider after doing self-breast exam (2 marks)
- Outline five (5) principles of surgical asepsis (5 marks)
- Outline any five (5) infection control measures that are applied by healthcare practitioners when managing a patient with COVID 19 (5 marks)

SECTION C: LONG ANSWER QUESTIONS (20 marks)

- Effective counselling is important in family planning.
 - Define Balanced Counselling Strategy (BCS) (1 mark)
 - Describe the stages in the implementation of BCS (16 marks)
 - State three (3) advantages that BCS has over the traditional counselling methods (3 marks)